

**2010 SE GPAC TOM LALOR INVITATIONAL
LONG COURSE SWIM MEET
The Club, A Family Sports Complex
Gulf Breeze, Florida
June 11-13, 2010**

The meet will be conducted under the auspices of Southeastern Swimming, Inc. of United States Swimming, the rules of which will apply.

Sanctioned by Southeastern Swimming, Inc.

SANCTION #: 10SEGPAC6-11

HOSTED BY: Greater Pensacola Aquatic Club, Inc. 850/484-1312 www.gpacswimteam.org

LOCATION: The Club, A Family Sports Complex
1230 Crane Cove Blvd.
Gulf Breeze, FL 32561
850/916-7946

PARKING: Swim Meet parking is in the back parking lot of The Club. Please reserve the front parking lot for patrons of The Club's other facilities. Cars parking at the movie theatre across the street during theatre operating hours are subject to being towed. Overflow parking is available in a vacant supermarket parking lot just west of the The Club on Hwy 98.

FACILITIES: 8-Lane, 25 yard by 50 meter outdoor pool with non-turbulent lane lines. Automatic timing will be provided by Colorado Timing System with HYTEK interface. Manual back-up will be used. Warm-up and recovery during the competition will be allowed in lanes reserved for this purpose in the 25 yard indoor pool. A portion of the indoor pool will be reserved for patrons of The Club and will be closed to swimmers competing in the meet. Limited shade and seating. Bring tents or tarps and chairs.

RULES: Current USS rules will govern the conduct of the meet unless otherwise noted herein.

OFFICIALS: Meet Director: Jeff Stone
850/432-9296

Head Referee: John A. Molchan

ELIGIBILITY: All participants must be USA Swimming registered athletes. Entries will not be accepted without 2010 registration numbers. Coaches and officials must present evidence of certification as required by Southeastern Swimming. A swimmer's age on the first day of the meet will determine his or her age for the entire meet. Swimmers must be at least 13 years old to enter "Senior" events. GPAC reserves the right, as host team, to enter its swimmers at the qualifying time. **THE MEET WILL BE LIMITED TO 600 SWIMMERS IF DEEMED NECESSARY TO MEET APPLICABLE SES TIME LIMITS FOR MEET SESSIONS.**

MEET FORMAT: This is a timed finals meet. For certain events, swimmers must have times equal to or faster than the Qualifying Time set forth in the order of events. Host team reserves the right to enter its swimmers at the qualifying time. All events will be pre-seeded except the events that are 400 meters and longer, which will be deck-seeded. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. Sign-in deadlines for the morning sessions are 7:30 am. The sign-in deadline for the afternoon sessions will be 4:00 pm or 30 minutes after the beginning of the warm-ups for that session, whichever is earlier. If the swimmer is not checked in with the Clerk of Course, the swimmer is legally scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events.

All deck seeded events will be swum fastest to slowest alternating girls and boys. **Swimmers in the deck-seeded events will be required to provide their own people to serve as timers and lap counters.**

LIMITS: Swimmers are limited to four individual events per day, exclusive of relays. Teams are limited to two entries per relay event. The meet director reserves the right to limit the 400 meter events to no fewer than four heats each and events over 400 meters to no fewer than three heats each in order to limit each session to a four hour timeline. The meet director further reserves the right to adjust session designations for age groups or genders in order to run the meet more smoothly. The meet director reserves the right to limit the number of swimmers in the 12 and under age groups in order to meet the SES four-hour session limit for these swimmers. If it becomes necessary to apply these guidelines, the entries will be accepted by team in the order received.

