

15th annual Short Course
Coaches Invitational
January 18-20, 2008



FACILITY: Mountain View Aquatic Center
2650 Gordy Parkway Marietta, GA 30066
770.509.4925

ENTRY FEES: Entry fees will be \$4.50 each for an individual event and \$6.00 for each relay. A Georgia surcharge of \$2.00 for all out-of-state teams will be added for each swimmer. Please include a check with your entries. Make check payable to **Stingrays Swimming, Inc.**

- FORMAT:**
- Events in Session 1 (Friday) will be conducted as Timed Finals
 - The 400 IM will be conducted as a Timed Final on Saturday during the preliminary session, swum fast to slow, alternating women then men if necessary (dependent upon the division of athletes and pools).
 - The 1000 Free will be conducted as a Timed Final on Sunday during the preliminary session, swum fast to slow, alternating women then men if necessary (dependent upon the division of athletes and pools)
 - All relays will be conducted as Timed Finals (in prelims) and swum during the preliminary session
 - All 10 & Under events will be conducted as timed finals during the preliminary sessions
 - All (other) 11 & older individual events in Sessions 2 through 5 on Saturday and Sunday will be conducted as Preliminary and Finals events

FINALS for ages 11/12 events will be TOP 10 times only (single final – no consolation finals). Finals for Open, 15 Over & 13/14 events will have Finals and Consolation Finals (TOP 20 times)

- The 500 Free 400 IM and 1650 may be limited to the fastest 6 heats per event (e.g., up to 6 heats for a single event number) and swum fastest to slowest, alternating women then men if necessary (dependent upon the division of athletes and pools).

Q times: The time standard must have been achieved for the 400 IM, 500 Free and 1000 Free events.

AWARDS: Medals will be awarded to the top 3 finishers and Ribbons will be awarded to the next 7 finishers in each individual event. In relay events, the 1st place team shall receive medals and the 2nd and 3rd place teams shall receive ribbons.

Individual: Medals 1st-3rd, Ribbons 4th-10th places

Relays: Medals 1st, Ribbons 2nd-3rd

Team Award: 1st – 3rd places will receive Team Plaques

For: Directions, Maps, Lodging, Restaurants, please visit the Stingrays Swimming Web site at www.stingraysswimming.com

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Please return this slip or email hugh@gwinnettaquatics.com by December 13 to let us know whether or not you will participate in this meet.

Swimmer Name _____

Yes I will participate

No I will not participate

Fri. Evening 18 Jan 2008		SESSION 1		Warm-up: Start:	4:00 - 5:20 PM 5:30 PM
Women's Event No.	Qualifying Time	Event	Qualifying Time		Men's Event No.
1		10 & Under 200 IM			2
3		11-12 200 IM			4
5		13-14 200 IM			6
7		15 & Over 200 IM			8
9	7:10.09	12 & Under 500 Free	7:06.99		10
11	5:52.99	13-14 500 Free	5:40.09		12
13	5:49.89	15 & Over 500 Free	5:25.29		14
Sat. Morning 19 Jan 2008		SESSION 2		Warm-up: Start:	7:00 - 8:00 AM 8:10 AM
19		13-14 200 Breast			20
21		15 & Over 200 Breast			22
27		13-14 100 Fly			28
29		15 & Over 100 Fly			30
35		13-14 200 Back			36
37		15 & Over 200 Back			38
43		13-14 100 Free			44
45		15 & Over 100 Free			46
51		13-14 200 Free Relay			52
53		Open 200 Free Relay			54
59	5:20.19	13-14 400 IM	5:02.89		60
61	5:14.09	15 & Over 400 IM	4:49.09		62
Sat. Afternoon 19 Jan 2008		SESSION 3		Warm-up: Start:	Not Before 11 AM Not Before Noon
15		10 & Under 100 IM			16
17		11-12 100 IM			18
23		10 & Under 50 Free			24
25		11-12 50 Free			26
31		10 & Under 100 Breast			32
33		11-12 100 Breast			34
39		10 & Under 50 Back			40
41		11-12 50 Back			42
47		10 & Under 100 Fly			48
49		11-12 100 Fly			50
55		10 & Under 200 Free Relay			56
57		11-12 200 Free Relay			58
Sun. Morning 20 Jan 2008		SESSION 4		Warm-up: Start:	7:00 - 8:20AM 8:30 AM
63		13-14 200 Free			64
65		15 & Over 200 Free			66
71		13-14 100 Back			72
73		15 & Over 100 Back			74
79		13-14 200 Fly			80
81		15 & Over 200 Fly			82
87		13-14 100 Breast			88
89		15 & Over 100 Breast			90
95		13-14 50 Free			96
97		15 & Over 50 Free			98
103		13-14 200 Medley Relay			104
105		Open 200 Medley Relay			106
111	12:07.59	13 & Over 1000 Free	11:43.89		112
Sun. Afternoon 20 Jan 2008		SESSION 5		Warm-up: Start:	Not Before 11 AM Not Before Noon
67		10 & Under 200 Free			68
69		11-12 200 Free			70
75		10 & Under 50 Breast			76
77		11-12 50 Breast			78
83		10 & Under 100 Back			84
85		11-12 100 Back			86
91		10 & Under 100 Free			92
93		11-12 100 Free			94
99		10 & Under 50 Fly			100
101		11-12 50 Fly			102
107		10 & Under 200 Medley Relay			108
109		11-12 200 Medley Relay			110