

# SDS Swim & Rock Meet November 18-20, 2005

**Meet type:** This is a Three-day Short Course (prelims and finals) USA-Swimming meet hosted by the Capital Sea Devils Swim Club. **This meet is opened to all RAIDER swimmers 9 years old and older.** The meet will be held at Oak Marr Recreation Center in Oakton, VA. Oak Marr is a 50-meter pool with 21 lanes of short course. This meet will be conducted in two courses.

**Directions:** Please check [mapquest.com](http://mapquest.com) for directions best from your home. Pool address is: 3134 Jermantown Road, Oakton, VA 22124

**Entries Due:** Saturday October 29, 2005. See below for entry procedures.

**Time Schedule:**

11 and Older Prelims	Warm-up: 6:30-7:50 AM	Events: 8:00 AM
9-10 Timed Finals	Warm-up: 1:00-1:30 PM	Events: 1:45 PM
11 and Older Finals	Warm-up: 5:00-5:50 PM	Events: 6:00 PM

**Awards:** Medals for 1<sup>st</sup> - 8<sup>th</sup> place (A Entry Times) and ribbons 9-16<sup>th</sup> place will be awarded in all individual events. Relays: Ribbons 1-8<sup>th</sup>. All entered swimmers will receive a free swim cap.

**Entry Fees:** \$4.50 an event with a \$3.00 meet fee. Example: 4 events X \$4.50 = \$18 plus \$3 meet fee= \$21. 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](mailto: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:** \_\_\_\_\_

**Friday 11-12, 13-14 & Seniors Session**  
**Girls and Boys Prelims on separate courses, Finals on One course**  
**Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM**  
**Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
1*	11-12 200 Free	2*
3*	13-14 200 Free	4*
5*	15-18 200 Free	6*
7*	11-12 200 Breast	8*
9*	13-14 200 Breast	10*
11*	15-18 200 Breast	12*
13	11-12 100 Fly	14
15	13-14 100 Fly	16
17	15-18 100 Fly	18
19*	11-12 200 IM	20*
21*	13-14 200 IM	22*
23*	15-18 200 IM	24*
25@*	11-12 500 Free	26@*
27@*	11 & Older 1000 Free	28@*

**Saturday 11-12, 13-14 & Seniors Session Girls and Boys**  
**Prelims on separate courses, Finals on One course**  
**Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM**  
**Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
29	11-12 200 Medley Relay	30
31	13-14 200 Medley Relay	32
33	15-18 200 Medley Relay	34
35	11-12 100 IM	36
37%*	11 & Older 400 IM	38%*
39	11-12 50 Free	40
41	13-14 50 Free	42
43	15-18 50 Free	44
45	11-12 50 Fly	46
47	11-12 100 Breast	48
49	13-14 100 Breast	50
51	15-18 100 Breast	52
53	11-12 100 Back	54
55	13-14 100 Back	56
57	15-18 100 Back	58

**Saturday 9-10 Timed Finals Session**  
**Girls and Boys on separate courses**  
**Timed Finals Warm-up: 1:00 - 1:30 PM Events: 1:45 PM**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
101	9-10 200 Medley Relay	102
103*	9-10 200 Free	104*
105	9-10 100 Breast	106
107	9-10 50 Back	108
109	9-10 100 Fly	110
111	9-10 50 Free	112
113	9-10 100 IM	114

**Sunday 11-12, 13-14 & Seniors Session Girls and Boys**  
**Prelims on separate courses, Finals on One course**  
**Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM**  
**Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
59	11-12 200 Free Relay	60
61	13-14 200 Free Relay	62
63	15-18 200 Free Relay	64
65	11-12 50 Breast	66
67*	11-12 200 Back	68*
69*	13-14 200 Back	70*
71*	15-18 200 Back	72*
73	11-12 100 Free	74
75	13-14 100 Free	76
77	15-18 100 Free	78
79*	11-12 200 Fly	80*
81*	13-14 200 Fly	82*
83*	15-18 200 Fly	84*
85	11-12 50 Back	86
87%*	13 & Over 500 Free	88%*

**Sunday 9-10 Timed Finals Session**  
**Girls and Boys on separate courses**  
**Timed Finals Warm-up: 1:00 - 1:30 PM Events: 1:45 PM**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
115	9-10 200 Free Relay	116
117*	9-10 200 IM	118*
119	9-10 50 Breast	120
121	9-10 100 Free	122
123	9-10 50 Fly	124
125	9-10 100 Back	126
127*	9-10 500 Free	128*