



OWA Long Distance Meet

Saturday-Sunday, October 13th-14th

Hosted by Old Westbury Aquatics
Location: SUNY Old Westbury College,
Clark Athletic Center, Old Westbury NY
Sanction #071013

OWA Long Distance Meet

Saturday, October 13th 2007

Session #1, Saturday October 13th - Warm Up - 8:00AM / Start 9:00AM

<u>Event</u>	<u>Girls Event #</u>	<u>Boys Event #</u>
13-14 400 IM	1	2
Open 400 Individual Medley	3	4
13-14 500 Freestyle	5	6
Open 500 Freestyle	7	8

Session #2, Saturday October 13th - Warm Up - 1:00PM / Start 2:00PM

<u>Event</u>	<u>Girls Event #</u>	<u>Boys Event #</u>
8 & Under 100 Freestyle	9	10
9-10 200 Freestyle	11	12
11-12 500 Freestyle	13	14
8 & Under 100 IM	15	16
9-10 200 IM	17	18
11-12 200 IM	19	20

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Sunday, October 14th 2007

Session #3, Sunday October 14th - Warm Up - 8:00AM / Start 9:00AM

<u>Event</u>	<u>Girls Event #</u>	<u>Boys Event #</u>
13-14 200 IM	21	22
Open 200 IM	23	24
13-14 1000 Freestyle	25	26
Open 1000 Freestyle	27	28

Session #4, Sunday October 14th - Warm Up - 1:00PM / Start 2:00PM

<u>Event</u>	<u>Girls Event #</u>	<u>Boys Event #</u>
12 & Under 100 IM	29	30
9-10 500 Freestyle	31	32
8 & Under 200 Freestyle	33	34
11-12 1000 Freestyle	35	36

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Please note that all swimmers need to provide their own timers and counters for 500 and 1,000 yard freestyle events

Lastly, the seating will be limited and on a first come, first serve basis.

As a reminder, The USA Swimming Code of Ethics is in effect during the meet.

Swimmers with disabilities are encouraged to enter. Please contact the meet director for special considerations.

OWA Long Distance Meet - Saturday-Sunday, October 13th and 14th 2007

ENTRY FEES	Individual Events: \$3.00 per individual 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: Sigita 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 10/1/07. 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.
ADMISSIONS & PROGRAMS	Adult Admission (12 & Over): \$5.00 / person Session Program: \$4.00. Admission may be limited to first 100 persons		

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