

The Medina (MRST) Makos Meet 5-8th Grade Meet
Teams participating WEST, SWIM & MRST.
Sponsored by Medina Makos on Thursday January 26th, 2012
Held under USA Swimming Sanction LE#

LOCATION: Medina Recreation Center, 855 Weymouth Rd, Medina, Oh, 44256.

POOL: 8 lane, 25-SC meter pool. Daktronic Timing System with pads and buttons and watches as backup and an eight-lane scoreboard.

STARTING TIMES: Warm-up will begin at 5 p.m. and end at 6:00 p.m. with the meet starting at 6:05 p.m. Medina will warm up at 5-5:30. Westlake and Strongsville will warm up 5:30-6:00 p.m.

ENTRY DEADLINE: Please email smayberry@swimstrongsville.org with intent to swim by Friday, January 20. Coaches will be selecting events and need time to prepare the lineups so no late entries please. If you have a special request for an event please let me know this also. A valid reason for a special request would be to complete an IMX event, are close to a qualifying time, etc. There is no guarantee that your swimmer will be put into this event.

ENTRY FEES: NONE **ADMISSION COST:** NONE

ENTRY LIMITATIONS: Swimmers may enter up to 2 individual events exclusive of relays. Swimmers may compete in 2-3 relays for the day. Total events may not exceed 4 for the day. There will be multiple heats for each event.

ELIGIBILITY: Swimmers must be athlete members of USA Swimming. Coaches must be current coach members of USA Swimming. Age is as of the first day of the meet, January 26th, 2012.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations. Events will be contested in a 25- SC meter course. All events are timed finals. This will be a pre seeded meet and heats will be swam slowest to fastest. There is No penalty for failure to show for an event.

Events may be combined and breaks may be added or limited at the discretion of the coaches and officials.

SCORING: INDIVIDUAL: 8-6-5-4-3-2-1-0; RELAYS...10-5-3-0; Boys and Girls will be scored separately

AWARDS: No awards

SAFETY/WARM-UP: Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. Coaches must maintain contact with their swimmers during

warm-up. All entry into the pool for warm-up is feet first from the starting block end of the pool. There is no diving during warm-ups, except in designated sprint lanes. Coach may control the warm-ups in their team's lane, as they prefer.

NOTE: Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.

MEET DIRECTOR: Anthony Petruzzi E-mail: anth@zoominternet.net

SAFETY DIRECTOR: Steve Rein E-mail: srhein@mrcr.medinaoh.org

ENTRY PERSON: Anthony Petruzzi E-mail: anth@zoominternet.net

MEET REFEREE:

SCHEDULE OF EVENTS

Thursday the 26th Warm-Up 5:00 p.m., Meet start @ 6:05 p.m. (Timed Finals)

Girls #	Age group/Stroke	Boys#
1	5-6 th 200 Medley Relay	2
3	7-8 th 200 Medley Relay	4
5	5-6 th 200 Freestyle	6
7	7-8 th 200 Freestyle	8
9	5-6 th 100 IM	10
11	7-8 th 200 IM	12
13	5-6 th 50 Freestyle	12
15	7-8 th 50 Freestyle	16
17	5-6 th 50 Butterfly	18
19	7-8 th 100 Butterfly	20
21	5-6 th 100 Freestyle	22
23	7-8 th 100 Freestyle	24
25	5-6 th 500 Freestyle	26
27	7-8 th 500 Freestyle	28
29	5-6 th 200 Free Relay	30
31	7-8 th 200 Free Relay	32
33	5-6 th 50 Backstroke	34
35	7-8 th 100 Backstroke	36
37	5-6 th 50 Breaststroke	30
39	7-8 th 100 Breaststroke	40
41	5-6 th 400 Free Relay	42
43	7-8 th 400 Free Relay	44

Emergency Evacuation Plan: Quickly and calmly move toward the closest exit from the pool. They are marked.