

PADUCAH SWIM TEAM PRESENTS
FALL FRENZY
SEPTEMBER 26-27, 2009

- Sanction:** KY# KYLC1003
- Host:** Paducah Swim Team
- Location:** Paducah Athletic Club (PAC)
115 Lebanon Church Road
Paducah, KY 42003
- Facility:** 25 yard, 8 lane pool built in 2003. Lanes 1 through 6 will be used for competition with lane 8 being used for cool down. Seating is limited; spectators are encouraged to bring chairs. Concessions will be available.
- Directions:** From I-24, take Exit 7 to 45 South (toward Mayfield). Go approximately 5 ½ miles to Highway 1288. Turn left onto 1288, Paducah Athletic Club is on your left.
- Parking:** Parking is available in the gravel lots to the east of the PAC and north of the PAC (behind the PAC). Please do not park directly in front of the PAC. If necessary, parking is available across from the PAC in the school parking lot.
- Schedule:** Saturday and Sunday Morning- 8:00 am
Saturday and Sunday Afternoon-12:00 pm
- Eligibility:** Open to all currently registered USA swimmers. USA memberships applied for will not be accepted. Swimmers age on Sept. 27, 2008 determines swimmers age group for meet. A roster of USA Swimming numbers must accompany entries.
- Rules:** The "National Starting Procedure" will be used, including the "No Recall False Start". All swimmers who are not accompanied by a USA Swimming registered coach should report to the meet referee for warm up instructions. Coaches must have current USA Swimming coach's card.
- Check In:** This is a positive check-in meet. Swimmers must check in with the Clerk of Course 45 minutes prior to the start of the meet. Swimmers who fail to check in will be scratched. We reserve the right to pre-seed the meet at our discretion if time lines permit.

Events: Swimmer may enter 4 individual events, plus one relay per day. All events are timed finals.

Entry Fees: \$3.00 per individual event
\$6.00 per relay
\$5.00 surcharge (\$1.50 KY, \$3.50 facility charge)

Awards: Age Groups: 6& under, 7-8, 9-10, 11-12, 13-14, Open
Individual events: Ribbons 1st – 6th place
Relays: 1st – 3rd place
High Point: Awarded each age group, male and female
NOTE: 6&under will be swam with 8&under but scored separately

Entries: Entries should be submitted electronically (Hy-Tek) to Greg Williams, coachgreg@gmail.com. Please submit times in short course yards. The hardcopy of the electronic entries, team roster and the check for all fees must be mailed prior to the meet to:

Paducah Swim Team
115 Lebanon Church Road
Paducah, KY 42003

Please make checks payable to the Paducah Swim Team. Deadline for entries is September 19, 2009. Psych Sheets will be posted on the website for review prior to the meet. Deck entries will be accepted at the discretion of the meet referee.

Meet Director: Susan Oatman
270-554-0692
iam4ukcats@comcast.net

Entry Chair: Greg Williams
270-554-7946
coachgreg@gmail.com

Meet Referee: Kim Oatman
270-554-0692
iam4ukcats@comcast.net

Meet Marshal: Michelle Travis

All teams will be asked to provide timers and officials if possible.

Order of Events
Saturday Morning – Session 1
Warm-up: 8:00 am Meet: 9:00 am

Girls	Events	Boys
1	11-12 200 Free	2
3	13-14 200 Free	4
5	Open 200 Free	6
7	11-12 50 Back	8
9	13-14 100 Back	10
11	Open 100 Back	12
13	11-12 100 Breast	14
15	13-14 200 Breast	16
17	Open 200 Breast	18
19	11-12 50 Fly	20
21	13-14 100 Fly	22
23	Open 100 Fly	24
25	11-12 200 IM	26
27	13-14 200 IM	28
29	Open 200 IM	30
31	11-12 200 Med. Relay	32
33	13-14 200 Med. Relay	34
35	Open 200 Med. Relay	36

Saturday Afternoon – Session 2
Warm-up: 12:00 pm Meet: 1:00 pm

37	8&U 25 Free	38
39	9-10 100 Free	40
41	8&U 50 Back	42
43	9-10 50 Back	44
45	8&U 25 Breast	46
47	9-10 100 Breast	48
49	8&U 50 Fly	50
51	9-10 50 Fly	52
53	8&U 100 IM	54
55	9-10 200 IM	56
57	8&U 100 Med. Relay	58
59	9-10 200 Med. Relay	60

Sunday Morning – Session 3
Warm-up: 8:00 am Meet: 9:00 am

Girls	Events	Boys
61	11-12 100 Free	62
63	13-14 100 Free	64
65	Open 100 Free	66
67	11-12 100 Back	68
69	13-14 200 Back	70
71	Open 200 Back	72
73	11-12 50 Breast	74
75	13-14 100 Breast	76
77	Open 100 Breast	78
79	11-12 100 Fly	80
81	13-14 200 Fly	82
83	Open 200 Fly	84
85	11-12 50 Free	86
87	13-14 50 Free	88
89	Open 50 Free	90
91	11-12 200 Free Relay	92
93	13-14 200 Free Relay	94
95	Open 200 Free Relay	96

Sunday Afternoon – Session 4
Warm-up: 12:00 pm Meet 1:00 pm

Girls	Events	Boys
97	8&U 50 Free	98
99	9-10 50 Free	100
101	8&U 25 Back	102
103	9-10 100 Back	104
105	8&U 50 Breast	106
107	9-10 50 Breast	108
109	8&U 25 Fly	110
111	9-10 100 Fly	112
113	8&U 100 Free	114
115	9-10 200 Free	116
117	8&U 100 Free Relay	118
119	9-10 200 Free Relay	120