

2010 NLU Sprint Decathlon
Saturday & Sunday September 25-26, 2010

TYPE OF MEET: Decathlon Swim Meet: Timed Finals

SANCTION: Missouri Valley Swimming on Behalf of USA Swimming
Sanction # MV-10-98

OFFICIALS:

Meet Directors: Adona Guardado
aguardado@kc.rr.com
816.739.5023

Entries Chair: Brian Timpe
btimpe@kc.rr.com 816.392.4532

Referee: Mike Asbury

NLU HEAD COACH: Brian Timpe btimpe@kc.rr.com

POOL LOCATION: Park Hill Aquatic Center, 8152 N. Congress, KC, MO,
64152 Phone: (816) 359-4080

FACILITY: Six Lane 25-yard pool and Diving Well with bulkhead:
Colorado Timing System with six lane score board: Kicker
McNeil flow through lane lines: Warm-up/Warm-Down
Pool available

RULES: Current USA Swimming Rules and Regulations &
Missouri Valley Swimming Rules govern the meet. MVS
Safety Guidelines and Warm-up Procedures will be in
effect. MVS Scratch Rule will apply. All deck officials
must be able to prove to the satisfaction of the referee that
they hold a current USA Swimming official membership.

ELIGIBILITY: All swimmers must be registered as a 2010 athlete member
of USA Swimming. The age of the swimmer as the first
day of the meet will determine their age for the entire meet.

SEEDING: Meet will be pre-seeded.

ENTRY LIMIT: All swimmers can swim all 5 events each day.

CLERK OF THE COURSE:

For 8 & Under events only.

ENTRIES:

All entries must be submitted electronically using Hy-Tek software and accompanied by a Team Manager Entry summary printout with payment of fees. All entries must include each swimmer's USA Swimming registration number. Also include a contact person with phone number and email address.

ENTRY FEES:

\$3.50 per individual event.

LATE/DECK FEES:

Late/Deck entries will be accepted at the discretion of the meet referee and meet directors if there is room in the event. \$3.50 per individual event.

PAYMENT:

Team payment must accompany entries. Please do not send individual checks.

Please make checks payable to:

Northland United Swim Team

DEADLINE:

Entries must be received by **Sunday, Sept. 19, 2010**
By 5 pm.

ENTRIES CHAIR:

Please send entries and fees, along with the names and phone numbers of the team coach and entries chair, to:

Northland United Swim Team

Attention Entry Chair: Brian Timpe

8246 NW Waukomis Dr.

Kansas City, MO 64151

(816) 734.5240

btimpe@kc.rr.com

AWARDS:

- Ribbons for 1st-8th Place in each individual event.
- 8 & Under will have an award for the top 3 swimmers (lowest cumulative time) in a pentathlon on Sunday (25 free, 25 fly, 25 back, 25 breast, 100 IM). **The 8 & under swimmers must swim all 5 events on Sunday to qualify for the award.**
- 9-10,11-12,13-14,15& Over will have awards for the top 3 Swimmers (lowest cumulative time) for all 10 events. **The Swimmer must swim all 10 events for the 9 & older age groups to qualify for the award.**
- **Any disqualification in an event will add 10 seconds to the swimmers cumulative time**

Order of Events
Saturday September 25, 2010

Mixed	<u>Session I</u>
1	12 & Under 100 Fly
2	12 & Under 100 Back
3	12 & Under 100 Breast
4	12 & Under 100 Free
5	12 & Under 200 IM

Mixed	<u>Session II</u>
6	8 & Under Mixed 50 Fly
7	13 & Over Mixed 100 Fly
8	8 & Under Mixed 50 Back
9	13 & Over Mixed 100 Back
10	8 & Under Mixed 50 Breast
11	13 & Over Mixed 100 Breast
12	8 & Under Mixed 50 Free
13	13 & Over Mixed 100 Free
14	8 & Under Mixed 100 Free
15	13 & Over Mixed 200 IM

Sunday September 26, 2010

Mixed	<u>Session III</u>
16	8 & Mixed Under 25 Fly
17	Mixed 50 Fly
18	8 & Under Mixed 25 Back
19	Mixed 50 Back
20	8 & Under Mixed 25 Breast
21	Mixed 50 Breast
22	8 & Under Mixed 25 Free
23	Mixed 50 Free
24	Mixed 100 IM