



**2010 Michigan YMCA 8 and Under State Championships
Hosted by the Flint YMCA Falcons
Sunday, February 21, 2010**

Deadline to YMCA Black Box, Friday, February, 5 by 7pm

- Location:** Waterford Mott High School
1151 Scott Lake Road
Waterford, Michigan 48328
- Date and Time:** Sunday, February 21, 2010 8:30 am Warm-up, 9:30 am Start
- Entry Limits:** Each swimmer may enter a maximum of ***three individual events and two relays.***
- Entry Fees:** ***All Fees Paid for by YPAC!***
Entries Person: Lynne Gerfen, lgerfen@wowway.com, 248-543-9777
- Entry Deadline:** ***YMCA Black Box, Friday, February, 5 by 7pm***
- Deck Entries:** Deck entries will not be accepted for this event.
- Seeding:** This meet will be pre-seeded. All events are timed finals and will be seeded slowest to fastest.
- Scratches:** There is no penalty for scratching an event during the meet.
- Marshaling:** Marshaling will take place on deck. Relay cards will be provided to coaches at the beginning of each session. They must be returned to the Meet Scorer with swimmers' names and swim order 30 minutes prior to the start of the session.
- Warm-up Procedures:** Controlled, supervised warm-up sessions will be utilized in accordance with the warm-up procedures suggested by YMCA swimming. Warm-up lanes will be assigned in order to balance the number of swimmers per lane.
- During the final 20 minutes of warm-up, lanes 1, 2, 7, and 8 will be dedicated as one-way sprint lanes, with diving or backstroke start, one length swim, and then exit at the other end of the pool. Additional sprint lanes will be assigned if required at the direction of the Meet Referee.
- Admission:** \$5.00 for adults and children 13-and-over. Children 12-and-under are no charge.

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Order of Events

8:30 AM Warm-ups, 9:30 AM Start

Girls		Boys	
1	8 & Under 100 Medley Relay	2	8 & Under 100 Medley Relay
3	8 & Under 100 IM	4	8 & Under 100 IM
5	7 & Under 100 IM	6	7 & Under 100 IM
7	8 & Under 25 Freestyle	8	8 & Under 25 Freestyle
9	7 & Under 25 Freestyle	10	7 & Under 25 Freestyle
11	6 & Under 25 Freestyle	12	6 & Under 25 Freestyle
13	5 & Under 25 Freestyle	14	5 & Under 25 Freestyle
15	8 & Under 25 Butterfly	16	8 & Under 25 Butterfly
17	7 & Under 25 Butterfly	18	7 & Under 25 Butterfly
19	6 & Under 25 Butterfly	20	6 & Under 25 Butterfly
21	8 & Under 50 Freestyle	22	8 & Under 50 Freestyle
23	7 & Under 50 Freestyle	24	7 & Under 50 Freestyle
25	8 & Under 25 Backstroke	26	8 & Under 25 Backstroke
27	7 & Under 25 Backstroke	28	7 & Under 25 Backstroke
29	6 & Under 25 Backstroke	30	6 & Under 25 Backstroke
31	5 & Under 25 Backstroke	32	5 & Under 25 Backstroke
33	8 & Under 25 Breaststroke	34	8 & Under 25 Breaststroke
35	7 & Under 25 Breaststroke	36	7 & Under 25 Breaststroke
37	6 & Under 25 Breaststroke	38	6 & Under 25 Breaststroke
39	8 & Under 100 Freestyle Relay	40	8 & Under 100 Freestyle Relay
41	7 & Under 100 Freestyle Relay	42	7 & Under 100 Freestyle Relay