

WHITE PLAINS YWCA MIDDIES SWIM TEAM
MAY INVITATIONAL
MAY 3 & 4, 2003

SANCTION #

SITE: White Plains YWCA, 515 North Street, White Plains, NY 10605

ELIGIBILITY: All competitors must be registered with USA Swimming. Age as of May 3, 2003 will determine event eligibility.

POOL : 25 yard pool with 6, 7 foot lanes. Non-turbulent lane lines. Colorado electronic timing system with six line scoreboard.

RULES: Current U.S. Swimming rules will govern the meet. All events are timed finals.

WARM-UP: first 30 minutes will be general warm-up, then lanes 2&5 will be one way sprints, 1&6 for general warmup. Lanes 3&4 will be assigned as necessary.

AWARDS: Medals will be awarded for the first three places.

ENTRIES: **SWIMMERS MAY ENTER A MAXIMUM OF 4 EVENTS.** The meet will be run on computer using Hy-Tek's Meet Manager. Entries should be sent on disk, all entries must be accompanied by Master Sheets. Entries must be received no later than April 23, 2003. The cost is \$3.00 per individual event.
In addition, there is a \$1.00 surcharge for any entries not sent on disk.
Make checks payable to: YWCA MIDDIES SWIM TEAM and mail to:

YWCA Middies Swim Team
515 North Street
White Plains, NY 10605

Ample on-site parking, food is available in designated concession area ONLY.

QUESTIONS: Ilan Noach, Head Coach (914) 422-1585

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2:30 PM WARM UP	SATURDAY SESSION	3:30 PM START
1	9-10 100 FREESTYLE	2
3	11-12 100 FREESTYLE	4
5	9-10 50 BUTTERFLY	6
7	11-12 50 BUTTERFLY	8
9	9-10 100 BACKSTROKE	10
11	11-12 100 BACKSTROKE	12
13	9-10 50 BREASTSTROKE	14
15	11-12 50 BREASTSTROKE	16
17	9-10 50 FREESTYLE	18
19	11-12 50 FREESTYLE	20
21	9-10 100 BUTTERFLY	22
23	11-12 100 BUTTERFLY	24
25	9-10 50 BACKSTROKE	26
27	11-12 50 BACKSTROKE	28
29	9-10 100 BREASTSTROKE	30
31	11-12 100 BREASTSTROKE	32

5:30 PM WARMUP	SUNDAY SESSION	6:30 PM START
33	8 & UNDER 100 FREESTYLE	34
35	7 & UNDER 50 FREESTYLE	36
37	8 & UNDER 50 BUTTERFLY	38
39	7 & UNDER 25 BUTTERFLY	40
41	8 & UNDER 100 BACKSTROKE	42
43	7 & UNDER 50 BACKSTROKE	44
45	8 & UNDER 50 BREASTSTROKE	46
47	7 & UNDER 25 BREASTSTROKE	48