

HUNTINGTON Y = CHARLESTON AQUATIC TEAM
@ CHARLESTON, INC SWIMMING PROGRAM
(HYCAT)

2300 MacCorkle Avenue, SE * Charleston, WV 25304
HYCAT Swimming Office (304) 357-4825 / 357-4936
Swimming Pool (304) 357-4822

HYCAT Coaching Staff / HYCAT Learn-to-Swim Staff e-mail addresses

Greg Olson @ golson@hycat.org
Jo Ellen Scheirman @ jscheirman@hycat.org
Cindy Hemsworth @ cah3267@hotmail.com
Erin Biron @ scerin22@hotmail.com
Bobby Helmick @ bhelmick@hotmail.com
Shalimar Wilder @ wildelsn@hotmail.com
Matt Bradley @ mattbradley@eliteatc.com or bradley_matt@hotmail.com
FAX/MESSAGE SERVICE (304) 357-4824 (24 hours)
www.hycat.org

OCTOBER 2009

TO: Swim Team Coaches AND/OR
Swim Team Representatives

FROM: Huntington Y Charleston Aquatic Team @ Charleston, Inc (HYCAT)

RE: Swim Meet Information

FOR YOUR INFORMATION, THE MEET INFORMATION FOR THE 2009 HYCAT "TOMMY BIRD" CAPITAL CITY CLASSIC AGE GROUP & SENIOR INVITATIONAL SWIM MEET THE WEEKEND OF DECEMBER 11TH-13TH HAS ALREADY BEEN POSTED ON OUR WEB PAGE @ "WWW.HYCAT.ORG"

IF YOUR TEAM ATTENDED THE MEET LAST YEAR (2008), A MEET PACKET IS ENCLOSED WITH THIS MEMO.

WE WILL BE SENDING SWIM MEET INFORMATION PACKETS TO THOSE TEAMS THAT ATTENDED OUR OTHER SWIM MEETS DURING THE 2009-2010 SEASON AS OUTLINED BELOW. THESE MEETS WILL ALSO BE POSTED ON OUR WEB PAGE AS LISTED BELOW:

[1] 2010 HYCAT ODD AGE GROUP & SENIOR INVITATIONAL SWIM MEET
SPONSOR: ADVANCED EYECARE CENTER
FORMAT: TIMED FINALS
DATE: APRIL 16TH-18TH, 2010
EVENTS: ALL AGE GROUP EVENTS WILL BE OFFERED
AGE GROUPS: 07-UN; 08-09; 10-11; 12-13; 14-15; 16-OV & SENIOR

INFORMATION WILL BE MAILED IN LATE JANUARY 2010 AND WILL BE POSTED ON THE HYCAT WEB PAGE.

**HUNTINGTON Y = CHARLESTON AQUATIC TEAM
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(HYCAT)**

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Shalimar Wilder @ wildelsn@hotmail.com
Matt Bradley @ mattbradley@eliteatc.com or bradley_matt@hotmail.com
FAX/MESSAGE SERVICE (304) 357-4824 (24 hours)
www.hycat.org

OCTOBER 2009

TO: Swim Team Coaches AND/OR
Swim Team Representatives

FROM: Huntington Y Charleston Aquatic Team @ Charleston, Inc (HYCAT)

RE: Swim Meet Information

PLEASE FIND ENCLOSED SWIM MEET INFORMATION FOR THE HYCAT MEET LISTED BELOW WHICH WILL BE HELD AT THE UNIVERSITY OF CHARLESTON'S INDOOR SWIMMING POOL AND HOSTED BY THE HUNTINGTON Y CHARLESTON AQUATIC TEAM @ CHARLESTON, INC SWIMMING PROGRAM:

