

Dolphin/FCYST Winter Open

- Date:** February 12,13,14,& 15, 2009 Approval# 2009-035WI
- Location:** Oshkosh YMCA
3303 W. 20th Avenue
Oshkosh, WI 54904
- Hosted by:** Oshkosh YMCA Dolphins / Fox Cities YMCA
- Facility:** 8 lane, 25 yard pool with 7' wide lanes and non turbulent lane dividers, back stroke flags, 30" high starting blocks, 9' depth at the starting blocks and 3'6" depth at the shallow end. The Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2(c).
- Timing:** All events will be timed final events. Electronic timing and backup timers with manual watches will be used in each lane.
- Eligibility:** YMCA and/or USA Swimming registered swimmers are invited to participate. Swimmer's age as of February 12, 2009 shall determine age group.
- Rules:** USA Swimming rules prevail for the meet. In the 100 yard relay, the 2nd and 4th swimmer must start in the water .Swimmers should be prepared to use fly over starts. Sit and Slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
- Entries:** Swimmers may compete in a maximum of one (1) event per day on Thursday and Friday, three (3) individual events per day on Saturday and Sunday plus relays. Entries will be limited to control the length of the meet so sessions do not exceed the 4-hour rule.
- 10 + Under Awards:** Relays: Medals 1st-3rd, Ribbons 4th-8th.
Individual events: Medals 1st-8th, Ribbons 9th-16th
- 11 + Over Awards:** Relays: Ribbons 1st -8th.
Individual events: Ribbons 1st-16th
- Seeding:** 8&U and 10&U swimmers will be seeded by age group. 11& Over swimmers will be seeded together in Open individual events, but

awarded by age group 11-12, 13-14 & 15+Over. Open relays are awarded only as Open, not in separate age groups.

- Meet Director:** Jay Coleman: Phone # (920) 230 8439 ext124
- Admission Fee:** Heat sheets cost is \$2 for Friday night and \$5 for Saturday and Sunday.
- Officials:** Dave Wardecke, Scott Woldt, Shauna Coleman, + Glenn Hameister others TBD
- Entry Deadline:** Entries must be received no later than Thursday, January 29, 2009. Phone entries will not be accepted. Teams with reservations will be entered first according to swims reserved and in compliance with the maximum entries allowed; other teams will be entered as they are received.
- Submitting entries:** Email entries to jaycoleman@oshkoshymca.org by the entry deadline. Bring your check for entry fees the day of the meet.
- Entry Fees:** \$3.00 per swimmer splash fee, plus \$3.50 per individual event and \$12.00 per relay. Checks should be payable to: Oshkosh YMCA Swim Team.
- Event Staging:** There will be an 8 & under seeding area for all individual events except the 100 IM on Friday PM. In all other events, 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 \$5.00 per individual event and \$15 per relay.
- 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 meet workers are allowed on deck. Coaches must display YMCA or USS credentials at all times while on deck.
- Concessions:** An outstanding menu of food and drink will be available in the lobby/commons area on Friday, Saturday, and Sunday. There will not be concessions on Thursday.
- Conduct:** In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.

Time Schedule:**Thursday: Warmup 5:30-6:25 P.M. Meet starts at 6:30 P.M.****Friday: General Warm-up 4:45-5:45 P.M. Meet Starts at 5:50 P.M.****Saturday and Sunday: General Warm-up 7-7:50 A.M. Meet starts at 8:00 A.M. The afternoon warm-ups will start as soon as the morning session has been completed (but not before 11 AM).****Girls Order of events**

<u>Girls</u>	<u>Thursday PM</u>
	Warm up 5:30 PM
1	Open 1650 free

Boys

2

The host teams reserve the right to limit the number of heats or combine heats in the 1000, 500 free and 400 IM. The Thursday events will be limited to finish by 8:45 PM.

<u>Girls</u>	<u>Friday PM</u>
	Warm up 4:45 PM

3	8&U 100 IM	4
5	10&U 200 IM	6
7	Open 200 IM	8
9	Open 500 free*	10

11 and older swimmers will be seeded together in **Open events**, but awarded as age groups (11-12, 13-14 & 15+O)

Girls Saturday AM Boys

	Warm up 7 AM	
11	10&U 200 MR	12
13	8&U 100 MR	14
15	10&U 100 IM	16
17	8&U 50 back	18
19	10&U 100 back	20
21	8&U 25 breast	22
23	10&U 50 breast	24
25	8&U 50 fly	26
27	10&U 100 fly	28
29	8&U 25 free	30
31	10&U 50 free	32
33	10&U 500 free	34
35	Open 1000 free*	36

Girls Sunday AM Boys

	Warm up 7 AM	
51	10&U 200 FR	52
53	8&U 100 FR	54
55	10&U 200 free	56
57	8&U 50 free	58
59	10&U 100 free	60
61	8&U 25 fly	62
63	10&U 50 fly	64
65	8&U 50 Breast	66
67	10&U 100 breast	68
69	8&U 25 back	70
71	10&U 50 back	72
73	Open 400 IM*	74

Girls Saturday PM Boys

37	Open 200 MR	38
39	Open 200 fly	40
41	Open 100 back	42
43	Open 50 breast	44
45	Open 200 free	46
47	Open 50 back	48
49	Open 100 breast	50

Girls Sunday PM Boys

75	Open 200 FR	76
77	Open 200 breast	78
79	Open 100 free	80
81	Open 50 fly	82
83	Open 200 back	84
85	Open 50 free	86
87	Open 100 fly	88

*Breaks with open pool will be provided before the 1650, 1000, 500 free and 400 IM events. These breaks will be about 30 minutes long and are intended to give swimmers a chance to warm up before swimming. Swimmers in these events need to provide timers and counters. Positive check in may be used for these events if the timeline warrants it. Heats will be swum fastest to slowest alternating girls and boys.

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WAIVER AND ENTRY FORM

In consideration of the acceptance of this entry form, I/we hereby, for myself/ourselves, my/theirs, administrators assigns, waive and release any and all claims against United States Swimming (USA), Wisconsin Swimming Inc., Oshkosh Community YMCA, Fox Cities YMCA and the Oshkosh YMCA Parent's Group and their staffs for injuries incurred by me/us at the meet or while traveling to and from the meet. I/we are bona-fide eligible USA swimmers and eligible to compete in all events I/we have entered.

CLUB NAME: _____ **CLUB ALPHA CODE:** _____

Signature of club official, parent/guardian, coach: _____

Mailing address for final results:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Name and phone number of person to contact regarding this entry form:

Name: _____ Phone: _____

Email Address _____

ENTRY RECAP:

Number of total Individual Events: _____ X **\$3.50 ea.** = \$ _____

Number of Relay Entries: _____ X **\$12.00 ea.** = \$ _____

Number of Individual Swimmers _____ X **\$3.00 ea** = \$ _____

Total Entry Fee: Check # _____ \$ _____

Checks payable to: **Oshkosh YMCA Swim Team** **Entries due by January 29th, 2009**
Mail to: Jay Coleman Email: jaycoleman@oshkoshymca.org
3303 W. 20th Ave
Oshkosh, WI 54904
920-230-8439 x124