

**Mississippi Swimming, Inc.**  
**2009 DAC Long Course IntraSquad Meet**  
**Thursday, July 2<sup>nd</sup>, 2009**

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- Sanction:** Held under the sanction of United States Swimming and Mississippi Swimming, Inc.  
**Sanction MSI#** \_\_\_\_\_
- Sponsor:** Delta Aquatic Club [www.deltaducks.org](http://www.deltaducks.org)
- Location:** Delta State Aquatic Center  
Delta State University  
Cleveland, MS 38733  
662.846.4730
- Conduct of The Meet:** All events will be conducted in long course meters and will swim as time finals. On Friday and Saturday events will be swum with OPEN age groups.
- Facilities:** Indoor 50 meter by 25 yard competition pool. The long course venue for this meet will include 8 lanes (9ft wide), 6" Competitor lane lines, 7' minimum depth, with 1 moveable Stark Bulkhead. The timing will be run on Colorado Time System Myriad Full Matrix LED scoreboard with Hy-Tek Meet Manager. Equipment includes paragon Track start competitor starting blocks with electronic relay takeoff equipment. Building is designed with 800 permanent seats and temporary tip and roll bleachers for 600. Continuous warm down area is available. **There will be no smoking or alcohol around the pool, deck, patio, or anywhere swimmers are present. Swimmers only allowed on pool deck.**
- Rules:** Current United States swimming Rules will govern the conduct of the meet.
- Eligibility:** The meet is open to all USS registered swimmers for Delta Aquatic Club. The person responsible for entering an unregistered swimmer as registered will be subject to a fine of up to \$100 per event. Swimmers without USS registration numbers will be rejected. Age of the swimmer as of July 2nd, 2009, will determine the age for the duration of the meet.
- Format:** All events will be conducted as Timed Finals.
- Entry:** All entries must be received by your coach on or before Tuesday, June 30th, 2009.
- Entry Fees:** The cost for the meet is \$20.00. Make all checks payable to DAC. Surcharge is \$3.00.
- Coaches:** Coaches must be current USS Coach Members in order to perform on deck duties. If a coach is not currently certified, he/she may observe as any observer, but may not perform coaching duties or sit in the coach's area. Coaches' packet will be given only to those coaches presenting credentials.
- Seeding:** Seeding will be according to Article 102.5 of USS Rules and Regulations.
- 4 Hour Rule:** If an age group event is swum after the session has been running for four hours, each individual swimmer has the option of either swimming that event or receiving a refund for the that event. A swimmer desiring a refund for that event must declare his/her intent to the Meet Director before the event is swum. There will be no refunds for swimmers not in attendance.



# Order of Events

## Thursday Afternoon

**Warm-ups: 4:30pm – 5:15pm (All Swimmers)**

**Meet Starts: 5:15pm**

| <b>GIRLS</b> | <b>Age Group</b> | <b>EVENT</b>   | <b>Age Group</b> | <b>BOYS</b> |
|--------------|------------------|----------------|------------------|-------------|
| 1            | OPEN             | 50 Freestyle   | OPEN             | 2           |
| 3            | OPEN             | 50 Breastroke  | OPEN             | 4           |
| 5            | OPEN             | 100 Breastroke | OPEN             | 6           |
| 7            | OPEN             | 200 Breastroke | OPEN             | 8           |
| 9            | OPEN             | 200 Freestyle  | OPEN             | 10          |
| 11           | OPEN             | 50 Butterfly   | OPEN             | 12          |
| 13           | OPEN             | 100 Butterfly  | OPEN             | 14          |
| 15           | OPEN             | 200 Butterfly  | OPEN             | 16          |
| 17           | OPEN             | 50 Backstroke  | OPEN             | 18          |
| 19           | OPEN             | 100 Backstroke | OPEN             | 20          |
| 21           | OPEN             | 200 Backstroke | OPEN             | 22          |
| 23           | OPEN             | 200 IM         | OPEN             | 24          |
| 25           | OPEN             | 400 IM         | OPEN             | 26          |
| 27           | OPEN             | 400 Freestyle  | OPEN             | 28          |
| 29           | OPEN             | 800 Freestyle  | OPEN             | 30          |
| 31           | OPEN             | 1500 Freestyle | OPEN             | 32          |