WARM UP: Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. The Meet Director will post and announce the warm-up assignments prior to the start of the meet warm-up. While teams are discouraged from entering swimmers in the meet without sending a coach, we will accommodate such swimmers with advance notice. Swimmers attending the meet without a coach must report to the Meet Director or Referee to be assigned a coach for warm-up prior to each session. There will be two sessions each day with the 13 and older age groups swimming in the morning session each day and the 12 and under age groups swimming in the afternoon each day. Warm-ups in the morning session will consist of two 40 minute sessions with lane assignments posted. The warm-ups for the afternoon session will consist of a single 50 minute OPEN format session with pace lanes and sprint lanes assigned. The first 30 minutes of the afternoon warm-up session on Friday and Saturday will be held exclusively in the short course indoor pool. The outdoor competition pool will be available for the final 20 minutes of the afternoon warm-up session. There will be a 10 minute period between the end of the warm-up and the start of afternoon competition during which the outdoor pool will be closed to all swimmers.

STARTING TIMES:	<u>Warm-up</u>	<u>Competition</u>
Friday 13&O:	6:30 AM	8:00 AM
Friday 12&U:	3:30 PM	4:30 PM
Saturday 13&O:	6:30 AM	8:00 AM
Saturday 12&U:	3:30 PM	4:30 PM
Sunday 13&O:	6:30 AM	8:00 AM
Sunday 12&U:	A single 50 minute open warm-up session will commence immediately after completion of the morning competition session, but no earlier than a time certain to be announced after entries are processed.	

ENTRIES: Teams who have HYTEK's Meet/Team Manager should submit their entries via e-mail or on a 3-1/2" disk (please send in COMMLink file format or WIN-MM format). Entry forms must be completely filled out including the swimmers' best times for meters. Please provide a written copy of entries with the event numbers and event description in published event order for verification purposes. Teams without "Team Manager" are encouraged to use Hytek's Team Manager Lite which is available free for download direct from Hytek via the following website:

<http://www.hy-tek.com/downloads.html>

Otherwise, teams without "Team Manager" or other suitable Hytek product must use the enclosed entry forms and are subject to a \$30.00 surcharge for requiring manual entry processing. Entries are to be listed

in short course yards or “NT”. **All teams are asked to completely fill out the enclosed Team Information Form, including the names and contact numbers for all registered officials affiliated with the team that are willing to serve as a meet official during the weekend. If possible, teams submitting their entries via email are asked to send their completed forms either by fax or as scanned documents attached to email. If these delivery methods are not available, the completed forms should be submitted by physical mail for prompt delivery.**

DISABILITIES: Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with the entries.

FEES: \$4.00 per individual event (\$5.00 per late individual event), \$10.00 per relay (\$12.00 per late relay); \$5.00 per swimmer facility surcharge; \$3.00 per swimmer SES surcharge (for swimmers not registered with SES, the surcharge collected on behalf of and paid to SES is \$5.00 per swimmer).

Please make checks payable to: Greater Pensacola Aquatic Club. All entry fees are nonrefundable.

DEADLINE: *Please note that it is GPAC’s intention to strictly adhere to the following meet entry deadlines.* Entry disks and/or printouts, summary/release sheets, and entry fees including surcharges must be received by the Meet Director on or before 11:59 pm central time on Monday, May 31, 2010. **If entries are e-mailed, a hard copy (including all information and release forms) must follow by mail or express delivery service (FedEx, etc.) and be postmarked prior to the deadline.** Email confirmations will be sent out as entries are received. Please make sure the meet director confirms your entries. No entry fees will be refunded. **Late entries** MAY be accepted at the discretion of the Meet Director for those swimmers already entered into the meet for available lanes only. No new heats will be formed. **NEW SWIMMERS WILL NOT BE ENTERED INTO THE MEET. TEAMS SHOULD BE PREPARED FOR THE POSSIBILITY THAT LATE ENTRIES WILL NOT BE ACCEPTED.** In any case, no late entries will be accepted after 5:00 PM Thursday, June 3, 2010. *Coaches are asked to strictly adhere to these deadlines which are necessary in order for all pre-meet activities to be completed by volunteer workers in a timely and efficient manner.*

