

Norwood Aquatics Club
Winter League Championship Meet – Saturday, March 13, 2010
Swimmer Entry Form

Return this form to Coach Kim at practice check-in or via mail by no later than February 28, 2010

Instructions: Please complete one form per swimmer, there will be NO index cards needed for this meet. Circle all events in your age group. Your child MUST swim the age group that they appear on our roster. If they swim down, they will be disqualified. If you have any questions, please contact coach Kim Miller. Coaches will put relays together following the Freestyle events. Please circle the relays if you are willing to stay for these events. We will do our best to get as many swimmers in the relays as we are allowed, and will base these on times swum at the meet that day.

		Name				
GIRLS	AGE	DISTANCE	STROKE			
1	8&UN	25Y	BUTTERFLY	2		
3	9-10	25Y	BUTTERFLY	4		
5	8&UN	25Y	FREESTYLE	6		
7	9-10	25Y	FREESTYLE	8		
9	8&UN	25Y	BREASTSTROKE	10		
11	9-10	25Y	BREASTSTROKE	12		
13	8&UN	25Y	BACKSTROKE	14		
15	9-10	25Y	BACKSTROKE	16		
17	8&UN	100Y	FREE RELAY COED	17		
18	9-10	100Y	FREESTYLE RELAY	19		
20	9-10	100Y	INDIVIDUAL MEDLEY	21		
22	11-12	50Y	BUTTERFLY	23		
24	13-14	50Y	BUTTERFLY	25		
26	15-18	50Y	BUTTERFLY	27		
28	11-12	50Y	FREESTYLE	29		
30	13-14	50Y	FREESTYLE	31		
32	15-18	50Y	FREESTYLE	33		
34	11-12	50Y	BREASTSTROKE	35		
36	13-14	50Y	BREASTSTROKE	37		
38	15-18	50Y	BREASTSTROKE	39		
40	11-12	50Y	BACKSTROKE	41		
42	13-14	50Y	BACKSTROKE	43		
44	15-18	50Y	BACKSTROKE	45		
46	11-12	200Y	FREESTYLE RELAY	47		
48	13-14	200Y	FREESTYLE RELAY	49		
50	15-18	200Y	FREESTYLE RELAY	51		
52	11-12	100Y	INDIVIDUAL MEDLEY	53		
54	13-14	100Y	INDIVIDUAL MEDLEY	55		
56	15-18	100Y	INDIVIDUAL MEDLEY	57		

Winter League Championship Meet

Saturday, March 13th

Lincoln Hancock School Quincy

All Age Groups

10 and Under Swimmers – Morning Session

Warm-ups 8 AM

Start Time 9 AM

11 -18 years Swimmers – Afternoon Session

Warm-ups 1PM

Start Time 2 PM

PLEASE NOTE: ALL SPECTATORS WILL BE CHARGED A \$3.00 ADMISSION FEE REGARDLESS OF AGE

PROGRAMS WILL BE \$3.00 SOLD AT THE DOOR

All teams will report to the gym, this is where the bullpen will be. Parents are encouraged to come to the gym at any time to check-up on their children. This is a long day and the gym is cold so please bring extra towels and cloths. Swimmers bring cards, sleeping bags, pillows, blankets, and games. Food will be allowed in the concession area only. T-Shirts will be sold and proceeds will go to the league.

There will be a concession stand set-up and each team will be told what to donate and all proceeds will be given to the league to cover expenses of the meet. We will be contacting families to donated items for this meet. Additionally we will need volunteers, so be prepared for emails/phone calls from Theresa Lake our Volunteer Coordinator.

If you have any questions regarding this information or entry form, please ask.