



VSA Intra-squad
Tuesday, January 25, 2011
Hosted by: VSA

DATE: January 25, 2011 (5:00 P.M.)

LOCATION: Purks YMCA

FACILITIES: Indoor, Air Conditioned, Five lane, 25 yard pool; Non-turbulent lane ropes;

HEAD COACH: Mathew Mixon

MEET REFEREE: Tere DeMoss

ELIGIBILITY: All USS registered swimmers can be entered in this meet. All USS numbers must be included with entries. Age as of January 25, 2011 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 Mississippi Swimming, Inc.”

EVENTS: All events are TIMED FINALS. Please submit SHORT COURSE YARD TIMES for each event entered.

ENTRY LIMIT: Each swimmer may enter (3) individual events per day, plus one relay.

AWARDS: No Awards

SCORING: Events will be scored by age group: 6&U, 7-8, 9-10. Relay event 10&U (1st 5pts, 2nd 3pts, 3rd 2pts, 4th 1pt) Relay (1st 10pts, 2nd 6pts)

ENTRY FEE: Surcharge: FREE for VSA Swimmers
Individual events FREE for VSA Swimmers

DECK ENTRIES: Deck entries will be accepted where space is available.

ENTRY DEADLINE: Entries must be received no later than Friday, January 21, 2011.

EMAIL ENTRIES:
mixonmathew@yahoo.com

SCHEDULE:
Warm-up: 5:00- 5:15 p.m.
Meet Starts: 5:20 p.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 15 minutes of warm-up will consist of general warm-up in all lanes.

EVENTS

- Event # 1 Men's 10&U 100 Free Relay
- Event # 2 Women's 10&U 100 Free Relay
- Event # 3 Men's 6&U 25 Free
- Event #4 Women's 6&U 25 Free
- Event # 5 Men's 7-8 25 Free
- Event # 6 Women's 7-8 25 Free
- Event # 7 Men's 9-10 50 Free
- Event # 8 Women's 9-10 50 Free
- Event # 9 Men's 6&U 25 Back
- Event #10 Women's 6&U 25 Back
- Event #11 Men's 7-8 25 Back
- Event# 12 Women's 7-8 25 Back
- Event#13 Men's 9-10 50 Back
- Event #14 Women's 50 Back
- Event #15 Men's OPEN 25 Breast
- Event #16 Women's OPEN 25 Breast
- Event #17 Men's OPEN 25 Fly
- Event #18 Women's OPEN 25 Fly