



OWA Long Distance & Junior Meet

Saturday-Sunday, October 7th-8th

Hosted by Old Westbury Aquatics
Location: SUNY Old Westbury College,
Clark Athletic Center, Old Westbury NY
Sanction # 061016

OWA Long Distance & Junior Meet - October 7th – 8th, 2006

Session #1, Saturday October 7th - Warm Up - 8:00AM / Start 9:00AM

<u>Event</u>	Girls Event #	Boys Event #
11-12 500 Freestyle	1	2
13&Up 500 Freestyle	3	4
11-12 200 Individual Medley	5	6
13&Up 400 Individual Medley	7	8

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Session #2, Saturday October 7th - Warm Up - 12:00PM / Start 1:00PM

<u>Event</u>	Girls Event #	Boys Event #
8&Under 50 Freestyle	9	10
9-10 50 Freestyle	11	12
8&Under 50 Breaststroke	13	14
9-10 100 Breaststroke	15	16
10&Under 50 Butterfly	17	18
8&Under 50 Breaststroke	19	20
9-10 100 Breaststroke	21	22
10&Under 100 Individual Medley	23	24
10&Under 200 Freestyle	25	26

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Session #3, Sunday October 8th - Warm Up - 8:00AM / Start 9:00AM

<u>Event</u>	Girls Event #	Boys Event #
10&Under 500 Freestyle	27	28
11-12 1,000 Freestyle	29	30
13&Up 1,000 Freestyle	31	32

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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	Deadline for Metro teams is 9/25/06 and 9/29/06 for non-metro teams. 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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Additional Rules:

Session 1 – Each Team must provide two (2) TIMERS

Session 2 – Each Swimmer can swim four (4) EVENTS

Session 3 - Each swimmer must have TIMER and COUNTER

