

2010 Sarasota YMCA Invitational
September 10 & 11
HOSTED BY: SARASOTA YMCA SHARKS SWIM TEAM

- TYPE OF MEET:** Outdoor, 25 yard, 10 lane pool. Timed finals
Option – two 8 lane courses depending on the entry
- DATE & TIME:** Friday, Sept. 10, 2010 5:30 pm Meet #1
Saturday, Sept. 11, 2010 9:30 am Meet # 2
Saturday, Sept. 11, 2010 12:30 pm Meet #3
- LOCATION:** Selby Aquatic Center
8301 Potter Park Dr.
Sarasota, FL 34238
- POOL SPECS:** Certified, outdoor, heated 25 yard, 10 lane pool or two 8 lane pools
- TIMING & SCORING:** Colorado Time Systems with scoreboard.
- WARMUP:** Meet # 1 & 2 one hour before session starts. Meet #3 remaining time prior to 12:30 pm
- ELIGIBILITY:** Open to all currently registered YMCA swimmers. All entries must be members with their respective YMCA prior to the meet. Entries limited to the first team that puts us over 400 entered swimmers.
- SEEDING:** Short course, 25 yard times will be used for seeding.
- SCRATCHES:** No penalty for scratches on the block.
- ENTRY LIMIT:** Swimmers will be limited to 3 individual events per meet. Swimmers posting entries over the entry limit will be considered as entered in the first 3 events. No limit in relays.
- ENTRY FORMS:** Entries must be submitted on the enclosed entry form or HyTek entries will be accepted, please include disk and print out of entries. The entry recap and coaching certification must also be completed and signed. Order of Events, Master Entry Form, Entry Forms and Proof of Registration attached. PLEASE PRINT CLEARLY.
- ENTRY FEE:** All ages \$3.00 per swimmer per meet.
- ENTRY DEADLINE:** All entries must be received by 6:00 pm. Tuesday Sept 7 by 6:00 pm. Please no late entries.
Email: robertc556@aol.com
or
MAIL TO: Sherwood Watts
c/o Sarasota YMCA
Selby Aquatic Center
8301 Potter Park Dr.
Sarasota, FL 34238
941 922 9622 ext 1323
- AWARDS:** Individual Events: 1st - 8th Place Ribbons for 10&unders and 8&unders
No relay awards will be awarded
- RULES:** 2010 USA rules will govern the meet.
- TEAM REPRESENTATIVE:** Prior to the start of the meet, one person other than the Coach, must give their name to the referee and that person will serve as your team representative.
- OFFICIALS:**
- | | |
|---------------------|-----------------|
| Head Referee: | Mark Davis |
| Starter: | Angela Caldwell |
| Head Stroke & Turn: | Kirt Lee |
| Marshall: | Randy Averett |
| Meet Manager: | Sherwood Watts |

**SARASOTA YMCA SHARKS
CLOSED YMCA COMPEITION
SEPTEMBER 10-11, 2010**

**SYS INVITATIONAL – Friday, September 10, 2010
Warm-up @ 4:30 PM – Start @ 5:30 pm**

| | | |
|-------|------------|-----------------------|
| 1-2 | 8 & under | 100 Freestyle |
| 3-4 | 10 & under | 200 Freestyle |
| 5-6 | 11-12 | 200 Freestyle |
| 7-8 | 13-14 | 500 Freestyle |
| 9-10 | Senior | 500 Freestyle |
| 11-12 | 8 & under | 100 Individual Medley |
| 13-14 | 10 & Under | 200 Individual Medley |
| 15-16 | 11-12 | 200 Individual Medley |
| 17-18 | 13-14 | 200 Individual Medley |
| 19-20 | Senior | 400 Individual Medley |

**SYS INVITATIONAL – Saturday, September 11, 2010
Warm-up @ 8:30 am – Start @ 9:30 am**

| | | |
|-------|------------|----------------|
| 1-2 | 8&under | 25 Butterfly |
| 3-4 | 10 & under | 50 Butterfly |
| 5-6 | 11-12 | 50 Butterfly |
| 7-8 | 13-14 | 100 Butterfly |
| 9-10 | Senior | 100 Butterfly |
| 11-12 | 8&under | 25 Freestyle |
| 13-14 | 10&under | 50 Freestyle |
| 15-16 | 11-12 | 50 Freestyle |
| 17-18 | 13-14 | 100 Freestyle |
| 19-20 | Senior | 100 Freestyle |
| 21-22 | Senior | 200 Free Relay |

**SYS INVITATIONAL – Saturday, September 11, 2010
Warm-up @ remaining time – Start @ 12:30 pm**

| | | |
|-------|----------|------------------|
| 1-2 | 8&under | 25 Backstroke |
| 3-4 | 10&under | 50 Backstroke |
| 5-6 | 11-12 | 50 Backstroke |
| 7-8 | 13-14 | 100 Backstroke |
| 9-10 | Senior | 100 Backstroke |
| 11-12 | 8&under | 25 Breaststroke |
| 13-14 | 10&under | 50 Breaststroke |
| 15-16 | 11-12 | 50 Breaststroke |
| 17-18 | 13-14 | 100 Breaststroke |
| 19-20 | Senior | 100 Breaststroke |
| 21-22 | Senior | 200 Medley Relay |

WARM UP SCHEDULE for Meet #1 and #2

UNTIL THE LAST HALF HOUR THE WARM UP SCHEDULE WILL BE:

LANE:

- 1 Push off 50's pace (circle swimming-NO EQUIPMENT)
- 2 Racing starts one length only(from the west end only-NO EQUIPMENT)
- 3 Swimming and pulling only (push off - NO EQUIPMENT)
- 4 Swimming and pulling only (push off - NO EQUIPMENT)
- 5 Swimming and pulling only (push off - NO EQUIPMENT)
- 6 Swimming and pulling only (push off - NO EQUIPMENT)
- 7 Swimming and pulling only (push off - NO EQUIPMENT)
- 8 Push off 50's pace (circle swimming-NO EQUIPMENT)

THE LAST 1/2 (ONE-HALF) HOUR IS CONTROLLED WARM-UP AS FOLLOWS:

LANE:

- 1 Push off 50's pace (circle swimming-NO EQUIPMENT)
- 2 Racing starts one length only(from the west end only-NO EQUIPMENT)
- 3 Swimming and pulling only (push off - NO EQUIPMENT)
- 4 Swimming and pulling only (push off - NO EQUIPMENT)
- 5 Swimming and pulling only (push off - NO EQUIPMENT)
- 6 Racing starts one length only(from the west end only-NO EQUIPMENT)
- 7 Racing starts one length only(from the west end only-NO EQUIPMENT)
- 8 Push off 50's pace (circle swimming-NO EQUIPMENT)

When entering pool one hand must be on deck, feet first entry except when doing a racing start off the block.