

Powel Crosley, Jr. YMCA
Presents
The 2010 Long Course Sprints Invitational
Saturday June 5, 2010

GMVY swimmers
entries due:
at EBCY 5/14 and at
FFY no later than 5/17

(late entries will not be
accepted – swimmers will have
to deck enter)

1. **LOCATION and TIMES**

Powel Crosley, Jr. YMCA

9601 Winton Rd.

Cincinnati, OH 45231 (513) 521-7112 Fax (513) 728-2192

Tigershark Hotline – recorded weather related meet information: 362-2091

SATURDAY SESSION – Held in the new heated PCY 50-meter, 10-lane Outdoor Pool!

8 & Under, 9-10, 11-12, 13-14, 15 & Over Events (Girls and Boys)

Warm-ups: 7:00 a.m.

Meet Starts: 8:10 a.m.

All warm-up sessions will be monitored to ensure the safety of the swimmers. All Coaches must have Great Lakes Zone YMCA Safety Certification or USA Swimming Safety Certification in order to be on the deck.

2. **PARKING**

The Powel Crosley, Jr. YMCA is open to members and program participants during the meet. Parking will be very limited for the meet due to the regular Saturday programs conducted at the YMCA. **All meet participants may be asked to park at the Northern Hills Church of Christ, 9470 Winton Road. This is across the street from the YMCA.**

3. **ORDER OF EVENTS**

All events are Timed Finals.

The attached “ORDER OF EVENTS” will be followed.

3. **FACILITIES**

Ten-lane, 50 meter outdoor pool equipped with Paragon starting blocks and Competitor Swim Products Lane Lines. Lockers are available but swimmers must provide their own locks.

The Powel Crosley, Jr. YMCA is equipped with a heater for the 50-meter outdoor pool. The water will be 82 degrees, regardless of the air temperature. The indoor pool will not be available for meet competition.

4. **ELIGIBILITY**

A swimmer must be a member of the YMCA they represent for a minimum of 30 days prior to the start of the Meet.

5. **ENTRIES**

11-12, 13-14, 15 & Over swimmers may participate in 4 individual events. 8 & Under and 9-10 swimmers may swim in 3 individual events. Teams are permitted to enter unlimited swimmers per event.

All entries must be submitted as “Long Course Meter” times. Swimmers will be seeded and heat sheets will be produced.

Entries should be submitted as a cfile from HYTEK’s Team Manager. Please email the cfile and a hard copy to the entry chair listed below.

Swimmers will swim their age as of June 1, 2010.

A swimmer must swim in his/her age group. A swimmer may swim up in relays.

Team Entries:

Individual Events	–	Unlimited
Relay Events	-	Unlimited

6. **ENTRY DEADLINE**

All entries must be received by Wednesday, May 19, 2010. Entries will be posted on the team web page www.pcytigersharks.com on Friday May 21, 2010. This may be used as confirmation of entries.

A HYTEK Commlink file (Cfile) should be emailed to the entry chair listed below:

Claudia Multer
Home: 513-863-6298

Entries should only be received by e-mail. Please send them to claudam@one.net.

7. **MEET RULES**

Except for those stated in this document and outlined in our Southwest Ohio YMCA Swim Leagues Rules, the current USA Swimming Technical Rules will govern this meet.

The Meet referee does have the right to combine heats as the opportunity arises. Breaks between events may ensure that swimmers have at least 15 minutes between swims. Coaches can check with the Referee and or Starter to find out when breaks have been set.

8. **SCORING**

HY-TEK Meet Manager software will be used to score the meet.

Individual Events:
11-9-8-7-6-5-4-3-2-1

Relay Events:
22-18-16-14-12-10-8-6-4-2

9. **HEAT SHEETS**

Heat sheets will be available for purchase while supplies last. Coaches will be given complimentary copies.

10. **INFORMATION SOURCE**

Mike Leonard H: (513) 561-1983 W: (513) 521-7112
E-mail: mleonard@cincinnatiymca.org

11. **AWARDS**

Ribbons will be awarded for first, second and third place finishes. "Best Effort" ribbons will be awarded to all 10 and under swimmers who do not place in the top 3 in an event. All 10 & Unders will receive a ribbon for swimming in an event.

12. **ENTRY FEES**

Individual Events	\$3.50
Relay Events	\$14.00

Checks should be made out to "Tigershark Swimming Team" and mailed to the entry chair:
Claudia Multer
1075 Oakmont Avenue
Hamilton, Ohio 45013
513-863-6298

13. **WARM-UP**

All warm-up assignments will be posted on the team web page www.pcytigersharks.com by Tuesday May 25, 2010. A sprint session for all ages will be held prior to the start of the meet.

14. **TIME LIMIT**

The meet must be over by 11:45 a.m. Refunds will be given for any events canceled due to this time constraint.

15. **RESULTS**

A complete backup and Commlink File (cfile) for results will be posted on the team webpage www.pcytigersharks.com after the meet. Coaches may download them for their records. In addition, the official meet Final Results will be posted as a PDF file. This should be downloaded for future proof of time. **Final results will not be mailed; they will be posted as a PDF file.**

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ORDER OF EVENTS

Girls	Boys	Age Group	Event
1	2	15 & Over	50 Butterfly
3	4	13 – 14	50 Butterfly
5	6	11 – 12	50 Butterfly
7	8	9 – 10	50 Butterfly
9	10	8 & Under	50 Butterfly
11	12	15 & Over	50 Backstroke
13	14	13 – 14	50 Backstroke
15	16	11 – 12	50 Backstroke
17	18	9 – 10	50 Backstroke
19	20	8 & Under	50 Backstroke
21	22	15 & Over	50 Breaststroke
23	24	13 – 14	50 Breaststroke
25	26	11 – 12	50 Breaststroke
27	28	9 – 10	50 Breaststroke
29	30	8 & Under	50 Breaststroke
31	32	15 & Over	50 Freestyle
33	34	13 – 14	50 Freestyle
35	35	11 – 12	50 Freestyle
37	38	9 – 10	50 Freestyle
39	40	8 & Under	50 Freestyle
41	42	15 & Over	200 Free Relay
43	44	13 – 14	200 Free Relay
45	46	11 – 12	200 Free Relay
47	48	9 – 10	200 Free Relay
49	50	8 & Under	200 Free Relay