

La Crosse YMCA Swim Team
Fall Starter Invitational
Meet Information

The Wave happily invites you to join us for a fun, fast meet that is a great way to get your season started. Shorter events, mixed relays and lots of awards make this a great event. Please fill out and return the enclosed slip if you would like to take part in this great meet.

- Date: Saturday, November 14, 2009
- Location: La Crosse Area Family YMCA
1140 Main St. La Crosse, WI 54601
Phone: (608) 782-9622
Fax: (608) 782-9616 E-mail: mwinter@laxymca.org
- Time Schedule: AM Warm-ups: Teams will be assigned warm-up sessions based on distance traveled and # of swimmers when entries are known:
8:20-9:40 Will be assigned warm-up slots
9:40 to 9:55 All Team Sprints
9:45 Coaches meeting
10:00 MEET BEGINS
- Facility: Indoor six lane 25 yard pool, non-turbulent lane lines, backstroke flags, and starting blocks. DESIGNATED SWIMMER REST AREA IN MAIN GYMNASIUM.
- Timing System: IST Electronic timing with touch-pads and six lane scoreboard. 2 manual stopwatches per lane as backup.
- Format: Order of events enclosed. **Age as of December 1, 2009.**
- Entry Limit: 3 individual and 2 relays
- Entry Fee: \$3 per individual event; \$10.00 per relay. Entry fees must accompany entries.
- Entry Deadline: **RETURN Fees, Entries, and Waiver BY FRIDAY, November 4, 2009**
Please send an estimate of # of swimmers as soon as possible.
- Awards: All Events: Medals 1st-3rd; Ribbons 4th-12th
- Results: Results of each event will be posted throughout the meet in the concession area. Final results will be available for the coaches at the end of the meet. If you wish for the results to be on disk, please provide a blank disk to the computer area before the meet begins.
- Clerk of Course: All events will be seeded by the Clerk of Course located on the west side of the gymnasium.
- Admission: There will be no admission charge. Heat sheets will be sold for \$2.00.
- Concessions:** Food, snacks, and beverages will be served.

Questions: (608) 782-9622 Extension 223, e-mail: mwinter@laxymca.org

Entries: Please e-mail or send a disk with your entry information, your check for all fees, the summary and signed waiver form and a hard copy of your entries by the entry deadline. A hard copy of your entries, your check and the signed waiver and summary form must be sent if you e-mail your entries. Thank you.

Entries due by November 4, 2009

La Crosse Area Family YMCA Wave 2009 Fall Starter Invitational

Team Name _____

Contact Name _____ Phone _____

E-mail address _____

Estimated number of swimmers attending _____

**La Crosse Area Family YMCA Wave Swim Team
Fall Starter Meet Order of Events**

Mixed Relays

Event

1	8 & Under 100 Yard Medley Relay
2	10 & Under 200 Yard Medley Relay
3	12 & Under 200 Yard Medley Relay
4	14 & Under 200 Yard Medley Relay
5	Open 200 Yard Medley Relay

Girls

Boys

7	8 & Under 25 Yard Freestyle	8
9	9 & 10 50 Yard Freestyle	10
11	11 & 12 50 Yard Freestyle	12
13	13 & Over 50 Yard Freestyle	14
15	Open 100 Yard Freestyle	16
17	8 & Under 25 Yard Butterfly	18
19	9 & 10 50 Yard Butterfly	20
21	11 & 12 50 Yard Butterfly	22
23	13 & Over 50 Yard Butterfly	24
25	Open 100 Yard Butterfly	26
27	8 & Under 100 Yard Individual Medley	28
29	9 & 10 100 Yard Individual Medley	30
31	11 & 12 100 Yard Individual Medley	32
33	13 & Over 100 Yard Individual Medley	34
35	Open 200 Yard Individual Medley	36
37	8 & Under 25 Yard Backstroke	38
39	9 & 10 50 Yard Backstroke	40
41	11 & 12 50 Yard Backstroke	42
43	13 & Over 50 Yard Backstroke	44
45	Open 100 Yard Backstroke	46
47	8 & Under 25 Yard Breaststroke	48
49	9 & 10 50 Yard Breaststroke	50
51	11 & 12 50 Yard Breaststroke	52
53	13 & Over 50 Yard Breaststroke	54
55	Open 100 Yard Breaststroke	56

Mixed Relays

57	8 & Under 100 Yard Free Relay
58	10 & Under 200 Yard Free Relay
59	12 & Under 200 Yard Free Relay
60	14 & Under 200 Yard Free Relay
61	Open 200 Yard Free Relay

La Crosse Area Family YMCA Swim Team
TEAM ENTRY SUMMARY

TEAM NAME: _____

TEAM ABBREIVIATION: _____

COACH: _____ PHONE: _____ E-MAIL: _____

ENTRY CONTACT: _____ PHONE: _____

TOTAL BOY SWIMMERS: _____

TOTAL BOYS INDIVIDUAL ENTRIES: _____ x \$3 = _____

TOTAL GIRL SWIMMERS: _____

TOTAL GIRLS INDIVIDUAL ENTRIES: _____ x \$3 = _____

TOTAL RELAY ENTRIES: _____ x \$10 = _____

TOTAL ENTRY FEE ENCLOSED: _____

This form must accompany your entries.

WAIVER

In consideration of the acceptance of these entries the undersigned hereby, for myself and all members of the team I represent together with all their heirs, representatives and assigns, waive all claims against the La Crosse Area Family YMCA, the YMCA Swim Team and any other agent of this meet for injuries and any other expenses incurred by any person on behalf of my club at the meet or on the road to and from this meet.

Signed, Team representative: _____

Date: _____