

Seahawks Valentine Swim

February 15, 2009

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| Sanction | Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction #NC09041 |
| Host | Iredell Statesville YMCA Seahawks |
| Location | Statesville YMCA 828 Wesley Drive Statesville, NC 28677 (704) 873-9622 |
| Date/Time | Sunday, February 15, 2009 Afternoon Session: Warm ups from 1:00 am to 1:45 p.m. Events begin at 2:00 p.m. All participating teams will receive lane assignments and warm up times three days prior to meet. |
| Facility | Statesville YMCA: 25 meter 6 lane competition pool, depth range from 3 ½ to 10 ½ feet; separate gym for swimmers to relax between events. |
| Rules & Regulations | This meet will be conducted in accordance with the current USA Swimming Rules and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions are herein stated. |
| Classification | Open Y Meet, Y members must be in good standing with their Y |
| Entries | Entries must be submitted using HY-TEK Team Manager. Entries should be mailed to SeahawksSwimming@yahoo.com . List age as of February 15, 2009. |
| Entry Limit | Swimmers may participate in five individual events and two relays per swimmer. |
| Entry Fees | The entry fee will be a flat fee \$10.00 per swimmer. Make checks payable to Iredell Statesville YMCA Seahawks Swim Team |
| Entry Deadline | Entries must be in by midnight on February 9, 2009. A fee of \$10.00 will be charged for late entries. |
| Release Statement | “USA Swimming, INC., North Carolina Swimming, Inc., ISYS and the YMCA of Iredell County shall be held free from any and all liabilities or claims for damage arising by reason of injuries to anyone during the conduct of this event” |
| Scoring | Individual events will be scored through six places (7, 5, 4, 3, 2 and 1); One relay per team will score (14, 12, 10, 8, 6 and 4). |
| Meet Director | David Jones |
| Meet Referee | Bill Vey |
| Hospitality | Concession Stand will provide food and water for coaches and officials. |
| Concessions | Concessions will be available for all swimmers and spectators. |
| Timers | All participating clubs will be required to provide a minimum of two timers to assist in the meet. |
| Awards | Individual Events: Ribbons for 1 st through 6 th Heat Winner Ribbons Relays: Ribbons 1 st through 4 th |

Order of Events

- 1 Girls 8 & Under 100 Freestyle Relay
- 2 Boys 8 & Under 100 Freestyle Relay
- 3 Girls 9-10 200 Freestyle Relay
- 4 Boys 9-10 200 Freestyle Relay
- 5 Girls 11-12 200 Freestyle Relay
- 6 Boys 11-12 200 Freestyle Relay
- 7 Girls 13-14 200 Freestyle Relay
- 8 Boys 13-14 200 Freestyle Relay
- 9 Girls 15 & Over 400 Freestyle Relay
- 10 Boys 15 & Over 400 Freestyle Relay
- 11 Girls 10 & Under 100 IM
- 12 Boys 10 & Under 100 IM
- 13 Girls 11-12 100 IM
- 14 Boys 11-12 100 IM
- 15 Girls 13-14 200 IM
- 16 Boys 13-14 200 IM
- 17 Girls 15 & Over 200 IM
- 18 Boys 15 & Over 200 IM
- 19 Girls 8 & Under 25 Freestyle
- 20 Boys 8 & Under 25 Freestyle
- 21 Girls 10 & Under 50 Freestyle
- 22 Boys 10 & Under 50 Freestyle
- 23 Girls 11-12 50 Freestyle
- 24 Boys 11-12 50 Freestyle
- 25 Girls 13-14 100 Freestyle
- 26 Boys 13-14 100 Freestyle
- 27 Girls 15 & Over 200 Freestyle
- 28 Boys 15 & Over 200 Freestyle
- 29 Girls 8 & Under 25 Breaststroke
- 30 Boys 8 & Under 25 Breaststroke
- 31 Girls 10 & Under 50 Breaststroke
- 32 Boys 10 & Under 50 Breaststroke
- 33 Girls 11-12 50 Breaststroke
- 34 Boys 11-12 50 Breaststroke
- 35 Girls 13-14 100 Breaststroke
- 36 Boys 13-14 100 Breaststroke
- 37 Girls 15 & Over 100 Breaststroke
- 38 Boys 15 & Over 100 Breaststroke
- 39 Girls 8 & Under 25 Backstroke
- 40 Boys 8 & Under 25 Backstroke
- 41 Girls 10 & Under 50 Backstroke
- 42 Boys 10 & Under 50 Backstroke
- 43 Girls 11-12 50 Backstroke
- 44 Boys 11-12 50 Backstroke
- 45 Girls 13-14 100 Backstroke
- 46 Boys 13-14 100 Backstroke
- 47 Girls 15 & Over 100 Backstroke
- 48 Boys 15 & Over 100 Backstroke
- 49 Girls 8 & Under 25 Butterfly
- 50 Boys 8 & Under 25 Butterfly

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- 51 Girls 10 & Under 50 Butterfly
 - 52 Boys 10 & Under 50 Butterfly
 - 53 Girls 11-12 50 Butterfly
 - 54 Boys 11-12 50 Butterfly
 - 55 Girls 13-14 100 Butterfly
 - 56 Boys 13-14 100 Butterfly
 - 57 Girls 15 & Over 100 Butterfly
 - 58 Boys 15 & Over 100 Butterfly
 - 59 Girls 8 & Under 100 Medley Relay
 - 60 Boys 8 & Under 100 Medley Relay
 - 61 Girls 9-10 200 Medley Relay
 - 62 Boys 9-10 200 Medley Relay
 - 63 Girls 11-12 200 Medley Relay
 - 65 Girls 13-14 200 Medley Relay
 - 66 Boys 13-14 200 Medley Relay
 - 67 Girls 15 & Over 400 Medley Relay
 - 68 Boys 15 & Over 400 Medley Relay