

Dolphin/FCYST Winter Open

- Date:** February 9,10,11&12, 2006 Approval #2006- 027WI
- Location:** Oshkosh YMCA
3301 W. 20th Avenue
Oshkosh, WI 54904
- Hosted by:** Oshkosh YMCA Dolphins / Fox Cities YMCA Swim Team
- 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.
- 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 9th, 2006 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 and use hand to hand touches. Swimmers should be prepared to use fly over starts.
- 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.
- Relays:** Relay sheets will be in each team's packet. The name of each swimmer must be recorded on the sheet in proper order and returned to the computer desk to assure meet results and awards are accurate.
- Awards:** Relays: Medals 1st-3rd, Ribbons 4th-8th.
Individual events: Medals 1st-8th, Ribbons 9th-16th
- Seeding and Scoring:** 8&U and 10&U swimmers will be seeded by age group. 11& Over swimmers will be seeded in Open events, however, individual awards will be awarded by age group (11-12, 13-14 & Senior).
- 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. Family admission included with heat sheet.
- Officials:** Cindy Maltry, Steve Mayer, Dan Natali, Mary Goggans, Scott Woldt, Jodi Huth, Shauna Coleman, others TBD

- Entry Deadline:** Entries must be received no later than January 26, 2006. 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:** E-mail entries to cjay@oshkoshymca.org by the entry deadline. Bring your check for entry fees the day of the meet.
- Entry Fees:** \$2.00 per swimmer splash fee, plus \$3.00 per individual event and \$10.00 per relay. Checks should be payable to: Oshkosh YMCA Swim Team. All fees must accompany entries and are not refundable.
- Event Staging:** 8 & under individual events will be pre-seeded. 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 \$10 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.

Time Schedule: **Thursday: Warmup 5:30 P.M. Meet starts at 6:30 P.M.**
Friday: General Warm-up 5 P.M. Meet Starts at 6:10 P.M.
Saturday and Sunday: General Warm-up 7-8 A.M. Meet starts at 8:10 A.M. The afternoon warm-ups will start as soon as the morning session has been completed (but not before 11 AM).

Warm-ups: **First 30 minutes: Circle swim. Teams may be assigned lanes.**
Last 30 minutes: Dive/Sprints lanes will be assigned as needed.

<u>Order of events</u>					
<u>Girls</u>	<u>Thursday PM</u>	<u>Boys</u>			
	Warm up 5:30 PM				
1	Open 1650 free*	2			
<u>Girls</u>	<u>Friday PM</u>	<u>Boys</u>			
	Warm up 5 PM				
3	8&U 100 IM	4			
5	10&U 200 IM	6			
7	Open 200 IM	8			
9	Open 500 free*	10			
<u>Girls</u>	<u>Saturday AM</u>	<u>Boys</u>	<u>Girls</u>	<u>Sunday AM</u>	<u>Boys</u>
	Warm up 7 AM			Warm up 7 AM	
11	10&U 200 MR	12	51	10&U 200 FR	52
13	8&U 100 MR	14	53	8&U 100 FR	54
15	10&U 100 IM	16	55	10&U 200 free	56
17	8&U 50 back	18	57	8&U 50 free	58
19	10&U 100 back	20	59	10&U 100 free	60
21	8&U 25 breast	22	61	8&U 25 fly	62
23	10&U 50 breast	24	63	10&U 50 fly	64
25	8&U 50 fly	26	65	8&U 50 Breast	66
27	10&U 100 fly	28	67	10&U 100 breast	68
29	8&U 25 free	30	69	8&U 25 back	70
31	10&U 50 free	32	71	10&U 50 back	72
33	10&U 500 free	34	73	Open 400 IM*	74
<u>Girls</u>	<u>Saturday PM</u>	<u>Boys</u>	<u>Girls</u>	<u>Sunday PM</u>	<u>Boys</u>
35	Open 200 MR	36	75	Open 200 FR	76
37	Open 200 fly	38	77	Open 200 breast	78
39	Open 100 back	40	79	Open 100 free	80
41	Open 50 breast	42	81	Open 50 fly	82
43	Open 200 free	44	83	Open 200 back	84
45	Open 50 back	46	85	Open 50 free	86
47	Open 100 breast	48	87	Open 100 fly	88
49	Open 1000 free*	50			

The host teams reserve the right to limit the number of heats or combine heats in the 1650, 1000, 500 free and 400 IM per USA Swimming rules. The Thursday events will be limited to finish by 8:45. 11 and older swimmers will be seeded together in **Open events**, but scored as age groups (11-12, 13-14 & Senior)

*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 **and must check in at the heat sheet table** 30 minutes prior to the break. Heats will be swum fastest to slowest alternating girls and boys.