

**2010 GYSSA Short Course Championships
Triangle Sportsplex, Hillsborough NC
March 5-7, 2009**

DUE DATE: Wednesday, February 17, 2010

NAME: _____

This is the meet information for GYSSA. This meet is a closed YMCA meet. All swimmers must be full privilege members of the YMCA they are representing. Each participant must have competed in at least three (3) interassociation (closed YMCA) meets (since September 1, 2009) prior to the entry deadline and have met the entry qualifying standards.

We need to have this meet turned in absolutely no later than 2/17/10. If you do NOT plan to attend the meet, PLEASE check the NO box and turn in the registration information to the swim team office or fax to Coach Matt @ 704-636-0830.

You may choose individual events up to a maximum of **three (3) individual events per day**.

- Senior events are open to swimmers of any age, however, participation in a Senior individual event 400 yards or longer is limited to those swimmers that have achieved a USAS 13-14 'B' time in the event, prior to the entry deadline.

The coaches may have some events they want you to swim. Those events will be changed on your form.

Age for this meet is as of March 5, 2010.

PLEASE PLEASE PLEASE!!!! Sign below and return this sheet by 2/17/10.

_____ YES! I can't wait to swim in the meet!!!

_____ NO, I can't make it.

Entry limit = 3 per day

DO NOT CHOOSE RELAYS. COACHES WILL CHOOSE RELAY SWIMMERS.

EVENT #	EVENT NAME	EVENT #	EVENT NAME

Your Signature _____ Email _____.

Date _____ Phone _____.

2010 GYSSA Short Course Championships *ORDER OF EVENTS*

Friday, March 5, 2010 - Evening Session

Warm-up: 4:00 p.m.

Timed Finals: 5:30 p.m.

Girls Event #	Age Group Distance & Stroke	Boys Event #
1	11-12 200-yd Individual Medley	2
3	Senior 400-yd Individual Medley*	4
5	10 & Under 200-yd Freestyle	6
7	11-12 500-yd Freestyle	8
9	Senior 1650-yd Freestyle *	10

Saturday, March 6, 2010 - 10 and Under Session

Warm-up: 7:30 a.m.

Timed Finals: 8:30 a.m.

Girls Event #	Age Group Distance & Stroke	Boys Event #
11	8 & Under 100-yd Individual Medley	12
13	9-10 100-yd Individual Medley	14
15	6 & Under 25-yd Backstroke	16
17	7-8 25-yd Backstroke	18
19	9-10 50-yd Backstroke	20
21	8 & Under 50-yd Breaststroke	22
23	9-10 100-yd Breaststroke	24
25	6 & Under 25-yd Freestyle	26
27	7-8 25-yd Freestyle	28
29	9-10 50-yd Freestyle	30
31	8 & Under 50-yd Butterfly	32
33	9-10 100-yd Butterfly	34
35	8 & Under 100-yd Medley Relay	36
37	10 & Under 200-yd Medley Relay	38

Saturday, March 6, 2010 - 11 and Over Session

Warm-up: Not before 12:00 p.m.

Timed Finals: Not Before 1:00 p.m.

Girls Event #	Age Group Distance & Stroke	Boys Event #
39	Senior 400-yd Freestyle Relay	40
41	Senior 500-yd Freestyle*	42
43	11-12 100-yd Individual Medley	44
45	Senior 200-yd Individual Medley*	46
47	11-12 50-yd Backstroke	48
49	Senior 100-yd Backstroke*	50
51	11-12 100-yd Breaststroke	52
53	Senior 200-yd Breaststroke*	54
55	11-12 100-yd Freestyle	56
57	Senior 100-yd Freestyle*	58
59	11-12 100-yd Butterfly	60
61	Senior 200-yd Butterfly*	62
63	11-12 200-yd Medley Relay	64
65	Senior 200-yd Medley Relay	66

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Sunday, March 7, 2010 - 10 and Under Session

Warm-up: 7:30 a.m.

Timed Finals: 8:30 a.m.

Girls Event #	Age Group Distance & Stroke	Boys Event #
67	9-10 200-yd Individual Medley	68
69	8 & Under 50-yd Freestyle	70
71	9-10 100-yd Freestyle	72
73	8 & Under 25-yd Breaststroke	74
75	9-10 50-yd Breaststroke	76
77	8 & Under 50-yd Backstroke	78
79	9-10 100-yd Backstroke	80
81	8 & Under 25-yd Butterfly	82
83	9-10 50-yd Butterfly	84
85	8 & Under 100-yd Freestyle Relay	86
87	10 & Under 200-yd Freestyle Relay	88

Sunday, March 7, 2010 - 11 and Over Session

Warm-up: Not Before 12:00 p.m.

Timed Finals: Not Before 1:00 p.m.

Girls Event #	Age Group Distance & Stroke	Boys Event #
89	Senior 400-yd Medley Relay	90
91	11-12 50-yd Freestyle	92
93	Senior 50-yd Freestyle*	94
95	11-12 50-yd Breaststroke	96
97	Senior 100-yd Breaststroke*	98
99	11-12 100-yd Backstroke	100
101	Senior 200-yd Backstroke*	102
103	11-12 50-yd Butterfly	104
105	Senior 100-yd Butterfly*	106
107	11-12 200-yd Freestyle	108
109	Senior 200-yd Freestyle*	110
111	11-12 200-yd Freestyle Relay	112
113	Senior 200-yd Freestyle Relay	114

* For these events, swimmers ages 14 & Under and 15 & Up shall swim in combined heats. Separate results and awards shall be provided for the 14 & Under and the 15 & Up age groups.