

CHESAPEAKE SWIM CLUB SPRING TRI-MEET  
CSC vs. ATAC vs. NTN  
SUNDAY APRIL 25th 2010  
OKS Sanction # OK10-027

- HOST:** CHESAPEAKE SWIM CLUB CSC-OK
- LOCATION:** Oklahoma City Community College  
Olympic Festival Pool  
77<sup>th</sup> and South May  
Oklahoma City, OK 73159
- FACILITIES:** 50 meter, eight lane indoor pool with non-turbulent lane ropes, electronic timing system. Spectator seating, athlete bleachers, and warm-up/cool down pool area available. The venue has been certified. The depth of the pool at the starting block is 10'6". Depth at the turn is 4'.
- WARM-UP:** There will be one warm-up session. Team lane assignments will be posted at the pool prior to the start of warm-ups. Warm-ups will start at 10:00 am. Coaches will maintain control of all activities in their warm-up lanes.
- RULES:** 2010 USAS Rules, supplemented by Oklahoma Swimming Rules will govern the meet.
- MEET TYPE:** This is a one day tri meet between CSC, ATAC, and NTN. The meet will be run in a timed finals Long Course 50 meter format for all age groups and relays.
- ELIGIBILITY:** This meet is open to all USS registered swimmers from the 3 identified teams only. Age as of the first day of the meet, April 25th 2010 will determine eligibility for an age group. There are no qualifying times for any event.
- AWARDS:** No awards will be given. Team scoring will be provided.
- SCORING:** For the purposes of team scoring individual events will be scored as follows: 1<sup>st</sup>-9 points, 2<sup>nd</sup>-7 points, 3<sup>rd</sup>-6 points, 4<sup>th</sup>-5 points, 5<sup>th</sup>-4 points, 6<sup>th</sup>-3 points, 7<sup>th</sup>-2 points, 8<sup>th</sup>-1 point. Relays will be scored at double the amounts for individual events: 1<sup>st</sup>-18 points, 2<sup>nd</sup>-14 points, 3<sup>rd</sup>-12 points, 4<sup>th</sup>-10 points, 5<sup>th</sup>-8 points, 6<sup>th</sup>-6 points, 7<sup>th</sup>-4 points, 8<sup>th</sup>-2 points.
- RESULTS:** Complete Team Manager Results will be available from the Chesapeake Swim Club web site at [chesapeakeswimclub.org](http://chesapeakeswimclub.org). In addition, each team will be e-mailed complete results.
- SCHEDULE:** Warm-up at 10:00 am Meet starts at 11:00 am

- ENTRY LIMITS:** Individual swimmers may enter a maximum of 5 individual events for the meet. Each athlete may enter in 1 relay maximum. Deck entries will not be accepted.
- ENTRIES:** An entry file will be sent to all teams prior to the entry deadline. Each team shall send to the MEET DIRECTOR a HY-TEK entry file with complete team entries by the entry deadline. A contact name, e-mail address and phone number of the appropriate entry person from each team is required. Only Long Course Meter entry times will be accepted.
- SEND TO:** Meet Director: Paul Thompson at [auggie1@sbcglobal.net](mailto:auggie1@sbcglobal.net) Phone # 405-570-6529
- SAFETY:** Safety Marshals will monitor activities according to the safety rules of OKS. Repeated violations considered dangerous may result in removal from the meet.
- NON-ATHLETES:** Only Athletes, Coaches and Volunteers will be allowed on the competition pool deck. Non-Athletes will not be allowed on deck. Non-athlete cards do not grant parents access to the pool deck at any time. Coaches are asked to bring proof of current CPR, First Aid, and Coaches Safety Certification.
- CONCESSIONS:** None will be available for this meet.
- HOSPITALITY:** A limited hospitality will be available for Coaches and Officials working the meet.
- RELEASE:** USA Swimming Inc., Oklahoma Swimming., Chesapeake Swim Club and Oklahoma City Community College shall be free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

## EVENTS:

Female Events#	EVENT	Male Events #
1	8 & Under 200 Free Relay	2
3	10 & Under 200 Free Relay	4
5	11-12 200 Free Relay	6
7	13-14 200 Free Relay	8
9	15 & Over 200 Free Relay	10
11	10 & Under 200 IM	12
13	11-12 200 IM	14
15	13-14 200 IM	16
17	15 & Over 200 IM	18
19	8 & Under 50 Freestyle	20
21	9-10 50 Freestyle	22
23	11-12 50 Freestyle	24
25	13-14 100 Freestyle	26
27	15 & Over 100 Freestyle	28
29	8 & Under 50 Backstroke	30
31	9-10 50 Backstroke	32
33	11-12 50 Back stroke	34
35	13-14 100 Backstroke	36
37	15 & Over 100 Backstroke	38
39	8 & Under 50 Butterfly	40
41	9-10 50 Butterfly	42
43	11-12 50 Butterfly	44
45	13-14 100 Butterfly	46
47	15 & Over 100 Butterfly	48
49	8 & Under 50 Breaststroke	50
51	9-10 50 Breaststroke	52
53	11-12 50 Breaststroke	54
55	13-14 100 Breaststroke	56
57	15 & Over 100 Breaststroke	58