

Long Reach Swim Club Sprint Meet

Who? Any properly registered USA-S Swimmer

What? Sprint Meet

When? June 28, 2008

Where? Ed Gamble Swimnasium @ Bath YMCA Bath, Maine

Why? Sprinting and going fast is fun

SANCTION: Maine Swimming, Inc. Sanction number: ME 0708-0628

FACILITY: Gamble swimnasium Pool is an 8 lane 25-yard pool with automatic timing and bleacher seating for 350 comfortably.

Events SCHEDULE: See Schedule of Events Sheet.

FORMAT: All events will be timed finals. All 25 yard swims will be swum from the start end of pool to shallow end with manual electronic timing.

For questions on the meet contact:

Jay Morissette 443-4112

ENTRIES: Meet Entries must be submitted via either:

- 1) HY_TEK Commlink diskette with report copy, or
- 2) E-MAIL zipped Commlink file with report text attached
- 3) If computer format is unavailable, teams may submit paper entries using appropriate entry forms.

The deadline for paper entries is 6:00 pm Monday June 23, 2008.

Computer entry information must be received no later than 11:59 pm Monday June 23, 2008

Send email entries to: lrsc@bathymca.org

Send USPS mailed entries to:

D. Jay Morissette
303 Centre Street
Bath, Maine 04430
(207)443-6879

Swimmers must be USA-Swimming registered for 2008.

Paper entries must include swimmers' registration number with entries.

Entries must be submitted by team with all competing swimmers included in each entry submission.

In the event the meet is over-subscribed entries may be cut on the basis of last entry received, first cut.

Swimmers are limited to 5 (five) individual events.

This meet is recommended for swimmers of all ages.

FEES: \$2.00 per individual event for HY_TEK entries. Relays \$6.00 per relay.

There is a \$0.50 surcharge, per event, for non HY-TEK entries.

Please make checks payable to **Long Reach Swim Club** and mail with entries.

(One check per team, please.)

Programs will be available for \$2.00 per session.

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

SEEDING: The meet will be pre-seeded and deck entries for all events will be accepted for events that have empty lanes in existing heats.

RULES: Current USA Swimming rules with govern all competition.

Decisions by the meet referee will be final.

SAFETY: Each participating swimmer must be under the supervision of a USA-Swimming certified coach with a current USA-Swimming membership in good standing.

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

Non-compliance is justification for disqualification from the meet.

Swimmers must enter and exit the pool through the locker rooms.

AWARDS: Individual events: Pats on the back awarded for 1st – 8th place. Good jobs for 9th-last.

OTHER: Food and beverage will be available during the meet.

Directions: available on request

*******ALL EVENTS ARE MIXED GENDER AND AGE*******

Saturday June 28, 2008

Session 1 Warm-up 8:00-8:20 12 & Under/8:20-8:59 12 & Over

1. 100 medley Relay
2. 200 Breaststroke
3. 100 free
4. 25 fly
5. 50 back
6. 100 breaststroke
7. 200 fly
8. 25 back
9. 50 free
10. 200 free
11. 50 fly
12. 100 back
13. 50 breaststroke
14. 100 fly
15. 200 back
16. 25 free
17. 100 IM
18. 100 free relay