

Frosty Frolic "B/C" Meet
Sponsored by the Lawrence Aquahawks
In Cooperation with City of Lawrence Parks & Recreation

- DATE:** Saturday December 12, 2009
- SPONSORED BY:** Lawrence Aquahawks
- SANCTION:** Sanctioned by Missouri Valley Swimming, #MV-09-127
- LOCATION:** Lawrence Indoor Aquatic Center
4706 Overland Drive
Lawrence, Kansas 66049
(Directions on page 3)
- COURSE:** 8 Lanes, 25 yards, non-turbulence lane lines. 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 and Missouri Valley Swimming Rules govern the meet.
- ELIGIBILITY:** Entrants must be registered in accordance with USA Swimming and MVS for 2009 or 2010. Registration will be verified by MVS. Age of the athlete on December 12, 2009 determines age group classification.
- SEEDING:** Deck Seeded. Events may be consolidated at the discretion of the Referee.
- SCRATCHES:** Scratches must be turned into the Clerk of the Course 30 minutes prior to the start of each session.
- ENTRIES:** Teams must send entries on computer disk via Hy-Tek Commlink with accompanying print-outs. No proof of time is necessary. Athletes may enter a total of four (4) individual events. **Please enter yard times. Swimmers who have previously achieved the "A" time standard in their age group are not eligible to enter or compete in this meet.**

Entry deadline is 6:00pm on Friday, DECEMBER 4, 2009.

Entries MUST be sent by e-mail in a Hy-Tek compatible file. Pinned reports accompany mailed entry fees. Please e-mail entries to aquahawks@gmail.com. – Put "Frosty Frolic" in the subject line.

DUE TO THE POPULARITY OF THIS MEET, WE ARE LIMITING THE NUMBER OF ATHLETES TO 400. ENTRIES WILL BE ACCEPTED IN THE ORDER IN WHICH THEY ARE RECEIVED. TIME STAMPS ON EMAILS WILL BE USED.

- ENTRY FEES:** \$3.50 for individual events
\$5.00 for relays

Send all entry fees to: Lawrence Aquahawks
Frosty Frolic entries
PO Box 1100
Lawrence KS, 66044

Please make checks payable to: **Lawrence Aquahawks**

AWARDS: Ribbons for places 1-8 in individual events and the top three for relays.

WARM-UPS: There will be a split warm-up session. 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.

MEET DIRECTOR: Trey & Tricia Venters

REFEREE: Rebecca Hoagland

RULE AUTHORITY: 2009 USS Rules and Regulations will apply. Persons without a valid 2009 USS Coach membership will not be allowed to participate in any coaching capacity.

4 HOUR RULE: MVS/USS 4 hour rule will be in effect. If the Referee determines the meet will not conclude within the 4 hour limit, the remaining events will be canceled.

STARTING TIMES: **PLEASE NOTE THE SAME FORMAT AS LAST YEAR!**

Session # 1

Warm up: 8:00 – 9:00 AM

Meet Starts: 9:15 AM

Session # 2

Warm up: immediately following session #1
But not before 11:15 AM

Meet Starts: 75 minutes after the start of first warm up, not before 12:30pm

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 ½ miles. At the intersection of 6th and Wakarusa Drive, turn right into the Free State High School area. (Dillon's is before the light on the left side of 6th Street and McDonalds 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 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 ½ miles, then turn right (north) on Wakarusa Drive. Go north for about 2 miles to intersection with 6th Street. (McDonalds is on the left side.) Keep going north, pass the intersection 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 direction on K-10



Frosty Frolic Event Order

Girls	Session # 1 9:15am	Boys
1	8 and Under 25 Fly	2
3	9-10 50 Fly	4
5	8 and Under 25 Back	6
7	9-10 50 Back	8
9	8 and Under 25 Breast	10
11	9-10 50 Breast	12
13	8 and Under 25 Free	14
15	9-10 50 Free	16
17	10&U 200 Free Relay	18
	 Session # 2 not before 12:30pm	
19	11-12 50 Fly	20
21	13 and Over 100 Fly	22
23	11-12 50 Back	24
25	13 and Over 100 Back	26
27	11-12 50 Breast	28
29	13 and Over 100 Breast	30
31	11-12 50 Free	32
33	13 and Over 100 Free	34
35	11-12 200 Free Relay	36
37	13&O 200 Free Relay	38