

Central Ohio YMCA North Waves Sprints Invitational

- When:** Saturday, January 20, 2007 (Held regardless of weather)
- Where:** Central Ohio YMCA North
1640 Sandalwood Dr.
Columbus, Ohio 43229
(614) 885-4252
- Times:** **Morning session 11 and over**
Warm-ups for girls 7:30 – 7:55 am, boys 7:55 – 8:20 am. Session begins at 8:30 pm
- Afternoon session 10 and under**
Warm-ups for girls 12:30 – 12:55 pm, boys 12:55 – 1:20 pm. Session begins at 1:30 pm
- Facilities:** The pool is a six lane 25-yard pool, using non-turbulent lane lines. Computer scoring and electronic timing with touchpads, two-button timing for 25-yard races, plus manual stopwatches. Full facility locker room and showers, 200 car parking lot, 200-seat spectator capacity on deck. Swimmers should bring their own locks.
- Parking:** Please park in the YMCA lot (in marked spaces only), in front of the YMCA on Sandalwood Drive (be respectful of the residents) or in the Karl Road Christian Church parking lot (entrance on Karl Road). No parking allowed in the grass.
- Entry Information:**
Age as of December 1st
Entry Deadline is January 10th, 2007
- Entry limits:** 3 individual events, 2 relays
*No time standards for this meet. However, we reserve the right to limit the number of heats per event. Times for events are not necessary, but entries with no times will be seeded in the first heats.

Entry Fees and Deadlines:

	<u>Individual Events</u>	<u>Relays</u>
Through 1/10/2007	\$3.00	\$6.00
After 1/10/2007	\$5.00	\$10.00

Deck entries before 8:15 AM for morning session and before 1:45 PM for afternoon session only if a lane is open.

Return entries and check by 1/10/2007. **Send entry fee checks to:** Gahanna YMCA Swim Team; Attn: Jenny Puett; 555 YMCA Place; Gahanna, OH 43230

Special Needs Swimmers:

If you have any special needs swimmers, please let us know with your entries. We will work to provide accommodations to suit the situation. For instance, seeding hearing impaired swimmers near the starter is a typical accommodation.

Entries:

If you have Hy-Tek's Meet Manager please export your entries and return to Jon Reidler via e-mail at reidlej@yahoo.com. If you don't have Hy-Tek, we can get you an "entries-only" version. Paper entries will not be accepted. Please FAX your entry cover sheet to Jon Reidler at (614) 751-1333.

An Entry list for Team Manager is on the league website under the *2006-2007 Major Meet Results* link. This is a new event list for 2007!

Implied Coaches Certification:

Coaches submitting entries certify that their entries meet all of the requirements to participate in YMCA swimming. This includes (but is not limited to) 30 days of YMCA membership, single team representation and entry birth date.

Coaches Packets:

Coaches packets will be available at morning warm-ups. As noted by the league, only certified coaches will be provided heat sheets.

Meet Procedures: All events will be computer pre-seeded. Swimmers may swim up to a higher age group. The USA Swimming Handbook governs this meet (with league modifications). All events will be timed finals. A reminder that warm-ups are “feet first in a cautious fashion,” until the lane changes to one-way sprints.

Scoring: Individual Events: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1
Relays: 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2

Awards: Team Trophies
1st – 3rd

Individual and Relay Medals and Ribbons
Medals 1st - 3rd
Ribbons 4th - 12th
Heat Winner Ribbons (and a cookie!)

Individual High Point Awards
Each Age Group Boys & Girls

Results: Results will be posted to the league website: www.seowvswim.org, with Hy-Tek results returned to the team entries chair.

Holding Areas (Camp):

Each swim team will have a designated holding area on the walking track surrounding the basketball courts. Please clean up your area after each session.

Officials: Volunteer YMCA swim officials will be needed and very much appreciated! Parents who are interested should indicate session availability on the entry cover sheet.

