

# **2010 & Under Regional Championships**

## **July 24-25, 2010**

### **Elmwood Sharks Pool at Elmwood Fitness Center**

### **Harahan, LA**

#### Meet Sanction and Host Team

This meet is sanctioned by Louisiana Swimming, Inc., Sanction #  
Elmwood Sharks, LLC Meet Host

#### Meet Administration

Orlene Rykosky	Meet Referee
TJ Natal	Meet Director, <a href="mailto:TNATAL@ochsner.org">TNATAL@ochsner.org</a>
TJ Natal	Head Coach, <a href="mailto:TNATAL@ochsner.org">TNATAL@ochsner.org</a>
	Phone (504) 451-7567, FAX (504) 733-1684

#### Meet Schedule

Saturday and Sunday, July 24-25, 2009  
Warm Up: 7:30am      Meet: 8:45 am each day

#### Facilities

Elmwood Fitness Center located at 1200 S. Clearview Pkwy Suite 1200  
Harahan, La. 70123.

Parking is located in either the front entrance off of Clearview Pkwy, and  
there is also parking located in the back off of Mounes Dr.

Outdoor, heated, eight-lane 25 yard pool. Non-turbulent lane ropes, lane  
width seven feet; pool depth four feet at shallow end and six and a half feet  
at the deep end. Separate pool used for warm up and warm downs.

#### Rules, Regulations, and General Information

1. Current 2010 USA Swimming technical rules and code of regulations and Louisiana Swimming rules will govern this meet.
2. Coaches and officials may be required to show proof of USA Swimming membership by the meet referee.
3. This meet is open to 2010 USA Swimming registered swimmers 8 years of age and younger only.
4. Age as of July 24, 2010 determines the swimmer's age for the meet.

5. All events will be timed finals.
6. Swimmers may enter 3 individual events and 1 relay event per day.
7. There is an LSI surcharge of \$7.00 per entered swimmer. Fees are \$2.50 per individual event and \$8.00 per relay payable to “Elmwood Fitness Center.”
8. At the discretion of the Meet Referee, late entries will be accepted up to 30 minutes prior to the start of each session. Late entries will be accepted only if there is an empty lane. Late entry fees are doubled and payable upon entry.
9. “Swimmers with a disability as described in the USA Swimming Technical Rules, Article 105, shall be permitted to enter any meet sanctioned by Louisiana Swimming Inc.”
10. The locker room areas and shower facilities will be restricted to use for restrooms, changing area and bathing only. No horseplay, eating or “hanging out” in this area.

#### Warm-up & Procedures

Lane assignments for warm-up sessions will be posted prior to Saturday’s warm-ups. USA Swimming rules require that all warm-ups must be closely supervised by a certified USA Swimming coach or team representative.

#### Timing Assignments

Each team will provide timers in proportion to meet entries in a session. Timers will report 10 minutes prior to the start of each session.

#### Clerk of Course

**All swimmers and teams will be required to use clerk of courts. No swimmer will be allowed to go to the blocks except through the clerk of courts.**

Entry Fees    \$2.50 per event  
                      \$8.00 per relay  
                      \$7.00 surcharge, fees payable to Elmwood Fitness Center

#### Entry Procedure

Entries are due in the hand of the meet director no later than Thursday, July 15, 2010. Entries must be emailed to: John Roth [jerothjr@cox.net](mailto:jerothjr@cox.net) A psych sheet will be posted no later than Tuesday July 20<sup>th</sup>.

**Entry Fee check for correct amount of fees payable to Elmwood Fitness Center must accompany entries or paid before events are contested if entries sent by e-mail.**

Scoring

Top 16 places in each event will be scored

Individual 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards

\*Top 3 finishers in each event will receive medals and 4<sup>th</sup> -16<sup>th</sup> finishers in each event receive ribbons.

\*High Point awards will be awarded to the top male and female point scorer in each age group.

\*Team Trophies will be presented to the top 3 teams based on combined male and female points, for individual and relays.

\*Awards for swimmers will be given to the coaches at state meet.

Coaches Meetings

Any necessary meetings will take place 15 minutes prior to the start of the session's events, or when deemed necessary by the meet referee.

**2010 8 & Under Regional Championships  
Event Schedule:**

Saturday, July 24th

Female		Male
1	8 YR 25 yd Free	2
3	7 YR 25 yd Free	4
5	6 & Under 25 yd Free	6
7	8 YR 25 yd Back	8
9	7 YR 25 Back	10
11	6 & Under 25 Back	12
13	8 YR 100 yd IM	14
15	7 & Under 100 yd IM	16
17	6 & Under 100 yd Free Relay	18
19	8&Under 100 yd Free Relay	20

Sunday, July 25<sup>th</sup>

21	8 YR 25 yd Breaststroke	22
23	7 YR 25 yd Breaststroke	24
25	6 & Under 25 yd Breaststroke	26
27	8 YR 25 yd 25 Fly	28
29	7 YR 25 yd Fly	30
31	6 & Under 25 yd Fly	32
33	8 YR 50 yd Free	34
35	7 & Under 50 yd Free	36
37	6 & U 100 yd Medley Relay	38
39	8 & U 100 yd Medley Relay	40