

Fox Cities Fall Invite

- Date:** November 6, 2009 (Friday distance meet)
November 7 & 8, 2009 (Saturday/Sunday meet) Formatted as two meets
- Location:** YMCA of the Fox Cities - Appleton
218 E Lawrence Street
Appleton, WI 54911
- Host Team:** Fox Cities YMCA Swim Team
- Facility:** Six (6) lane 25 yard pool with non turbulent lane dividers, back stroke flags, 27" high starting blocks, 10' depth at starting blocks and 4' depth at shallow end.
- Timing:** All events will be timed final events. An electronic timing system and two manual watches per lane will be used.
- Eligibility:** USA and/or YMCA swimmers are welcome to participate (YMCA swimmers are not required to be registered USA). USA swimmers must have current USA registration number on the entry form. Swimmer's age as of November 6, 2009 determines age group. Open events may be swum by any age swimmer.
- Rules:** USA Swimming rules prevail for the meet. In the 8&under 100 yard relays, the 2nd and 4th swimmer must start in the water, using hand-to-hand starts.
- Entries:** Swimmers may compete in a maximum of three (3) events per day plus relays. Entries will be limited to 1,200 individual swims per day.
- Relays:** Relay sheets will be in each team's packet. If swimmer's names are to appear in the results, the relay sheets must be completed with swimmers names in the proper order. Relay sheets to be turned in to the computer office.
- Awards:** Relays: Medals 1st-3rd Ribbons 4th-8th.
Individual events: Medals 1st-3rd Ribbons 4th-8th
- Meet Director:** Mark Van Hout
Home Phone #: (920) 730 1106. Email: mandpvh@new.rr.com

- Officials:** John Garvey
- Admission Fee:** Heat sheets cost is \$2 on Friday and \$5 Saturday and Sunday. Family admission included with heat sheet.
- Waivers & Fees:** Mail completed waivers forms & fees to:
YMCA of the Fox Cities - Appleton
Attn: Angela Monty
218 E Lawrence
Appleton, WI 54911
- Entries:** Email to Angela Monty at, amonty@ymcafoxcities.org
A confirmation of entries will be emailed back for verification
- Entry Fees:** \$4.00 per individual event and \$12.00 per relay. Checks should be payable to: YMCA of the Fox Cities. All fees should be brought to the meet and are not refundable.
- Entry Deadline:** Entries must be received no later than October 23rd, 2009. Phone entries will not be accepted.
- Entry Seed Times:** Submit most current achieved yard times on entry form. Meter times must be converted by submitting teams. Coaches are requested to submit entries via email.
- Event Staging:** Individual events for 8 & under swimmers will be pre-seeded in the upstairs gym. All other swimmers should report to their assigned lanes.
- Disabled Swimmers:** Coaches are encouraged to inform officials or the meet director of any special needs for a swimmer during warm-up or on meet entries. This information will help meet planners and officials prepare.
- Deck Entries:** Will be allowed subject to Meet Director approval (if empty lanes are available). All Deck entries must be accompanied by a cash payment of \$6.00 per individual event and \$15 per relay.
- Final Results:** A link to final results will be posted following the meet at FCYST.org.
- Conduct:** All clubs will be responsible for the conduct of their own swimmers. The Meet Director has the authority to disqualify swimmers found misbehaving. Only coaches, swimmers, officials and host meet workers are allowed on deck.
- Time Schedule:** Friday: General Warm-up 5-6 PM. Meet starts at 6:05 PM. Note; a

brief warm-up break will occur prior to the 800 free relay and the 1650 free. Length of break will be announced after the start of the meet.

Saturday and Sunday: General Warm-up 7-8 AM. Meet starts at 8:15 AM. The afternoon warm-ups will start as soon as the morning session has been completed (but not before 11 AM), with the start of the afternoon session being 60 minutes after the start of the warm-ups.

**Warm-ups: First 30 minutes Circle swim all lanes.
Last 30 minutes Circle swim lanes 1,2,5&6
Dive/Sprints lanes 3&4**

Concessions: An outstanding menu of food and drink will be available in The Junction located across from the pool's upper balcony. Food is not allowed in the pool area.

Order of Events Friday PM

Girls	Age Group	Event	Boys
1	Open	500 yard freestyle	2
3	13-14	500 yard freestyle	4
5	Open	800 yard free relay	6
7	Open	400 yard IM	8
9	13-14	400 yard IM	10
11	Open	1650 free*	12

*Meet host reserves the right to limit entries due to time constraints but will not be less than one heat per gender. 1650 free will swim fastest to slowest.

*Swimmers are required to provide their own counters and timers.

Order of Events Saturday Morning

Girls	Age Group	Event	Boys
13	9-10	200 medley relay	14
15	11-12	200 medley relay	16
17	9-10	100 IM	18
19	11-12	200 IM	20
21	9-10	100 free	22
23	11-12	100 free	24
25	9-10	50 back	26
27	11-12	50 back	28
29	9-10	100 fly	30
31	11-12	100 fly	32
33	9-10	50 breast	34
35	11-12	50 breast	36

Order of Events Saturday Afternoon

Girls	Age Group	Event	Boys
37	Open	200 medley relay	38
39	13-14	200 medley relay	40
41	8&under	100 medley relay	42
43	Open	200 IM	44
45	13-14	200 IM	46
47	8&under	100 IM	48
49	Open	50 free	50
51	13-14	50 free	52
53	8&under	25 free	54
55	Open	100 breast	56
57	13-14	100 breast	58
59	8&under	25 breast	60
61	Open	200 fly	62
63	13-14	200 fly	64
65	Open	100 back	66
67	13-14	100 back	68

Order of Events Sunday Morning

Girls	Age Group	Event	Boys
69	9-10	200 free relay	70
71	11-12	200 free relay	72
73	9-10	50 free	74
75	11-12	50 free	76
77	9-10	100 back	78
79	11-12	100 back	80
81	9-10	50 fly	82
83	11-12	50 fly	84
85	9-10	100 breast	86
87	11-12	100 breast	88
89	12&under	200 yard freestyle	90

Order of Events Sunday Afternoon

Girls	Age Group	Event	Boys
91	Open	200 free relay	92
93	13-14	200 free relay	94
95	8&under	100 free relay	96
97	Open	200 free	98
99	13-14	200 free	100
101	8&under	50 free	102
103	Open	200 breast	104
105	13-14	200 breast	106
107	8&under	25 fly	108
109	Open	100 fly	110
111	13-14	100 fly	112
113	8&under	25 back	114
115	Open	100 free	116
117	13-14	100 free	118
119	Open	200 back	120
121	13-14	200 back	122