

**2006 LAUREL HIGHLANDS YMCA  
8<sup>TH</sup> ANNUAL YMCA INVITATIONAL  
SATURDAY, NOVEMBER 11, 2006**

**HOST:** LAUREL HIGHLANDS Y SWIM TEAM  
**DATE:** SATURDAY, NOVEMBER 11, 2006  
**LOCATION:** CALIFORNIA UNIVERSITY OF PENNSYLVANIA  
**FACILITY:** SIX LANE - 25 YARD POOL

**WARM-UPS:** **MORNING SESSION** 11 & 12 GIRLS & BOYS  
13 & 14 GIRLS & BOYS  
SENIOR GIRLS & BOYS  
7:30 AM - 8:45 AM  
Lane Assignments will be assigned prior to meet

**MEET STARTS 9:00 AM**

**AFTERNOON SESSION** 9&10 GIRLS & BOYS 12:00 PM – 12:20 PM  
7-8 GIRLS & BOYS 12:20 PM – 12:40 PM  
6 & Under GIRLS & BOYS 12:40 PM – 1:00 PM  
Lane Assignments will be assigned prior to meet

**MEET STARTS 1:10 PM**

**ENTRY FEES:** \$3.00 per INDIVIDUAL EVENT  
\$12.00 per RELAY

**ENTRIES:** SWIMMER MAY COMPETE IN 5 INDIVIDUAL EVENTS  
PLUS 2 RELAYS. AGE AS OF DECEMBER 1, 2005  
SENIOR EVENTS ARE OPEN TO ANY AGE BUT

**ENTRIES MUST BE RECEIVED NO LATER THAN  
THURSDAY, NOVEMBER 3, 2006**

**By E-Mail to: [lhryswim@netzero.com](mailto:lhryswim@netzero.com)**

**TEAMS OF 10 OR MORE SWIMMERS MUST SEND OR E-MAIL THEIR ENTRIES  
ON DISK, OR BE CHARGED AN ADDITIONAL \$20.00. OTHERS ON THE OFFICIAL  
MASTER ENTRY SHEETS. ONE CHECK PER TEAM!**

**MAKE CHECK OR MONEY ORDER PAYABLE TO: LHRY SWIM TEAM**

**MAIL ENTRIES & FEES TO: LAUREL HIGHLANDS  
192 FORSYTHE ROAD  
RUFFSDALE, PA 15679 or  
[lhryswim@netzero.com](mailto:lhryswim@netzero.com)**

**MEET DIRECTOR: BARB HIGHLANDS (724) 696-5296**

**SEEDING: NO SEEDING, NO CARDS!**

**SCORING:**                   **INDIVIDUAL EVENTS:**   7 - 5 - 4 - 3 - 2 - 1  
**RELAYS:**                       14 - 10 - 8 - 6 - 4 - 2

**AWARDS:**                   **MEDALS:**    **FIRST- SIXTH PLACE FOR INDIVIDUAL EVENTS & RELAYS**  
**INDIVIDUAL TROPHIES:** **HIGH POINT, FIRST RUNNER-UP, &**  
**SECOND RUNNER-UP FOR EACH AGE GROUP**  
**TEAM TROPHIES:** **FIRST, SECOND, & THIRD PLACE**

**AWARD PICK-UP:** **ONE PERSON WILL BE ASKED TO PICK UP AWARDS AFTER EACH SESSION**

**TIMING:**                   **THERE WILL BE AUTOMATIC TIMING + 2 TIMERS BEHIND EACH LANE**

## SCHEDULE OF EVENTS

### MORNING SESSION

**WARM-UPS 7:30AM - 8:45 AM**

**MEET STARTS AT 9:00 AM**

<u>GIRLS</u>	Senior	<u>BOYS</u>	<u>GIRLS</u>	13 - 14	<u>BOYS</u>	<u>GIRLS</u>	11-12	<u>BOYS</u>
1	200 MED. REL.	2	3	200 MED. REL.	4	5	200 MED. REL.	6
7	200 FREE	8	9	200 FREE	10	11	200 FREE	12
13	100 BACK	14	15	100 BACK	16	17	50 BACK	18
19	200 IM	20	21	200 IM	22	23	100 IM	24
25	100 FREE	26	27	100 FREE	28	29	100 FREE	30
31	100 BREAST	32	33	100 BREAST	34	35	50 BREAST	36
37	100 FLY	38	39	100 FLY	40	41	50 FLY	42
43	50 FREE	44	45	50 FREE	46	47	50 FREE	48
49	200 FREE REL.	50	51	200 FREE REL.	52	53	200 FREE REL.	54

### AFTERNOON SESSION

<b>WARM-UPS</b>	<b>9-10</b>	<b>12:00 PM -12:20 PM</b>
	<b>7-8</b>	<b>12:20 PM – 12:40 PM</b>
	<b>6 &amp; Under</b>	<b>12:40 PM – 1:00 PM</b>

**MEET STARTS AT 1:10 PM**

<u>GIRLS</u>	9 - 10	<u>BOYS</u>	<u>GIRLS</u>	7 – 8	<u>BOYS</u>	<u>GIRLS</u>	6 & UNDER	<u>BOYS</u>
55	200 MED. REL.	56	57	100 MED. REL.	58	57	100 MED.REL	58
59	200 FREE	60	61	50 FREE	62	63	50 FREE	64
65	50 BACK	66	67	25 BACK	68	69	25 BACK	70
71	100 IM	72	73	100 IM	74	75	25 BREAST	76
77	100 FREE	78	79	100 FREE	80			
81	50 BREAST	82	83	25 BREAST	84	85	25 FLY	86
87	50 FLY	88	89	25 FLY	90	91	25 FREE	92
93	50 FREE	94	95	25 FREE	96			
97	200 FREE. REL.	98	99	100 FREE REL.	100	99	100 FREE REL.	100

**THE RELAYS WILL BE FOR 8 & UNDERS NOTICE THE SAME EVENT #'S**

