

2009 JSSC GUPPY EAST MEET
Hosted at Inverness Country Club

DATE: Monday, June 29
PARTIPATING TEAMS: ICC, GRY, GGCC, BHRC, LPST, TRY, AVCC
WARM UP TIME: General Warm-Up: 3:00 PM – 4:00 PM (NO DIVING)
3 Sessions of Lane assignments will be posted.
COACHES MEETING: 4:05 PM
COMPETITION: 4:15 PM
LOCATION: Inverness Country Club
1 Country Club Lane, 35242
POOL: 25 Yard, 6 Lane Outdoor Pool with Non-Turbulent Lane ropes. All swimmers will start off side of pool in deep end.
RULES: 2009 USS AND JSSC RULES WILL GOVERN THE MEET. SHOULD THERE BE ANY QUESTIONS, MEET OFFICIALS WILL RECOGNIZE COACHES ONLY.
TIMING: HAND TIME FOR ALL EVENTS. EACH LANE WILL HAVE 3 WATCHES (Individual final times will be adjusted by subtracting 1 second from the hand time achieved in order to compensate for the lack of blocks - except Backstroke).
ENTRIES: ALL ENTRIES MUST BE SUBMITTED ON HYTEK CL FILE
ALL PARTICIPANTS MUST BE REGISTERED WITH JSSC BY JUNE 22. THE AGE OF THE SWIMMER AS OF JUNE 1 WILL DETERMINE THE SWIMMER'S AGE FOR THIS MEET. ALL EVENTS WILL BE TIMED FINALS. PLEASE HAVE ONE CHECK PER TEAM PAYABLE TO ICC. SWIMMERS MAY BE ENTERED IN UP TO FOUR EVENTS ONLY
FEES: \$10.00 PER SWIMMER
LATE ENTRY: \$20.00 PER SWIMMER (ACCEPTED ON A LANE AVAILABILITY BASIS ONLY. LATE ENTRIES WILL NOT APPEAR ON THE HEAT SHEET. NO NEW HEATS WILL BE FORMED.
*******ALL ENTRIES MUST BE RECEIVED BY WEDNESDAY, JUNE 24 BY 5:00 PM*******

Meet Workers: **Participating teams are required to send 2 workers to work the entire meet. This was approved by the Guppy East delegates at the delegate's meeting in March.**

ALL FEES SHOULD BE MAILED OR DELIVERED TO:
 CAL ELDER
 Inverness Country Club
 1 Country Club Drive

AWARDS: AS STATED BY JSSC BOARD AND RULES OUTLINE
 HEAT WINNERS AND RIBBONS 1st - 6TH FOR EACH HEAT
 MEDALS 1st – 3RD FOR EACH EVENT. SWIMMERS ACHIEVING A
 SENIOR COUNTY TIME WILL RECEIVE A STANDARD
 BREAKER.

SAFETY: IN THE INTEREST OF SAFETY AND ACCIDENT PREVENTION,
 ALL COACHES, SWIMMERS, AND PARENTS ARE ASKED TO
 OBSERVE ALL POSTED RULES AND SIGNS WHILE VISITING
 ICC

MEET ELLIGIBILTY: ANY SWIMMER 12 AND UNDER THEAT HAS ACHIEVED
 A JSSC SENIOR QUALIFIEING TIME STANDARD IS INELLIBLE TO SWIM IN
 THE EVENT FOR WHICH THEY HAVE ACHIEVED THE JSCS SENIOR
 COUNTY TIME STANDARD IN THEIR CURRENT AGE GROUP.

ORDER OF EVENTS

GIRLS EVENTS EVENTS		EVENT	BOYS
1	6 AND U	25 YARD FREESTYLE	2
3	7 & 8	25 YARD FREESTLYE	4
5	9 &10	50 YARDS FREESTYLE	6
7	11&12	50 YARDS FREESTYLE	8
9	6 AND U	25 YARD BREASTSTOKE	10
11	7 & 8	25 YARD BREASTSTROKE	12
13	9 &10	50 YARD BREASTSTROKE	14
15	11 & 12	50 YARD BREASTSTROKE	16
17	6 AND U	25 YARD BACKSTROKE	18
19	7 & 8	25 YARD BACKSTROKE	20
21	9 & 10	50 YARD BACKSTROKE	22
23	11 &12	50 YARD BACKSTROKE	24
25	6 AND U	25 YARD BUTTERFLY	26
27	7 & 8	25 YARD BUTTERFLY	28
29	9 &10	50 YARD BUTTERFLY	30
31	11 & 12	50 YARD BUTTERFLY	32

**ALL SWIMMERS MAY SWIM A MAXIMUM OF FOUR INDIVIDUAL EVENTS
 SWIMMERS MUST BE REGISTERED WITH THE JSSC**

**GUPPY MEET
FEE WORKSHEET AND RELEASE**

TEAM
NAME: _____ **ABBREVIATION** _____

COACH: _____ **PARENT CONTACT:** _____

PHONE: _____

ADDRESS: _____

NUMBER OF SWIMMERS		
GIRLS		BOYS
_____	6 & Under	_____
_____	7 & 8	_____
_____	9 & 10	_____
_____	11 & 12	_____

TOTAL NUMBER OF SWIMMERS	_____
	X
FEE	\$10.00
TOTAL DUE	_____

****MAKE CHECKS PAYABLE TO ICC****

ON BEHALF OF THE LISTED COMPETITORS, I UNDERSTAND AND AGREE THAT ICC, OR REPRESENTATIVES SHALL BE FREE FROM ANY CLAIMS OR LIABILITIES FOR DAMAGES AND OR INJURY ARISING FOR ANY REASON AS A RESULT OF THIS COMPETITION AND EXPRESSLY AGREE TO WAIVE ANY SUCH CLAIMS AS A CONDITION FOR ENTERING THIS MEET.

SIGNED: _____ **POSITION:** _____

DATE: _____

Meet workers: 1) _____
 2) _____

