

Wausau Area YMCA Green Dolphins Swim Team

-Presents-

Iceberg Invitational

Meet Information

February 19-21, 2010

- Location:** Woodson YMCA – Aspirus Branch Natatorium
3402 Howland Ave
Weston, WI 54476
- Facility Information:** 8-lane pool with Dakronics timing equipment including touch pads at deep end and 1 back-up button per lane. The Aspirus Natatorium is 9 feet deep at the block end and 4 feet at the turn end. There is on deck seating available for 200 spectators along with second floor observatory.
- Eligibility:** Swimmer's age as of 2-19-2010. USA technical rules apply. YMCA, USA and other team are welcomed to attend this meet.
- Seeding:** 10 & Unders will be seeded.
- Entries:** **Entries due by Wednesday February 4 by 5 PM.** Submit all hy-tek entries by e-mail to aquaymca@yahoo.com or webmaster@wausauydolphins.org or mail to: **Woodson YMCA**
Attention: Swim Team Meet Director
707 3rd Street
Wausau, WI 54403
A hard copy of the entries is NOT required.
- Entry Limit:** 4 Individual Events per day + relays
- Entry Fees:** \$3.00 for individual and \$12 for relay. Please make checks payable to **Woodson YMCA.**
- Deck Entries:** Deck entries will be accepted in open lanes in any non-pre-combined events. Adding to a pre-combined event will be at the discretion of the meet director. **Deck entry fees will be \$5 per individual event and \$20 per relay.**
- Entry Contact Info:** Contact Michael Harbert, GDS Meet Director at 715-573-9651 or e-mail at webmaster@wausauydolphins.org
- Athlete Limit:** **The first 600 swimmers will be entered into the meet.** After that entries will be taken on an individual basis at the meet director's discretion.

- Awards:** **Individual Awards** – Ribbons 1-16
Relay Awards – Ribbons 1-16
- Individual High Point Awards will be awarded to top 3 male and female in each age bracket. Team trophies for 1st-3rd place.
There will also be heat winner and participation awards.
- Scoring:** **Individual-** 18-16-14-13-12-11-10-9-8-7-6-5-4-3-2-1
Relays- 36-32-28-26-24-22-20-18-16-14-12-10-8-6-4-2
(for team points only)
- Warm-ups:** Warm-up times will be assigned according to team size and distance traveled. **Meet will not start before 8 am.**
PM session information be distributed with warm up times
- Meet Conduct:** The meet director reserves the right to dismiss any swimmer and/or spectator from the competition due to inappropriate conduct.
- Results:** Results will be posted during the meet. A final copy will be given to each coach. Results, after the completion of the meet, will also be posted on www.wausauydolphins.org.
- Rest Area:** The YMCA gym will be used for team's rest area.
- Questions:** Contact Pam Soja, GDS Head Coach at 715-845-2177 ext 128. or e-mail at gdscoach@yahoo.com
- Coach's Hospitality:** A coach's hospitality room will be available.
- Concessions:** A concessions stand will be available for healthy snacks and lunch. No food will be allowed in the pool area.