[1] 2009 HYCAT "TOMMY BIRD" CAPITAL CITY CLASSIC AGE GROUP & SENIOR SWIM MEET
SPONSOR: SIGMA CORP
FORMAT: TIMED FINALS FOR 08-UN AGE GROUPS
PRELIMS / FINALS FOR 10-UN/11-12 AGE GROUPS
PRELIMS / CONSOLATION & FINALS FOR 13-14/SENIOR AGE GROUPS
DATE: DECEMBER 11TH-13TH, 2009
EVENTS: ALL AGE GROUP EVENTS WILL BE OFFERED EXCEPT 1000 FREE
RELAYS ONLY OFFERED FOR SENIOR AGE GROUP {200/400/800 FREE
RELAYS & 200/400 MEDLEY RELAYS}

***INFORMATION WILL BE MAILED IN EARLY OCTOBER 2009 AND ALREADY POSTED ON
THE HYCAT WEB PAGE.***

HYCAT WILL BE SENDING SWIM MEET INFORMATION PACKETS TO THOSE TEAMS THAT ATTENDED OUR OTHER HYCAT SWIM MEETS DURING THE 2009-2010 SEASON AS OUTLINED BELOW. THE 2009-10 HYCAT SWIM MEET SCHEDULE WILL BE POSTED ON OUR WEB PAGE AS LISTED BELOW:

[1] 2010 HYCAT ODD AGE GROUP & SENIOR INVITATIONAL SWIM MEET
SPONSOR: ADVANCED EYECARE CENTER
FORMAT: TIMED FINALS
DATE: APRIL 16TH-18TH, 2010
EVENTS: MOST ALL AGE GROUP EVENTS WILL BE OFFERED
AGE GROUPS: 07-UN; 08-09; 10-11; 12-13; 14-15; 16-OV & SENIOR

***INFORMATION WILL BE MAILED IN LATE JANUARY 2010 AND WILL BE POSTED ON
THE HYCAT WEB PAGE.***

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IF WE CAN BE OF ANY ASSISTANCE TO YOU **OR** YOUR TEAM, PLEASE CONTACT THE HUNTING-
TON Y CHARLESTON AQUATIC TEAM @ CHARLESTON, INC'S SWIMMING OFFICE AT THE ADDRESS
LISTED BELOW. IF YOU ARE THE "TEAM REP/CONTACT," PLEASE DISTRIBUTE OUR MEET
INFORMATION WITHIN YOUR CLUB AND THE OTHER SWIM CLUBS WITHIN YOUR AREA!!! WE
HOPE TO SEE YOU AND/OR YOUR TEAM AT ONE **OR** MORE OF OUR HYPAT SWIM MEETS DURING
THE 2009-2010 SWIM SEASON!!!

HUNTINGTON Y CHARLESTON AQUATIC TEAM
@ CHARLESTON, INC SWIMMING PROGRAM (HYCAT)
PO BOX 4382
CHARLESTON, WV 25364

(304) 357-4825 {HYCAT SWIMMING OFFICE}
357-4824 {FAX/MESSAGE SERVICE = 24 HOURS}
357-4822 {SWIMMING POOL = AFTER 04:30PM WEEKDAYS}
[e-mail] golson@hycat.org
[web page] www.hycat.org

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Matt Bradley @ mattbradley@eliteatc.com or bradley_matt@hotmail.com
FAX/MESSAGE SERVICE (304) 357-4824 (24 hours)
www.hycat.org

MEET: 2009 HYCAT "TOMMY BIRD" CAPITAL CITY CLASSIC AGE GROUP & SENIOR SWIM MEET

SPONSOR: SIGMA CORP

HOST: HUNTINGTON Y = CHARLESTON AQUATIC TEAM @ CHARLESTON, INC

PLACE: The University of Charleston
2300 MacCorkle Avenue, SE
Charleston, WV 25304

(304) 357-4825 {HYCAT Swimming Office}
357-4822 {Swimming Pool after 04:30PM weekdays}
357-4824 {FAX/MESSAGE SERVICE = 24 hours}
e-mail golson@hycat.org
web page www.hycat.org