Completed entries should be submitted by e-mail, fax, overnight delivery or U.S. mail to:

Rocky Parra, GPAC Meet Entries Chair
4575 Francisco Road
Pensacola, FL 32504
Telephone: 850/469-1701 Fax: 850/432-9985
gpac.meet.entries@gmail.com

(please include the words “Meet Entry Info” in the subject line of all e-mail)

E-mailed entries will be considered timely based on the time the e-mail is received but will not be considered complete for processing until the Meet Entries Chair has received written entry forms, written copy of all entries for verification purposes, release/recap sheet and entry fees including surcharges. **In the event that it becomes necessary to limit swimmers, it is in the best interests of all teams that they ensure prompt delivery of these materials prior to the entry deadline to preserve their place in the queue.**

ENTRY ERRORS: If due to GPAC’s error, the swimmer will be deck entered into an open lane of the heat nearest his/her entry time or in a new heat. The entire event WILL NOT be re-seeded

SCRATCHES: All scratches should be submitted to the Clerk of Course as soon as possible to provide lanes for possible late entries (or deck entries in case there are entry errors that need to be addressed). Swimmers must sign-in with the Clerk of Course for all deck-seeded events no later than 30 minutes prior to the scheduled start of each day's session. If the swimmer is not checked in with the Clerk of Course, the swimmer is legally scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events. **ANY SWIMMER ENTERED IN AN INDIVIDUAL EVENT THAT IS SEEDED AT THE MEET, AND WHO HAS CHECKED IN FOR THE EVENT, MUST SWIM THE EVENT UNLESS HE/SHE NOTIFIES THE CLERK OF THE COURSE BEFORE THE SEEDING FOR THAT EVENT HAS BEGUN.** Failure to swim the event will result in the swimmer being barred from the next individual event in which he/she is entered, whether it is that day or the next day.

SCORING: Points for first through eighth places in individual events will be awarded as follows: 9-7-6-5-4-3-2-1.

AWARDS: Ribbons will be awarded for first through eighth place in all individual events, and first through fourth places in relay events. There will be individual high point trophies given for each gender in each age group up through 13-14. There will be team trophies for first and second places.

SPECTATORS' CORNER: There is limited shade at the outdoor pool. Spectators are prohibited from entering the area behind the starting blocks and may be prohibited in other designated areas. Tents, tarps and chairs are welcome so long as they do not impede access to the pool deck or to the entrances to other facilities at The Club.

OFFICIALS' CORNER: The Meet Referee is asking all officials who are available to serve at this meet to notify him by email of their availability. Please let him know which day(s) and session(s) you can help. This information should be sent to John Molchan via email to: JMolc68118@aol.com

COACHES' CORNER: Before picking up the team's packet, coaches are asked to ensure that the Clerk of the Course has a completed Team Information sheet with the lead deck coach's cell phone number listed.

A coaches' meeting will be held at 7:45 am on Friday and, if deemed necessary by the referee, at 7:45 am on Saturday and/or Sunday in the hospitality area. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches' meeting(s).

Coaches expecting to have swimmers participating in a session that the coach will not be attending are asked to complete a Swimmer Assignment form in advance of the session and send it to the Meet Referee and Meet Director by email.

SAFETY: In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool rules and conduct themselves in a safe manner. Any questions or concerns should be reported to the Meet Director through the office of the Clerk of Course. **ONLY MEET WORKERS, COACHES, OFFICIALS AND SWIMMERS WILL BE ALLOWED ON THE POOL DECK AREA BEHIND THE STARTING BLOCKS.** Coaches are asked to help control the crowded pool deck by asking the parents of their swimmers to stay away from the starting block area of the pool. Swimmers are to be encouraged by their coaches and parents to remain in the spectator area until their events. Please be advised that the Pensacola area is subject to severe weather and therefore delays during the meet when thunder storms and lightning are in the vicinity should be anticipated. Swimmers must enter the warm-down lanes feet first only.

