

PST FALL FRENZY SEPTEMBER 29-30, 2007

Sanction: KY# Pending

Host: Paducah Swim Team

Location: Paducah Athletic Club (PAC)
115 Lebanon Church Road
Paducah, KY 42003

Facility: 25 yard, 8 lane pool built in 2003. Lanes 1 through 6 will be used for competition with lane 8 being used for cool down. Seating is limited; spectators are encouraged to bring chairs. Concessions will be available.

Directions: From I-24, take Exit 7 to 45 South (toward Mayfield). Go approximately 5 ½ miles to Highway 1288. Turn left onto 1288, Paducah Athletic Club is on your left.

Parking: Parking is available in the gravel lots to the east of the PAC and north of the PAC (behind the PAC). Please do not park directly in front of the PAC. If necessary, parking is available across from the PAC in the school parking lot.

Schedule:

Saturday/Session 1	Saturday/Session 2	Sunday/Session 3
Warm up 8-8:55 am	Warm up 3:00pm	Warm up 9-9:55 am
Meet starts 9:00 am	Meet starts 4:00pm	Meet starts 10:00 am

Eligibility: Open to all currently registered USA swimmers. USA memberships applied for will not be accepted. Swimmers age on Sept. 29, 2007 determines swimmers age group for meet. A roster of USA Swimming numbers must accompany entries.

Rules: The "National Starting Procedure" will be used, including the "No Recall False Start". All swimmers who are not accompanied by a USA Swimming registered coach should report to the meet referee for warm up instructions. Coaches must have current USA Swimming coach's card.

Check In: This is a positive check-in meet. Swimmers must check in with the Clerk of Course 45 minutes prior to the start of the meet. Swimmers who fail to check in will be scratched. We reserve the right to pre-seed the meet at our discretion if time lines permit.

Events: Swimmer may enter 6 individual events, plus relays per day on Saturday and 4 individual events, plus relays on Sunday. All events are timed finals.

Entry Fees: \$3.00 per individual event
\$6.00 per relay
\$3.00 surcharge (\$1.50 KY, \$1.50 facility charge)

Awards: Individual events: Ribbons 1st – 6th place
Relays: 1st – 3rd place
High Point: Awarded each age group, male and female

Entries: Entries should be submitted electronically (Hy-Tek) to Andy Farris, paducahswimteam@hotmail.com. Please submit times in short course yards. The hardcopy of the electronic entries, team roster and the check for all fees must be mailed prior to the meet to:

Paducah Swim Team
115 Lebanon Church Road
Paducah, KY 42003

Please make checks payable to the Paducah Swim Team. Deadline for entries is September 24, 2007. Deck entries will be accepted at the discretion of the meet referee.

Liability: USA Swimming, Kentucky Swimming, PST and the Paducah Athletic Club shall be free from any liabilities or claims for damages arising by reason of injuries to spectators, contestants or other individuals present during the course of the meet.

Meet Director: Susan Oatman
554-0692
iam4ukcats@comcast.net

Entry Chair: Andy Farris
554-SWIM
paducahswimteam@hotmail.com

Meet Referee: Kim Oatman
554-0692
iam4ukcats@comcast.net

All teams will be asked to provide timers and officials.

Note to Officials:

There will be a New Official's Certification class and an Official's Recertification Class on Saturday at 2:00 pm (or after Session 1)

Order of Events

Girls	Events	Boys
Saturday Morning – Session 1		
Warm-up 8:00 am Meet 9:00 am		
1	8&U 25 Free	2
3	9-10 25 Free	4
5	11-12 50 Free	6
7	13-14 100 Free	8
9	Open 100 Free	10
11	8&U 50 Back	12
13	9-10 50 Back	14
15	11-12 100 Back	16
17	13-14 50 Back	18
19	Open 50 Back	20
21	8&U 25 Breast	22
23	9-10 25 Breast	24
25	11-12 50 Breast	26
27	13-14 100 Breast	28
29	Open 100 Breast	30
31	8&U 50 Fly	32
33	9-10 50 Fly	34
35	11-12 100 Fly	36
37	13-14 50 Fly	38
39	Open 50 Fly	40
41	11-12 200 Med. Relay	42
43	13-14 200 Med. Relay	44
45	Open 200 Med. Relay	46

Saturday Afternoon – Session 2
Warm-up: 3:00 pm Meet 4:00 pm

Girls	Events	Boys
47	8&U 100 IM	48
49	10&U 100 IM	50
51	11-12 100 IM	52
53	13-14 200 IM	54
55	Open 200 IM	56
57	11-12 500 Free	58
59	13-14 500 Free	60
61	Open 500 Free	62

Sunday Morning – Session 3
Warm-up 9:00 am Meet 10:00 am

63	8&U 100 Free	64
65	9-10 100 Free	66
67	11-12 200 Free	68
69	13-14 200 Free	70
71	Open 200 Free	72
73	8&U 25 Back	74
75	9-10 25 Back	76
77	11-12 50 Back	78
79	13-14 100 Back	80
81	Open 100 Back	82
83	8&U 50 Free	84
85	9-10 50 Free	86
87	11-12 100 Free	88
89	13-14 50 Free	90
91	Open 50 Free	92
93	8&U 50 Breast	94
95	9-10 50 Breast	96
97	11-12 100 Breast	98
99	13-14 50 Breast	100
101	Open 50 Breast	102
103	8&U 25 Fly	104
105	9-10 25 Fly	106
107	11-12 50 Fly	108
109	13-14 100 Fly	110
111	Open 100 Fly	112
113	10&U 100 Free Relay	114
115	11-12 200 Free Relay	116
117	13-14 200 Free Relay	118
119	Open 200 Free Relay	120