

Meet/Location:

Rockford ABC
November 14&15, 2009
@Rockford High School Pool
Directions: Take E. Beltline north. Go past Belding Rd. and go west on Kroes Rd. Go through a 4-way stop and the high school is up on your left. (The first building at the 4-way stop is the Freshman Campus, not the high school)

Saturday PM

Change:

On Saturday there is a home playoff football game and craft fair. Parking will be tight. Carpooling is recommended. The warm-up time for Saturday PM has been changed to 3pm and the meet will start at 4pm. If you cannot attend now, please let Brandon know.

Eligibility:

Blue level and above.

Format:

Timed finals (Swum once) ABC format.
ABC means swimmers are placed into categories (A, B or C) based on their seed time.

Start Times:

10&Under

Warm-up: 8:00am; Start: 9:00am

11&Over

Saturday: Warm-up: 3pm; Start: 4pm

Sunday: Warm-up: 12:00; Start: 1:00pm

Please arrive 15 minutes before your scheduled warm-up

Entry Info:

Entry deadline is Friday, Oct. 9th

Individual events: \$5.00/event

MS Surcharge: \$1.00/swimmer

Coach Fee: \$10.00/swimmer (Max of \$20 per family)

Relays: No cost

Coaches will determine all events

Fees will be added to your online account. Fees must be paid prior to meet or your swimmer may not compete.

Awards:

Medals will be awarded for 1st thru 3rd place and ribbons for 4th thru 12th place. The age groups will be: 8 & Under, 9-10, and 11-12 "A", "B", "C" individual events. Awards for open events will be the same as above with no divisions. 1st thru 3rd place medals will also be awarded for

all relay events. Team “Sprint Championship” trophies will be awarded to top three teams in both the 10 and under age group as well as the 11 and up age groups. No team trophies will be awarded in the open division.

**Marshaling/
Check-in:**

All events will be self-marshal – coaches will help Younger/newer swimmers.
Check-in closes 15 minutes after the start of each session.
If you fail to check-in prior to the deadline, you will be Scratched from that session.

**Order of Events:
Saturday AM**

<u>Girls</u>		<u>Boys</u>
1	10 & U 200 IM	2
3	8 & U 100 Free	4
5	10 & U 50 Free	6
7	8 & U 25 Free	8
9	10 & U 50 Breast	10
11	8 & U 50 Breast	12
13	10 & U 100 Back	14
15	8 & U 25 Back	16
17	10 & U 25 Free	18
19	8 & U 50 Fly	20
21	10 & U 200 Free Relay	22
23	8 & U 200 Free Relay	24

Saturday PM

<u>Girls</u>		<u>Boys</u>
25	12 & U 200 Free	26
27	Open 200 IM	28
29	11-12 200 IM	30
31	Open 100 Free	32
33	11-12 100 Free	34
35	Open 50 Fly	36
37	11-12 50 fly	38
39	Open 200 Back	40
41	Open 100 Breast	42
43	11-12 100 Breast	44
45	Open 50 Back	46
47	11-12 50 Back	48
49	Open 200 Fly	50
51	11-12 200 Free Relay	52
53	Open 200 Free Relay	54
55	Open 400 IM	56

Sunday AM

<u>Girls</u>		<u>Boys</u>
57	10 & U 100 IM	58
59	8 & U 100 IM	60
61	10 & U 50 Fly	62
63	8 & U 25 Fly	64
65	10 & U 100 Breast	66
67	8 & U 25 Breast	68
69	10 & U 50 Back	70
71	8 & U 50 Back	72
73	10 & U 100 Free	74
75	8 & U 50 Free	76
77	10 & U 200 Medley Relay	78
79	8 & U 200 Medley Relay	80

Sunday PM

<u>Girls</u>		<u>Boys</u>
81	Open 100 IM	82
83	11-12 100 IM	84
85	Open 100 Back	86
87	11-12 100 Back	88
89	Open 50 Breast	90
91	11-12 50 Breast	92
93	Open 200 Free	94
95	Open 200 Breast	96
97	11-12 100 Fly	98
99	Open 100 Fly	100
101	11-12 50 Free	102
103	Open 50 Free	104
105	Open 25 Free	106

107	11-12 200 Medley Relay	108
109	Open 200 Medley Relay	110
111	Open 500 Free	112