DATES: Friday, Saturday & Sunday
December 11th-13th, 2009

FACILITIES: 25 yard, 6 lane pool; Competitor "gold medal" lane dividers between each lane; **NEW** Kiefer starting blocks; spectator seating for approximately **100-125** people; electronic timing system by Colorado Time Systems with a fully automated 6-lane scoreboard; HY*TEK computerization of meet results

AWARDS

RIBBONS	** 1 st -8 th Places {08-UN = Individual Events only }
PLAQUES:	** 1 st -3 rd Places {08-UN & 10-UN Age Group High Point}
CERTIFICATES	** 1 st -4 th Places {Visiting Teams}
	** Will be given to a swimmer who establishes a NEW MEET AND/OR AGE GROUP/POOL RECORD

ENTRIES: The 2009 USA Swimming Rules will govern **ALL** of the swim meet competition. **ALL** entries **MUST** have either the 2009 **or** 2010 USA registration numbers on the entry forms. Entry age will be the age of the swimmer as of Friday, December 11, 2009! Swimmers 09 & older **MAY** enter any individual event **BUT** may only compete in three (3) individual events per day, excluding relays. Swimmers 08 & younger, are limited to five (5) individual events per day.

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ENTRY DEADLINE: Entries **MUST BE RECEIVED** on or before **TUESDAY, DECEMBER 01, 2009!** Entries that are received after Tuesday, December 01st {or when the heat sheet has been printed} will be considered as "late entries" and will be seeded in the first heats. Entries that are received after 12 midnight, Thursday, December 10th **OR** during the swim meet will be considered as "deck entries" and subject to the "deck entry fees" of \$5.00 per individual entry and \$10.00 per relay entry. **ALL** "deck entries" will be seeded in the first heats.

ENTRY FEES: There will be a \$3.00 entry fee for each individual event and \$8.00 entry fee for each relay entry. A surcharge of \$5.00 per swimmer will be assessed by the WV Swimming Committee for the WV Travel Fund. Please make your check payable to the "HYCAT @ Charleston" and mail to the address listed below:

HYPAT Swimming Program
PO Box 4382
Charleston, WV 25364
(304) 357-4825 {Swimming Office}
357-4822 {Swimming Pool **AFTER** 04:30PM-08:00PM on
weekdays and **NONE** on weekends}
357-4824 {FAX/MESSAGE SERVICE = 24 hours}
344-8148 {Greg Olson, Meet Director/HOME}
415-3465 {Greg Olson, Meet Director/CELL}
golson@hycat.org (e-mail address)
www.hycat.org {web page}

Once accepted, entry fees **WILL NOT** be refunded should a swimmer(s) fail to compete in the swimming meet.

TIMED **ALL** 08-UN EVENTS WILL BE CONDUCTED AS "**TIMED FINALS.**"
FINALS:

PRELIMS/ **ALL** 10-UN/11-12/13-14/SENIOR EVENTS WILL BE CONDUCTED AS "**PRELIMS/**
FINALS: **FINALS.**" The 13-14 & Senior age groups will be combined as "13-older" for prelims & finals. The 10-UN & 11-12 age groups will have a "championship" heat in the finals while the 13-older age group will have three (3) heats in the finals: "championship;" "consolation" & "bonus" heats. The 13-14 & Senior age groups will be scored separately.

AGE GROUPS: 08-UN; 10-UN; 11-12; 13-14 & Senior {Individual Events}

DIRECTIONS: The University of Charleston is located directly across from the West Virginia State Capitol Complex on the Kanawha River. Easy access from I-64; I-77; I-79. A map has been enclosed for your information/convenience.

TIME STANDARDS: There will be **NO** "time standards" for this meet.

CONCESSION AREA: The HYPAT Swimming Program will provide a concession area which will be located in an area close to the swimming pool. Signs will be posted!!! The concession area will be "open" during the entire swim meet for your convenience.

