

Fox Cities Everyone Counts Meet

3rd Annual

The purpose of this meet is to provide swimmers not competing in the 13 & Over USA state meet another opportunity to qualify for the Y-State or Y-Nationals meet or perhaps one last chance to achieve a new personal best time for the season. Several sprint events will be offered both days to provide opportunities for swimmers only available to compete on one day an opportunity to post qualifying times.

- Date:** March 6, 2010 (Saturday Meet)
March 7, 2010 (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:** Swimmer’s age as of December 1, 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 relay, the 2nd and 4th swimmer must start in the water using hand to body part starts.
- Entries:** Swimmers may compete in a maximum of four (4) events per day plus relays.
- 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:** Awards will be given for new personal best times only. Awards will be announced at the meet. Each new best time achieved will be entered into a drawing for one daily larger prize.

- Meet Director:** Mark Van Hout
Home Phone #: (920) 730 1106. Email: mandpvh@new.rr.com
- Officials:** Officials from other teams are welcome and encouraged to participate. Please contact John Garvey(email; juan gravy@hotmail.com).
- Admission Fee:** Heat sheet cost is \$5 each day. Family admission included with heat sheet. Ample parking is available in the YMCA parking ramp for a \$1 fee.
- Waivers & Fees:** Should be brought to the meet. Teams will not be able to participate if fees and waivers are not turned in by the start of meet.
- 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 February 26, 2010. 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. 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:** Each team will be provided a copy of the final results via email. If a meet results backup on disk is preferred, please bring a labeled disk and give it to the computer operator at the beginning of the meet.

- 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:** Time schedule listed here is tentative. Changes to this schedule will be sent to coaches by March 2nd based on meet entries. Saturday and Sunday: General Warm-up 9-10 AM. Meet starts at 10:05 AM.
- 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.
- Time Trials:** Time trial opportunities may be available at the conclusion of the meet on Sunday at the discretion of the Meet Director. Please submit written request for a time trial by 12:00 noon on Saturday of the meet. Time trial swimmers must provide own timers and pay deck seed fees.

Order of Events Saturday

Girls	Age Group	Event	Boys
1	8 & U	100 Medley Relay	2
3	9 - 10	200 Medley Relay	4
5	11 - 12	200 Medley Relay	6
7	13 - 14	200 Medley Relay	8
9	Open	200 Medley Relay	10
11	Open	200 Back	12
13	8 & U	25 Fly	14
15	9 - 10	50 Fly	16
17	11 - 12	50 Fly	18
19	13 - 14	50 Fly	20
21	Open	50 Fly	22
23	Open	200 Fly	24
25	12 & U	100 I.M.	26
27	8 & U	25 back	28
29	9 - 10	50 back	30
31	11 - 12	50 back	32
33	13 - 14	50 back	34
35	Open	50 back	36
37	Open	50 Breast	38
39	8 & U	50 Breast	40
41	9 - 10	100 Breast	42
43	11 - 12	100 Breast	44
45	13 - 14	100 Breast	46
47	Open	100 Breast	48
49	Open	50 Free	50
51	8 & U	50 Free	52
53	9 - 10	100 Free	54
55	11 - 12	100 Free	56
57	13 - 14	100 Free	58
59	Open	100 Free	60
61	Open	200 I.M	62
63	Open	400 Free Relay	64

Order of Events Sunday

Girls	Age Group	Event	Boys
1	8 & U	100 Free Relay	2
3	9 - 10	200 Free Relay	4
5	11 - 12	200 Free Relay	6
7	13 - 14	200 Free Relay	8
9	Open	200 Free Relay	10
11	Open	50 Fly	12
13	8 & U	50 Fly	14
15	9 - 10	100 Fly	16
17	11 - 12	100 Fly	18

19	13 - 14	100 Fly	20
21	Open	100 Fly	22
23	Open	50 Back	24
25	8 & U	50 Back	26
27	9 - 10	100 Back	28
29	11 - 12	100 Back	30
31	13 - 14	100 Back	32
33	Open	100 Back	34
35	Open	50 Breast	36
37	8 & U	25 Breast	38
39	9 - 10	50 Breast	40
41	11 - 12	50 Breast	42
43	13 - 14	50 Breast	44
45	Open	200 Breast	46
47	Open	50 Free	48
49	8 & U	25 Free	50
51	9 - 10	50 Free	52
53	11 - 12	50 Free	54
55	13 - 14	50 Free	56
57	Open	200 Free	58
59	Open	400 Medley Relay	60
61	Open	400 I.M.*	62

* 400 IM swimmers must provide timers