Concessions: YMCA North Swim Parents Association will operate a food concession throughout the meet. Kast-A-Way will sell swim apparel. The North team will also offer a 50-50 raffle for each session and a raffle for a Kast-A-Way gift certificate.

Hospitality Room:

A hospitality room for coaches and officials will be set up near poolside.

Rules: No smoking, gum, or glass containers. Food should be consumed in the eating area. Teams should clean up their swim area after each session.

New This Year: The event list combined the 13-14 and 15 & over swimmers into one pool event. But they will be scored as two age groups. This change provided time to add the 50 back, 50 breast and 50 fly for the same age groups.

Meet Director: Jon Reidler
(614) 751-1234

Entries: Jon Reidler
Phone: (614) 751-1234
FAX (614) 751-1333
E-mail: reidlej@yahoo.com

Referee: Dave Shull

When submitting the Entries:

Please return....

- A completed entries file,
- Any volunteer officials who wish to volunteer,
- A hard copy (printed copy) of the entries or Hy-Tek entry summary,
- Completed Event Payment Form with a check.

Sprints Invitational Summary

Saturday, January 20, 2007

Team Name				
Submitted by				
Phone				
Coach's Name				
Quantity	Age Level	Description of Event	Cost per Event	Amount Due for age group
	6 & Under	Girls Individual Events	\$3.00	
	6 & Under	Boys Individual Events	\$3.00	
	7 & 8	Girls Individual Events	\$3.00	
	7 & 8	Boys Individual Events	\$3.00	
	9 – 10	Girls Individual Events	\$3.00	
	9 – 10	Boys Individual Events	\$3.00	
	11 – 12	Girls Individual Events	\$3.00	
	11 – 12	Boys Individual Events	\$3.00	
	13 – 14	Girls Individual Events	\$3.00	
	13 – 14	Boys Individual Events	\$3.00	
	15 & Over	Girls Individual Events	\$3.00	
	15 & Over	Boys Individual Events	\$3.00	
	8 & Under	Girls Relays	\$6.00	
	8 & Under	Boys Relays	\$6.00	
	9 – 10	Girls Relays	\$6.00	
	9 – 10	Boys Relays	\$6.00	
	11 – 12	Girls Relays	\$6.00	
	11 – 12	Boys Relays	\$6.00	
	13 – 14	Girls Relays	\$6.00	
	13 – 14	Boys Relays	\$6.00	
	15 & Over	Girls Relays	\$6.00	
	15 & Over	Boys Relays	\$6.00	

Total Swimmers

Total	\$
-------	----

VOUNTEER TIMERS (AM or PM)

VOUNTEER OFFICIALS (AM or PM)

FAX To:

Jon Reidler
(614) 751-1333

e-mail entries to:

reidlej@yahoo.com

Deliver a copy and Monies to :

Gahanna YMCA Swim Team
Attn: Jenny Puett
555 YMCA Place
Gahanna, OH 43230

Columbus North YMCA Sprints Invitational
January 20, 2007

Morning Session of Events

Warm-ups: Girls 7:30 AM Boys 7:55 AM
Meet Begins: 8:30 AM

<u>Girls</u>			<u>Boys</u>
1	11 – 12	200 Yard Medley Relay	2
3	13 – 14 / 15 & Over	200 Yard Medley Relay	4
5	11 – 12	100 Yard Individual Medley	6
7	13 – 14 / 15 & Over	200 Yard Individual Medley	8
9	13 – 14 / 15 & Over	50 Yard Butterfly	10
11	11 – 12	50 Yards Freestyle	12
13	13 – 14 / 15 & Over	50 Yard Freestyle	14
15	13 – 14 / 15 & Over	50 Yard Backstroke	16
17	11 – 12	50 Yard Butterfly	18
19	13 – 14 / 15 & Over	100 Yard Butterfly	20
21	11 – 12	100 Yard Freestyle	22
23	13 – 14 / 15 & Over	100 Yard Freestyle	24
25	13 – 14 / 15 & Over	50 Yard Breaststroke	26
27	11 – 12	50 Yard Backstroke	28
29	13 – 14 / 15 & Over	100 Yard Backstroke	30
31	11 – 12	50 Yard Breaststroke	32
33	13 – 14 / 15 & Over	100 Yard Breaststroke	34
35	11 – 12	200 Yard Freestyle Relay	36
37	13 – 14 / 15 & Over	200 Yard Freestyle Relay	38

Maximum Entries: 3 individual events and 2 relay events.

