

LAKERS “SWIM YOUR OWN AGE” MEET
Hosted By: Lakers Aquatic Club
L’ANSE CREUSE HIGH SCHOOL
November 13 - 15, 2009

This Meet is for USA registered swimmers ONLY!!

POSITIVE CHECK-IN

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

DATE AND TIMES:

Session	Warm-Up	Check-in Closes	Start
Friday Evening (11/13/09, ages 11 & OVER))	5:00 pm	5:15 pm	5:45 pm
Saturday Morning (11/14/09, ages 10 & UNDER)	7:30 am	7:45 am.	8:15 am
Saturday Afternoon (11/14/09, ages 11 & OVER)	12:30 pm	12:45 pm	1:15 pm
Saturday Evening* (11/14/09, ages 11 & OVER)	5:00 pm	5:15 pm	5:30 pm
Sunday Morning (11/15/09, ages 10 & UNDER)	7:30 am	7:45 am.	8:15 am
Sunday Afternoon (11/15/09, ages 11 & OVER)	12:30 pm	12:45 pm	1:15 pm

**Saturday evening session will start immediately after the afternoon session.*

Fees: \$ 4.00 per event

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

Entry Limit: 5 individual events, 1 relay event per day.

Relay Fees: The team will be paying relay fees.

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 on or before: **Oct 9, 2009**
- 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,
matthewhranchook@att.net

SEE ATTACHMENT FOR THE LISTING OF EVENTS

NAME: _____

AGE ON 11/13/09: _____

PHONE#: _____

FRIDAY EVENING - NOVEMBER 13, 2009
SESSION 1 - WARM-UP 5:00 PM - START 5:45 PM

<u>Age</u>	<u>Event</u>	Event #	
		<u>Girls</u>	<u>Boys</u>
15-18	200 Yard Freestyle	1	2
14 Yrs	200 Yard Freestyle	3	4
13 Yrs	200 Yard Freestyle	5	6
12 Yrs	200 Yard Freestyle	7	8
11 Yrs	200 Yard Freestyle	9	10
Open	1650 Yard Freestyle	11	12

SATURDAY MORNING - NOVEMBER 14, 2009
SESSION 2 - WARM-UP 7:30 AM - START 8:15 AM

<u>Age</u>	<u>Event</u>	Event #		
		<u>Girls</u>	<u>Boys</u>	
10 Yrs	100 Yard Individual Medley	13	14	
9 Yrs	100 Yard Individual Medley	15	16	
8 Yrs	100 Yard Individual Medley	17	18	
7 & U	100 Yard Individual Medley	19	20	
10 Yrs	100 Yard Backstroke	21	22	
9 Yrs	100 Yard Backstroke	23	24	
8 Yrs	25 Yard Backstroke	25	26	
7 & U	25 Yard Backstroke	27	28	
10 Yrs	50 Yard Breaststroke	29	30	
9 Yrs	50 Yard Breaststroke	31	32	
8 Yrs	50 Yard Breaststroke	33	34	
7 & U	50 Yard Breaststroke	35	36	
10 Yrs	50 Yard Freestyle	37	38	
9 Yrs	50 Yard Freestyle	39	40	
8 Yrs	50 Yard Freestyle	41	42	
7 & U	50 Yard Freestyle	43	44	
10 Yrs	100 Yard Butterfly	45	46	
9 Yrs	100 Yard Butterfly	47	48	
8 Yrs	25 Yard Butterfly	49	50	
7 & U	25 Yard Butterfly	51	52	
10 Yrs	200 Yard Freestyle	53	54	
9 Yrs	200 Yard Freestyle	55	56	
8 Yrs	200 Yard Freestyle	57	58	
7 & U	200 Yard Freestyle	59	60	
10 Yrs	200 Yard Freestyle Relay	Mixed	61	Mixed
9 Yrs	200 Yard Freestyle Relay	Mixed	62	Mixed
8 & U	200 Yard Freestyle Relay	Mixed	63	Mixed

