

Quad Meet

Saturday, November 21, 2009

Hosted by:

LA Gold

SANCTION:

- DATE: November 21, 2009
- LOCATION: Lake Oxford Natatorium, University of Louisiana at Monroe
Corner of Stadium Drive and Bon Aire, Monroe, LA 71209 (318) 342-5315
- FACILITIES: Indoor, Air Conditioned, Eight Lane, 25 yard pool; Non-turbulent lane ropes;
Colorado Electronic Timing System and Scoreboard;
Six lane 25 yard diving well for warm-up and warm-down swims.
- HEAD COACH: Marc Bucat
- MEET REFEREE: Alan Branson
- ELIGIBILITY: All USS registered swimmers can be entered in this meet. All USS numbers must be included with entries. Age as of November 21, 2009 will determine age for meet entries.
2009 UNITED STATES SWIMMING, INC. RULES will apply;
“Swimmers with a disability as described in the USA SWIMMING TECHNICAL RULES ARTICLE 105, shall be permitted to enter any meet sanctioned by Louisiana Swimming, Inc.”
- EVENTS: All events are TIMED FINALS; Please submit SHORT COURSE YARD TIMES for each event entered.
- ENTRY LIMIT: Each swimmer may enter (4) individual events per day, plus relays. This meet will be limited to the first 450 swimmers entered. In the event a team entry exceeds the limit, the entire team will be accepted.
- AWARDS: No awards will be given.
- SCORING: Events will be scored by age group: 8-U, 9-10, 11-12, 13-14, Senior.
- ENTRY FEE: Surcharge: \$5.00 (per swimmer entered in meet)
Relay Events: \$8.00
- DECK ENTRIES: Deck entries will be accepted where space is available and only from swimmers already entered in the meet. No NEW HEATS WILL BE ADDED. The cost will be \$10.00 per swimmer and \$16.00 per relay. Late entries close 30 minutes prior to the start of each session.

ENTRY DEADLINE: Entries must be received no later than Friday, November 13, 2009. The Hy-Tek Program is preferred. Email of entries is preferred. If the Hy-Tek Program is not used, the enclosed entry forms **MUST** be filled out and arrive by deadline. Entry fees must be received before the meet.

MAKE CHECKS PAYABLE TO: LA GOLD

MAIL/EMAIL ENTRIES:

Chris Solito solito3@comcast.net
2002 Richard Drive
Monroe, LA 71201
Home (318) 327-3191

HOSPITALITY: Hospitality service will be provided for coaches and officials.

SCHEDULE:

SATURDAY MORNING SESSION:

Warm-up: 9:00 AM

Meet Starts: 10:00 AM

Warm-up procedure: Lane Assignments for Warm-Ups will be posted in the Heat Sheet. **ALL TEAMS REMAIN IN THEIR ASSIGNED LANES FOR THE ENTIRE WARM-UP WITH COACHES.** The first 30 minutes of warm-up will consist of general warm-up in all lanes. **NO DIVING. NO EQUIPMENT FOR ENTIRE WARM-UP.** The second 30 minutes may include dive starts. During **DIVE STARTS** swim one length of the pool only. All swimmers begin at end of pool and exit at opposite end.

The diving well will be open for warm-up and warm-down throughout the meet. **NO DIVING. NO EQUIPMENT. NO HORSEPLAY. LIFEGUARDS WILL BE ON DUTY THROUGHOUT THE MEET TO SUPERVISE WARM-UP POOL.**

Quad Meet Order of Events

1	11-12 100 IM	2
3	10-U 100 IM	4
5	Open 200 IM	6
7	Open 100 Back	8
9	11-12 50 Back	10
11	10-U 50 Back	12
13	8-U 25 Back	14
15	Open 200 Back	16
17	Open 100 Free	18
19	11-12 50 Free	20
21	10-U 50 Free	22
23	8-U 25 Free	24
25	Open 200 Free	26
27	Open 100 Breast	28
29	11-12 50 Breast	30
31	10-U 50 Breast	32
33	8-U 25 Breast	34
35	Open 200 Breast	36
37	Open 100 Fly	38
39	11-12 50 Fly	40
41	10-U 50 Fly	42
43	8-U 25 Fly	44
45	Open 200 Fly	46
47	8-U 100 Free Relay	48
49	10-U 200 Free Relay	50
51	11-12 200 Free Relay	52
53	Open 200 Free Relay	54