

2010 WESTERN PA YMCA DISTRICT CHAMPIONSHIP MEET

WHERE: Indiana University of Pennsylvania, Memorial Field House
(Directions : HYPERLINK "<http://www.iup.edu/mapanddirections/>"
<http://www.iup.edu/mapanddirections/> or HYPERLINK "<http://www.iup.edu>" www.iup.edu)

WHEN: Saturday, March 13, 2010 AM SESSION - JUNIORS GIRLS &
BOYS PM SESSION – SENIORS GIRLS &
BOYS
NATIONAL TIME TRIALS

Sunday, March 14, 2010 AM SESSION - CADETS GIRLS & BOYS
PM SESSION – PREPS GIRLS & BOYS

TENTATIVE TIME SCHEDULE:

JUNIORS (13-14) –Saturday, March 13

7:00 am Warm-ups (specific team schedules will be in coaches packets)
7:30 am Scratch Meeting
7:45 am Officials Meeting
8:30 am Junior District Meet Begins

SENIORS (15-18) – Saturday, March 13

12:00 noon Warm-ups –OR- 15 minutes following the conclusion of the morning
session (specific team schedules will be in coaches packets)
12:30 pm Scratch Meeting
12:45 pm Officials Meeting
1:30 pm Senior District Meet Begins

CADETS (10 and Unders) – Sunday, March 14

7:00 am Warm-ups (specific team schedules will be in coaches packets)
7:30 am Scratch Meeting
7:45 am Officials Meeting
8:30 am Cadet District Meet Begins

PREPS (11-12) –Sunday, March 14

12:00 noon Warm-ups –OR- 10 minutes following the conclusion of the morning
session (specific team schedules will be in coaches packets)
12:30 pm Scratch Meeting
12:45 pm Officials Meeting
1:30 pm Prep District Meet Begins

SPECIFIC TIMES WILL BE SENT OUT ONCE ALL ENTRIES HAVE BEEN RECEIVED AND A MORE ACCURATE TIMELINE CAN BE ESTABLISHED

ENTRIES: Each swimmer is permitted to swim in 3 events (one of which must be a relay) in which they have met the qualifying time. Coaches must be able to provide proof of qualifying time if requested. (One relay per team per event).

ENTRY FEE: Individual events \$5.50/Relays \$22

ENTRY DEADLINE: All entries **must be received** by February 27, 2010, 11:59 p.m.
All entries are FINAL entries. No changes will be made after heat sheet has been sent to print.

WEB SITE: Psych sheets and results will be posted at the following address:
For HYPERLINK "http://www.hhs.iup.edu/hped/swmeets" www.hhs.iup.edu/hped/swmeets
Psych Sheet/
Results