



1st Annual OWA Cup Invitational Saturday-Sunday, April 22nd-23rd

Hosted by Old Westbury Aquatics
Location: SUNY Old Westbury College,
Clark Athletic Center, Old Westbury NY

1st Annual OWA Cup Invitational

Saturday, April 22nd 2006

Session #1, Saturday, April 22nd - Warm up - 8:00AM / Start - 9:00AM

<u>Event</u>	<u>Girls Event #</u>	<u>Boys Event #</u>
10 & Under 200 Medley Relay	1	2
11-12 200 Medley Relay	3	4
Open 200 Medley Relay	5	6
8 & Under 100 Freestyle	7	8
9-10 50 Freestyle	9	10
11-12 50 Freestyle	11	12
Open 50 Freestyle	13	14
8 & Under 50 Breaststroke	15	16
9-10 100 Breaststroke	17	18
11-12 100 Breaststroke	19	20
Open 200 Breaststroke	21	22
8 & Under 100 Backstroke	23	24
9-10 100 Backstroke	25	26
11-12 100 Backstroke	27	28
Open 200 Backstroke	29	30

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Session #2, Sunday, April 23rd - Warm up - 8:00AM / Start - 9:00AM

<u>Event</u>	<u>Girls Event #</u>	<u>Boys Event #</u>
10 & Under Freestyle Relay	31	32
11-12 200 Freestyle Relay	33	34
Open 200 Freestyle Relay	35	36
8 & Under 50 Freestyle	37	38
9-10 100 Freestyle	39	40
11-12 100 Freestyle	41	42
Open 100 Freestyle	43	44
8 & Under 100 Breaststroke	45	46
9-10 100 Butterfly	47	48
11-12 100 Butterfly	49	50
Open 100 Butterfly	51	52
8 & Under 50 Backstroke	53	54
9-10 100 I.M.	55	56
11-12 200 I.M.	57	58
Open 400 I.M.	59	60

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ENTRY FEES	Individual Events: \$3.00 per individual event; \$8.00 per relay event. Checks are payable to Swim OWA, Ltd.	SCRATCHES	Coaches will receive a list of swimmers by session. Scratches are due 30 minutes before the session starts.
MAIL ENTRIES	Please send all entries in HY-TEK format with disk and printout to: Sigitas Rudokas, 14 Avenue B Port Washington, NY 11050 or email: coachsiggy@optonline.net	PARKING	Parking is free and located adjacent to the pool.
ENTRY LIMIT	Swimmers will be limited to 3 events per day plus relays/ Teams will be limited to 2 relays per event.	SPECTATORS	Only swimmers, coaches, and officials will be allowed on deck. Everyone else must remain in the spectator area. Volunteer timers will be greatly appreciated. NO SMOKING ALLOWED IN THE BUILDING. NO FOOD OR GLASS BOTTLES ALLOWED ON POOL DECK.
FORMAT	All events are timed finals. This meet has an entry limit of 300 swimmers per session; first-come, first-served. Cuts to keep within the 4-hour session limit will be made.	CONCESSIONS	Refreshments will be available and must be consumed outside of pool area only. Hospitality will be available for all coaches free of charge.
DEADLINE	Entries must be received by 4/20/06. Please enter a valid time for all swimmers in YARDS. No NTs, please.	ELIGIBILITY	All swimmers must be USA registered. Age as of first day of meet will determine eligibility for age group events. All coaches must also be registered with USA Swimming.
FACILITY	1 x 6 lane 25-yard pool.	AWARDS	Medals 1st-3rd place and ribbons 4th-6th place in all age groups. Scoring will be standard.
ADMISSIONS & PROGRAMS	Adult Admission (12 & Over): \$5.00 / person Session Program: \$3.00. Admission may be limited.		

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