

Bangor Y Barracuda Swim Team
4th Annual YMCA Senior Meet
January 24, 2010



Host: Bangor Y Barracuda Swim Team

Location: Aloupis Pool
Bangor, Maine

Date & Time: Sunday, January 24, 2010

Session 1	Session 2
Warm-up @ 10:00am (assigned)	Warm-up no later than ½ hour after end of Session 1
Meet begins @ 11:00am	Meet begins no later than 1 hour after start of Warm-up

Facility: The Bangor Y's Aloupis Pool is a 6-lane 25-yard pool non-turbulent lane lines. The facility uses a Colorado Timing System and scoreboard. Bleacher spectator seating is available. ***At least 2 lanes of the 4-lane 25-yard warm-up/warm-down pool will be available during the meet.***

Warm-up: Warm-up schedules and lane assignments will be communicated to participating teams by no later than Friday, January 22, 2010 by e-mail.

Age & Eligibility: Participants must be 12 years of age by April 7, 2010 and must be members in good standing of a local YMCA to be eligible. Swimmers' ages in the results will be submitted in compliance with Maine YMCA Swim League's December 1, 2009 age-up rule.

Fees: \$5 swimmer surcharge to cover lunch and awards; \$0 entry fees. All fees are due the day of the meet.

Entries: Swimmers will be limited to 4 individual events plus relays.

Deadline: E-mail entries to barracudas@bangorY.org. Entries must be received by 10:00 AM Thursday, January 21, 2010.

Awards: Ribbons awarded to top six (6) finishes in each event. Medals and/or trophies awarded to girls and boys individual high point scorers, top girls team, top boys team, and top two combined team scores.

Over-subscription: Entries are accepted on a first come first serve basis. The meet manager reserves the right to adjust the meet program based on the number of entries received. Teams will be notified by 9:00 PM Thursday, January 21, 2010 in case of changes.

Officials: Please submit the names of officials interested and willing to work.

Directions: Bangor Y, 17 Second Street, Bangor 04401 (207)941-2808

From South – 195 North to Exit 183 Hammond Street, Bangor; right on Hammond Street toward downtown; slight right onto Union Street at 1st street light; right onto 2nd Street (0.10 miles); Bangor Y is the first building on the right.

From North – 195 South to Exit 183 Hammond Street, Bangor; left on Hammond Street toward downtown; slight right onto Union Street at 1st street light; right onto 2nd Street (0.10 miles); Bangor Y is the first building on the right.



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Order of Events

Session 1

Event

1	Women	800 Freestyle Relay	Men	2
3	Women	100 Backstroke	Men	4
5	Women	50 Breaststroke	Men	6
7	Women	200 IM	Men	8
9	Women	50 Freestyle	Men	10
11	Women	100 Butterfly	Men	12
13	Women	200 Breaststroke	Men	14
15	Women	200 Freestyle	Men	16
17	Women	400 IM	Men	18

Session 2

Event

19	Women	50 Butterfly	Men	20
21	Women	100 Freestyle	Men	22
23	Women	200 Backstroke	Men	24
25	Women	200 Butterfly	Men	26
27	Women	50 Backstroke	Men	28
29	Women	100 Breaststroke	Men	30
31	Women	400 Medley Relay	Men	32
33	Women	1000 Freestyle **	Men	34
35	Women	1650 Freestyle **	Men	36

*** If there are swimmers participating only in Session 1 who are interested in swimming either the 1,000 Free or 1,650 Free accommodations may be able to be made at either the beginning or the end of Session 1.*

