

MIDDIES PENTATHLON INVITATIONAL
MIDDIES SWIMMING
MAY 6-7, 2006

SANCTION # 060502

SITE: White Plains YWCA, 515 North Street, White Plains, NY 10605

ELIGIBILITY: All competitors must be registered with USA Swimming. Age as of May 6, 2006 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 top 6 places in all events.
IN ADDITION, custom awards will be given to the top 6 over-all performers in the Pentathlon for the 8,9,10,11 and 12 year old age-groups. Swimmers must compete in all 5 events to be eligible for these awards.

ENTRIES: Entries will be accepted on a first-come-first-served basis. The meet will be run on computer using Hy-Tek's Meet Manager. Email entries should be sent to YMIDMAIL@AOL.COM, all other correspondence should be sent to the address below. Entries must be received no later than April 26. The cost is \$3.00 per individual event. *In addition, there is a \$1.00 surcharge per swimmer for any entries not sent on disk.*
Make checks payable to: MIDDIES SWIMMING and mail to:

Middies Swimming
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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400 P.M. Warm-up	SATURDAY	MAY 6, 2006	5:00 P.M. Start
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
1	9 year old	50 FREESTYLE	2
3	8 year old	50 FREESTYLE	4
5	7-under	50 FREESTYLE	6
7	9 year old	50 BREASTSTROKE	8
9	8 year old	50 BREASTSTROKE	10
11	7-under	50 BREASTSTROKE	12
13	9 year old	50 BACKSTROKE	14
15	8 year old	50 BACKSTROKE	16
17	7-under	50 BACKSTROKE	18
19	9 year old	50 BUTTERFLY	20
21	8 year old	50 BUTTERFLY	22
23	7-under	50 BUTTERFLY	24
25	9 year old	100 IM	26
27	8 year old	100 IM	28
400 P.M. Warm-up	SUNDAY	MAY 7, 2006	500 P.M. Start
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
29	10 year old	50 FREESTYLE	30
31	11 year old	50 FREESTYLE	32
33	12 year old	50 FREESTYLE	34
35	10 year old	50 BREASTSTROKE	36
37	11 year old	50 BREASTSTROKE	38
39	12 year old	50 BREASTSTROKE	40
41	10 year old	50 BACKSTROKE	42
43	11 year old	50 BACKSTROKE	44
45	12 year old	50 BACKSTROKE	46
47	10 year old	50 BUTTERFLY	48
49	11 year old	50 BUTTERFLY	50
51	12 year old	50 BUTTERFLY	52
53	10 year old	100 IM	54
55	11 year old	100 IM	56
57	12 year old	100 IM	58