Entry fee: \$3 per individual event, \$6 for a relay

Columbus North YMCA Sprints Invitational
January 20, 2007

Afternoon Session of Events

Warmups: Girls 12:30 PM Boys 12:55 PM
Meet Begins: 1:30 PM

<u>Girls</u>			<u>Boys</u>
39	8 & under	100 Yard Medley Relay	40
41	9 – 10	200 Yard Medley Relay	42
43	8 & under	100 Yard Individual Medley	44
45	9 – 10	100 Yard Individual Medley	46
47	6 & under	25 Yard Freestyle	48
49	7 – 8	25 Yard Freestyle	50
51	9 – 10	50 Yard Freestyle	52
53	6 & under	25 Yard Butterfly	54
55	7 – 8	25 Yard Butterfly	56
57	9 – 10	50 Yard Butterfly	58
59	8 & under	50 Yard Freestyle	60
61	9 – 10	100 Yard Freestyle	62
63	6 & under	25 Yard Backstroke	64
65	7 – 8	25 Yard Backstroke	66
67	9 – 10	50 Yard Backstroke	68
69	6 & under	25 Yard Breaststroke	70
71	7 – 8	25 Yard Breaststroke	72
73	9 – 10	50 Yard Breaststroke	74
75	8 & under	100 Yard Freestyle Relay	76
77	9 – 10	200 Yard Freestyle Relay	78

Maximum Entries: 3 individual events and 2 relay events.

Entry fee: \$3 per individual event, \$6 for a relay

Team		6 & Under GIRLS	# of Individual Events _____ @ \$3.00 =	
Coach			_____	
Address			# of Relays _____ @ \$6.00 =	
Telephone			_____	

PLEASE PRINT!			100 Medley Relay	100 IM (8 & Under)	25 Free	25 Fly	50 Free (8 & Under)	25 Back	25 Breast	100 Free Relay
EVENT NO.			39	43	47	53	59	63	69	75
	NAME	AGE								
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										

Please submit **best times** in yards!

Team		6 & Under BOYS	# of Individual Events _____ @ \$3.00 = _____	
Coach			# of Relays _____ @ \$6.00 = _____	
Address				
Telephone				

PLEASE PRINT!			100 Medley Relay	100 IM (8 & Under)	25 Free	25 Fly	50 Free (8 & Under)	25 Back	25 Breast	100 Free Relay
EVENT NO.			40	44	58	54	60	64	70	76
	NAME	AGE								
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										

Please submit **best times** in yards!

Team		7 – 8 GIRLS	# of Individual Events _____ @ \$3.00 =	
Coach			_____	
Address			# of Relays _____ @ \$6.00 =	
Telephone			_____	

PLEASE PRINT!			100 Medley Relay	100 IM (8 & Under)	25 Free	25 Fly	50 Free (8 & Under)	25 Back	25 Breast	100 Free Relay
EVENT NO.			39	43	49	55	59	65	71	75
	NAME	AGE								
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										

Please submit **best times** in yards!

Team		7 – 8 BOYS	# of Individual Events _____ @ \$3.00 =	
Coach			_____	
Address			# of Relays _____ @ \$6.00 =	
Telephone			_____	

PLEASE PRINT!			100 Medley Relay	100 IM (8 & Under)	25 Free	25 Fly	50 Free (8 & Under)	25 Back	25 Breast	100 Free Relay
EVENT NO.			40	44	50	56	60	66	72	76
	NAME	AGE								
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										

Please submit **best times** in yards!

