

LRSC
5th Annual Summer
Sprint Meet
July 8th, 2007

Sanction: ME 0607-0708

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. 25's start off the blocks and will have electronic timing in the shallow end.

Pool Records: A list of pool records are posted at 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 July 4th, 2007.
Computer Entries must be received no later than 12 noon Thursday,
July 5th, 2007.**

Send email entries to: 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 25's to older swimmers that secretly crave them from their youth.

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 1st 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: 8:00-8:20am for 10 and under swimmers, 8:20-9:00am for 11 and older swimmers

Event# Event Description

1. mixed 100 medley relay
2. mixed 200 breaststroke
3. mixed 100 freestyle
4. mixed 25 butterfly
5. mixed 50 backstroke
6. mixed 100 breaststroke
7. mixed 200 butterfly
8. mixed 25 backstroke
9. mixed 50 freestyle
10. mixed 25 breaststroke
11. mixed 200 freestyle
12. mixed 50 butterfly
13. mixed 100 backstroke
14. mixed 50 breaststroke
15. mixed 100 butterfly
16. mixed 200 backstroke
17. mixed 25 freestyle
18. mixed 100 IM
19. mixed 100 free relay