

L/a gold one day meet

Sunday, November 21, 2010

Hosted by:

LA Gold

SANCTION: pending

- DATE: November 21, 2010
- 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;
6 lanes for warm-up and warm down
- HEAD COACH: Marc Bucat
- MEET REFEREE: Terre DeMoss
- ELIGIBILITY: All USS registered swimmers can be entered in this meet. All USS numbers must be included with entries. Age as of November 21, 2010 will determine age for meet entries.
2010 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 (5) individual events per day, plus relays. This meet will be limited to the first 200 swimmers entered. In the event a team entry exceeds the limit, the entire team will be accepted.
- AWARDS: ribbons 1-8 place
- SCORING: Events will be scored by age group: 6 and under,7-8, 9-10, 11-12, 13-14, Senior.
- ENTRY FEE: Surcharge: \$4.00 (per swimmer entered in meet)
Individual events \$2.50
- 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, 2010. 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:

Marc Bucat@gmail.com

2701 Sterlington rd #125 ,Monroe ,La 71203
318-855-3513

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

SCHEDULE:

SUNDAY AFTERNOON SESSION:

Warm-up: 1:00p.m

Meet Starts: 2:00p.m.

Warm-up procedure: Lane Assignments for Warm-Ups and timing 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.

Events

- 1-girls open 50 free
- 2-boys open 50 free
- 3-girls 8&under 100 im
- 4-boys 8&under 100 im
- 5-girls 9-10 100 im
- 6-boys 9-10 100 im
- 7-girls 11-12 100 im
- 8-boys 11-12 100 im
- 9-girls open 200 im
- 10-boys open 200 im
- 11-girls 6 &under 25 backstroke
- 12-boys 6&under 25 backstroke
- 13-girls 7-8 25 backstroke
- 14 boys 7-8 25 backstroke
- 15-girls open 50 backstroke
- 16-boys open 50 backstroke
- 17-girls open 100 backstroke
- 18-boys open 100 backstroke
- 19-girls 6&under 25 butterfly
- 20-boys 6&under 25 butterfly
- 21-girls 7-8 25 butterfly
- 22-boys 7-8 25 butterfly
- 23-girls open 50 butterfly
- 24-boys open 50 butterfly
- 25-girls open 100 butterfly
- 26-boys open 100 butterfly
- 27-girls 6&under 25 breaststroke
- 28-boys 6&under 25 breaststroke
- 29-girls 7-8 25 breaststroke
- 30-boys 7-8 25 breaststroke
- 31-girls open 50 breaststroke
- 32-boys open 50 breaststroke
- 33-girls open 100 breaststroke
- 34-boys open 100 breaststroke
- 35-girls 6&under 25 freestyle
- 36-boys 6&under 25 freestyle
- 37-girls 7-8 25 freestyle
- 38-boys 7-8 25 freestyle
- 39-girls open 50 freestyle
- 40-boys open 50 freestyle
- 41-girls open 100 freestyle
- 42-boys open 100 freestyle
- 43-girls open 200 freestyle
- 44-boys open 200 freestyle