

THE WINTER FROLICS MEET

CO – HOSTED BY:

THE GREEN TERROR AQUATIC CLUB
AND
THE MONOCACY AQUATIC CLUB
DECEMBER 18 – 20, 2009

Sanction # MD09-00041

- Location: Harlow Pool
McDaniel College
2 College Hill
Westminster, MD 21157
- Facilities: Harlow Pool is a five lane, twenty five yard pool with non-turbulent lane dividers and an electronic timing system.
- Directions: **From 695 (Beltway):** 795 towards Westminster. 140 towards Westminster. Left turn onto Englar. Right turn onto Monroe St. Cross over Pennsylvania Avenue into McDaniel College parking lot. Harlow Pool is straight ahead.
From Rte. 70: 27 North into Westminster. Left turn onto Main St. Bear right onto Pennsylvania Avenue. Follow past two sets of bright yellow pedestrian signs. Immediately past second set make left turn into McDaniel College parking lot. Harlow Pool is straight ahead.
- Meet Director: Jeff Hiestand
410-386-4616
2 College Hill
Westminster, MD 21157
coach_jef@hotmail.com

Safety Director: Kim Easterday

Meet Referee: Jeff Reidler
jreidler@msn.com

Eligibility: Open to all USA Swimming registered 8-under swimmers.
Open to all USA Swimming registered swimmers with times equal to or faster than the USA-S 2008 BB standards.
The swimmer's age as of December 18, 2009 shall apply for the entire meet.

Rules: Applicable USA-Swimming rules shall govern this competition.
MD Swimming Rules shall also apply. USA/MD safety guidelines will be in effect for the entire meet.
No one will be permitted on deck unless they are registered with USA swimming as an athlete or a non-athlete working the meet.
Positive check-in will be required no later than forty minutes prior to the start of the session for the following events:
400 IM, 500 free, and the 1000 free.
The meet director reserves the right to limit entries.

Entry Information: A swimmer may enter no more than three (3) individual events per day, plus relays. 'NO TIME' standards will be accepted for the 8-under events. All qualifying times for the 9 year old and older events must meet or surpass the 2009 USA BB standards. 9-over swimmers with two (2) qualifying times may swim up to the meet limit.
All entries should be submitted on disk in TM Hy-Tek format. Team entries should include an entry report by name and meet entry fee report. Team entries should also be accompanied by the Team contact form found at the back of this meet notice. If the included paper entry form is used a \$5.00 surcharge per swimmer will be charged.

Fees: \$5.00 per individual/\$12.00 per relay

Entry Deadline: All entries must be in the hands of the meet director no later than 5:00pm on Friday December 4, 2009. If you would like to hand deliver the entries please contact Jeff Hiestand at 410-386-4616 beforehand. Entries should be sent signature waived to the following address:

Jeff Hiestand
c/o Green Terror Aquatic Club
2 College Hill
Westminster, MD 21157
410-386-4616

Checks should be made payable to **Green Terror Aquatics**

Officials: All officials willing to volunteer their services should contact Jeff Reidler
jreidler@msn.com

Awards: Custom ribbons will be awarded for 1st to 10th place for individual events, and 1st to 3rd for relay events.

Results: Event results will be posted throughout the meet. Meet results will be posted to the MD Swimming website no later than 48 hrs. past the completion of the meet. All teams submitting entries electronically will receive a copy of the meet results at the completion of the meet.

Concessions: A wide array of food and drinks will be on sale during the entire meet. Meet programs will be sold for a nominal cost.

Inclement Weather: In the case of inclement weather all team contact persons will be notified of changes in the schedule. A message will also be recorded to the following number: **410-386-4616**

Psych Sheet: A psych sheet will be emailed to all coaches one week prior to the start of the meet to verify entries.

Friday December 18, 2009

Warm-ups: 4:00pm

Meet Start: 5:00pm

GIRLS	STANDARD	EVENT	STANDARD	BOYS
1	2:31.49	11 & 12 200 FREE	2:27.49	2
3	2:58.29	10 & U 200 FREE	2:50.89	4
5	12:55.49	OPEN 1000 FREE	12:08.19	6
7	6:04.19	12 & U 400 IM	5:56.29	8

Saturday December 19, 2009

Warm-ups: 8:00am

Meet Start: 9:00am

GIRLS	STANDARD	EVENT	STANDARD	BOYS
9	1:08.29	11 & 12 100 FREE	1:07.89	10
11	1:21.59	9 & 10 100 FREE	1:19.99	12
13	NT	8 & U 25 FREE	NT	14
15	3:11.69	12 & U 200 BREAST	3:07.29	16
17	47.79	9-10 50 BREAST	47.89	18
19	40.89	11-12 50 BREAST	40.79	20
21	NT	8 & U 25 BREAST	NT	22
23	1:21.09	11 & 12 100 BACK	1:19.09	24
25	1:33.99	9 & 10 100 BACK	1:32.09	26
27	NT	8 & U 25 BACK	NT	28
29	2:51.79	12 & U 200 FLY	2:48.29	30
31	42.99	9 & 10 50 FLY	41.99	32
33	35.09	11 & 12 50 FLY	35.19	34
35	NT	8 & U 25 FLY	NT	36
37	1:20.09	11 & 12 100 IM	1:17.59	38
39	1:33.79	9 & 10 100 IM	1:31.19	40
41	NT	8 & U 100 IM	NT	42
43	NT	12 & U 200 FREE RELAY	NT	44
45	NT	10 & U 200 FREE RELAY	NT	46
47	NT	8 & U 200 FREE RELAY	NT	48