WARM-UPS: Warm-up procedures are listed at the end of the meet information.
[PRELIMS]

- ** **SESSION #1 [FRI, DEC 11TH]**
Friday {afternoon} 04:00PM-04:25PM {GIRLS **ONLY**}
{13-14/SENIOR AGE GROUPS = 1650 FREESTYLE}
- ** **SESSION #2 [FRI, DEC 11TH]**
Friday {afternoon} 06:45PM-07:10PM {BOYS **ONLY**}
{13-14/SENIOR AGE GROUPS = 1650 FREESTYLE}}
- ** **SESSION #3 [SAT, DEC 12TH] / SESSION #5 [SUN, DEC 13TH]**
Saturday/Sunday {mornings} 07:00AM-07:30AM {13-OV **ONLY**}
{**ALL** AGE GROUPS} 07:30AM-07:55AM {09-12 **ONLY**}
07:55AM-08:15AM {08-UN **ONLY**}

MEET STARTS: FRIDAY {afternoon}**
[PRELIMS]

- ** Session #1 / 13-14 & Senior Girls 1650 FR [TIMED FINALS]
 - ** Heat #1 / swimmers #01-06 @ 04:35PM
 - ** Heat #2 / swimmers #07-12 @ 04:57PM
 - ** Heat #3 / swimmers #13-18 @ 05:19PM
 - ** Heat #4 / swimmers #19-30 @ 05:45PM (2 per lane)
 - ** Heat #5 / swimmers #31-42 @ 06:11PM (2 per lane)
- ** Session #2 / 13-14 & Senior Boys 1650 FR [TIMED FINALS]
 - ** Heat #1 / swimmers #01-06 @ 07:20PM
 - ** Heat #2 / swimmers #07-12 @ 07:40PM
 - ** Heat #3 / swimmers #13-18 @ 08:02PM
 - ** Heat #4 / swimmers #19-30 @ 08:24PM (2 per lane)
 - ** Heat #5 / swimmers #31-42 @ 08:48PM (2 per lane)

- ** **SATURDAY/SUNDAY**
** morning sessions 08:35AM [PRELIM/FINAL=09-OV]
[TIMED FINAL =08-UN]

WARM-UPS: ** **FRIDAY SESSION** / **NONE**
[FINALS]

** **SATURDAY SESSION** / **TBA BUT NOT BEFORE** 04:00PM [45 MINUTES]

** **SUNDAY SESSION** / **TBA BUT NOT BEFORE** 04:00PM [45 MINUTES]

MEET STARTS: FRIDAY SESSION** / **NONE**
[FINALS]

** **SATURDAY SESSION** / **NOT BEFORE** 04:55PM

** **SUNDAY SESSION** / **NOT BEFORE** 04:55PM

**COACH/
TEAM REP
MEETING:** There will be a Coach **and/or** Team Rep Meeting on Friday, December 11th at 04:30PM [for 1650 Free **only**] **AND** on Saturday, December 12th at 08:20AM at a location to be determined by the Meet Director **and/or** Meet Referee. The purpose of this meeting is to discuss any changes in the swim meet format as printed in this packet or any changes/alterations in the rules as published by USA Swimming. If a swim team coach **and/or** team rep does not attend this meeting, they will forfeit their right to voice their opinion or vote upon matters discussed.

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MEET Meet Director: Greg Olson (304) 357-4825 {Office}
OFFICIALS: 357-4822 {Pool}
344-8148 {Home}
415-3465 {Cell}
golson@hycat.org {e-mail}
Meet Referee(s): Paul Dryden (304) 722-1536 {home}
PDRYDEN1536@suddenlink.net {e-mail}

FINAL RESULTS: HYCAT @ Charleston, Inc Swimming Program will furnish free of charge one (1) copy of the **FINAL MEET RESULTS** to each swim team entered in the meet. The results will be sent to the address listed on the entry form for the meet. In the case of more than one address, the results will be sent to the first entries received. Additional copies may be ordered during the swim meet at the HYCAT Swimming Office located near the entrance to the UC swimming pool at \$10.00 per copy. **PLEASE ALLOW AT LEAST 2-3 WEEKS FOR DELIVERY = THANK YOU!!!** Also, the final meet results will be posted on our web page!!!

