

WHITE PLAINS YWCA MIDDIES SWIM TEAM
12 & UNDER SPRINT MEET
NOVEMBER 8, 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 November 8, 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 pace work and 3&4 for general warm-up until the meet start time.

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

ENTRIES: 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 October 29, 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: MIDDIES SWIM TEAM and mail to:

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

WHITE PLAINS YWCA MIDDIES SWIM TEAM
MINI & AGE GROUP MEET
NOVEMBER 8, 2003

Sanction #

4:30 P.M. Warm-up

5:30 P.M. Start

GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
1	10 & UNDER	50 FREESTYLE	2
3	11-12	50 FREESTYLE	4
5	10 & UNDER	50 BREASTSTROKE	6
7	11-12	50 BREASTSTROKE	8
9	10 & UNDER	50 BACKSTROKE	10
11	11-12	50 BACKSTROKE	12
13	10 & UNDER	50 BUTTERFLY	14
15	11-12	50 BUTTERFLY	16
17	10 & UNDER	100 IM	18
19	11-12	100 IM	20