

**LAKERS "SWIM YOUR OWN AGE" MEET**  
**Hosted By: Lakers Aquatic Club**  
**L'ANSE CREUSE HIGH SCHOOL**  
**November 30 – December 2, 2007**

Name \_\_\_\_\_ Age as 11-30-07 \_\_\_\_\_

Phone Number \_\_\_\_\_

**POSITIVE CHECK-IN**

All swimmers MUST be checked in **15 minutes** after warm-up starts.

**DATE AND TIMES:**

**Friday**

All age groups, Warm-up 4:30 pm, start 5:30 pm

**Saturday and Sunday,**

AM—10 & Under Boys and Girls

Warm-up 7:30 am, start 8:30 am

PM--11 & Over Boys and Girls

Warm-up 12:30 pm, start 1:30 pm

Fees: \$ 4.00 per event

(add an additional \$1.00 per swimmer for USS-Michigan surcharge)

Entry Limit: 4 individual events, 1 relay event per day.

Relay Fees: The team will be paying relay fees this swim season.

Relay participants: Selection process is at the discretion of the coach(es).

- Circle the appropriate individual event number(s) on the attached form.
- Please contact your coach if you have any questions about events.
- Return entry form/fees to a board member on or before: **Nov 3, 2007**
- Please staple your check to the entry form so nothing is lost.
- Make checks payable to Macomb Y Marlins or MYM.
- If paying by cash, place the cash in an envelope and staple it to the form.
- *One form per swimmer !!!*
- Questions? Please call or email Brigid Hranchook, 465-5311,  
[gonefishin@wowway.com](mailto:gonefishin@wowway.com)

**SEE ATTACHMENT FOR THE LISTING OF EVENTS**

# *The Original Swim Your Own Age Meet*

Hosted by Lakers Aquatic Club, Inc.

November 30-December 2, 2007

FRIDAY AFTERNOON - NOVEMBER 30, 2007

WARM-UP 4:30 PM                      START 5:30 PM

<u>Age</u>	<u>Event</u>	Event # <u>Girls</u>	Event # <u>Boys</u>
11-12	200 Yard Freestyle	1	2
13-18	200 Yard Freestyle	3	4
10 & U	200 Yard Individual Medley	5	6
11-12	400 Yard Individual Medley	7	8
Open	1650 Yard Freestyle	9	10

SATURDAY MORNING - DECEMBER 1, 2007

WARM-UP 7:30 AM                      START 8:30 AM

<u>Age</u>	<u>Event</u>	Event # <u>Girls</u>	Event # <u>Boys</u>	
10 Yrs	100 Yard Individual Medley	11	12	
9 Yrs	100 Yard Individual Medley	13	14	
8 Yrs	100 Yard Individual Medley	15	16	
7 & U	100 Yard Individual Medley	17	18	
10 Yrs	100 Yard Backstroke	19	20	
9 Yrs	100 Yard Backstroke	21	22	
8 Yrs	25 Yard Backstroke	23	24	
7 & U	25 Yard Backstroke	25	26	
10 Yrs	50 Yard Breaststroke	27	28	
9 Yrs	50 Yard Breaststroke	29	30	
8 Yrs	50 Yard Breaststroke	31	32	
7 & U	50 Yard Breaststroke	33	34	
10 Yrs	50 Yard Freestyle	35	36	
9 Yrs	50 Yard Freestyle	37	38	
8 Yrs	50 Yard Freestyle	39	40	
7 & U	50 Yard Freestyle	41	42	
10 Yrs	100 Yard Butterfly	43	44	
9 Yrs	100 Yard Butterfly	45	46	
8 Yrs	25 Yard Butterfly	47	48	
7 & U	25 Yard Butterfly	49	50	
10 Yrs	200 Yard Freestyle	51	52	
9 Yrs	200 Yard Freestyle	53	54	
8 Yrs	200 Yard Freestyle	55	56	
7 & U	200 Yard Freestyle	57	58	
10 Yrs	200 Yard Freestyle Relay	Mixed	59	Mixed
9 Yrs	200 Yard Freestyle Relay	Mixed	60	Mixed
8 & U	200 Yard Freestyle Relay	Mixed	61	Mixed

