

**“BEST TIMES” CANDY MEET**  
**SATURDAY, November 7, 2009**

- HOST:** Barracuda Swimming (CUDA), P.O. Box 7033, East Wenatchee, WA 98802
- LOCATION:** Wenatchee High School Pool; Wenatchee, WA. The pool is on the backside of the campus. Turn left on to Miller St. and take the back parking lot entrance, follow it to the right and you will park in the back lot near the pool entrance. The WHS site is a 6-lane 25 yard pool. All races will start from the blocks in the deep end of the pool.
- WARM UPS:** 11:00 AM - Meet marshals will be present during warm-ups
- MEET START:** 12:00 AM
- RULES:** *Current United States Swimming rules will govern the meet. The rules and procedures of Inland Empire Swimming will also apply. The whistle start protocol will be used throughout the meet.*
- ELIGIBILITY:** This meet is only open to swimmers from the CUDA, MLMR, & WRAC. Swimmers must be currently registered with USA Swimming. Swimmer registrations will be confirmed with IES and USA Swimming two (2) days before the meet. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.
- ENTRIES:** **Swimmers are limited to FIVE (5) events, plus TWO (2) Relays**  
Entries should be submitted to Bob Hill no later than Thursday, Nov 5<sup>th</sup> via a Team Manager file which will be available to each team.
- AWARDS:** **This will be candy meet. Each swimmer will be given candy at the completion of their race.**
- OFFICIALS:** *Meet Director: Bob Hill*  
*Starters: Dan Howell*  
*Stroke and Turn: Each team participating will be asked to supply officials to help with the meet*
- EVENTS:** Open events are for any swimmer in the meet, but were designed for veteran swimmers. Coaches, please use your judgment when entering swimmers in those events.

## ORDER OF EVENTS:

Event #	Gender & Age Group	Event
1	Girls 8 & Under	25 Breaststroke
2	Boys 8 & Under	25 Breaststroke
3	Girls 9 - 12	50 Breaststroke
4	Boys 9 – 12	50 Breaststroke
5	Girls 13 & Over	100 Breaststroke
6	Boys 13 & Over	100 Breaststroke
7	Mixed Open	200 Breaststroke
8	Girls 8 & Under	25 Backstroke
9	Boys 8 & Under	25 Backstroke
10	Girls 9 - 12	50 Backstroke
11	Boys 9 – 12	50 Backstroke
12	Girls 13 & Over	100 Backstroke
13	Boys 13 & Over	100 Backstroke
14	Mixed Open	50 Backstroke
15	Girls 8 & Under	25 Freestyle
16	Boys 8 & Under	25 Freestyle
17	Girls 9 - 12	50 Freestyle
18	Boys 9 – 12	50 Freestyle
19	Girls 13 & Over	50 Freestyle
20	Boys 13 & Over	50 Freestyle
21	Mixed Open	500 Freestyle
22	Mixed 10 & Under	200 Medley Relay
23	Mixed 11 – 12	200 Medley Realy
24	Mixed 13 – 14	200 Medley Relay
25	Mixed 15 & Over	200 Medley Relay

Event #	Gender & Age Group	Event
26	Girls 8 & Under	25 Butterfly
27	Boys 8 & Under	25 Butterfly
28	Girls 9 - 12	50 Butterfly
29	Boys 9 – 12	50 Butterfly
30	Girls 13 & Over	50 Butterfly
31	Boys 13 & Over	50 Butterfly
32	Mixed Open	100 Butterfly
33	Girls 8 & Under	100 IM
34	Boys 8 & Under	100 IM
35	Girls 9 - 12	100 IM
36	Boys 9 – 12	100 IM
37	Girls 13 & Over	200 IM
38	Boys 13 & Over	200 IM
39	Girls 8 & Under	50 Freestyle
40	Boys 8 & Under	50 Freestyle
41	Girls 9 - 12	100 Freestyle
42	Boys 9 – 12	100 Freestyle
43	Girls 13 & Over	100 Freestyle
44	Boys 13 & Over	100 Freestyle
45	Mixed 10 & Under	100 Flutter Kick Relay*
46	Mixed 11 – 12	200 Flutter Kick Relay*
47	Mixed 13 – 14	200 Flutter Kick Relay*
48	Mixed 15 & Over	200 Flutter Kick Relay*

*\* With a kick board. Swimmers must pass off the board at the completion of their leg. "One" arm pull per length is allowed*