Team		9 – 10 GIRLS	# of Individual Events _____ @ \$3.00 =
Coach			
Address			# of Relays _____ @ \$6.00 =
Telephone			

PLEASE PRINT!		200 Medley Relay	100 IM	50 Free	50 Fly	100 Free	50 Back	50 Breast	200 Free Relay
EVENT NO.		41	45	51	57	61	67	73	77
	NAME	AGE							
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									

Please submit **best times** in yards!

Team		9 – 10 BOYS	# of Individual Events _____ @ \$3.00 =
Coach			
Address			# of Relays _____ @ \$6.00 =
Telephone			

PLEASE PRINT!			200 Medley Relay	100 IM	50 Free	50 Fly	100 Free	50 Back	50 Breast	200 Free Relay
EVENT NO.			42	46	52	58	62	68	74	78
	NAME	AGE								
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										

Please submit **best times** in yards!

Team		11 – 12 GIRLS	# of Individual Events _____ @ \$3.00 =
Coach			
Address			# of Relays _____ @ \$6.00 =
Telephone			

PLEASE PRINT!			200 Medley Relay	100 IM	50 Free	50 Fly	100 Free	50 Back	50 Breast	200 Free Relay
EVENT NO.			1	5	11	17	21	27	31	35
	NAME	AGE								
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										

Please submit **best times** in yards!

Team		11 – 12 BOYS	# of Individual Events _____ @ \$3.00 =
Coach			
Address			# of Relays _____ @ \$6.00 =
Telephone			

PLEASE PRINT!			200 Medley Relay	100 IM	50 Free	50 Fly	100 Free	50 Back	50 Breast	200 Free Relay
EVENT NO.			2	6	12	18	22	28	32	36
	NAME	AGE								
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										

Please submit **best times** in yards!

Team		13 – 14 GIRLS	# of Individual Events _____ @ \$3.00 =	
Coach			_____	
Address			# of Relays _____ @ \$6.00 =	
Telephone			_____	

PLEASE PRINT!			200 Medley Relay	200 IM	50 Fly	50 Free	50 Back	100 Fly	100 Free	50 Breast	100 Back	100 Breast	200 Free Relay
EVENT NO.			3	7	9	13	15	19	23	25	29	33	37
	NAME	AGE											
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
17													
18													
19													
20													

Please submit **best times** in yards!

Team		13 – 14 BOYS	# of Individual Events _____ @ \$3.00 =
Coach			
Address			# of Relays _____ @ \$6.00 =
Telephone			

PLEASE PRINT!			200 Medley Relay	200 IM	50 Fly	50 Free	50 Back	100 Fly	100 Free	50 Breast	100 Back	100 Breast	200 Free Relay
EVENT NO.			4	8	10	14	16	20	24	26	30	34	38
	NAME	AGE											
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
17													
18													
19													
20													

Please submit **best times** in yards!

Team		15 & Over GIRLS	# of Individual Events _____ @ \$3.00 =
Coach			_____
Address			# of Relays _____ @ \$6.00 =
Telephone			_____

PLEASE PRINT!			200 Medley Relay	200 IM	50 Fly	50 Free	50 Back	100 Fly	100 Free	50 Breast	100 Back	100 Breast	200 Free Relay
EVENT NO.			3	7	9	13	15	19	23	25	29	33	37
	NAME	AGE											
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
17													
18													
19													
20													

Please submit **best times** in yards!

Team		15 & Over BOYS	# of Individual Events _____ @ \$3.00 =
Coach			
Address			# of Relays _____ @ \$6.00 =
Telephone			

PLEASE PRINT!			200 Medley Relay	200 IM	50 Fly	50 Free	50 Back	100 Fly	100 Free	50 Breast	100 Back	100 Breast	200 Free Relay
EVENT NO.			4	8	10	14	16	20	24	26	30	34	38
	NAME	AGE											
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
17													
18													
19													
20													

Please submit **best times** in yards!