HOSPITALITY: There will be a hospitality area available for coaches, meet workers and officials only. *In order to ensure sufficient quantities of hospitality items, teams failing to submit their completed*

Team Information Form by the meet entry deadline with complete information regarding the number of coaches attending the meet will be limited to two per meal.

CONCESSIONS, ETC.: Heat sheets and T-shirts will be on sale at tables set up for this purpose. The Club operates a concession stand independent from GPAC and meet operations.

RECYCLING: GPAC is supporting the SES recycling initiative (pilot program for USA Swimming) at its home meets. Please look for additional information about this initiative posted at the swimming venue and assist GPAC with this initiative.

MEET EVALUATIONS:

Please send any comments, suggestions, or evaluations concerning the meet to:

John Woods
205 Island Ave
Chattanooga, TN 37405

The following forms are attached as an integral part of this meet invitation and are required for entry processing:

SES 2009-10 Waiver, Acknowledgment and Liability Release Form

Team Information Form and Summary of Fees

SES Consolidated Entry Form (duplicate as needed)

SES Information Form for Disabled Swimmers (duplicate as needed)

Time Trial Request Form (duplicate as needed)

GPAC's 2010 Tom Lalor Invitational Order of Events
SESSION 1*
Friday June 11, 2010
Warm-up 6:30 a.m. Competition starts 8:00 a.m.

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
1	n.a.	13-14 400 Medley Relay	n.a.	2
3	n.a.	Senior 400 Medley Relay	n.a.	4
5	n.a.	13-14 50 Backstroke	n.a.	6
7	n.a.	Senior 50 Backstroke	n.a.	8
9	1:22.89	13-14 100 Butterfly	1:16.99	10
11	1:20.39	Senior 100 Butterfly	1:13.39	12
13	3:11.99	13-14 200 Breaststroke	3:01.99	14
15	3:05.69	Senior 200 Breaststroke	2:54.29	16
17	n.a.	13-14 50 Freestyle	n.a.	18
19	n.a.	Senior 50 Freestyle	n.a.	20
21	5:51.99	Open 400 IM	5:27.09	22

SESSION 2*
Friday June 11, 2010
Warm-up 3:30 p.m. Competition starts 4:30 p.m.

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
23	n.a.	10 & U 200 Medley Relay	n.a.	24
25	n.a.	11-12 200 Medley Relay	n.a.	26
27	1:55.19 [#]	10 & U 100 Butterfly	1:53.19 [#]	28
29	n.a.	11-12 100 Butterfly	n.a.	30
31	54.89 [#]	10 & U 50 Breaststroke	55.09 [#]	32
33	n.a.	11-12 50 Breaststroke	n.a.	34
35	1:48.89 [#]	10 & U 100 Backstroke	1:45.69 [#]	36
37	n.a.	11-12 100 Backstroke	n.a.	38
39	5:32.39	11-12 400 Freestyle	5:27.09	40

**The meet director reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly. Such changes may entail shifts between Session 1 and Session 2 on Friday, between Session 3 and Session 4 on Saturday and/or between Session 5 and Session 6 on Sunday.*

[#]The qualifying times for Events 27, 28, 31, 32, 35, 36, 75, 76, 105, 106, 109 and 110 are applicable only to any 8 & Under swimmers entering the event. Such swimmers must have achieved the specified qualifying time prior to the submission of entries in a sanctioned event verifiable through the SWIMS database.

GPAC's 2010 Tom Lalor Invitational Order of Events
SESSION 3*
Saturday June 12, 2010
Warm-up 6:30 a.m. Competition starts 8:00 a.m.

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
41	n.a.	13-14 400 Free Relay	n.a.	42
43	n.a.	Senior 400 Free Relay	n.a.	44
45	n.a.	13-14 50 Butterfly	n.a.	46
47	n.a.	Senior 50 Butterfly	n.a.	48
49	2:31.79	13-14 200 Freestyle	2:23.29	50
51	2:27.19	Senior 200 Freestyle	2:17.19	52
53	1:36.39	13-14 100 Breaststroke	1:28.09	54
55	1:33.89	Senior 100 Breaststroke	1:26.39	56
57	2:48.29	13-14 200 Butterfly	2:38.79	58
59	2:42.69	Senior 200 Butterfly	2:30.59	60
61	1:24.29	13-14 100 Backstroke	1:20.59	62
63	1:22.69	Senior 100 Backstroke	1:16.49	64
65	5:09.39	Open 400 Freestyle	4:50.19	66

SESSION 4*
Saturday June 12, 2010
Warm-up 3:30 p.m. Competition starts 4:30 p.m.

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
67	n.a.	10 & U 200 Freestyle Relay	n.a.	68
69	n.a.	11-12 200 Freestyle Relay	n.a.	70
71	3:19.89	9-10 200 IM	3:18.89	72
73	2:59.79	11-12 200 IM	2:58.09	74
75	48.59 [#]	10 & U 50 Butterfly	46.89 [#]	76
77	n.a.	11-12 50 Butterfly	n.a.	78
79	1:32.99 [#]	10 & U 100 Freestyle	1:31.09 [#]	80
81	n.a.	11-12 100 Freestyle	n.a.	82

**The meet director reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly. Such changes may entail shifts between Session 1 and Session 2 on Friday, between Session 3 and Session 4 on Saturday and/or between Session 5 and Session 6 on Sunday.*

[#]The qualifying times for Events 27, 28, 31, 32, 35, 36, 75, 76, 105, 106, 109 and 110 are applicable only to any 8 & Under swimmers entering the event. Such swimmers must have achieved the specified qualifying time prior to the submission of entries in a sanctioned event verifiable through the SWIMS database.

GPAC's 2010 Tom Lalor Invitational Order of Events
SESSION 5*
Sunday June 13, 2010
Warm-up 6:30 a.m. Competition starts 8:00 a.m.

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
83	1:16.19	13-14 100 Freestyle	1:11.49	84
85	1:14.39	Senior 100 Freestyle	1:08.39	86
87	2:47.39	13-14 200 Backstroke	2:40.69	88
89	2:44.29	Senior 200 Backstroke	2:31.29	90
91	n.a.	13-14 50 Breaststroke	n.a.	92
93	n.a.	Senior 50 Breaststroke	n.a.	94
95	2:51.49	13-14 200 IM	2:42.39	96
97	2:47.29	Senior 200 IM	2:35.89	98
99	10:37.09	Open 800 Freestyle		
		Open 1500 Freestyle	19:13.39	100

SESSION 6*
Sunday June 13, 2010

Warm-up immediately upon conclusion of Session 5, but no earlier than a time certain to be announced after entries are processed
Competition starts after a single 50 minute open warm-up.

<u>GIRLS</u>	<u>QUAL TIME</u>	<u>EVENT</u>	<u>QUAL TIME</u>	<u>BOYS</u>
101	2:58.49	9-10 200 Freestyle	2:52.39	102
103	2:37.69	11-12 200 Freestyle	2:34.89	104
105	49.89 [#]	10 & U 50 Backstroke	50.09 [#]	106
107	n.a.	11-12 50 Backstroke	n.a.	108
109	2:02.29 [#]	10 & U 100 Breaststroke	1:59.79 [#]	110
111	n.a.	11-12 100 Breaststroke	n.a.	112
113	40.79 [#]	10 & U 50 Freestyle	40.19 [#]	114
115	n.a.	11-12 50 Freestyle	n.a.	116

**The meet director reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly. Such changes may entail shifts between Session 1 and Session 2 on Friday, between Session 3 and Session 4 on Saturday and/or between Session 5 and Session 6 on Sunday.*

[#]The qualifying times for Events 27, 28, 31, 32, 35, 36, 75, 76, 105, 106, 109 and 110 are applicable only to any 8 & Under swimmers entering the event. Such swimmers must have achieved the specified qualifying time prior to the submission of entries in a sanctioned event verifiable through the SWIMS database.