# *The Original Swim Your Own Age Meet*

**Hosted by Lakers Aquatic Club, Inc.**

**November 30-December 2, 2007**

**SATURDAY AFTERNOON - DECEMBER 1, 2007**

**WARM-UP 12:30 PM**

**START 1:30 PM**

<u>Age</u>	<u>Event</u>	<u>Event #</u>		<u>Event #</u>
		<u>Girls</u>		<u>Boys</u>
15-18	200 Yard Medley Relay	Mixed	62	Mixed
14 Yrs	200 Yard Medley Relay	Mixed	63	Mixed
13 Yrs	200 Yard Medley Relay	Mixed	64	Mixed
12 Yrs	200 Yard Medley Relay	Mixed	65	Mixed
11 Yrs	200 Yard Medley Relay	Mixed	66	Mixed
15-18	200 Yard Individual Medley	67		68
14 Yrs	200 Yard Individual Medley	69		70
13 Yrs	200 Yard Individual Medley	71		72
12 Yrs	200 Yard Individual Medley	73		74
11 Yrs	200 Yard Individual Medley	75		76
15-18	100 Yard Freestyle	77		78
14 Yrs	100 Yard Freestyle	79		80
13 Yrs	100 Yard Freestyle	81		82
12 Yrs	100 Yard Freestyle	83		84
11 Yrs	100 Yard Freestyle	85		86
15-18	200 Yard Backstroke	87		88
14 Yrs	200 Yard Backstroke	89		90
13 Yrs	200 Yard Backstroke	91		92
12 Yrs	50 Yard Backstroke	93		94
11 Yrs	50 Yard Backstroke	95		96
15-18	100 Yard Breaststroke	97		98
14 Yrs	100 Yard Breaststroke	99		100
13 Yrs	100 Yard Breaststroke	101		102
12 Yrs	100 Yard Breaststroke	103		104
11 Yrs	100 Yard Breaststroke	105		106
15-18	100 Yard Butterfly	107		108
14 Yrs	100 Yard Butterfly	109		110
13 Yrs	100 Yard Butterfly	111		112
12 Yrs	100 Yard Butterfly	113		114
11 Yrs	100 Yard Butterfly	115		116
15-18	500 Yard Freestyle	117		118
14 Yrs	500 Yard Freestyle	119		120
13 Yrs	500 Yard Freestyle	121		122

# The Original Swim Your Own Age Meet

Hosted by Lakers Aquatic Club, Inc.

November 30-December 2, 2007

SUNDAY MORNING - DECEMBER 2, 2007

WARM-UP 7:30 AM      START 8:30 AM

<u>Age</u>	<u>Event</u>	<u>Event #</u>		
		<u>Girls</u>	<u>Boys</u>	
10 Yrs	500 Yard Freestyle	123	124	
9 Yrs	500 Yard Freestyle	125	126	
8 Yrs	25 Yard Freestyle	127	128	
7 & U	25 Yard Freestyle	129	130	
10 Yrs	50 Yard Backstroke	131	132	
9 Yrs	50 Yard Backstroke	133	134	
8 Yrs	50 Yard Backstroke	135	136	
7 & U	50 Yard Backstroke	137	138	
10 Yrs	100 Yard Breaststroke	139	140	
9 Yrs	100 Yard Breaststroke	141	142	
8 Yrs	25 Yard Breaststroke	143	144	
7 & U	25 Yard Breaststroke	145	146	
10 Yrs	50 Yard Butterfly	147	148	
9 Yrs	50 Yard Butterfly	149	150	
8 Yrs	50 Yard Butterfly	151	152	
7 & U	50 Yard Butterfly	153	154	
10 Yrs	100 Yard Freestyle	155	156	
9 Yrs	100 Yard Freestyle	157	158	
8 Yrs	100 Yard Freestyle	159	160	
7 & U	100 Yard Freestyle	161	162	
10 Yrs	200 Yard Medley Relay	Mixed	163	Mixed
9 Yrs	200 Yard Medley Relay	Mixed	164	Mixed
8 & U	200 Yard Medley Relay	Mixed	165	Mixed

# *The Original Swim Your Own Age Meet*

Hosted by Lakers Aquatic Club

November 30-December 2, 2007

SUNDAY AFTERNOON - DECEMBER 2, 2007

WARM-UP 12:30 PM

START 1:30 PM

<u>Age</u>	<u>Event</u>	<u>Event #</u>		<u>Event #</u>
		<u>Girls</u>		<u>Boys</u>
11 Yrs	200 Yard Medley Relay	Mixed	166	Mixed
12 Yrs	200 Yard Medley Relay	Mixed	167	Mixed
13 Yrs	200 Yard Medley Relay	Mixed	168	Mixed
14 Yrs	200 Yard Medley Relay	Mixed	169	Mixed
15-18	200 Yard Medley Relay	Mixed	170	Mixed
12 Yrs	500 Yard Freestyle		171	172
11 Yrs	500 Yard Freestyle		173	174
15-18	200 Yard Butterfly		175	176
14 Yrs	200 Yard Butterfly		177	178
13 Yrs	200 Yard Butterfly		179	180
12 Yrs	50 Yard Butterfly		181	182
11 Yrs	50 Yard Butterfly		183	184
15-18	100 Yard Backstroke		185	186
14 Yrs	100 Yard Backstroke		187	188
13 Yrs	100 Yard Backstroke		189	190
12 Yrs	100 Yard Backstroke		191	192
11 Yrs	100 Yard Backstroke		193	194
15-18	200 Yard Breaststroke		195	196
14 Yrs	200 Yard Breaststroke		197	198
13 Yrs	200 Yard Breaststroke		199	200
12 Yrs	50 Yard Breaststroke		201	202
11 Yrs	50 Yard Breaststroke		203	204
15-18	50 Yard Freestyle		205	206
14 Yrs	50 Yard Freestyle		207	208
13 Yrs	50 Yard Freestyle		209	210
12 Yrs	50 Yard Freestyle		211	212
11 Yrs	50 Yard Freestyle		213	214
15-18	400 Yard Individual Medley		215	216
14 Yrs	400 Yard Individual Medley		217	218
13 Yrs	400 Yard Individual Medley		219	220
12 Yrs	100 Yard Individual Medley		221	222
11 Yrs	100 Yard Individual Medley		223	224