

PSSA All –League A/B Championships

Saturday, 11 February 2012
The Evergreen State College
2700 Evergreen Parkway NW
Olympia, WA 98505

Warmups – 9:00 am Meet Start – 10:00 am

Host: Olympia YMCA Swim Team

Driving Directions: From I-5 take exit 104 on to US-101. Take the exit labeled Mud Bay Road/Evergreen State College. Follow the left fork on to Evergreen Parkway. At the traffic circle turn left into the parking lot. The pool is located in the College Recreation Center. It's easiest to park in the C parking lot (right from the parking booth), follow signs to the CRC, and use the deck level entrance to the pool. There is no charge for parking on weekends.

Referee: David Baer

dbaer@comcast.net

Meet Director: Mica Marquez

oyst@ssymca.net

Meet Format: All events are timed finals. Age groups for competition are 8&U, 10&U, 11-12, 13-14, 15-21; age is as of February 11. All 8&U events are considered B events, all 15-21 events are considered A events. Seeding will be from slow to fast within A heats and B heats according to entry times. Qualifying times need to be met to enter the 500, which will be deck seeded.

Eligibility: "A" swimmers must have participated in three dual meets between September 2010 and January 2011 as well as meeting "A" qualifying times. "B" swimmers must be registered with a PSSA team.

Entries: Swimmers are allowed three individual events and two relays. All swimmers must submit a seed time for their events; no NT entries will be accepted. Positive check-in for the 500 will be required and we may limit the number of heats, depending on entry numbers. Positive check-in closes at 11:00. We will not accept deck entries the day of the meet. **Entry deadline is Wednesday, February 1.**

Time Trials: Time trials will be offered at the end of the meet for any event on the meet schedule except the 500 free. If it looks like there will be time, we can include longer events. Swimmers need to bring their own timers. Swimmers need to register for time trials by 1:30 pm. Time trial fee is \$5.00 per event.

Fees: Meet surcharge – \$8.00 per swimmer

Event charge – \$2.00 per event

Relays – \$8.00 per relay team

Checks should be made to **Briggs YMCA**

Mail Payment to: Olympia YMCA Swim Team
Attn: Mica Marquez
1530 Yelm Hwy SE

Olympia, WA 98501

Heat sheets: Heat sheets will be available for \$5. A printed copy of each team's results will be included with their ribbons and we will email a Hy-Tek file of results to each team.

Awards: Both individual and relay ribbons will be awarded for places 1st through 8th place for both A and B heats within each age group.

Vendors: Concessions, sweatshirts, and swim gear will be available for sale throughout the meet.

Timers: We will be asking participating teams to provide timers for the meet based on their number of entries. This request, along with warm-lane assignments, will be sent to participating teams several days before the meet.

Meet Schedule:	Coaches Meeting	8:45am	
	Warmups	9:00am	
	Officials Meeting	9:15am	
	Timers Meeting	9:30am	
	Meet Start	10:00am	
	500 Check-in Deadline		11:00am
	Time Trial Registration Closes		1:30pm

Events:

Female A Times

Male A Times

	8&U Medley Relay	
	10&U Medley Relay	
	12&U Medley Relay	
	14&U Medley Relay	
	21&U Medley Relay	
3:10.00	9-10 200 Freestyle	3:10.00
2:45.00	11-12 200 Freestyle	2:45.00
2:31.00	13-14 200 Freestyle	2:31.00
	15-21 200 Freestyle	
	8&U 100 IM	
1:40.00	9-10 100 IM	1:40.00
1:25.00	11-12 100 IM	1:25.00
2:45.00	13-14 200 IM	2:40.00
	15-21 200 IM	
	8&U 25 Freestyle	
39.00	9-10 50 Freestyle	39.00
34.00	11-12 50 Freestyle	34.00
32.00	13-14 50 Freestyle	32.00
	15-21 50 Freestyle	

	8&U 25 Butterfly	
54.00	9-10 50 Butterfly	54.00
50.00	11-12 50 Butterfly	50.00
1:24.00	13-14 100 Butterfly	1:18.00
	15-21 100 Butterfly	
	8&U 25 Backstroke	
49.00	9-10 50 Backstroke	49.00
1:30.00	11-12 100 Backstroke	1:29.00
1:23.00	13-14 100 Backstroke	1:20.00
	15-21 100 Backstroke	
	8&U 25 Breaststroke	
52.00	9-10 50 Breaststroke	52.00
1:37.00	11-12 100 Breaststroke	1:39.00
1:30.00	13-14 100 Breaststroke	1:26.00
	15-21 100 Breaststroke	
	8&U 50 Freestyle	
1:25.00	9-10 100 Freestyle	1:25.00
1:14.00	11-12 100 Freestyle	1:12.00
1:07.00	13-14 100 Freestyle	1:05.00
	15-21 100 Freestyle	
	8&U 100 Freestyle Relay	
	10&U 200 Freestyle Relay	
	12&U 200 Freestyle Relay	
	14&U 200 Freestyle Relay	
	21&U 200 Freestyle Relay	
9:00.00	10&U 500 Freestyle	9:00.00
8:00.00	11-12 500 Freestyle	8:00.00
8:00.00	13-14 500 Freestyle	8:00.00
	15-21 500 Freestyle	