

La Crosse Area Family YMCA Wave Swim Team  
Boys High School YMCA Invitational Swim Meet

**DATE:** Sunday, October 25, 2009

**LOCATION:** La Crosse YMCA  
1140 Main St  
La Crosse, WI 54601  
(608) 782-9622 Ext. 223

**SCHEDULE:** Warm-up: 10:00am  
Meet starts: 10:30am  
Meet Ends: 12:30pm

**POOL:** 6 Lanes, 25 yards, and starting blocks in deep end.  
Electronic timing with 6-lane scoreboard will be used.

**EVENTS:** Swimmers must be high school boys and members of their YMCA swim teams. Swimmers may swim a maximum of 4 events with no more than 2 being individual events. *There are no fees for this meet. Order of events below.*

**ENTRIES:** This meet is being run with Hy-Tek Swim Software.

**Please E-mail your entries by Monday, Oct.19, 2009.**

**La Crosse Family YMCA Swim Team  
1140 Main  
La Crosse, WI 54601  
FAX # (608) 782-9616**

[thewave@laxymca.org](mailto:thewave@laxymca.org)

(Over)

**REST AREA:** Pool.

**LOCKERS:** Please have swimmers leave all valuables at home. Bring a lock for your locker.

**ORDER OF EVENTS:**

1. 200 Medley Relay
2. 200 Freestyle
3. 200 IM
4. 50 Freestyle

10 minute break

5. 100 Butterfly
6. 100 Freestyle
7. 100 Backstroke
8. 100 Breaststroke

10 minute break

9. 200 Free Relay

**QUESTIONS:** YMCA Coach, (W)608-782-9622 ext. 223  
(C) 608-792-8215 E-mail [mwinter@laxymca.org](mailto:mwinter@laxymca.org)

The WAVE  
La Crosse Area Family YMCA Swim Team  
TEAM ENTRY SUMMARY

TEAM NAME: \_\_\_\_\_ INITIALS: \_\_\_\_\_

COACH: \_\_\_\_\_ PHONE: \_\_\_\_\_

ENTRY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_ E-MAIL \_\_\_\_\_

TOTAL BOY SWIMMERS: \_\_\_\_\_ BOYS INDIVIDUAL ENTRIES: \_\_\_\_\_

TOTAL RELAY ENTRIES: \_\_\_\_\_

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: \_\_\_\_\_