Saturday December 19, 2009

Warm-ups: 12:00 noon

Meet Start: 1:00 pm

GIRLS	STANDARD	EVENT	STANDARD	BOYS
49	2:39.29	OPEN 200 IM	2:26.39	50
51	2:42.99	13 & 14 200 IM	2:31.99	52
53	1:05.79	OPEN 100 FREE	59.79	54
55	1:07.39	13 & 14 100 FREE	1:02.19	56
57	2:56.39	OPEN 200 BREAST	2:42.59	58
59	3:00.69	13 & 14 200 BREAST	2:49.39	60
61	1:11.79	OPEN 100 FLY	1:05.09	62
63	1:13.49	13 & 14 100 FLY	1:08.09	64
65	2:35.89	OPEN 200 BACK	2:23.39	66
67	2:39.59	13 & 14 200 BACK	2:29.79	68
69	6:16.29	OPEN 500 FREE	5:51.29	70
71	6:22.39	13 & 14 500 FREE	6:03.19	72
73	NT	OPEN 200 FREE RELAY	NT	74
75	NT	13 & 14 200 FREE RELAY	NT	76

Sunday December 20, 2009

Warm-ups: 8:00am

Meet Start: 9:00am

GIRLS	STANDARD	EVENT	STANDARD	BOYS
77	31.89	11 & 12 50 FREE	30.99	78
79	35.99	9 & 10 50 FREE	35.19	80
81	NT	8 & U 50 FREE	NT	82
83	1:29.29	11 & 12 100 BREAST	1:27.79	84
85	1:46.69	9 & 10 100 BREAST	1:43.69	86
87	NT	8 & U 50 BREAST	NT	88
89	2:48.89	12 & U 200 BACK	2:45.59	90
91	43.49	9 & 10 50 BACK	43.69	92
93	36.79	11 & 12 50 BACK	36.49	94
95	NT	8 & U 50 BACK	NT	96
97	1:20.19	11 & 12 100 FLY	1:18.69	98
99	1:42.09	9 & 10 100 FLY	1:40.39	100
101	NT	8 & U 50 FLY	NT	102
103	2:50.69	11 & 12 200 IM	2:49.39	104
105	3:19.39	10 & U 200 IM	3:18.09	106
107	NT	8 & U 100 FREE	NT	108
109	NT	12 & U 200 MEDLEY RELAY	NT	110
111	NT	10 & U 200 MEDLEY RELAY	NT	112
113	NT	8 & U 200 MEDLEY RELAY	NT	114
115	6:40.09	12 & U 500 FREE	6:35.09	116

Sunday December 20, 2009

Warm-ups: 12:00 noon

Meet Start: 1:00 pm

GIRLS	STANDARD	EVENT	STANDARD	BOYS
117	2:21.79	OPEN 200 FREE	2:10.09	118
119	2:24.99	13 & 14 200 FREE	2:15.69	120
121	1:21.99	OPEN 100 BREAST	1:14.69	122
123	1:24.09	13 & 14 100 BREAST	1:18.09	124
125	2:36.49	OPEN 200 FLY	2:24.49	126
127	2:40.99	13 & 14 200 FLY	2:31.99	128
129	1:12.09	OPEN 100 BACK	1:06.19	130
131	1:14.19	13 & 14 100 BACK	1:09.59	132
133	30.39	OPEN 50 FREE	27.39	134
135	30.99	13 & 14 50 FREE	28.49	136
137	5:35.69	OPEN 400 IM	5:11.79	138
139	5:44.29	13 & 14 400 IM	5:25.49	140
141	NT	OPEN 200 MEDLEY RELAY	NT	142
143	NT	13 & 14 200 MEDLEY RELAY	NT	144

Team Contact and Entry Information:

Team Name: _____ Team Code: _____

Team Contact: _____

Address: _____

Phone: _____

Entries

Individual Male Entries: _____ x 5.00 _____

Individual Female Entries: _____ x 5.00 _____

Relays Male: _____ x 12.00 _____

Relays Female: _____ x 12.00 _____

Total: _____

Make checks payable to: Green Terror Aquatics

Mail to: Jeff Hiestand
GTAC
2 College Hill
Westminster, MD 21157
410-386-4616

