

MIDDIES "SHRIEK OR SWIM" MEET

October 26-28, 2007

SANCTION # 071016

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

ELIGIBILITY: All competitors must be registered with USA Swimming. Age as of October 26, 2007 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 USA Swimming rules will govern the meet. All events are timed finals. All events are timed finals. Deck seeding will be used. Scratches must be received no later than 30 minutes before the start of each session.

Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.

The USA Swimming Code of Conduct is in effect for the duration of the meet.

WARM-UP: First 40 minutes will be general warm-up. Last 20 minutes: lanes 2 & 7 will be open for one-way sprint. Lanes 3 & 6 will be assigned as necessary. All other lanes will remain open for general warm-up.

AWARDS: Medals will be awarded for 1-6 place for all 12 and under events.

ENTRIES: **Swimmers may compete in no more than 3 events per session.** The meet will be run on computer using Hy-Tek's Meet Manager. Emailed Hy-Tek entry is preferred. If sent by mail, entries should be sent on disk. A master sheet must accompany all entries.

1. Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **Monday October 8, 2007.**
2. The final entry deadline for this meet is **October 15, 2007**
3. Metro entries received between 10/08/07 and 10/15/07 and all entries from other LSC's will be entered in the order they were received, as space allows.

An entry fee of \$3.00 per individual event must accompany the entries.

Make checks payable to:

YWCA MIDDIES
515 North Street
White Plains, New York 10605

Please sign the "signature waiver" on envelope for entries sent by ExpressMail

Email entries to: middies@ywcawhiteplains.com.

Food will be available in designated area only.

Food or glass bottles will not be allowed on deck or in the locker rooms.

QUESTIONS: BRYAN DORSEY, Head Coach (914) 715-7128, middies@ywcawhiteplains.com

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Session I **Friday, October 26th** **4:30 PM** warm up **5:30** start

GIRLS	AGE	EVENT	BOYS
1	8 YEAR OLD	50 FREE	2
3	7 & UNDER	50 FREE	4
5	8 YEAR OLD	50 BACK	6
7	7 & UNDER	50 BACK	8
9	8 YEAR OLD	50 BREAST	10
11	7 & UNDER	50 BREAST	12
13	8 YEAR OLD	50 FLY	14
15	7 & UNDER	50 FLY	16

Session II **Saturday, October 27th** **8:00 AM** warm up **9:00** start

GIRLS	AGE	EVENT	BOYS
17	11-12	100 IM	18
19	13-14	200 FREESTYLE	20
21	11-12	50 FREESTYLE	22
23	13-14	100 BACKSTROKE	24
25	11-12	100 BACKSTROKE	26
27	13-14	200 BREASTSTROKE	28
29	11-12	50 BREASTSTROKE	30
31	13-14	100 BUTTERFLY	32
33	11-12	100 BUTTERFLY	34
35	13-14	200 IM	36

Session III **Saturday, October 27th** **1:00 PM** warm up **2:00** start

GIRLS	AGE	EVENT	BOYS
37	10& UNDER	100 IM	38
39	OPEN	200 FREESTYLE	40
41	10 & UNDER	50 FREESTYLE	42
43	OPEN	100 BACKSTROKE	44
45	10 & UNDER	100 BACKSTROKE	46
47	OPEN	200 BREASTSTROKE	48
49	10 & UNDER	50 BREASTSTROKE	50
51	OPEN	100 BUTTERFLY	52
53	10 & UNDER	100 BUTTERFLY	54
55	OPEN	200 IM	56

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Session IV **Sunday, October 28th** **8:00 AM** warm up **9:00** start

GIRLS	AGE	EVENT	BOYS
57	13-14	100 FREESTYLE	58
59	11-12	100 FREESTYLE	60
61	13-14	200 BACKSTROKE	62
63	11-12	50 BACKSTROKE	64
65	13-14	100 BREASTSTROKE	66
67	11-12	100 BREASTSTROKE	68
69	13-14	200 BUTTERFLY	70
71	11-12	50 BUTTERFLY	72
73	13-14	50 FREESTYLE	74

Session V **Sunday, October 28th** **1:00 PM** warm up **2:00** start

GIRLS	AGE	EVENT	BOYS
75	OPEN	100 FREESTYLE	76
77	10 & UNDER	100 FREESTYLE	78
79	OPEN	200 BACKSTROKE	80
81	10 & UNDER	50 BACKSTROKE	82
83	OPEN	100 BREASTSTROKE	84
85	10 & UNDER	100 BREASTSTROKE	86
87	OPEN	200 BUTTERFLY	88
89	10 & UNDER	50 BUTTERFLY	90
91	OPEN	50 FREESTYLE	92