

WHITE PLAINS YWCA MIDDIES SWIM TEAM
12 & UNDER SPRINT INVITATIONAL
NOVEMBER 13, 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 November 13, 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.

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 and ribbons for 4-6th 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 November 2, 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: 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

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4:00 P.M. Warm-up			5:00 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