Wausau Area YMCA Green Dolphins Swim Team
707 3rd Street
Wausau, WI 54401



Iceberg Order of Events

| Girls | Event Description | Boys |
|------------------------------------|-----------------------------------|------|
| <i>Friday Night Session</i> | | |
| 1 | 11 & Over 200 Yard Backstroke * | 2 |
| 3 | 11 & Over 400 Yard IM* | 4 |
| 5 | 11-12 Girls 100 Yard Breaststroke | + |
| 6 | 13-14 100 Yard Breaststroke | 7 |
| 8 | 15-19 100 Yard Breaststroke | 9 |
| 10 | 11 & Over 1650 Yard Freestyle * | 11 |
| <i>Saturday AM Session</i> | | |
| + | 11-12 Boys 500 Yard Freestyle | 12 |
| 13 | 8 & Under 100 Yard Medley Relay | 14 |
| 15 | 10 & Under 200 Yard Medley Relay | 16 |
| + | 11-12 Boys 200 Yard Medley Relay | 17 |
| 18 | 8 & Under 25 Yard Freestyle | 19 |
| 20 | 9-10 50 Yard Freestyle | 21 |
| + | 11-12 Boys 50 Yard Freestyle | 22 |
| 23 | 8 & Under 25 Yard Breaststroke | 24 |
| 25 | 9-10 100 Yard Breaststroke | 26 |
| + | 11-12 Boys 100 Yard Breaststroke | 27 |
| 28 | 8 & Under 100 Yard IM | 29 |
| 30 | 9-10 200 Yard IM | 31 |
| + | 11-12 Boys 200 Yard IM | 32 |
| 33 | 8 & Under 50 Yard Backstroke | 34 |
| 35 | 9-10 50 Yard Backstroke | 36 |
| + | 11-12 50 Yard Backstroke | 37 |
| 38 | 10 & Under 50 Yard Butterfly | 39 |
| + | 11-12 Boys 50 Yard Butterfly | 40 |
| <i>Saturday PM Session</i> | | |
| 41 | 11 & Over 400 Yard Medley Relay | 42 |
| 43 | 11-12 Girls 100 Yard Butterfly | + |
| 44 | 13-14 100 Yard Butterfly | 45 |
| 46 | 15-19 100 Yard Butterfly | 47 |
| 48 | 11 & Over 500 Yard Freestyle * | 49 |
| 50 | 14 & Under 200 Yard Medley Relay | 51 |
| 52 | 19 & Under 200 Yard Medley Relay | 53 |
| 54 | 11-12 Girls 50 Yard Freestyle | + |
| 55 | 13-14 50 Yard Freestyle | 56 |
| 57 | 15-19 50 Yard Freestyle | 58 |
| 59 | 11-12 Girls 200 Yard Medley Relay | + |
| 60 | 11 & Over 200 Yard Breaststroke * | 61 |
| 62 | 11 & Over 1000 Yard Freestyle * | 63 |

| Sunday AM Session | | |
|--------------------------|-------------------------------------|----|
| 64 | 8 & Under 100 Yard Freestyle Relay | 65 |
| 66 | 10 & Under 200 Yard Freestyle Relay | 67 |
| + | 11-12 Boys 200 Freestyle Relay | 68 |
| 69 | 8 & Under 25 Yard Backstroke | 70 |
| 71 | 9-10 100 Yard Backstroke | 72 |
| + | 11-12 Boys 100 Yard Backstroke | 73 |
| 74 | 8 & Under 50 Freestyle | 75 |
| 76 | 9-10 100 Yard Freestyle | 77 |
| + | 11-12 Boys 100 Yard Freestyle | 78 |
| 79 | 10 & Under 50 Yard Breaststroke | 80 |
| + | 11-12 Boys 50 Yard Breaststroke | 81 |
| 82 | 8 & Under 100 Yard Freestyle | 83 |
| 84 | 9-10 200 Yard Freestyle | 85 |
| + | 11-12 Boys 200 Yard Freestyle | 86 |
| 87 | 8 & Under 25 Yard Butterfly | 88 |
| 89 | 9-10 100 Yard Butterfly | 90 |
| + | 11-12 Boys 100 Yard Butterfly | 91 |

| Sunday PM Session | | |
|--------------------------|--------------------------------------|-----|
| 92 | 11 & Over 400 Yard Freestyle Relay | 93 |
| 94 | 11-12 Girls 200 Yard Freestyle | + |
| 95 | 13 & Over 200 Yard Freestyle * | 96 |
| 97 | 11 & Over 200 Yard Butterfly * | 98 |
| 99 | 14 & Under 200 Yard Freestyle Relay | 100 |
| 101 | 19 & Under 200 Yard Freestyle Relay | 102 |
| 103 | 11-12 Girls 100 Yard Backstroke | + |
| 104 | 13-14 100 Yard Backstroke | 105 |
| 106 | 15-19 100 Yard Backstroke | 107 |
| 108 | 11 & Over 200 Yard IM * | 109 |
| 110 | 11-12 Girls 100 Yard Freestyle | + |
| 111 | 13-14 100 Yard Freestyle | 112 |
| 113 | 15-19 100 Yard Freestyle | 114 |
| 115 | 11-12 Girls 200 Yard Freestyle Relay | + |

* These Events will be awarded and scored by age group (11-12, 13-14, 15-19)

1000 and 1650 swimmers need to provide their own timer and counter.

**Positive check-in will be required for the following events:
400 IM, 1650 Free, 1000 Free.**