2009-10 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not **properly** registered.

I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. The Greater Pensacola Aquatic Club, Inc., The Club, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

TEAM INFORMATION

CLUB NAME:		INITIALS:	
ADDRESS:			
LSC:		HEAD COACH:	
CONTACT PERSON:		PHONE NUMBER:	
FAX NUMBER:		CELL PHONE:	EMAIL:
COACHES ATTENDING:	NAME	COACHES CARD EXPIRATION DATE	
	1.		
	2.		
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	3.		
	1.		
	2.		
	3.		
NUMBER OF SWIMMERS ENTERED:	ATTACHED:		
	UNATTACHED:		
	TOTAL:		

SUMMARY OF FEES

SES TEAMS NUMBER OF SWIMMERS:		X \$3.00 SES SURCHARGE =	
NON-SES TEAMS NUMBER OF SWIMMERS:		X \$5.00 SES SURCHARGE =	
NUMBER OF SWIMMERS:		X \$5.00 FACILITY SURCHARGE =	
NUMBER OF IND. EVENTS:		X \$4.00 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS:		X \$10.00 PER RELAY ENTRY FEE =	
TOTAL DUE:			

CONSOLIDATED ENTRY FORM -- Times should be in LONG COURSE METERS

Please duplicate as needed

		EVENT #	EVENT NAME	BEST TIME	EVENT #	EVENT NAME	BEST TIME
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						

2010 SE GPAC TOM LALOR INVITATIONAL (LONG COURSE)

*June 11-13, 2010 The Club Gulf Breeze, FL
Time Trial Sanction No. 10SEGPAC6-1ITT*

Time Trial Request

Time Trials to meet SES, Sectional or National qualifying times for swimmers otherwise meeting the eligibility criteria for any long course event listed below may be held upon reasonable request at the sole discretion of the Meet Referee and Meet Director. Such swims when combined with the swimmer's entered events must fall within daily individual entry limits otherwise applicable and will be held, if time permits, after the final competition session each day. Swimmers requesting time trials must supply their own lane timers. Entry fees for each time trial swim will be \$10.00 per individual event (plus applicable SES surcharge and facility fee for swimmers not otherwise entered in the meet) due at the time the request for time trial is submitted.

Swimmers must sign up for time trials at the Clerk of Course table by 10:00 a.m. by submitting a copy of this form with the applicable fees.

The time trial order of events will generally be as follows: current day's events, previous day's events and future day's events. Any 50 meter events will always swim last each day. Different strokes of the same distance may be combined and swum at the same time in order to consolidate heats.

Team Name: _____ Team Abbreviation: _____

Swimmer's Name: _____ USA Swimming ID #: _____

Gender: M / F
Circle One

Event Description (Stroke & Distance): _____ Seed Time: _____

Coach/Swimmer Signature: _____

Friday	Saturday	Sunday
200 Breast	200 Breast	200 Breast
200 Freestyle	200 Freestyle	200 Freestyle
200 Butterfly	200 Butterfly	200 Butterfly
200 IM	200 IM	200 IM
100 Breast	100 Breast	100 Breast
100 Butterfly	100 Butterfly	100 Butterfly
100 Backstroke	100 Backstroke	100 Backstroke
100 Freestyle	100 Freestyle	100 Freestyle
50 Backstroke	50 Backstroke	50 Backstroke
50 Freestyle	50 Freestyle	50 Freestyle
50 Butterfly	50 Butterfly	50 Butterfly
50 Breaststroke	50 Breaststroke	50 Breaststroke

PAID _____
Clerk of Course INITIALS