

**Potomac Marlins
Cassel's Invitational Meet
December 15-18, 2005**

- Meet type:** This is a Three-day+ Short Course USA-Swimming meet hosted by the Potomac Marlins. **This meet is opened to all RAIDER swimmers. THIS IS A TEAM EFFORT MEET ALL RAIDER SWIMMERS ARE ENCOURAGED TO ENTER.** The meet will be held at George Mason University in Fairfax, VA.
- Directions:** Please check mapquest.com for directions best from your home. Pool address is: 4400 University Blvd. Fairfax, VA
- Entries Due:** November 29, 2005. See below for entry procedures.
- Time Schedule:** Prelims 13& Over: Warm-ups: 7:30am. Events: 8:40am
11-12/ 10 & Under: Warm-ups: 12:15pm. Events: 1:15pm
Finals (Top 16): Warm-ups: 4:30pm. Events: 5:30pm
- Awards:** Medals for 1st - 8th place individual and 1-3 relays.
- Entry Fees:** \$5.00 an event with a \$3.00 meet fee. Relays: \$2.50 per swimmer per relay. Example: 4 events X \$5.00 = \$20 plus \$3 meet fee= \$23. Fees will be deducted from your RAIDERS' escrow account (Make sure that it is up to date).
- To enter meet:** To enter this meet you must either turn in this sheet to coach Damon or email him with your intentions to swim at coachdamon@raiderswimming.org. The coaching staff will choose all entries for the swimmers. If you need to leave early or arrive late make sure to note those details on the sheet or in the email.

NAME: _____

Child 2: _____

Child 3: _____

Thursday, December 15th, 2005 @ George Mason University Warm-up 4:20 - 5:20 p.m. Events at 5:30 p.m.		
GIRLS EVENT NUMBER	EVENT	BOYS EVENT NUMBER
1	13 & Over 1000 free	2
3	11-12 500 free	4
5	10 & Under 500 free	6

Note:

- Positive check in for the 10 & U and 11-12 500 free is 4:50 p.m.
- **500 freestyle is limited to fastest 64 verifiable times times in each age group.**
- Positive check in for all women's and men's 1000 freestyle is 5:20 p.m.

Friday, December 16th, 2005 @ George Mason University Warm-up 7:30 - 8:30 a.m. Events at 8:40 a.m.		
GIRLS EVENT NUMBER	EVENT	BOYS EVENT NUMBER
7	13-14 200 free	8
9	Open 200 free	10
11	13-14 400 IM	12
13	Open 400 IM	14
15	13-14 100 fly	16
17	Open 100 fly	18
19	13-14 50 Back	20
21	Open 50 Back	22
23	13-14 100 breast	24
25	Open 100 breast	26
27	13-14 800 free relay	28
29	Open 800 free relay	30

Note:

- Positive check in for the 13-14 and OPEN 200 free is 8:00 a.m.
- Positive check in for the 13-14 and OPEN 400 IM is 8:00 a.m.
- Positive check in for all 800 free relays is 10:00 a.m.

Friday, December 16th, 2005 @ George Mason University Warm-up 12:15 - 1:05 p.m. Events at 1:15 p.m.		
GIRLS EVENT NUMBER	EVENT	BOYS EVENT NUMBER
31	11-12 200 free	32
33	10 & U 200 free	34
35	11-12 200 IM	36
37	10 & U 200 IM	38

39	11-12 50 fly	40
41	10 & U 50 fly	42
43	11-12 200 back	44
45	11-12 50 breast	46
47	10 & U 50 breast	48
49	11-12 400 free relay	50

Note:

- Positive check in for the 10 & U and 11-12 200 Free and 200 IM is 12:45 p.m.
 - Positive check in for the 11-12 200 back is 1:00 p.m.
- Positive check in for the 11-12 400 free relays is 2:15 p.m.

Saturday, December 17th, 2005 @ George Mason University		
Warm-up 7:30 - 8:30 a.m. Events at 8:40 a.m.		
GIRLS EVENT NUMBER	EVENT	BOYS EVENT NUMBER
51	13-14 50 free	52
53	Open 50 free	54
55	13-14 200 breast	56
57	Open 200 breast	58
59	13-14 100 back	60
61	Open 100 back	62
63	13-14 50 fly	64
65	Open 50 fly	66
67	13-14 500 free	68
69	Open 500 free	70
71	13-14 400 medley relay	72
73	Open 400 medley relay	74

Note:

- Positive check in for the 13-14 and OPEN 200 Breast is 8:00 a.m.
- Positive check in for the 13-14 and OPEN 500 free is 9:00 a.m.
- Positive check in for all 400 Medley relays is 10:00 a.m.

Saturday, December 17th, 2005 @ George Mason University		
Warm-up 12:15 - 1:05 p.m. Events at 1:15 p.m.		
GIRLS EVENT NUMBER	EVENT	BOYS EVENT NUMBER
75	11-12 400 IM	76
77	10 & U 50 free	78
79	11-12 50 free	80
81	10 & U 100 breast	82
83	11-12 100 breast	84
85	11-12 200 fly	86
87	10 & U 50 back	88

89	11-12 50 back	90
91	10 & U 200 medley relay	92
93	11-12 200 medley relay	94

Note:

- Positive check in for the 11-12 400 IM is 12:45 p.m.
- Positive check in for the 11-12 200 Fly is 1:15 p.m.
- Positive check in for all 400 medley relay is 2:15 p.m.

Sunday, December 18th, 2005 @ George Mason University Warm-up 7:30 - 8:30 a.m. Events at 8:40 a.m.		
GIRLS EVENT NUMBER	EVENT	BOYS EVENT NUMBER
95	13-14 100 free	96
97	Open 100 free	98
99	13-14 200 back	100
101	Open 200 back	102
103	13-14 50 breast	104
105	Open 50 breast	106
107	13-14 200 fly	108
109	Open 200 fly	110
111	13-14 200 IM	112
113	Open 200 IM	114
115	13-14 400 free relay	116
117	Open 400 free relay	118

Note:

- Positive check in for the 13-14 and OPEN 200 back is 8:00 a.m.
- Positive check in for the 13-14 and OPEN 200 fly and 200 IM is 9:00 a.m.
 - Positive check in for the 400 free relay is 10:00 a.m.

Sunday, December 18th, 2005 @ George Mason University Warm-up 12:15 -1:05 p.m. Events at 1:15 p.m.		
GIRLS EVENT NUMBER	EVENT	BOYS EVENT NUMBER
119	11-12 200 free relay	120
121	10 & U 200 free relay	122
123	11-12 200 breast	124
125	10 & U 100 free	126
127	11-12 100 free	128
129	10 & U 100 back	130
131	11-12 100 back	132
133	10 & U 100 fly	134
135	11-12 100 fly	136
137	10 & U 100 IM	138

139	11-12 50 100 IM	140
141	11-12 400 medley relay	142

Note:

- Positive check in for the 11-12 200 breast is 12:45 p.m.
- Positive check in for the 11-12 400 medley relay is 1:45 p.m.