

**2010 Mountain League Swim Championships
July 24, 2010
Hollidaysburg Area YMCA
1111 Hewitt Street
Hollidaysburg, PA 16648
(814) 695-4467 office
(814) 327-2773 CHAMPS LINE**

On July 24, 2010 The Hollidaysburg Area YMCA will host the 2010 Mountain League Swim Championships. Please review the enclosed information.

Entries: A swimmer may swim a maximum of four events including individual events and relays, but no more than three individual events.

\$3.00 per individual event

\$12.00 per relay

Entries must be submitted using Hy-Tek software to: HYPERLINK
"mailto:colapild@dukes.jmu.edu" colapild@dukes.jmu.edu

**Entry deadline is Sunday, July 18th, 2010 at 8:00 p.m.
Late entries will NOT be accepted - NO DECK ENTRIES**

Teams should submit one check payable to: Hollidaysburg YMCA Parents Organization to cover entry fees for the entire team. Please send payment no later than July 17th, 2010 to:

Hollidaysburg Area YMCA - Swim Team
Attn: Parents Organization
1111 Hewitt St.
Hollidaysburg, PA 16648

Entry report will be sent via email to each team by 8:00 p.m. on Monday, July 19th. All coaches must respond via email with corrections by 8:00 p.m. on Tuesday, July 20th. After that time, **no corrections** will be made.

Warm-up Schedule:

Morning Session (Age Groups: 8 & under, 9/10 year olds)

Warm ups will begin no earlier than 7:45 a.m. A more detailed schedule will be sent out closer to championships based on the number of swimmers from each team.

Scratch meeting at 8:30 a.m.; meet begins at 9:00 a.m.

Afternoon Session (Age Groups: 11/12, 13/14, 15-18 year olds)

Follows the morning session (not before 12:00 noon). Detailed schedule will be sent out closer to championships and will be based on the number of swimmers from each team.

Scratch meeting 45 minutes after morning session ends.

Meet starts one hour after the completion of the morning session.

Meet Format: Timed finals.

Meet Rules: USS rules will be followed.

Eligibility: Open to all Mountain League swimmers who competed in at least two Mountain League meets during the 2010 summer season.

Supervision: Teams must provide supervision of their swimmers. Any swimmer or spectator who causes damage to any part of the facility is subject to expulsion or disqualification from the meet. Please make sure there is adult supervision for your team at all times.

Awards: Individual Events 1st - 6th place: Medals
7th - 12th place: Ribbons
Relay Events 1st - 3rd place: Medals
4th - 6th place: Ribbons

T-Shirts: Preorder only (see the attached forms). One is for distribution to swimmers; the other is for the TEAM order. Orders are due no later than Sunday, July 11th, and needs to be emailed. Payment is due prior to championships. Please see team order form for details. (Limited quantities will be available the day of Championships)

Personal Ads: Messages encouraging swimmers and teams will be included in the 2010 Championship program. A "Good Luck" message form is included. Ads (along with payment) are due by Wednesday, July 14th.

Concession: A wide variety of food and beverages will be available thanks to the generous contributions of our swim team parents, and local businesses. Please encourage your team to take advantage of the concession stand which will be located in the YMCA.

Merchandise: Swimming gear will be available for purchase this merchandise will include a great selection of swim items.

ATTENTION COACHES!!!

Please review the following items with your swimmers before your team's warm-up session.

Only feet-first entries into the water during warm-ups. Swimmers may practice starts during the one-way sprint session held at the end of warm-ups for all teams.

Please make sure your swimmers report to the seeding area when their event is called. We don't want to disrupt the flow of the meet by waiting for late swimmers, nor do we want them to miss their events.

Morning scratch meeting is at 8:30 a.m. Afternoon scratch meeting will begin 45 minutes after the morning session concludes.

Results will be posted. A copy of results will be sent to you at a later date, or you can bring a flash drive on which results can be saved.

