

# ***2010 Upper Arlington Swim Club Time Trials February 23, 2010***

**HELD UNDER THE SANCTION OF USA SWIMMING #**

**Date:** TUESDAY, February 23, 2010

**Place:** Upper Arlington High School  
1650 Ridgeview Road  
Upper Arlington, Ohio 43221

**Meet Director**

Sean Lammers  
(614) 459-2886  
Lammersc@earthlink.net

**Schedule:**

Warm-Up – 5:15pm  
Clerk of Course Closes – 5:45pm  
Meet Starts – Approx 6:00pm \*contingent upon number of entries\*

**Entries:**

Advance team rosters must be received via email no later than 10:00p.m. **Monday, February 23rd - No exceptions. Also include the number of anticipated individual entries. Email the rosters and # of entries to [ereetz@columbus.rr.com](mailto:ereetz@columbus.rr.com) and [Lammersc@earthlink.net](mailto:Lammersc@earthlink.net)**

The Meet Director reserves the right to exclude or otherwise limit entries in order to reasonably manage the meet. Although UASC has made changes in the structure of the meet in order to ensure a quality meet for all contestants, if the number of entries exceeds a manageable number, adjustments, such as limits on the number entries, may become necessary. If this is the case, all affected club(s) will be notified of changes. Please indicate in your email the number of anticipated individual entries you will have. UASC reserves the right to seed all of its swimmers in any events for which entry limits have been imposed.

**EntryChairperson:**

Erin Reetz  
917 Windbourne St.  
Gahanna, OH 43230  
(614) 832-1976  
[ereetz@columbus.rr.com](mailto:ereetz@columbus.rr.com)

**Entry Fees:**

\$4.00 per individual event, \$2.00 surcharge per Swimmer. All entry fees must accompany entries. Please pay by check made payable to: Upper Arlington Swim Club. For swimmers whose team did not submit a roster there will be a deck entry fee of \$8.00 per event, plus the \$2.00 surcharge and is payable upon completion of the registration form.

**Entries will be accepted by the Entry Chair starting at 5:00pm.**

Each swimmer must complete a separate entry form (see last page)

**Entries will close at 5:45pm.**

**Time Standard:**

14 & Under swimmers must have a minimum Ohio A or better time.

**Rules:**

**Current USA Swimming rules will govern the meet. All Swimmers must be registered with USA Swimming.**

**Eligibility:**

**Open to swimmers ages nine and over with proof of USA Swimming Membership.**

**Must be .50 seconds per 100 Yards of at least an Ohio AA Time Standard or better.**

**Safety:**

Ohio Safety guidelines will be enforced in the conduct of the meet as well as warm-ups. General Warm-up procedures require swimmers to enter the pool feet first in a cautious manner, with one hand on the deck.

**Coaches:**

All Coaches must sign in and present a current USA Swimming Membership Card upon entering the Natatorium.

**Final Results:**

Free to each participating team. Bring your flash drive to the meet and we'll give you results immediately.

**Special Notes:**

The Upper Arlington Swim Club always appreciates any help we get from other swim clubs in officiating our meets. We ask all visiting coaches to make this known to the parents of their swimmers. Those parents who are a certified official or need to apprentice can make their availability known to the Meet Referee upon arrival.

## **TIME TRIAL - ORDER OF EVENTS**

<b>Event #</b>	<b>Event</b>
1	Mixed 100 Freestyle
2	Mixed 200 Breaststroke
3	Mixed 50 Breaststroke
4	Mixed 200 Backstroke
5	Mixed 50 Backstroke
6	Mixed 200 Butterfly
7	Mixed 50 Butterfly
15 minute break (or) 1650 Freestyle	
8	Mixed 100 IM
9	Mixed 500 Freestyle
10	Mixed 200 Freestyle
11	Mixed 400 IM
12	Mixed 50 Freestyle
13	Mixed 100 Backstroke
14	Mixed 100 Breaststroke
15	Mixed 200 IM
16	Mixed 100 Butterfly

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**SIGN-UP FORM FOR INDIVIDUAL EVENTS**

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI \_\_\_\_\_

Sex \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

Team: \_\_\_\_\_ Code \_\_\_\_\_

USS# \_\_\_\_\_

**(3 Event Maximum)**

EVENT #	EVENT DESCRIPTION	ENTRY TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____

TOTAL ENTRIES \_\_\_\_\_ @ \$4.00 / **\$8.00** EACH \$ \_\_\_\_\_

**(\$8.00 per Individual event at the meet for swimmers whose coaches have not submitted team rosters prior to deadline)**

SWIMMER SURCHARGE \_\_\_\_\_ @ \$2.00 \$ \_\_\_\_\_

AMOUNT PAID \$ \_\_\_\_\_

***MAKE CHECKS PAYABLE TO - Upper Arlington Swim Club***