

2009 RAYS CYSL TURKEY TROT
NOVEMBER 7, 2009

- HOST:** Rock Hill Area YMCA Aquatics
- SANCTION:** Approval from SC Swimming is pending.
- LOCATION:** Rock Hill Aquatics Center, 325 Rawlinson Road, Rock Hill, South Carolina. Telephone 803-817-7556
- FACILITY:** The Rock Hill Aquatics Center is an indoor facility with a 10 lane 25 yard pool with bottom striping, wall targeted, and automatic surge reduction system. An adjacent 8 lane warmup/warmdown pool will be available during the competition at the discretion of the Meet Referee. Wave Eater II Non-turbulent lane lines are used. The pool features a 11x17 ft video screen in the climate controlled facility. There is bleacher seating for 500 spectators. Swimmers will sit in team assigned areas on the pool deck. Teams will be expected to clean their team area at the end of the session. **Chairs and strollers are not permitted in the bleachers.** Standing will not be permitted at the railing in front of the spectator area under any circumstances.
- RULES:** To be conducted in accordance with Carolina YMCA Swim League rules, YMCA of the USA and USA Swimming Rules and information herein.
- ELIGIBILITY:** **This meet shall be a closed invitational meet open to teams that are registered members of the Carolina YMCA Swim League.** Swimmers who are representing a CYSL team must be a member in good standing of the YMCA which they are representing. Teams & swimmers of YMCA swim teams from outside of the CYSL league may participate at the invitation of the host team. Swimmers may swim a maximum of four (4) individual events and two relays each day of the meet.
- FORMAT:** All events will be swum as timed finals. **THE MEET HOST RESERVES THE RIGHT TO HAVE THE MEET CONDUCTED IN TWO SESSIONS DEPENDING ON THE TIME LINE FOR THE MEET.**
- AWARDS:** Ribbons will be awarded for the 1st through 7th places in individual events and relays for CYSL swimmers. Heat winner ribbons will also be given to all heat winners.
- TIME OF MEET:** *Saturday Warm-up 8:00 am Competition 9:15 am
**Saturday Warm-up 7:30 am Competition 8:30 am
Warm-up Not before 12:00 noon Competition not before 1:00 pm
- Teams will be assigned lanes for warm-up. The warm-down pool will be available during the swim meet for swimmers in the meet only. However, swimmers who horseplay in the warm-down pool may be asked to get out of the pool and may be disqualified from the remainder of their events for the meet.
- * ONE SESSION ** TWO SESSIONS**
DETERMINATION OF TWO SESSION WILL BE MADE BASED ON THE NUMBER OF ENTRIES RECEIVED. PLEASE MAKE YOUR ENTRIES BASED ON THE POSSIBILITY OF TWO SESSIONS.
- ENTRIES:** All entries **MUST** include **age as of November 7, 2009**, entry times to the 100th of a second, event number, and age group. The enclosed team summary sheet must be included with entries. If the Meet Director determines that a swimmer or swimmers have been omitted due to an error made by meet administration, a swimmer or swimmers will be added, but no events will be reseeded.
ENTRIES ON DISK or EMAIL USING HY-TEK ARE ENCOURAGED and preferred.
PLEASE SEND PRINTED COPY OF ENTRIES FOR VERIFICATION.
- SCORING:** The meet will be scored overall in addition to CYSL teams. Teams may enter as many relays as they desire but only one relay team may score points. Place ribbons will be awarded in the order that teams place regardless of the number of teams entered.
- ENTRY FEES:** \$4.00 per swimmer for one day. There will be a \$2.00 per swimmer surcharge for all USA Swimming registered swimmers. All entry fees must be paid before the meet begins.

DEADLINE: Entries must be received by 7:00 PM, Wednesday, November 4, 2009.

MAIL TO: Mail hard copy, disk, summary sheet, and check to: Rock Hill CYSL Turkey Trot Entries c/o Lynn Williams, 104 Finch Loop, Fort Mill, SC 29715. Phone number: (803) 417-8982. E-mail: lmwilliams@comporium.net. If using e-mail, please include a Word document export of your entries by swimmer with your Commlink file. Please send any certified or express mail with a signature release. Make checks payable to Upper Palmetto YMCA.