SANCTION: WV LSC sanction number: WV=**TBA** (applied for)

SCORING: Individual Events: 7 - 5 - 4 - 3 - 2 - 1 [Top 6 places]
Relay Events: **NO** SCORING FOR RELAYS

COACHES' PACKETS: A complete set of the heat sheets for the 3 day swim meet will be furnished to each Swim Coach **and/or** Team Rep for each team entered in the swim meet at the HYCAT Swimming Office. Please identify yourself and your team, and a packet will be issued to you!

POOL LOCATION: The swimming pool is located in the Gorman PE Building which is located to your left {west} after entering the UC campus off of MacCorkle Avenue, SE in the Kanawha City area of Charleston. There is usually plenty of parking available immediately in front of the Gorman PE Building **AND** on the other side of the UC Alumni House which is located directly west of the main parking lot.

CONDUCT: Any destruction of property during the swimming meet will result in the immediate "**DISQUALIFICATION AND REMOVAL**" of the swimmer and/or spectator/guest from the meet **AND** meet area. The swimming clubs will be held responsible for the behavior of their swimmers, parents, guests and coaches!!! Also, a USA registered/certified coach **MUST** be present and "on deck" of the pool during the "warm-up" periods!!! If you are attending the meet as an "individual entry" from your team **OR** your team is not sending a coach, please report to the Meet Referee for your lane assignment during the "warm-ups."
THANK YOU FOR YOUR CONTINUED COOPERATION IN THESE MATTERS!!!

LODGING: The following motels/hotels are located within 5-15 minutes of the UC campus {area code for WV is "304"}:

Budget Host Inn	3313 Kanawha Blvd East	925-2592
Comfort Inn	I-64 @ Goff Mountain Road	776-8070
Country Inn & Suites	105 Alex Lane	925-4300
Embassy Suites Hotels	300 Court Street	347-8700
Days Inn {St Albans, WV}	6210 MacCorkle Ave, SW	766-6231
Days Inn {Kanawha City}	6400 MacCorkle Ave, SE	925-1010

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**LODGING
(CONT) :**

Fairfield Inn by Marriott	1000 Washington Street, E	343-4661
Hampton Inn - Downtown	1 Virginia St, W	343-9300
Hampton Inn - Southridge Ctr	Southridge Centre	746-4646
Hawthorn Inn & Suites	107 Alex Lane	925-1171
Holiday Inn Express Suites	95 RHL Blvd/Dudley Farms	746-4748
Holiday Inn Express/Civic Center	50 Virginia Street, E	345-0600
Holiday Inn - Charleston House	600 Kanawha Blvd	344-4092
Knights Inn	6401 MacCorkle Avenue, SE	925-0451
Marriott Hotel	200 Lee Street, E	345-6500
Microtel {S Chas}	600 2nd Ave	744-4900
Ramada Inn {S Chas, WV}	2nd Avenue & B Street	744-4641
Red Roof Inn	6305 MacCorkle Ave, SE	925-6953
Red Roof Inn {S Chas, WV}	I-64 at MacCorkle Ave, SE	744-1500
Sleep Inn	2772 Pennsylvania Ave	345-5111
Super 8 of Charleston	1010 Washington Street, E	345-9779
Town Center Inn - Elk River	2 Kanawha Blvd	343-4521
Travel Lodge {Dunbar}	1007 Dunbar Ave	768-1000

WARM-UP

PROCEDURES:

The following warm-up procedures have been established by the West Virginia LSC and will be used during the swimming meet. The Meet Director **and/or** Meet Referee may modify the warm-up procedures in the best interest of the swimmers who have entered this meet. The meet host will notify the swim teams of any changes via a letter **and/or** telephone call to the swim coach **and/or** team rep. Meet Marshalls and the swimmer's USA registered/certified coach will be responsible for maintaining the "proper" warm-up procedures as outlined below.

