

LAKESIDE SWIM TEAM 5TH ANNUAL SWIM MEET

Saturday, June 19, 2010

FACILITY: Shafter Aquatics Center, 269 Poso Ave.

COURSE: 6 Lanes; 25 Yards

TIME: 8:30 a.m. Meet begins.

WARM-UP: 7:45 am to 8:15 am Warm-ups with coach's supervision in assigned lane.

CONTACT: Meet Director , Lisa Green, Cell – 204-8413 or 665-2458

RULES:

1. Cardless meet. No master check-in.
2. Report all scratches to the starters table by 8:00 a.m.
3. Seeding is final. Any empty lanes due to scratches will not be back filled.
4. Heat and Lane assignment posted on the Result Board.
5. Events deck seeded. Swimmers report as event is called to starting blocks 3-deep seating. Swimmers in the first 4 events must report by 8:15 a.m.
6. Swimmers must compete in their own age group based on age as of June 12, 2010.
7. One (1) false start disqualifies swimmer from event upon starter's discretion.
8. 2010 U.S. Swimming rules apply and all events are timed finals.
9. Parents should direct questions or concerns to their coach and NOT the officials.

ENTRIES: Entries due no later than Sunday, June 13, 2010 by 12:00 noon. All coaches must enter athletes using the Hy-Tek program at http://www.hy-tekltd.com/Demos/Swim_TEAM_MANAGER_Lite.exe and E-mail the entry file to bruce54@pacbell.net Call Bruce Constantino with any questions at 332-3648.

1. Entries must be submitted through coaches only. Late entries not accepted. Exceptions may only be given on a case by case basis when reported by coaches no later than 7:30 a.m. the day of the meet.
2. Limit of 4 individual events per swimmer or 3 events plus relay.
3. As noted, 14 year olds may swim either 50 yards or 100 yards.
4. Enter best yard time or NT if no time has been achieved at an earlier meet or practice.
5. Relays must consist of swimmers entered in at least one individual event. Relay team must have at least 2 girls. Coaches submit relays on separate cards due at a time announced at the coaches' meeting.

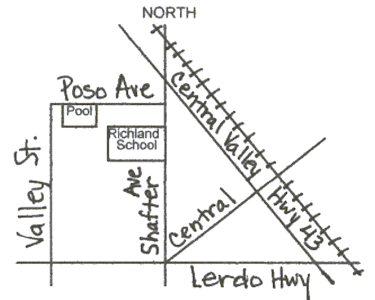
FEES: \$2.50 per event per swimmer. \$6.00 per relay. Each team must pay swimmer entry fees the day of the meet payable to Lakeside Swim Team.

TIMERS: Timers needed from all teams. Lanes assigned based on the number of swimmers entered by each team. Timers report by 8:15 a.m. to begin meet by 8:30 a.m. promptly.

OFFICIALS: Per the Kern Swim Council, each team must provide officials. Schedule provided at the coaches' meeting.

AWARDS: Medals awarded 1st thru 3rd place. Ribbons awarded 4th thru 9th place.

CONCESSIONS: Breakfast Items, Tri-tip Sandwiches, Slushys, Candy, Coffee, Soda, Water.



Lakeside Swim Team 5th Annual Swim Meet, Saturday, June 19, 2010

Name _____ Birth Date _____ Age _____

Team _____ Phone _____ Boy _____ Girl _____

Event #	Event	Submitted Time

Lakeside Swim Team 5th Annual Swim Meet, Saturday, June 19, 2010

GIRLS EVENTS	AGE	EVENT	BOYS EVENTS
1	6 & under	50 YD Freestyle	2
3	7	50 YD Freestyle	4
5	8	50 YD Freestyle	6
7	9	100 YD Freestyle	8
9	10	100 YD Freestyle	10
11	11	100 YD Freestyle	12
13	12	100 YD Freestyle	14
15	13	100 YD Freestyle	16
17	14	100 YD Freestyle	18
19	15-18	100 YD Freestyle	20
21	5 & under	25 YD Backstroke	22
23	6	25 YD Backstroke	24
25	7	25 YD Backstroke	26
27	8	25 YD Backstroke	28
29	9	50 YD Backstroke	30
31	10	50 YD Backstroke	32
33	11	50 YD Backstroke	34
35	12	50 YD Backstroke	36
37	13	50 YD Backstroke	38
39	14	50 YD Backstroke	40
41	14-18	100 YD Backstroke	42
43	5 & under	25 YD Freestyle	44
45	6	25 YD Freestyle	46
47	7	25 YD Freestyle	48
49	8	25 YD Freestyle	50
51	9	50 YD Freestyle	52
53	10	50 YD Freestyle	54
55	11	50 YD Freestyle	56
57	12	50 YD Freestyle	58
59	13	50 YD Freestyle	60
61	14	50 YD Freestyle	62
63	15-18	50 YD Freestyle	64
65	6 & under	100 YD Mixed Free Relay	66
67	7 & 8	100 YD Mixed Free Relay	68
69	9 & 10	200 YD Mixed Free Relay	70
71	11 & 12	200 YD Mixed Free Relay	72
73	13 & 14	200 YD Mixed Free Relay	74
75	15 - 18	200 YD Mixed Free Relay	76
77	5 & under	25 YD Butterfly	78
79	6	25 YD Butterfly	80
81	7	25 YD Butterfly	82
83	8	25 YD Butterfly	84
85	9	50 YD Butterfly	86
87	10	50 YD Butterfly	88
89	11	50 YD Butterfly	90
91	12	50 YD Butterfly	92
93	13	50 YD Butterfly	94
95	14	50 YD Butterfly	96
97	14 - 18	100 YD Butterfly	98
99	5 & under	25 YD Breaststroke	100
101	6	25 YD Breaststroke	102
103	7	25 YD Breaststroke	104
105	8	25 YD Breaststroke	106
107	9	50 YD Breaststroke	108
109	10	50 YD Breaststroke	110
111	11	50 YD Breaststroke	112
113	12	50 YD Breaststroke	114
115	13	50 YD Breaststroke	116
117	14	50 YD Breaststroke	118
119	14 - 18	100 YD Breaststroke	120