
	LAWRENCE AQUAHAWK ABC November 14th – 15th, 2009 Sponsored by the Lawrence Aquahawks, Inc. In Cooperation with the City of Lawrence Parks and Recreation Department	
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TYPE: ABC Meet 8&U, 10&U, 11-12, 13-14 and Senior, Timed Finals.

DATE: November 14 - 15, 2009

SANCTION #: Sanctioned by Missouri Valley Swimming of USA Swimming, Inc., #MV-09-118

LOCATION: Lawrence Indoor Aquatic Center, 4706 Overland Drive, Lawrence, Kansas 66049
The pool is located at Free State High School. (Directions on page 3)

COURSE: 25 yard, 10 Lane with non-turbulence racing lane ropes. Horn start & custom-designed starting blocks and Colorado Timing System will be used. This pool is an approved venue for purposes of this sanction; additional certification pursuant to USA Swimming Rules and Regulations will be required for national or international records achieved at this event.

RULES: 2009 USA Swimming Rules & Regulations & Missouri Valley Swimming will govern the meet.

COACH MEMBERSHIP:

Each coach must be able to prove to the satisfaction of the referee that (s)he holds a current USA Swimming Coach Membership.

ELIGIBILITY: Open to swimmers who are registered in accordance with 2009 or 2010 USA Swimming, Inc. and MVS regulations. Age of the contestant on 11/14/2009 will determine eligibility for the entire meet. Athlete's registration number must appear on entry form. No entries will be accepted unless the entrant is registered in accordance with the rules of the meet. Registration will be verified by MVS registration chairperson.

SCRATCH PROCEDURE:

Coaches should check swimmers in and indicate any scratches on scratch sheets provided in coaches' packets. Events seeded on deck shall be closed for seeding no earlier than 30 minutes prior to the start of the meet.

AWARDS: Individual Events: 1-8 Ribbons Awarded in each Age Group
Relays: Ribbons 1st - 3rd

Awards can be picked up at the end of the meet. **Awards will not be mailed.**

ENTRY

PROCEDURE: A swimmer may enter a maximum of 5 individual events per day. Teams must submit entry on a disk with a Hy-Tek Team Manager comlink file and include a signed hard copy of the entries. If there is a problem with the disk we will use the hard copy as the final entry. Full payment must be mailed with your entry or you will not be entered in the meet.

SEEDING: Meet will be pre-seeded with the exception of 400 IM and 500 Free. There will be a Positive check-in for the 400 IM and 500 Free. A swimmer failing to positively check in will be barred from the event.

ENTRY

DEADLINE: ENTRIES WILL BE CLOSED AFTER Monday, Nov 9th, 2009.

All late entries and deck entries are subject to a fee of \$7.00 for individual event, and \$10.00 for relays and will be accepted in empty lanes in existing heats. Additional heats in an event will only be added in the discretion of the Meet Referee and Meet Director.

ENTRY FEE: All fees must accompany entry:
Individual Events: \$3.50 per event
Relays: \$5.00 per relay

MAKE ALL CHECKS FOR ENTRIES PAYABLE TO LAWRENCE AQUAHAWKS

**ENTRY
CHAIR:**

Send all entries to: Lawrence Aquahawk ABC Invitational
PO BOX 1100
Lawrence, Kansas
66044

In addition to mailing a disk and hard copies to the above address, please email a Hy-Tek entry file to the following address:

Patrick Norman
aquahawks@gmail.com
subject: Aquahawk ABC Entries

A club entry chair or coach must submit entries for this meet. We will not accept entries from individual swimmers or families.

OFFICIALS: Meet Director(s): Patrick Norman

Meet Referee: TBA

STARTING TIMES:

Saturday Nov 14th 2009

Session I 10-U / 11-12

Warm up 7:30AM

Meet Starts 8:15AM

Session II 13-O

Warm Up *No Earlier than 12:30PM*

Meet Starts *No Earlier than 1:15PM*

Sunday Nov 15th 2009

Session I 10-U / 11-12

Warm up 7:30AM

Meet Starts 8:15AM

Session II 13-O

Warm up *No Earlier than 12:30PM*

Meet Starts *No Earlier than 1:15PM*

WARM-UPS: The Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect at the meet. *Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up.* The referee will designate specific times when one-way starts may be executed.

FINAL

RESULTS: All clubs will receive a meet back-up or a comlink file. Final Results will be posted on the Missouri Valley Web Site and may include the swimmer's name, age, times, and USA Swimming number. Results will also be posted on our web site www.aquahawks.org

DIRECTIONS: LAWRENCE INDOOR AQUATIC CENTER

Coming to Lawrence on I-70 West: Take the West Lawrence exit 202. Stay on McDonald Drive, right lane and exit to Hwy 40 West/6th Street (before the 6th Street overpass). On 6th, turn right, keep going west for about 2 1/2 miles. At the intersection of 6th and Wakarusa Drive, turn right and then turn right again into the Free State High School area. The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on I-70 East: Take the LeCompton Interchange exit 197. Take the Lawrence exit to Hwy 40. Turn left on Hwy 40/6th Street. At the intersection of 6th and Wakarusa Drive, turn left into the Free State High School area. (McDonalds is on the right side of the road at the intersection.) The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on K-10 West: K-10 will turn into Clinton Parkway after crossing Iowa Street/Hwy 59. Stay on this road for about 2 1/2 miles, then turn right (north) on Wakarusa Drive. Go north for about 1 1/2 miles to intersection with 6th Street. (McDonalds is on the left side.) Keep going north, past the intersection and turn right into the Free State High School area. The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on Hwy 59 North: Turn left on Hwy 10/Clinton Parkway, then follow the above directions on K-10.

ORDER OF EVENTS – DAY 1 – NOVEMBER 14, 2009

Saturday AM: Meet starts 8:15AM

1	10-Under 100 Free	2
3	11-12 100 Free	4
5	10-Under 50 Fly	6
7	11-12 50 Fly	8
9	10-Under 50 Back	10
11	11-12 50 Back	12
13	10-Under 100 Breast	14
15	11-12 100 Breast	16
17	12-Under 200 IM	18
19	10-Under 200 Medley Relay	20
21	11-12 200 Medley Relay	22

ORDER OF EVENTS – DAY 1 – NOVEMBER 14, 2009

Saturday PM: Meet starts no earlier than 1:15PM

23	13-O 200 Back	24
25	13-O 100 Free	26
27	13-O 100 Fly	28
29	13-O 200 Breast	30
31	13-O 200 Medley Relay	32
33	13-O 500 Free	34

ORDER OF EVENTS – DAY 2 – NOVEMBER 15, 2009

Sunday AM: Meet starts 8:15AM

35	10-Under 50 Free	36
37	11-12 50 Free	38
39	10-Under 100 Fly	40
41	11-12 100 Fly	42
43	10-Under 50 Breast	44
45	11-12 50 Breast	46
47	10-Under 100 Back	48
49	11-12 100 Back	50
51	10-Under 100 IM	52
53	11-12 100 IM	54
55	12-Under 200 Free	56
57	10-Under 200 Free Relay	58
59	11-12 200 Free Relay	60

ORDER OF EVENTS – DAY 2 – NOVEMBER 15, 2009

Sunday PM: Meet starts no earlier than 1:15PM

61	13-O 200 Fly	62
63	13-O 50 Free	64
65	13-O 100 Breast	66
67	13-O 100 Back	68
69	13-O 200 Free	70
71	13-O 200 Free Relay	72
73	13-O 400 IM	74