

THE 12TH ANNUAL YSSC MAY LC COACHES INVITATIONAL
May 15-17, 2009

SANCTION: Held under Sanction of USA Swimming issued by SC Swimming, Inc.
Sanction Number: SC0963LC.

HOST: Y-Spartaquatics Swim Club
Head Coach: Peter Wright

MEET DIRECTOR: Peter Wright

MEET REFEREE: Perry Gentry

SAFETY MARSHALL: Brian & Sarah Mooney

LOCATION: Middle Tyger YMCA
720 Shoals Road
Duncan, SC 29334
864-433-9623

| | | | | | |
|---------------------|---------------------------|----------|--------|--------------|--------|
| DATES/TIMES: | Friday | Warm-ups | 3:30pm | Timed Finals | 5:00pm |
| | Saturday Morning | Warm-ups | 7:00am | Timed Finals | 8:30am |
| | Saturday Afternoon | Warm-ups | 1:00pm | Timed Finals | 2:00pm |
| | Sunday Morning | Warm-ups | 7:00am | Timed Finals | 8:30am |
| | Saturday Afternoon | Warm-ups | 1:00pm | Timed Finals | 2:00pm |

RULES: This meet is a open invitational. Unless otherwise noted herein, this meet shall be conducted with the current USA Swimming code and SCLSC rules and the information therein.

FACILITIES: The Middle Tyger YMCA Pool has eight (8) 50-meter lanes. Pool is bottom striped, wall targeted, has non-turbulent lane lines, a fully automatic Colorado Timing System with backup, far-end splits and a 10-line scoreboard. A 3 lane 25 yard continuous warm-down area is available.

Parking will be available in the Middle Tyger Parking lot. Additional parking designed for special events has been added, and swim meet participants are encouraged to park in this area.

Spectators will be limited to designated areas. Bleacher seating will be available. Spectators may bring chairs, but the chairs cannot be used to reserve seats between sessions and may not be placed in front of the bleachers. All other areas will be considered the deck, on which only swimmers, officials, coaches and meet personnel are allowed.

ELIGIBILITY: All swimmers and teams must be currently registered members of USAS Swimming, Inc. Age is to be determined by the first day of the meet.

ENTRY LIMIT: Each swimmer may enter 4 events per day. The total entry limit will be based by session length. We will take entries until we have reached a 4 hour session. Teams not making the entry limit will be notified as soon as possible.

TIMING: **TIMING PROVIDED BY PALMETTO PRO TIMING**
<http://www.gocukes.com.com/SubTabGeneric.jsp?team=scsysssc&stabid=5837>

ENTRIES FORMAT: Entries accepted using standard entry forms, or on disk using Standard Data Interchange format (SD3). Please refer to Web Site listed above to download events to team management software. Faxed entries will not be accepted. Entries may be submitted by e-mail. However, you must also mail a printed hard copy of entries including the completed Summary Sheet, a highlighted alphabetical listing of all swimmers with USA-S numbers from the LSC, and your payment in full to have your entries considered complete. Include last name, first full name and age of swimmer on first day of meet. Times must be listed to 1/100th. Entries must be submitted using long course meter times or with a no time entry.

LATE ENTRIES: Deck entries will be allowed only if open lanes are available at \$5.00 per entry. Swimmers not previously entered in the meet must provide proof of USA-S Membership for all deck entries.

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ENTRY DEADLINE: **ALL entries MUST be received no later than 7:00pm Tuesday, May 5, 2009.** Full payment and all required paper work must accompany your entry to be accepted. Questions, up to the deadline, can be addressed to Peter Wright at 864-433-9623 or Mike Ingraham 864-431-4220. Teams are responsible for the delivery of entries on time. THIS MEET NORMALLY FILLS QUICKLY SO PLEASE RETURN YOUR ENTRIES AS SOON AS POSSIBLE.

ENTRY FEES: **\$8.00 Surcharge per swimmer** **\$5.00 per event for deck entry**
\$2.50 per individual event
Clubs should submit a single check payable to Y-Spartaquatics Swim Club for the full amount due. All fees must be paid prior to any swimmer entering the pool.

