

**THE SEAHAWK “DARE TO CARE” WINTER INVITATIONAL
FEBRUARY 19-21, 2010**

Lakeside in cooperation with Speedo and Yum! Brands inc. is sponsoring a “Dare to Care” Food Drive Program. Upon receipt of any canned goods, you will receive a raffle ticket for that session’s prize, which will be merchandise from our Speedo sponsor. Participants are encouraged to bring canned goods to each session, and multiple canned goods will be accepted.

SANCTION NO: Pending KYLSC Approval

SITE

Mary T. Meagher Aquatic Center located at the corner of Reservoir and Zorn Avenues (see attached map).

POOL

The facilities consist of an 11 – lane, 25-yard indoor pool ranging in depth from 5 to 12 feet. Ten lanes will be used for competition. The competition course has 8-foot wide lanes marked by continuous lane lines and Paragon starting blocks.

FORMAT

Pre-seeded, timed finals meet for 8-under, 9-10, 11-12, 13-14 and Senior swimmers.

SPECIAL NOTE: For 12-under 200 Fly, 200 Back and 200 Breast please enter with the swimmers 100 time of that stroke and the event will be seeded based on the 100 time.

The 11-12 500 Free, 13-14 400 IM, 500 Free and the Senior 400 IM, 500 yd Freestyle will be deck seeded. These events will be limited to a minimum of three (3) heats per event. At the discretion of the Administrative Referee, additional heats in all or one age group may be added to offset a lack of entries in another age group or if time permits.

WARM-UP STARTING TIMES

When all entries have been received a timeline will be run and warm-up times may be adjusted – Teams will be notified by e-mail ASAP of any changes.

FRIDAY EVENING SESSIONS (12-under, 13-14 & Senior) Warm-ups: 4:30 p.m. Meet starts: 5:30 p.m.

SATURDAY AND SUNDAY MORNING SESSIONS (13-14 & Open) Warm-ups: 7:00 a.m. Meet starts: 8:00 a.m.

SATURDAY MID-DAY SESSION (8-under) Warm-ups: Will begin 30 min after a.m. session, but not before 11:30 a.m.

SATURDAY AFTERNOON SESSION (9-10 & 11-12) Warm-ups: 2:00 p.m. Meet starts 3:00 p.m.

SUNDAY AFTERNOON SESSION (10-under & 11-12) Warm-ups: Start 30 min after a.m. session, but not before 11:30 a.m.

SCORING

11-9-8-7-6-5-4-3-2-1 for Individual Events and 22-18-16-14-12-10-8-6-4-2 for Relay Events

AWARDS

Ribbons for 1st through 10th place for all 8-u, 9-10 & 11-12 individual events. Please make sure swimmers pick up their awards. None will be mailed.

Special High Point Awards for each Age Group and a Special Award each Session for the highest ranking swim based on Hy-Tek Individual Power Points.

ELGIBILITY

All swimmers must be current USA-registered athletes. The age of the swimmer on February 19, 2010 will determine the age group for this meet.

ENTRY LIMITATION

The Meet will be limited to 750 swimmers. ALL swimmers may compete in two individual events on Friday and four individual events per day on Saturday and Sunday.

ENTRY FEES

\$4.50 Commlink entry; \$5.00 written entry per individual event; \$9.00 per Relay entry; \$1.50 per swimmer KYLSC Surcharge; \$2.50 per swimmer Facility Fee

CHECK-IN PROCEDURE

Swimmers are required to check in with the Clerk of Course for events 400 yards and longer, 30 minutes before the beginning of the session in which the event is to be swum. No other events need to be checked in.

DECK ENTRIES

Deck entries will be accepted at the discretion of the Administrative Referee. Only events with open lanes will be filled. NO heats will be added. Deck entries will cost \$8.00 per event.

SCRATCH PROCEDURE

Report scratches to the Clerk of Course. There will be a penalty for no-shows, but the event will count as an event swum. Swimmers may not scratch on deck to Deck enter into another event.

ENTRY DEADLINE

The entry deadline is Wednesday, February 10, 2010. Any Team wishing to enter electronically may do so by sending the following: 3-1/2 inch disk or CD ROM with a Hytek Commlink File of the team's entry and a printout of the entries from the Commlink file sent.

Please submit entry by E-mail to deboor@lakesideseahawks.org

ONLY ENTRIES MAILED WITH A CHECK AND THE RELEASE FORM WILL BE ACCEPTED.

Please make checks payable and mail to: Lakeside Swim Team, 1928 Woodbourne Ave., Louisville, KY 40205

If you have any questions or want additional information, please call the Swim Team office at (502)451-4333.

COACHES MEETING

There will be a coaches meeting 15 minutes before the start of the Saturday Morning Session. All coaches, on arrival for each session, must show his/her USA coach's Card for admittance and in order to receive the teams coach packet. Any swimmer attending the meet without a coach should report to the Meet Referee to be assigned a coach for warm-up.

OFFICIALS

The Lakeside Swim Team welcomes the assistance of any visiting parent who would like to serve as an official or timer. Please contact the Meet Director.

MEET DIRECTOR David Mercke (502) 893-8431 dmercke@aol.com

ORDER OF EVENTS

FRIDAY, FEBRUARY 20, 2009		
GIRLS Event #	EVENT	BOYS Event #
1	12-under 200 Back	2
3	13-14 500 Free	4
5	12-under 200 Breast	6
7	Open 500 Free	8
9	12-under 200 Fly	10
11	13-14 200 IM	12
13	Open 200 IM	14
15	11-12 200 IM	16
SATURDAY AM, FEBRUARY 21, 2009		
17	13-14 200 Breast	18
19	Open 200 Breast	20
21	13-14 100 Fly	22
23	Open 100 Fly	24
25	13-14 100 Free	26
27	Open 100 Free	28
29	13-14 200 Back	30
31	Open 200 Back	32
33	13-14 400 IM	34
35	Open 400 IM	36
SATURDAY MID-DAY, FEBRUARY 21, 2009		
37	8-under 50 Fly	38
39	8-under 50 Back	40
41	8-under 50 Breast	42
43	8-under 50 Free	44
45	8-under 100 IM	46
SATURDAY PM, FEBRUARY 21, 2009		
49	9-10 200 Free Relay	50
51	11-12 400 Free Relay	52
53	9-10 50 Fly	54

55	11-12 50 Fly	56
57	9-10 100 Breast	58
59	11-12 100 Breast	60
61	9-10 50 Free	62
63	11-12 50 Free	64
65	9-10 100 Back	66
67	11-12 100 Back	68
69	9-10 200 IM	70
71	11-12 500 Free	72

SUNDAY AM, FEBRUARY 22, 2009

73	Open 200 Free	74
75	13-14 200 Free	76
77	Open 100 Back	78
79	13-14 100 Back	80
81	Open 200 Fly	82
83	13-14 200 Fly	84
85	Open 100 Breast	86
87	13-14 100 Breast	88
89	Open 50 Free	90
91	13-14 50 Free	92

SUNDAY PM, FEBRUARY 22, 2009

93	10-under 200 Medley Relay	94
95	11-12 400 Medley Relay	96
97	10-under 100 Free	98
99	11-12 100 Free	100
101	10-under 100 Fly	102
103	11-12 100 Fly	104
105	10-under 50 Back	106
107	11-12 50 Back	108
109	10-under 50 Breast	110
111	11-12 50 Breast	112
113	10-under 200 Free	114
115	11-12 200 Free	116