WARM-UPS Team lane assignments will be made for each session and posted. Coaches will be provided a copy of the official warm-up procedures. All safety guidelines will be enforced. Each club is responsible for providing their own safety marshal for warm-up. The warm-up session will have 30 minutes of general warm-up (both pools will be used) and 30 minutes of starts and turns in the competition pool. Diving is permitted from both ends of the pool during races. Swimmers may not return in a lane in which swimmers are diving.

LIABILITY RELEASE: USA Swimming, Inc., SC Swimming, Rock Hill Area YMCA Aquatics, the Upper Palmetto YMCA, the Rock Hill Aquatics Center, Upper Palmetto YMCA Timing and the YMCA of the United States shall be free from any liability or claims for damages arising by reason of injury to anyone during the conduct of this meet.

OFFICIALS: All YMCA & USA Swimming certified officials are encouraged to participate in the officiating of the competition.

COACHES: All coaches will be required to check-in prior to the meet and present their credentials in order to receive their heat sheet. No individuals without credentials shall be allowed behind the blocks during meet warm-ups or competition.

MEET DIRECTOR: Paul Vezzetti

REFEREE: Gene Ashcraft

SAFETY MARSHALL: Bobette Sweezer assisted by Rock Hill Aquatics Center Lifeguards.

TIMING: Timing will be provided by Upper Palmetto YMCA Timing with Colorado touch pads with button and stop watch back up.

CONCESSIONS: The Rock Hill Area YMCA Aquatics Swim Shop will be available to handle any of your swimming equipment needs. A full concession stand will have food and drinks available for swimmers and spectators. Teams are expected to clean up their team area before leaving the building.

SPECIAL INSTRUCTIONS:

1. Age as of November 7, 2009 will be used as the competition age per CYSL Swimming Rules.
2. Swimmers will not be permitted to sit in the bleachers during the meet. Chairs, strollers and large coolers will not be permitted in the bleachers. Please make certain that your parents are aware of this. This enables us to seat more spectators in the bleachers.
3. Each team will be responsible for having an escort at both ends of the pool for the 8 & under relays. 8 & unders will start from the blocks for all events.
4. Clerk of Course will call all events. Clerk of Course will only line up 8-Under swimmers. Teams are responsible for making certain that all swimmers report to the Clerk of Course for 8-Under events and to the starting block for all other events. The Clerk of Course will not look for swimmers nor will they hold up the meet for swimmers who do not report to the block or Clerk of Course. Teams may have one volunteer to assist with making sure that your swimmers get to Clerk of Course & the starting blocks.
5. ALL COACHES SHOULD BE FAMILIAR WITH THE WARMUP PROCEDURE AS EXPLAINED ON THE WARMUP ASSIGNMENT PAGE. ALL TEAMS WILL WARMUP AT THE SAME TIME UTILIZING ALL 18 LANES WITH 30 MINUTES BLOCKS OF TIME FOR GENERAL WARMUP (9:00-10:00) AND STARTS (9:30-10:00). LANES WILL BE SHARED FOR THE STARTING (DIVING) PORTION OF THE WARMUP.

WARMUP TIME ASSIGNMENTS

SATURDAY, NOVEMBER 7, 2009

8:00-8:30 AM

WARMUP	LANES	POOL
	1-2	COMPETITION
	3-4	COMPETITION
	5-8	COMPETITION
	9-10	COMPETITION
	1-8	WARMUP/WARMDOWN POOL

AT 8:30 AM THE FOLLOWING PROCEDURES WILL BE USED FOR THE LAST 30 MINUTES:

LANES 1 & 10 WILL BE USED FOR GENERAL WARM-UP

LANES 3-8 WILL BE USED FOR STARTS FROM THE BLOCKS

LANES 2 & 9 WILL BE USED FOR TURNS

THE WARM-UP POOL WILL BE AVAILABLE FOR GENERAL WARM-UP DURING THIS TIME.

*DIRECTIONS TO ROCK HILL AQUATICS CENTER
BOTH OF THESE SETS OF DIRECTIONS BRING YOU INTO THE BACK SIDE OF THE
FACILITY. YOU WILL TURN INTO THE PARKING LOT BEFORE YOU SEE THE AQUATICS
CENTER.*

FROM I-77

*TAKE EXIT 82C OFF OF I-77. THIS IS THE EXIT FOR HWY 161/YORK. THE ROAD IS
ALSO NAMED CELANESE ROAD. PROCEED IN THE DIRECTION OF YORK. THE ROAD
IS 6 LANES WHEN YOU COME OFF OF THE INTERSTATE. IT WILL BECOME 4 LANES.
AFTER IT BECOMES 4 LANES (AFTER THE ROCK HILL AIRPORT), LOOK FOR THE
CEMETARY ON THE RIGHT. JUST AFTER THE CEMETARY, TURN LEFT ONTO
RAWLINSON ROAD (THERE IS A STOP LIGHT HERE. THIS IS NOT A MAJOR
INTERSECTION). CROSS THE RAILROAD TRACK. CROSS HWY. 901/HECKLE BLVD. AT
THE FIRST LIGHT. TURN LEFT AT THE FIRST STREET INTO THE PARKING LOT (YOU
HAVE GONE TOO FAR IF YOU GET TO THE HOUSING DEVELOPMENT ON THE RIGHT.)*

FROM THE UPSTATE NOT USING I-77

*PROCEED TOWARDS ROCK HILL AS YOU HAVE IN THE PAST ON HWY. 5 OR HWY 161 TO
YORK. WHEN YOU GET TO THE INTERSECTION OF HWY. 161 & HWY 5 (YORK ELECTRIC
COOP BUILDING ON THE RIGHT), TURN LEFT ONTO HWY. 161 AND PROCEED
TOWARDS ROCK HILL. HWY 901 & HWY 161 INTERSECT AND BECOME 4 LANES. STAY
ON HWY. 901. JUST AFTER THE HWY. 901 & HWY. 161 SPLIT. TURN RIGHT AT THE
FIRST STOP LIGHT ONTO RAWLINSON ROAD. TURN LEFT AT THE FIRST STREET INTO
THE PARKING LOT (YOU HAVE GONE TOO FAR IF YOU GET TO THE HOUSING
DEVELOPMENT ON THE RIGHT.).*

FROM THE SOUTH NOT ON I-77 THROUGH CHESTER

*FOLLOW HWY 72 OUT OF CHESTER TO ROCK HILL. TURN LEFT ONTO HWY. 901.
FOLLOW HWY. 901 FOR ABOUT 5 MILES. AFTER YOU CROSS HOLLIS LAKES ROAD,
TURN LEFT AT THE NEXT LIGHT ONTO RAWLINSON ROAD. TURN LEFT INTO THE
PARKING LOT (YOU HAVE GONE TOO FAR IF YOU GET TO THE HOUSING
DEVELOPMENT ON THE RIGHT.)*

**2009 RAYS TURKEY TROT
ORDER OF EVENTS
SATURDAY, NOVEMBER 7, 2009
MORNING SESSION**

Girls Event #	Stroke / Distance	Age	Boy's Event #
MORNING SESSION			
1	Freestyle 50 yd	6 & Under	2
3	Freestyle 50 yd	7 - 8	4
5	Freestyle 100 yd	9 - 10	6
7	Back 25 yd	6 & Under	8
9	Back 25 yd	7 - 8	10
11	Back 50 yd	9 - 10	12
13	Breaststroke 25 yd	6 & Under	14
15	Breaststroke 25 yd	7 - 8	16
17	Breaststroke 50 yd	9 - 10	18
19	Freestyle 100 yd	6 & Under	20
21	Freestyle 200 yd	Open*	22
23	Medley Relay 100 yd	8 & Under	24
25	Medley Relay 200 yd	10 & Under	26
27	Butterfly 25 yd	6 & Under	28
29	Butterfly 25 yd	7 - 8	30
31	Butterfly 50 yd	9 - 10	32
33	Freestyle 25 yd	6 & Under	34
35	Freestyle 25 yd	7 - 8	36
37	Freestyle 50 yd	9 - 10	38
39	Individual Medley 100 yd	6 & Under	40
41	Individual Medley 100 yd	7 & 8	42
43	Individual Medley 100 yd	9 - 10	44
45	Freestyle Relay 100 yd	8 & Under **	46
47	Freestyle Relay 200 yd	10 & Under	48
49	Freestyle Relay 200 yd	12 & Under	50

**2009 RAYS TURKEY TROT
ORDER OF EVENTS
SATURDAY, NOVEMBER 7, 2009
AFTERNOON SESSION**

GIRLS EVENT #	DISTANCE & STROKE	AGE GP	BOYS EVENT #
51	Medley Relay 200 yd	12 & Under	52
53	Medley Relay 200 yd	14 & Under	54
55	Medley Relay 200 yd	18 & Under	56
57	Medley Relay 200 yd	21 & Under	58
59	Freestyle 100 yd	11 -12	60
61	Freestyle 100 yd	13 - 14	62
63	Freestyle 100 yd	15 - 21	64
65	Back 50 yd	11 -12	66
67	Back 100 yd	13 - 14	68
69	Back 100 yd	15 - 21	70
71	Breaststroke 50 yd	11 -12	72
73	Breaststroke 100 yd	13 - 14	74
75	Breaststroke 100 yd	15 - 21	76
77	Freestyle 200 yd	Open*	78
79	Butterfly 50 yd	11 -12	80
81	Butterfly 100 yd	13 - 14	82
83	Butterfly 100 yd	15 - 21	84
85	Freestyle 50 yd	11 -12	86
87	Freestyle 50 yd	13 - 14	88
89	Freestyle 50 yd	15 - 21	90
91	Individual Medley 100 yd	11 -12	92
93	Individual Medley 200 yd	13 - 14	94
95	Individual Medley 200 yd	15 - 21	96
97	Freestyle Relay 200 yd	14 & Under	98
99	Freestyle Relay 200 yd	18 & Under	100
101	Freestyle Relay 200 yd	21 & Under	102

* This will be swam as an open event, but scored by age group during the regular season. At the championship it will be an age group event. (Effective 3-5-06). Six and unders are not eligible to swim this event. (Effective 3-7-07)

**2009 RAYS TURKEY TROT
ORDER OF EVENTS
SATURDAY, NOVEMBER 7, 2009
ONE SESSION**

Girls Event #	Stroke / Distance	Age	Boys Event #
1	Freestyle 50 yd	6 & Under	2
3	Freestyle 50 yd	7 - 8	4
5	Freestyle 100 yd	9 - 10	6
7	Freestyle 100 yd	11 -12	8
9	Freestyle 100 yd	13 - 14	10
11	Freestyle 100 yd	15-21	12
13	Back 25 yd	6 & Under	14
15	Back 25 yd	7 - 8	16
17	Back 50 yd	9 - 10	18
19	Back 50 yd	11 -12	20
21	Back 100 yd	13 - 14	22
23	Back 100 yd	15 -21	24
25	Breaststroke 25 yd	6 & Under	26
27	Breaststroke 25 yd	7 - 8	28
29	Breaststroke 50 yd	9 - 10	30
31	Breaststroke 50 yd	11 -12	32
33	Breaststroke 100 yd	13 - 14	34
35	Breaststroke 100 yd	15 -21	36
37	100 yard Freestyle	6 & Under	38
39	200 yard freestyle – swam together scored separate	Open**	40
41	Medley Relay 100 yd	8 & Under *	42
43	Medley Relay 200 yd	10-Under	44
45	Medley Relay 200 yd	12- Under	46
47	Medley Relay 200 yd	14-Under	48
49	Medley Relay 200 yd	18-Under	50
51	Medley Relay 200 yd	21-Under	52
53	Butterfly 25 yd	6 & Under	54
55	Butterfly 25 yd	7 - 8	56
57	Butterfly 50 yd	9 - 10	58
59	Butterfly 50 yd	11 -12	60
61	Butterfly 100 yd	13 - 14	62
63	Butterfly 100 yd	15 -21	64
65	Freestyle 25 yd	6 & Under	66
67	Freestyle 25 yd	7 - 8	68
69	Freestyle 50 yd	9 - 10	70
71	Freestyle 50 yd	11 -12	72
73	Freestyle 50 yd	13 - 14	74
75	Freestyle 50 yd	15 -21	76
77	Individual Medley 100 yd	6 & Under	78
79	Individual Medley 100 yd	8 & Under	80
81	Individual Medley 100 yd	9 - 10	82
83	Individual Medley 100 yd	11 -12	84
85	Individual Medley 200 yd	13 - 14	86
87	Individual Medley 200 yd	15 -21	88
89	Freestyle Relay 100 yd	8 & Under *	90
91	Freestyle Relay 200 yd	10-Under	92
93	Freestyle Relay 200 yd	12-Under	94
95	Freestyle Relay 200 yd	14-Under	96
97	Freestyle Relay 200 yd	18-Under	98
99	Freestyle Relay 200 yd	21-Under	100

*Please note that 6 and under are eligible to swim 8 & under relays.

** Event will be swam together and scored by age group.