If you have questions or problems throughout the meet, please see **Tom Grassadonia - Meet Director**

Please encourage your swimmers and their families to eat at our concession stand and shop at our swim store. The variety will be great and the bargains will be plenty!

And probably most important, please encourage your parents to volunteer their time for this year's championship meet. We will most certainly need timers but we will welcome any help. Please ensure that you team provides volunteers for each session. A Very BIG THANKS in advance!

See Attached form below

2010 Mountain Swim League Championship
TEAM T-Shirt Order Form

DEADLINE IS Sunday JULY 11, 2010

****Pre-Order Sales Only****

Coaches: Please email your order on/before July 11 to:

Vicki Yanowsky

hburgtigersharks@gmail.com

(814) 327-2773 Champs Line

Please make one check payable to:

"Hollidaysburg YMCA Swim Team Parents Organization".

Please send check to the above address **prior** to championships.

Team Order Form

Size	# of Shirts	Price per Shirt	Total
Youth Small		\$12	
Youth Medium		\$12	
Youth Large		\$12	
Adult Small		\$12	
Adult Medium		\$12	
Adult Large		\$12	
Adult XL		\$12	
Adult XX L		\$12	
Adult XXXL		\$15	
TOTALS		-----	

Please keep a record of your individual orders. All shirts will be given to the head coach at the Championship Meet.

SWIMMER'S NAME: _____

TEAM: _____

****Pre-Order Sales Only****

Mountain League Championship T-Shirt

Youth Sizes S (6-8), M (10-12), L (14-16) \$12

Adult Sizes S, M, L, XL, XXL \$12

Adult XXXL \$15

Quantity	Circle One	Size	Price Each	Total Price
	Youth Adult			
	Youth Adult			
	Youth Adult			

**THESE ITEMS ARE PRE-ORDER ONLY by
SUNDAY, JULY 11th, 2010.**

**LIMITED ADDITIONAL QUANTITIES WILL BE
AVAILABLE AT CHAMPIONSHIPS.**

2010 MOUNTAIN LEAGUE CHAMPIONSHIPS

ORDER A "GOOD LUCK" MESSAGE FOR YOUR SWIMMER

Send a "Good Luck" message to your swimmer to be printed in the 2010 Championship program. You can send a special message to wish them your best and encourage your swimmer and team for only \$10. It's a nice way to recognize your swimmers and to make the program a keepsake. Messages are approximately the size of a business card.

Sample Adds:

<p>Caulen & Maddi Swim Fast, Swim Hard HAVE FUN!!!</p> <p>Love your biggest fans, Mom & Dad</p>	<p>GOOD LUCK AT CHAMPS—DEVIN Love, Mom, Dad & Mike</p>
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You may hand write or computer generate your messages (photo messages should be reduced and black & white). We will format any handwritten submissions.

Return your message via email to HYPERLINK
"mailto:hburgtigersharks@gmail.com" hburgtigersharks@gmail.com

Or send your messages with payment to:

Hollidaysburg Area YMCA
Attn: Swim Team Parents ORG
1111 Hewitt Street
Hollidaysburg, PA 16648

If you have questions pertaining to advertising, please call the Champs Line at (814) 327-2773 or email HYPERLINK "mailto:hburgtigersharks@gmail.org" hburgtigersharks@gmail.org

Ads must be received by Wednesday, July 14, 2010

Please see other file attachment for more advertising opportunities!

Mountain League Championship Volunteers

Team: _____

Timers (a.m.) _____

(a.m.) _____

(a.m.) _____

Timers (p.m.) _____

(p.m.) _____

(p.m.) _____

Stroke Judge (a.m.) _____

(p.m.) _____

Turn Judge (a.m.) _____

(p.m.) _____

Starter (a.m.) _____

(p.m.) _____

Referee (a.m.) _____

(p.m.) _____

Clerk of (a.m.) _____

Course (a.m.) _____

(p.m.) _____

(p.m.) _____