BEGINNING OF THE WARM-UP PERIOD

- ** **ALL** lanes general warm-up **ONLY**
- ** circle swimming as indicated in meet program
- ** **NO** diving into water {feet first entry **ONLY**}
- ** entry from the starting end of the pool {deep end}
- ** **NO** equipment permitted

LAST 15 {11-OV}/10 {10-UN} MINUTES OF THE SCHEDULED WARM-UP PERIOD

- ** lanes #1,4-6 general warm-up **ONLY** {see above}
- ** lanes #2 dive starts from the starting end of the pool **ONLY**; one-way sprints from deep end of pool to shallow end of pool
- ** lanes #3 push-off pace lane {50s or 100s}; beginning at starting end of pool; circle swimming {**NOTE**: if not used as "pace lane," lane #3 will be used for dive starts and/or one-way sprints}

SCRATCH

PROCEDURES:

This meet will follow USA Rules governing "scratches" plus the following West Virginia LSC procedures for individual and relay events as listed below **or** continued on page #6.

- [1] Individual swimmers who do not indicate to the Clerk of Course directly **or** by sign-in procedure that they intend to compete in a timed final heat shall not be penalized. This shall not count as a swum event.

SCRATCH PROCEDURES (CONT):

[2] Individual swimmers who indicate to the Clerk of Course directly or by sign-in procedure that they intend to compete, but fail to compete, are "disqualified" from the event. This does count as a swum event.

Additionally, the swimmer shall only be permitted to swim his/her next scheduled individual event "**EXHIBITION.**" This also counts as a swum event.

- [3] Exceptions / **NO** penalty if:
 - [A] the Meet Referee is notified and accepts a case of injury and/or illness; **OR**
 - [B] it is determined by the Meet Referee that circumstances beyond the control of the swimmer(s) prohibited competing in an event(s); **OR**
 - [C] in the case of a relay, only those swimmers reporting and ready to swim shall not be penalized

[4] The "30 minute scratch notification" rule will be adhered to for those events that are being conducted as "prelims" & "finals." The swimmer **MUST** notify the Announcer's table of their "intent to scratch" after each event has been announced; and inform the Announcer's table **NO MORE** 30 minutes upon the completion of that session. Failure to properly "scratch" an event (or events) will result in the swimmer being **disqualified** from the remainder of the swim meet, including **ALL** future preliminary heats.

POSITIVE CHECK-IN EVENTS: **ALL** events 400 **or** longer **WILL BE** conducted as "positive check-in" events in which the swimmer, Swim Team Coach **or** Swim Team Representative **MUST** indicate the swimmer's intention to swim/compete in these events. The "check-in" sheets will be available at the announcer's table.

ORDER OF EVENTS

FRIDAY, DECEMBER 11, 2009
SESSION #1 {13-14/SENIOR GIRLS}

WARM-UPS: 04:00PM
MEET STARTS: 04:35PM

<u>EVENT</u>	<u>NUMBERS</u>	<u>AGE GROUPS</u>	<u>EVENTS</u>
<u>GIRLS</u>	<u>BOYS</u>		
	1	13 & OV	1650 Freestyle

ORDER OF EVENTS

FRIDAY, DECEMBER 11, 2009
SESSION #2 {13-14/SENIOR GIRLS}

WARM-UPS: 06:45PM
MEET STARTS: 07:20PM

<u>EVENT</u>	<u>NUMBERS</u>	<u>AGE GROUPS</u>	<u>EVENTS</u>
<u>GIRLS</u>	<u>BOYS</u>		
	2	13 - OV	1650 Freestyle