MAIL COMPLETED ENTRIES TO: **U.S. Mail:** 2009 YSSC May LC Coaches' Invitational
c/o Peter Wright
720 Shoals Rd
Duncan, SC 29334
864-433-9623
E-Mail: MEIngraham@Charter.net
Subject: 2009 YSSC May LC Coaches' Invitational
Phone: 864-431-4220

**** *To Guarantee Delivery, Please send entries via Priority Mail with a tracking number.*

**** *PLEASE SIGN RELEASE OF SIGNATURE. MEET DIRECTOR IS NOT RESPONSIBLE FOR CHASING DOWN ENTRIES.*

MEET FORMAT: **Meet management reserves the right to adjust number of heats, lanes, warm-up times, and number of sessions based on number of entries received.**

- Distance events are all events 400 meters and above. They will be positive check-in.
- Any swimmer who is positively checked-in for an event and does not swim will be disqualified for his/her next individual event.
- Swimmers must provide their own personnel to time and lap count for events 400 meters and longer.
- All events 200 and longer will be deck seeded.
- The check-in for deck seeded events will close 30 minutes prior to the scheduled start of that session.
- The 800 Freestyle and 400 Freestyle swum on Friday evening will be swum fast to slow alternating girls and boys. The 13&Over 400 IM's will be swum fast to slow alternating girls and boys. The 11-12 400IM on Sunday afternoon will be preceded by a 10 minute break and then will be swum fast to slow alternating girls and boys.

TIME TRIALS: Time Trials will not be offered.

AWARDS: Ribbons will be awarded to the top eight finishers in each event.

OFFICIALS: Individuals wishing to officiate should report to Clerk of Course 40 minutes prior to start time.

RELEASE: USA Swimming, South Carolina Swimming LSC, Y-Spartaquatics Swim Club, Middle Tyger YMCA, Palmetto Pro Timing, Inc., Augusta Swim Supply, and any volunteers and sponsor organizations shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

COACHES: Coaches must check in at Clerk of Course and provide current coaching credentials to be allowed on deck.

TIMERS: Timers from participating teams are encouraged and appreciated. Each swimmer in events 800 and over will be required to provide a timer, and if desired, a person to count.

WARM-UPS: Warm-ups will be based off of South Carolina Swimming LSC Policy & Procedures.

CONTACT: Peter Wright
720 Shoals Rd
Duncan, SC 29334
864-433-9623
scarletpete@hotmail.com

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Financial Summary Sheet

Meet Entry Fees Enclosed:

| | | | |
|----------------------|--|-----------|----|
| Surcharge | | X \$ 8.00 | \$ |
| Individual Entries - | | X \$2.50 | \$ |
| | | Total | \$ |

Make ONE check payable to Y-Spartaquatics Swim Club

Return this summary sheet with entry fees, roster, and entry forms to:

12th Annual YSSC May Long Course Coach's Invitational
c/o Peter Wright
720 Shoals Rd
Duncan, SC 29334
864-433-9623 864-433-0226 (FAX)

Email Entry Files to: MEIngraham@Charter.net

USA Swimming, South Carolina Swimming LSC, Y-Spartaquatics Swim Club, Middle Tyger YMCA, Palmetto Pro Timing, Inc., Augusta Swim Supply, and any volunteers and sponsor organizations shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Coach: _____ Phone: _____ E-Mail: _____

Club: _____ Club Code: _____ LSC: _____

Mailing Address: _____
(For Final Results) _____

Secondary Contact Person:

Name: _____ Phone: _____ E-Mail: _____

Number of Coaches Attending Meet: _____

Signature Date

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Friday May 15, 2009

Evening – Timed Finals

Warm-ups: 3:30pm – Timed Finals 5:00pm

- | | | | |
|---|-------------------------------|---|--------------------------------|
| 1 | Girls 11 & Over 800 Freestyle | 3 | Girls 12 & Under 400 Freestyle |
| 2 | Boys 11 & Over 800 Freestyle | 4 | Boys 12 & Under 400 Freestyle |

