

WHITE PLAINS YWCA MIDDIES SWIM TEAM
12 & UNDER SPRINT PENTATHLON INVITATIONAL
MAY 1-2, 2004

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 1, 2004 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. Swimmers may compete in up to 5 events per day, however in order to score in the Pentathlon a swimmer must swim all 5 events in their age group (8 yr old, 9-10 & 11-12) The 7& under group will be scored on 4 events – the 8&under 100IM is not counted toward the 7 & under winner.

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: Pentathlon winners in each age group will receive awards. In addition there will be prizes for all heat winners.

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 April 24, 2004. 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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 MAY 1, 2004

5:30 pm WARM UP	SATURDAY	6:30 PM START
1	9-10 50y BUTTERFLY	2
3	11-12 50y BUTTERFLY	4
5	9-10 50y BACKSTROKE	6
7	11-12 50y BACKSTROKE	8
9	9-10 50y BREASTSTROKE	10
11	11-12 50y BREASTSTROKE	12
13	9-10 50y FREESTYLE	14
15	11-12 50y FREESTYLE	16
17	9-10 100y IM	18
19	11-12 100y IM	20

MAY 2, 2004

5:30 pm WARM UP	SUNDAY	6:30 PM START
21	8 year old 50y BUTTERFLY	22
23	7 & under 25y BUTTERFLY	24
25	8 year old 50y BACKSTROKE	26
27	7&under 25y BACKSTROKE	28
29	8 year old 50y BREASTSTROKE	30
31	7 & under 25y BREASTSTROKE	32
33	8 year old 50y FREESTYLE	34
35	7 & under 25y FREESTYLE	36
37	8 & under 100y IM	38