ORDER OF EVENTS

SATURDAY, DECEMBER 12, 2009
SESSION #3 {ALL AGE GROUPS}

WARM-UPS: 07:00AM (13-OV)
07:30AM (09-10)
07:55AM (08-UN)
MEET STARTS: 08:35PM

<u>EVENT</u>	<u>NUMBERS</u>	<u>AGE GROUPS</u>	<u>EVENTS</u>
<u>GIRLS</u>	<u>BOYS</u>		
03	04	10 & UN	50 Breaststroke
05	06	11 - 12	50 Breaststroke
07	08	08 - UN	200 Freestyle {TF}
09	10	10 & UN	200 IM
11	12	11 - OV	200 IM
13	14	08 & UN	50 Breaststroke {TF}
15	16	11 - OV	100 Butterfly
17	18	10 & UN	100 Butterfly
19	20	08 & UN	50 Backstroke {TF}
21	22	11 - OV	100 Backstroke
23	24	10 & UN	100 Backstroke
25	26	11 - OV	200 Breaststroke
27	28	08 & UN	50 Freestyle {TF}
29	30	11 - OV	100 Freestyle
31	32	10 & UN	50 Freestyle
33	34	11 - 12	100 IM
35	36	08 - UN	100 Butterfly {TF}
10 MINUTE BREAK/WARM-UP			
37	38	10 & UN	500 Freestyle {TF}
39	40	11 - OV	500 Freestyle

SATURDAY, DECEMBER 12, 2009
SESSION #4 {FINALS}

WARM-UPS: 04:00PM (ALL)
MEET STARTS: 04:55PM

CONDUCT 10-UN & 11-12 EVENTS WITH CHAMPIONSHIP HEAT (1 HEAT) **AND** 11-OV AGE GROUP WITH CHAMPIONSHIP; CONSOLATION & BONUS HEATS (3 HEATS) IN FINALS

ORDER OF FINALS: #37-40; #03-06; #09-12; #15-18; #21-26; #29-34

ORDER OF EVENTS

SUNDAY, DECEMBER 13, 2009
SESSION #5 {ALL AGE GROUPS}

WARM-UPS: 07:00AM (13-OV)
07:30AM (09-10)
07:55AM (08-UN)
MEET STARTS: 08:35PM

<u>EVENT</u>	<u>NUMBERS</u>	<u>AGE GROUPS</u>	<u>EVENTS</u>
<u>GIRLS</u>	<u>BOYS</u>		
41	42	10 & UN	100 Freestyle
43	44	11 - OV	50 Freestyle
45	46	08 & UN	100 Freestyle {TF}
47	48	11 - OV	200 Butterfly
49	50	10 & UN	50 Butterfly
51	52	08 - UN	100 Backstroke {TF}

ORDER OF EVENTS

SUNDAY, DECEMBER 13, 2009 [SESSION #5] info (cont)

EVENT	NUMBERS		AGE GROUPS	EVENTS
	GIRLS	BOYS		
53	54		11 - OV	100 Breaststroke
55	56		10 & UN	100 Breaststroke
57	58		08 & UN	100 IM {TF}
59	60		11 - 12	50 Backstroke
61	62		10 & UN	50 Backstroke
63	64		11 - OV	200 Freestyle
65	66		08 & UN	50 Butterfly {TF}
67	68		11 - 12	50 Butterfly
69	70		10 & UN	200 Freestyle
71	72		08 - UN	100 Breaststroke {TF}
73	74		11 - OV	200 Backstroke
75	76		10 & UN	100 IM
10 MINUTE BREAK/WARM-UP				
77	78		11 - OV	400 IM

SUNDAY, DECEMBER 13, 2009
SESSION #6 {FINALS}

WARM-UPS: 04:00PM (ALL)
MEET STARTS: 04:55PM

CONDUCT 10-UN & 11-12 EVENTS WITH CHAMPIONSHIP HEAT (1 HEAT) AND 11-OV AGE GROUP WITH CHAMPIONSHIP; CONSOLATION & BONUS HEATS (3 HEATS) IN FINALS

