

LRSC  
19<sup>th</sup> Annual  
Tuffin' Up  
Swim Meet  
**February 11<sup>th</sup> 2007**

**Sanction:** #ME0607-0211

**Facility:** Bath Area Family YMCA Gamble Swimnasium- 8 lane pool, automatic timing, and spectator seating for 300 plus lights.

**Schedule:** See list of events sheet.

**Format:** All events will be run as timed finals, mixed age, mixed gender.

**Pool Records:** A list of pool records is posted at [www.lrsc.org](http://www.lrsc.org) .

**For questions pertaining to the meet contact:** Jay Morissette or Sponge at 443-4112.

**Entries:** Meet Entries must be submitted via either:

1. HYTEK Commlink diskette with report copy, or
2. E-Mail zipped commlink file with report text attached
3. Paper entries using appropriate entry forms.

**The deadline for paper entries is 6pm Wednesday February 7<sup>th</sup> 2007.  
Computer Entries must be received no later than 12 noon Thursday  
February 8<sup>th</sup>, 2007.**

Send email entries to: [LRSC@bathymca.org](mailto:LRSC@bathymca.org)

Old Fashion paper mail with stamp to:  
Jay Morissette/LRSC  
303 Centre Street  
Bath, Maine 04530

Swimmers **MUST** be USA-Swimming registered for 2007. Include swimmers registration number with entries. Entries must be submitted by team with all Competing swimmers included in each entry submission.

Swimmers are limited to 5 (five) individual events. This meet is recommended for swimmers of all ages and offers the joys of trying to Tuffin up.

**FEES:** **\$2.00** per individual event for HYTEK entries. \$2.50 for manual/paper entries per event. Relay cost is \$5.00 per relay team entry.

Make 1 (one) team check out payable to LRSC and mail or bring to meet.

Programs will be available for \$3.00. There will be a \$1.00 admission fee for spectators.

**SEEDING:** The meet will be pre-seeded and deck entries will be accepted if an open lane in an existing heat exists. The cost will be \$2.50 individual and \$5.50 relay.

**RULES:** 2007 USA Swimming Rules Book will be followed. Decisions by the meet referee will be final.

**SAFETY:** Each swimmer must be under the supervision of a USA-Swim certified coach in good standing with MSI.

There will be no diving into the pool except during sprint lane warm ups and swim even starts. All entries into the pool are from the deep end only.

Non-compliance is justification for disqualification from the meet.

**AWARDS:** Pats on the back whenever asked by members of the meet committee.

**OTHER:** Concessions may be available during the meet.

**DIRECTIONS:** From south of Bath, take the Congress street exit, veer right, go 1/10mile take right onto Congress, go 3-5/10mile to blinking light, go right onto Centre street, go 3/10mile to YMCA on left.

From the north take route 1 to Bath, go over huge bridge, take 1<sup>st</sup> exit as you pass McDonalds on right (shopping center), veer right off of exit onto Congress street, go 3/10mile to blinking light, go right, go 3/10mile to Y on left.

From east and west, not possible to get here, configure car to a north south situation and follow above directions.

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Warm up: **Session 1** Warm-ups begin at 7:30 am meet starts at 8:30am;

**Session 2** Warm-ups begin no earlier than 11:15am meet starts at 12:30pm 12 and unders warm up from 11:15 am to 11:45; 13 and older 11:45 am to 12:30 pm, meet starts 12:30pm.

**Session 3** warm up 3:45, meet starts 4pm.

**The break between sessions 2 and 3 will take place after Event 12.**

| Event# | Event Description |
|--------|-------------------|
|--------|-------------------|

**Session 1**

- |    |   |
|----|---|
| 1. | <b>13 and Older 1650 Freestyle</b> (based on your age the first day MSI champs) |
| 2. | <b>12 and Under 500 Freestyle</b>   |
| 3. | <b>Mixed 400 I.M.</b>   |
| 4. | <b>12 and Under 200 I.M.</b>  |
| 5. | <b>Mixed 200 Freestyle</b>  |
| 6. | <b>Mixed 400 Medley Relay</b>   |

**Session 2**

- |     |                         |
|-----|-------------------------|
| 7.  | <b>Mixed 100 I.M</b>    |
| 8.  | <b>Mixed 200 Fly</b>    |
| 9.  | <b>Mixed 50 Back</b>    |
| 10. | <b>Mixed 100 Breast</b> |
| 11. | <b>Mixed 50 Free</b>    |
| 12. | <b>Mixed 100 Fly</b>    |

**Session 3**

- |     |                        |
|-----|------------------------|
| 13. | <b>Mixed 200 Back</b>  |
| 14. | <b>Mixed 50 Breast</b> |

- 15. Mixed 100 Free**
- 16. Mixed 50 Fly**
- 17. Mixed 100 Back**
- 18. Mixed 200 Breast**
- 19. Mixed 400 Free Relay**