NAME: _____

AGE ON 11/13/09: _____

PHONE#: _____

SATURDAY AFTERNOON - NOVEMBER 14, 2009
SESSION 3 - WARM-UP 12:30 PM - START 1:15 PM

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

NAME: _____

AGE ON 11/13/09: _____

PHONE#: _____

SATURDAY EVENING - NOVEMBER 14, 2009
SESSION 4 - WARM-UP 5:00 PM - START 5:30 PM

**Saturday evening session will start immediately after the afternoon session.*

<u>Age</u>	<u>Event</u>	Event #	
		<u>Girls</u>	<u>Boys</u>
15-18	500 Yard Freestyle	118	119
13-14	500 Yard Freestyle	120	121
11-12	500 Yard Freestyle	122	123
15-18	400 Yard Individual Medley	124	125
13-14	400 Yard Individual Medley	126	127
11-12	400 Yard Individual Medley	128	129
Open	1000 Yard Freestyle	130	131

SUNDAY MORNING - NOVEMBER 15, 2009
SESSION 5 - WARM-UP 7:30 AM - START 8:15 AM

<u>Age</u>	<u>Event</u>	Event #		
		<u>Girls</u>	<u>Boys</u>	
10 Yrs	500 Freestyle	132	133	
9 Yrs	500 Freestyle	134	135	
8 Yrs	500 Freestyle	136	137	
7 & U	500 Freestyle	138	139	
10 Yrs	50 Yard Backstroke	140	141	
9 Yrs	50 Yard Backstroke	142	143	
8 Yrs	50 Yard Backstroke	144	145	
7 & U	50 Yard Backstroke	146	147	
10 Yrs	100 Yard Breaststroke	148	149	
9 Yrs	100 Yard Breaststroke	150	151	
8 Yrs	25 Yard Breaststroke	152	153	
7 & U	25 Yard Breaststroke	154	155	
8 Yrs	25 Yard Freestyle	156	157	
7 & U	25 Yard Freestyle	158	159	
10 Yrs	50 Yard Butterfly	160	161	
9 Yrs	50 Yard Butterfly	162	163	
8 Yrs	50 Yard Butterfly	164	165	
7 & U	50 Yard Butterfly	166	167	
10 Yrs	100 Yard Freestyle	168	169	
9 Yrs	100 Yard Freestyle	170	171	
8 Yrs	100 Yard Freestyle	172	173	
7 & U	100 Yard Freestyle	174	175	
10 Yrs	200 Yard Medley Relay	Mixed	176	Mixed
9 Yrs	200 Yard Medley Relay	Mixed	177	Mixed
8 & U	200 Yard Medley Relay	Mixed	178	Mixed

NAME: _____

AGE ON 11/13/09: _____

PHONE#: _____

SUNDAY AFTERNOON - NOVEMBER 15, 2009
SESSION 6 - WARM-UP 12:30 PM - START 1:15 PM

<u>Age</u>	<u>Event</u>	<u>Event #</u>		
		<u>Girls</u>	<u>Boys</u>	
15-18	200 Yard Butterfly	179	180	
14 Yrs	200 Yard Butterfly	181	182	
13 Yrs	200 Yard Butterfly	183	184	
12 Yrs	50 Yard Butterfly	185	186	
11 Yrs	50 Yard Butterfly	187	188	
15-18	100 Yard Backstroke	189	190	
14 Yrs	100 Yard Backstroke	191	192	
13 Yrs	100 Yard Backstroke	193	194	
12 Yrs	100 Yard Backstroke	195	196	
11 Yrs	100 Yard Backstroke	197	198	
15-18	200 Yard Breaststroke	199	200	
14 Yrs	200 Yard Breaststroke	201	202	
13 Yrs	200 Yard Breaststroke	203	204	
12 Yrs	50 Yard Breaststroke	205	206	
11 Yrs	50 Yard Breaststroke	207	208	
15-18	50 Yard Freestyle	209	210	
14 Yrs	50 Yard Freestyle	211	212	
13 Yrs	50 Yard Freestyle	213	214	
12 Yrs	50 Yard Freestyle	215	216	
11 Yrs	50 Yard Freestyle	217	218	
12 Yrs	100 Yard Individual Medley	219	220	
11 Yrs	100 Yard Individual Medley	221	222	
15-18	200 Yard Medley Relay	Mixed	223	Mixed
14 Yr	200 Yard Medley Relay	Mixed	224	Mixed
13 Yrs	200 Yard Medley Relay	Mixed	225	Mixed
12 & U	200 Yard Medley Relay	Mixed	226	Mixed