

WAVES INFO: Entries due by January 4th * 4 events *** \$4 per event + \$3.**
This is a Pizza Party Meet. The morning is 11-12 girls & 13 & over boys, the afternoon is 11-12 boys and 13 & over girls. Nice fun meet just for the 11 & over Waves. The team will get together after the meet at Cici's pizza in Avon for a team pizza party at 6:30. We very much recommend parents getting together and carpooling to the meet (& pizza).

MRST 11 & OVER SWIM MEET

Sponsored by The Medina Makos SUNDAY, JANUARY 22, 2012
Held Under USA Swimming Sanction # LE 1204 S

LOCATION: Medina Recreational Center, 855 Weymouth Rd, Medina, Oh, 44256

POOL: 25 yards by 8 lanes, ample locker room space, bleachers, 8 lane scoreboard, concessions and parking in the back of the recreational center.

STARTING TIMES: Sunday morning warm-up will be 7:45 – 8:30 a.m., with competition starting at 8:35 am. Afternoon warm-up will begin 15 minutes after the conclusion of the morning session. The meet will start after a 45-minute warm-up session. **The exact afternoon start time will be emailed out the week before the meet.**

ENTRY LIMITATIONS: Swimmers may enter four (4) individual events exclusive of relays..

DECK ENTRIES: Fees will be \$6.00 per individual event, \$ 10.00 per relay. Deck entries will be accepted on a space available basis only. Deck entries will close 35 minutes prior to the start of each session. Deck entered swimmers, new to the meet, will pay the \$2.00 surcharge and must provide proof of USA Registration. Deck entries will be seeded at NO TIME (NT).

QUALIFYING TIMES: There are no qualifying times for this meet.

SWIMMERS WITH A DISABILITY: Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

SEEDING & CHECK IN: All individual events will be deck seeded. All swimmers must check-in at least 30 minutes prior to the start of their session. Check-in sheets will be posted in the gym. The relay cards must be turned in upon call in order to be seeded. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect.

CLERK OF COURSE: There will be no Clerk of Course. All swimmers will need to report to the starting blocks for their events.

AWARDS: Awards will be given for 11-12 and 13-14 age groups. No awards will be given for the 15 and over age groups. Individual events: Medals for 1st-3rd Ribbons for 4th - 8th place. Relay events: Ribbons for 1st-3rd

SCORING: 11-12, 13-14, and 15 & Over.

ADMISSION COST: \$3.00 per spectator. Psych Sheets \$2.00

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.

NOTE: Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.

DIRECTIONS: From Cleveland (North)

Take I-71 South to exit 222 - Rt 3. Turn right on Rt 3. Arrive at 855 Weymouth rd.

From South and West

Take I-71 North to exit 218 - Rt 18. Turn left on Rt 18 (West). Take Rt 18 to Foote Rd. Turn right on Foote Rd. Turn left on Weymouth Rd (Rt 3) arrive at 855 Weymouth rd

Morning Session.

Sunday - 7:45 AM Warm-Up, 8:35 meet start

Event #	Age Group/Stroke
11 & 12 GIRLS	
1	200 Medley Relay
3	200 IM
5	100 FLY
7	200 BACK
9	100 BREAST
11	50 FREE
13	200 FLY
15	100 BACK
17	200 BREAST
19	100 FREE
21	200 Free Relay
23	500 FREE**
13 & OVER BOYS *	
2	200 Medley Relay
4	200 IM
6	100 FLY
8	200 BACK
10	100 BREAST
12	50 FREE
14	200 FLY
16	100 BACK
18	200 BREAST
20	100 FREE
22	200 Free Relay
24	500 FREE**

* 13 & Over events will be scored 13 -14, and 15 & Over.

****500 Frees may be limited to control the length of the meet**

Afternoon Session.

Afternoon Warm ups will start 15 minutes after the completion of the morning session.

Event #	Age Group/Stroke
11 & 12 BOYS	
25	200 Medley Relay
27	200 IM
29	100 FLY
31	200 BACK
33	100 BREAST
35	50 FREE
37	200 FLY
39	100 BACK
41	200 BREAST
43	100 FREE
45	200 Free Relay
47	500 FREE**
13 & OVER GIRLS*	
26	200 Medley Relay
28	200 IM
30	100 FLY
32	200 BACK
34	100 BREAST
36	50 FREE
38	200 FLY
40	100 BACK
42	200 BREAST
44	100 FREE
46	200 Free Relay
48	500 FREE**

* 13 & Over events will be scored 13 -14, and 15 & Over.

****500 Frees may be limited to control the length of the meet.**