ORDER OF FINALS: #77-78; #41-44; #47-50; #53-56; #59-64; #67-70 & #73-76

VISITING TEAM AWARDS: HYCAT Swimming Program will give "gift {credit} certificates" to the Top 4 Visiting Teams at their swim meets during the 2009-2010 Swimming Season as outlined below:

- [1] 1st Place Visiting Team will receive \$100.00 "credit" towards their entry fees for the 2010 Capital City Classic Meet
- [2] 2nd Place Visiting Team will receive \$ 75.00 "credit" towards their entry fees for the 2010 Capital City Classic Meet
- [3] 3rd Place Visiting Team will receive \$ 50.00 "credit" towards their entry fees for the 2010 Capital City Classic Meet
- [4] 4th Place Visiting Team will receive \$ 25.00 "credit" towards their entry fees for the 2010 Capital City Classic Meet

The "credit" can only be applied to the SAME swim meet that will be conducted during the 2010-2011 HYCAT Swimming Season. If you have any questions regarding this policy/program, please contact the HYCAT Swimming Office @ (304) 357-4825.

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FUTURE HYCAT Swimming Program will sponsor the following additional swim
HYCAT SWIM meets during the 2009-2010 Winter/Indoor Swimming Season. For
MEETS: information please contact:

HUNTINGTON Y = CHARLESTON AQUATIC TEAM
@ CHARLESTON, INC (HYCAT)
PO BOX 4382
CHARLESTON, WV 25364

(304) 357-4825 {HYCAT SWIMMING OFFICE}
357-4825 {FAX/MESSAGE SERVICE = 24 HOURS}
357-4822 {SWIMMING POOL = AFTER 04:30PM WEEKDAYS}
[e-mail] golson@hycat.org
[web page] www.hycat.org

[1] 2010 HYCAT ODD AGE GROUP & SENIOR SWIM MEET
{TIMED FINALS}

SPONSOR: ADVANCED EYECARE
DATES: April 16-18, 2010
AGE GROUPS: 07-UN; 08-09; 10-11; 12-13; 14-15; 16-OV & Senior
EVENTS: **MOST** ALL AGE GROUP EVENTS WILL BE OFFERED
AWARDS: PLAQUES 11-UN participants **ONLY**
PLACE PLATES 1st-6th Individual Events
1st-6th Relay Events
PLAQUES 1st-3rd Places {Age Group High Point}
CERTIFICATES: 1st-4th Places {Visiting Teams}

[2] 2010 DEBBIE KORTZ AGE GROUP & SENIOR SWIM MEET
{TIMED FINALS}

SPONSOR: **TBA**
DATES: October 29-31, 2010 {"**TENTATIVE**" pending approval from
WV LSC ... a USA Swimming
sanctioned meet}

[3] 2010 HYCAT Y INVITATIONAL SWIM MEET
{PRELIMS/FINALS}

** 12-UN AGE GROUP /CHAMPIONSHIP & CONSOLATION HEATS
** 13-OV AGE GROUP / CHAMPIONSHIP; CONSOLATION & BONUS HEATS

SPONSOR: **TBA**
DATES: November 13-14, 2010 {YMCA sanctioned meet}
or November 06-07, 2010

[4] 2010 "TOMMY BIRD" CAPITAL CITY CLASSIC AGE GROUP & SENIOR SWIM MEET
{PRELIMS/FINALS: 10-UN; 11-12; 13-14 & SENIOR AGE GROUPS}
{TIMED FINALS: 08-UN AGE GROUP}

SPONSOR: **TBA**
DATES: December 10-12, 2010 {"**TENTATIVE**" pending approval from
WV LSC ... a USA Swimming
sanctioned meet}

UC CAMPUS Listed on the next page for your information.
MAP:

