

Central Ohio YMCA North Waves (CNYW)  
**18<sup>th</sup> Annual Sprints Invitational**  
*www.columbusnorthwaves.info*

- When:** Saturday, January 21, 2012 (Held regardless of weather)
- Where:** Central Ohio YMCA North Branch  
1640 Sandalwood Dr., Columbus, Ohio 43229  
(614) 885-4252
- Meet Director:** Rick Sargent  
(614) 402-3604  
sprints@columbuswaves.info
- Referee:** Rick Sargent
- T-Shirts:** T-Shirts are being designed and more information will soon follow.
- Times:** **Morning session 11 and over**  
Warm-ups 7:00 – 8:00 am. Lane assignments and times will be provided prior to meet. Session begins at 8:15 am
- Afternoon session 10 and under**  
Warm-ups 12:30 – 1:30 pm. Lane assignments and times will be provided prior to meet. Session begins at 1:45 pm
- Facilities:** The pool is a six lane 25-yard pool, using non-turbulent lane lines. We will have computer scoring and electronic timing with touchpads, two-button timing for 25-yard races, plus manual stopwatches (touch pads for 25 yard races may be acquired for use!). There is a full facility locker room and showers, 200-car parking lot, and 200-seat spectator capacity on deck. Swimmers should bring their own locks. Swimmer camp will not be permitted on the pool deck.
- Parking:** Please park in the YMCA lot (in marked spaces only), in front of the YMCA on Sandalwood Drive (be respectful of the residents) or in the Karl Road Christian Church parking lot (entrance on Karl Road). No parking allowed in the grass.

**ENTRY INFORMATION**

**Entry Deadline: January 11th, 2012 at 10 PM**

- Entry limits:** 4 individual events, 1 **Free** relay and 1 **Medley** relay  
\*No time standards for this meet. However, we reserve the right to limit the number of heats per event. Times for events are not necessary, but entries with no times will be seeded in the first heats. Swimmers in an excess number of events will have their extra events flagged as exhibition.

<b>Entry Fees:</b>	<u>Individual</u>	<u>Events</u>	<u>Relays</u>
	Through 1/11/2011	\$4.00	\$6.00
	After 1/11/2011	\$6.00	\$10.00

**Deck Entries:** Deck entries close at 8:15 AM for the morning session and close at 1:30 PM for the afternoon session only if a lane is open. Deck entries may be submitted at any time after the Jan. 11 deadline and may be closed early if heats are filled prior to the date of the event.

**Entries:** We expect all entries to be in Hy-Tek Manager format. A meet entry file will be posted at the league website [www.seowvswim.org](http://www.seowvswim.org).

**Send Entries to:** Rick Sargent  
Phone: (614) 402-3604  
E-mail: [entries@columbusnorthwaves.info](mailto:entries@columbusnorthwaves.info)

**Payment is due before the start of the meet.**

- **YMCA of Central Ohio teams:** Please submit payment via an I.D.T. to the CNYW account # 87370300-996.
- **All other YMCA teams:** Please make a check payable to Columbus North YMCA (please denote "Sprints 2012" in the memo section of your check) by 1/11/2012. **Send entry fee checks to:** Central Ohio YMCA North; Attn: Philip Sobers, 1640 Sandalwood Drive, Columbus, OH, 43229.

**Special Needs**

**Swimmers:** If you have any special needs swimmers, please let us know with your entries. We will work to provide accommodations to suit the situation. For instance, seeding hearing impaired swimmers near the starter is a typical accommodation.

**Implied Coaches**

**Certification:** Coaches submitting entries certify that their entries meet all of the requirements to participate in YMCA swimming. This includes (but is not limited to) 30 days of YMCA membership, single team representation and entry birth date.

**Coaches Packets:** Coaches packets will be available at morning warm-ups. As noted by the league, only certified coaches will be provided heat sheets.

**Meet Procedures:** All events will be computer pre-seeded. Swimmers may swim up to a higher age group. The USA Swimming Handbook governs this meet (with league modifications). All events will be timed finals. A reminder that warm-ups are "feet first in a cautious fashion," until the lane changes to one-way sprints.

**Scoring:** Individual Events: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1  
Relays: 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2

- Awards:** Team Banners  
1st – 3<sup>rd</sup>
- Individual and Relay Medals and Ribbons  
Medals 1st - 3rd  
Ribbons 4th - 12th  
Heat Winner Ribbons
- Individual High Point Awards  
Each Age Group Boys & Girls
- Results:** Results will be posted as soon as they are available and will be available at [www.seowvswim.org](http://www.seowvswim.org) (League website)
- Holding Areas (Camp):** Each swim team will have a designated holding “camp” area on the walking track surrounding the basketball courts. Please clean up your area after each session.
- Officials:** Assistance of Officials is needed. Teams are asked to provide at least one official if possible. Any parents interested in officiating, please send the session (AM or PM), that you are available to: [Rick.Sargent@columbus.rr.com](mailto:Rick.Sargent@columbus.rr.com).
- Concessions:** YMCA North Swim Parents Association will operate a food concession throughout the meet. A swim apparel vendor will be on hand and announced later.
- Hospitality Room:** A hospitality room for coaches and officials will be set up near poolside.
- Rules:** No smoking, gum, or glass containers. Food should be consumed in the eating area. Teams should clean up their swim area after each session.
- Reminder:** The event list combined the 13-14 and 15 & over swimmers into one pool event. But they will be scored as two age groups. This change provided time to add the 50 back, 50 breast and 50 fly for the same age groups.

Columbus North YMCA Sprints Invitational  
January 21, 2012

**Morning Session of Events**

Warm-ups Start at: 7:00 AM  
Meet Begins: 8:15 AM

<b><u>Girls</u></b>			<b><u>Boys</u></b>
1	11 – 12	200 Yard Medley Relay	2
3	13 – 14 / 15 & Over	200 Yard Medley Relay	4
5	11 – 12	100 Yard Individual Medley	6
7	13 – 14 / 15 & Over	200 Yard Individual Medley	8
9	13 – 14 / 15 & Over	50 Yard Butterfly	10
11	11 – 12	50 Yards Freestyle	12
13	13 – 14 / 15 & Over	50 Yard Freestyle	14
15	13 – 14 / 15 & Over	50 Yard Backstroke	16
17	11 – 12	50 Yard Butterfly	18
19	13 – 14 / 15 & Over	100 Yard Butterfly	20
21	11 – 12	100 Yard Freestyle	22
23	13 – 14 / 15 & Over	100 Yard Freestyle	24
25	13 – 14 / 15 & Over	50 Yard Breaststroke	26
27	11 – 12	50 Yard Backstroke	28
29	13 – 14 / 15 & Over	100 Yard Backstroke	30
31	11 – 12	50 Yard Breaststroke	32
33	13 – 14 / 15 & Over	100 Yard Breaststroke	34
35	11 – 12	200 Yard Freestyle Relay	36
37	13 – 14 / 15 & Over	200 Yard Freestyle Relay	38

Maximum Entries: 4 individual events and 2 relay events.

Entry fee: \$4 per individual event, \$6 for a relay

Columbus North YMCA Sprints Invitational  
January 21, 2012

**Afternoon Session of Events**

Warm ups Start at: Girls 12:30 PM

Meet Begins: 1:45 PM

<b><u>Girls</u></b>			<b><u>Boys</u></b>
39	8 & under	100 Yard Medley Relay	40
41	9 – 10	200 Yard Medley Relay	42
43	8 & under	100 Yard Individual Medley	44
45	9 – 10	100 Yard Individual Medley	46
47	6 & under	25 Yard Freestyle	48
49	7 – 8	25 Yard Freestyle	50
51	9 – 10	50 Yard Freestyle	52
53	6 & under	25 Yard Butterfly	54
55	7 – 8	25 Yard Butterfly	56
57	9 – 10	50 Yard Butterfly	58
59	8 & under	50 Yard Freestyle	60
61	9 – 10	100 Yard Freestyle	62
63	6 & under	25 Yard Backstroke	64
65	7 – 8	25 Yard Backstroke	66
67	9 – 10	50 Yard Backstroke	68
69	6 & under	25 Yard Breaststroke	70
71	7 – 8	25 Yard Breaststroke	72
73	9 – 10	50 Yard Breaststroke	74
75	8 & under	100 Yard Freestyle Relay	76
77	9 – 10	200 Yard Freestyle Relay	78

Maximum Entries: 4 individual events and 2 relay events.

Entry fee: \$4 per individual event, \$6 for a relay