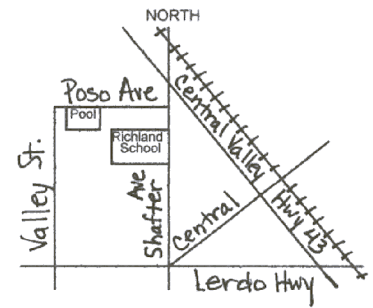


LAKESIDE SWIM TEAM 4TH ANNUAL SWIM MEET

Saturday, June 20, 2009

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 665-8458.



- 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 20, 2009.
 7. One (1) false start disqualifies swimmer from event upon starter's discretion.
 8. 2009 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 14, 2009 by 12:00 noon. All coaches must enter athletes using the Hy-Tek program at http://www.hy-tekitd.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, Hot Dogs, Slushees, Candy, Coffee, Soda, Water.

Lakeside Swim Team 4th Annual Swim Meet, Saturday, June 20, 2009

Name _____ Birth Date _____ Age _____

Team _____ Phone _____ Boy _____ Girl _____

Event #	Event	Submitted Time

LAKESIDE SWIM TEAM, TH ANNUAL SWIM MEET

Saturday, June 20, 2009

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	6 & under	25 YD Backstroke	22
23	7	25 YD Backstroke	24
25	8	25 YD Backstroke	26
27	9	50 YD Backstroke	28
29	10	50 YD Backstroke	30
31	11	50 YD Backstroke	32
33	12	50 YD Backstroke	34
35	13	50 YD Backstroke	36
37	14	50 YD Backstroke	38
39	14-18	100 YD Backstroke	40
41	6 & under	25 YD Freestyle	42
43	7	25 YD Freestyle	44
45	8	25 YD Freestyle	46
47	9	50 YD Freestyle	48
49	10	50 YD Freestyle	50
51	11	50 YD Freestyle	52
53	12	50 YD Freestyle	54
55	13	50 YD Freestyle	56
57	14	50 YD Freestyle	58
59	15-18	50 YD Freestyle	60
61	6 & under	100 YD Mixed Free Relay	61
63	7 & 8	100 YD Mixed Free Relay	63
65	9 & 10	200 YD Mixed Free Relay	65
67	11 & 12	200 YD Mixed Free Relay	67
69	13 & 14	200 YD Mixed Free Relay	69
71	15 - 18	200 YD Mixed Free Relay	71
73	6 & under	25 YD Butterfly	74
75	7	25 YD Butterfly	76
77	8	25 YD Butterfly	78
79	9	50 YD Butterfly	80
81	10	50 YD Butterfly	82
83	11	50 YD Butterfly	84
85	12	50 YD Butterfly	86
87	13	50 YD Butterfly	88
89	14	50 YD Butterfly	90
91	14 - 18	100 YD Butterfly	92
93	6 & under	25 YD Breaststroke	94
95	7	25 YD Breaststroke	96
97	8	25 YD Breaststroke	98
99	9	50 YD Breaststroke	100
101	10	50 YD Breaststroke	102
103	11	50 YD Breaststroke	104
105	12	50 YD Breaststroke	106
107	13	50 YD Breaststroke	108
109	14	50 YD Breaststroke	110
111	14 - 18	100 YD Breaststroke	112