Saturday, May 16, 2009

Morning Session – Timed Finals

Warm-Ups: 7:00am – Timed Finals: 8:30am

- Girls 13-14 100 Freestyle
- Boys 13-14 100 Freestyle
- Girls 15 & Over 100 Freestyle
- Boys 15 & Over 100 Freestyle
- Girls 13-14 200 IM
- Boys 13-14 200 IM
- Girls 15 & Over 200 IM
- Boys 15 & Over 200 IM
- Girls 13-14 200 Backstroke
- Boys 13-14 200 Backstroke
- Girls 15 & Over 200 Backstroke
- Boys 15 & Over 200 Backstroke
- Girls 13-14 100 Butterfly
- Boys 13-14 100 Butterfly
- Girls 15 & Over 100 Butterfly
- Boys 15 & Over 100 Butterfly
- Girls 13-14 200 Breaststroke
- Boys 13-14 200 Breaststroke
- Girls 15 & Over 200 Breaststroke
- Boys 15 & Over 200 Breaststroke
- Girls 13-14 400 Freestyle
- Boys 13-14 400 Freestyle
- Girls 15 & Over 400 Freestyle
- Boys 15 & Over 400 Freestyle

Afternoon Session – Timed Finals

Warm-ups: 1:00pm – Timed Finals: 2:00pm

- Girls 10 & Under 100 Backstroke
- Boys 10 & Under 100 Backstroke
- Girls 11-12 100 Backstroke
- Boys 11-12 100 Backstroke
- Girls 10 & Under 200 IM
- Boys 10 & Under 200 IM
- Girls 11-12 200 IM
- Boys 11-12 200 IM
- Girls 10 & Under 100 Freestyle
- Boys 10 & Under 100 Freestyle
- Girls 11-12 100 Freestyle
- Boys 11-12 100 Freestyle
- Girls 11-12 200 Butterfly
- Boys 11-12 200 Butterfly
- Girls 10 & Under 50 Breaststroke
- Boys 10 & Under 50 Breaststroke
- Girls 11-12 50 Breaststroke
- Boys 11-12 50 Breaststroke
- Girls 10 & Under 50 Butterfly
- Boys 10 & Under 50 Butterfly
- Girls 11-12 50 Butterfly
- Boys 11-12 50 Butterfly
- Girls 11-12 200 Breaststroke
- Boys 11-12 200 Breaststroke

Sunday, May 17, 2009

Morning Session- Timed Finals

Warm-Ups: 7:00am – Timed Finals: 8:30am

- Girls 13-14 100 Breaststroke
- Boys 13-14 100 Breaststroke
- Girls 15 & Over 100 Breaststroke
- Boys 15 & Over 100 Breaststroke
- Girls 13-14 200 Freestyle
- Boys 13-14 200 Freestyle
- Girls 15 & Over 200 Freestyle
- Boys 15 & Over 200 Freestyle
- Girls 13-14 100 Backstroke
- Boys 13-14 100 Backstroke
- Girls 15 & Over 100 Backstroke
- Boys 15 & Over 100 Backstroke
- Girls 13-14 200 Butterfly
- Boys 13-14 200 Butterfly
- Girls 15 & 200 Butterfly
- Boys 15 & 200 Butterfly
- Girls 13-14 50 Freestyle
- Boys 13-14 50 Freestyle
- Girls 15 & Over 50 Freestyle
- Boys 15 & Over 50 Freestyle
- Girls 13-14 400 IM
- Boys 13-14 400 IM
- Girls 15 & Over 400 IM
- Boys 15 & Over 400 IM

Afternoon Session – Timed Finals

Warm-ups: 1:00pm – Timed Finals: 2:00pm

- Girls 10 & Under 100 Breaststroke
- Boys 10 & Under 100 Breaststroke
- Girls 11-12 100 Breaststroke
- Boys 11-12 100 Breaststroke
- Girls 10 & Under 200 Freestyle
- Boys 10 & Under 200 Freestyle
- Girls 11-12 200 Freestyle
- Boys 11-12 200 Freestyle
- Girls 11-12 200 Backstroke
- Boys 11-12 200 Backstroke
- Girls 10 & Under 100 Butterfly
- Boys 10 & Under 100 Butterfly
- Girls 11-12 100 Butterfly
- Boys 11-12 100 Butterfly
- Girls 10 & Under 50 Freestyle
- Boys 10 & Under 50 Freestyle
- Girls 11-12 50 Freestyle
- Boys 11-12 50 Freestyle
- Girls 10 & Under 50 Backstroke
- Boys 10 & Under 50 Backstroke
- Girls 11-12 50 Backstroke
- Boys 11-12 50 Backstroke
- Girls 11-12 400 IM
- Boys 11-12 400 IM