



OWA Distance and 8 & Under Meet Saturday-Sunday, November 3rd-4th

Hosted by Old Westbury Aquatics
Location: SUNY Old Westbury College,
Clark Athletic Center, Old Westbury NY
Sanction #071113

OWA Distance and 8 & Under Meet

Saturday, November 3rd 2007

Session #1, Saturday November 3rd - Warm Up - 8:00AM / Start 9:00AM

<u>Event</u>	Girls Event #	Boys Event #
11-12 200 IM	1	2
13-14 200 IM	3	4
Open 200 IM	5	6
Open 1650 IM	7	8

Session #2, Saturday November 3rd - Warm Up - 1:00PM / Start 2:00PM

<u>Event</u>	Girls Event #	Boys Event #
8 & Under 100 IM	9	10
9-10 100 IM	11	12
8 & Under 50 Freestyle	13	14
9-10 50 Freestyle	15	16
8 & Under 100 Backstroke	17	18
9-10 100 Backstroke	19	20
8 & Under 50 Breaststroke	21	22
9-10 50 Breaststroke	23	24
8 & Under 50 Butterfly	25	26
9-10 50 Butterfly	27	28

Hosted by Old Westbury Aquatics

OWA Distance and 8 & Under Meet

Sunday, November 4th 2007

Session #3, Sunday November 4th - Warm Up - 8:00AM / Start 9:00AM

<u>Event</u>	Girls Event #	Boys Event #
11-12 400 IM	29	30
13-14 400 IM	31	32
Open 400 IM	33	34
Open 1000 Freestyle	35	36

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

<u>Event</u>	Girls Event #	Boys Event #
10 & Under 200 Freestyle	37	38
8 & Under 50 Backstroke	39	40
9-10 50 Backstroke	41	42
8 & Under 100 Breaststroke	43	44
9-10 100 Breaststroke	45	46
8 & Under 100 Freestyle	47	48
9-10 100 Freestyle	49	50
10 & Under 100 Butterfly	51	52

Hosted by Old Westbury Aquatics

Please note that all swimmers need to provide their own timers and counters for 1,650 and 1,000 yard freestyle events. Those heats will be limited to top 3 heats per event.

There will be a 15 min warm-up before the 1,650 and 1,000 freestyle heats.

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 Distance and 8 & Under Meet - Saturday-Sunday, November 3rd and 4th 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 10/20/07. 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		

Hosted by Old Westbury Aquatics

