

**9th Annual YMCA All Star-Meet
Twin Cities Swim Team
Sunday February 7th, 2010
Bates College, Lewiston, ME**

Sanction: Pine Tree Cluster YMCA Swim League. Hosted by the Twin Cities Swim Team.

Facility:

Tarbell Pool, Bates College Campus, Lewiston, ME. This is an 8-lane 25-yard pool, automatic timing and bleacher seating.

***Driving directions from North & South via Maine turnpike:**

- From the Maine Turnpike you will take exit 80. Follow Rt. 196, Lisbon St.
- When you get to the light at the East Ave. intersection (Tim Horton's on left), you will take a Right turn onto East Ave.
- Follow East Ave. past the YW until you come to the end where it will intersect with Russell St. (Roy's driving school across intersection. Take a left turn here.
- You will see the parking lot after the outdoor track on your left.
- Take a left into the parking lot.
- Tarbell Pool is in Merrill Gymnasium, the larger building straight ahead as you enter the parking lot and on your left as you walk towards the entrances between the two buildings.

Schedule:

Warm-ups 10:00am and the meet will start at 11am

Format:

This is an invitational Tri-Meet between the Southern, Central and Northern Divisions of the Pine Tree Cluster Swim League. Head coaches will be invited from each division. League coaches are welcome to assist the head coaches. Meet will be scored according to 9-4-3-2-1 for individual events, and 11-4-2 for relays.

See list of events included.

There will be one heat of each event with six participants, two per team. Teams will be selected for individual events based on their best times in each event during the regular YMCA 2008 - 2009 winter season until Jan. 10th. A maximum of two individual events per swimmer and three events overall is allowed.

Swimmers best events are based on their percentage points determined by their best times against the National AA time standards Swimmers. The top two times done at Y dual meets in a particular event within their division (North, Central, South) will be invited to participate in the All-Star Meet. In the event that a swimmer qualifies for more than two swims in his/her age group, the swimmer will be invited to participate in his/her highest point value swims. The next highest point earning swimmer in a particular event will then be invited to participate in that particular event which another swimmer can't swim because he/she has already qualified for two other events. In the event that an invited swimmer is unable to participate in the meet, an alternate will be invited based on the highest point system. The vacated events will then be filled from the roster of available swimmers at the discretion of the meet director and/or head coach, not to exceed the two individual events rule. The head coaches will determine participation in the medley relays and the freestyle relays. **Swimmers with only one swim will be placed in a relay.**

For questions on the meet, contact:

Tom Manduca
933-3834
mandufam@fairpoint.net

Entries: Entries will be by invitation, **positive responses will be required** to mandufam@fairpoint.net

- Coaches should check with their own swimmers that are invited and find out who is accepting their invite.
- Coaches should let host team know **confirmation or decline** from your swimmers as you receive notification.
- Host team will be adjusting any holes with the next top time swimmer and notifying the swimmer's coach to confirm or decline the invitation.
- Swimmers with only one individual swim will be in a relay as well.

Fees: There will be a \$10.00 per swimmer surcharge payable to "TCST" and includes a meet swim cap.

Admission & programs: \$1.00 per person admission. Programs will be \$2.00 each.

Concessions:

Food and beverages will be available.

Swimming merchandise from **Action Accents** will be available on site.

Awards:

Medals will be awarded for places 1-3, and quality ribbons for places 4-6. These will be brought to the YMCA State Meet for distribution.

*See events list below

EVENT LIST

Girls	EVENT	Boys
1	9-10 200 Yard Medley Relay	2
3	11-12 200 Yard Medley Relay	4
5	13-14 200 Yard Medley Relay	6
7	Senior 200 Yard Medley Relay	8
9	11-12 200 Yard Freestyle	10
11	13-14 200 Yard Freestyle	12
13	Senior 200 Yard Freestyle	14
15	9-10 100 Yard IM	16
17	11-12 100 Yard IM	18
19	13-14 200 Yard IM	20
21	Senior 200 Yard IM	22
23	9-10 50 Yard Freestyle	24
25	11-12 50 Yard Freestyle	26
27	13-14 50 Yard Freestyle	28
29	Senior 50 Yard Freestyle	30
31	9-10 50 Yard Butterfly	32
33	11-12 50 Yard Butterfly	34
35	13-14 100 Yard Butterfly	36
37	Senior 100 Yard Butterfly	38
39	9-10 100 Yard Freestyle	40
41	11-12 100 Yard Freestyle	42
43	13-14 100 Yard Freestyle	44
45	Senior 100 Yard Freestyle	46
47	9-10 50 Yard Backstroke	48
49	11-12 50 Yard Backstroke	50
51	13-14 100 Yard Backstroke	52
53	Senior 100 Yard Backstroke	54
55	Senior 500 Yard Freestyle	56
57	9-10 50 Yard Breaststroke	58
59	11-12 50 Yard Breaststroke	60
61	13-14 100 Yard Breaststroke	62
63	Senior 100 Yard Breaststroke	64
65	9-10 200 Yard Freestyle Relay	66
67	11-12 200 Yard Freestyle Relay	68
69	13-14 200 Yard Freestyle Relay	70
71	Senior 200 Yard Freestyle Relay	72