2015 GMVY Lisa French Meet

Dates: **January 23-25, 2015**

Location: **Middletown YMCA, 1065 Manchester Blvd., Middletown, OH 45044**

Schedule:
Friday PM:	Warm-ups: 5:00pm	Meet Starts: 6:00pm
11&O: Saturday & Sunday AM:	Warm-ups: 6:00am	Meet Starts: 8:10am
10&U: Saturday & Sunday PM:	Warm-ups: TBA	Meet Starts: TBA

Saturday and Sunday PM Warm-ups and Meet Times will be announced by Saturday, January 17, 2015.

Facilities: Middletown YMCA is a six lane, 25 yard pool. A Colorado Automatic Timing System will be used. Bleachers will be available on the pool deck for spectators. All athletes and spectators need to enter from the stairwell entrance past the bathroom outside the gym. There will be no entry from the main pool doors, they will be exit only and remain clear at all times. Locker rooms are available, swimmers must bring own locks. Team Seating will be available in the gymnasium. Concessions will be available and will sell a variety of food, both hot and cold.

Heat Sheets: Heat Sheets will be available for sale at the start of each warm-up session. Heat Sheets will be $3 for the Friday evening, $8 for the Combined Saturday & Sunday AM session, and $8 for the Combined Saturday & Sunday Session.

Entries: Entries must be received by 9:00pm on Monday, January 12, 2015.
        Psych sheets will be issued by Thursday, January 15, 2015
1. **All entries are to be submitted through the SWOSL website,** NOT directly to GMVY.
2. Entries must be submitted in yards to the 100th of a second
3. A swimmer may enter unlimited individual events and one medley and one free relay.
4. This meet will be limited to the first 600 athletes. Teams will be notified by Tuesday, January 13, 2015 of acceptance to the meet.
5. Individual Event Entry Fee: $4.50 Relay Event: $18.00. Checks payable to GMV YMCA Swim Team. Payment is due before or on the first day of the meet.
6. Awards will be given for places 1-6 individually and 1-3 for relays. Scoring will be as follows:
    Individual events: 16-13-12-11-10-9-7-5-4-3-2-1   Relay Events 32-26-24-22-20-18-14-10-8-6-4-2
7. High Point Trophies will be awarded as follows: Girls & Boys for 6&U, 8&U, 9-10, 11-12, 13&O
8. **Deck Entries** will be added to fill empty lanes only. No new heats will be added. Deck entry fees must be paid in cash before the swimmer competes. Deck Entry Fees: Individual Events $7, Relay Events $28.
9. **Entry Chairperson:** Vickie Rocheleau rocheleautj@aol.com for questions only.

Meet Rules: This meet will be governed by the 2013 USA Swimming Rules and Regulations as well as the rules of the SW Ohio YMCA Swim League (Cluster).

Meet Director Chris Bushelman cbushelman@gmvymca.org

# Girls	Event	# Boys		# Girls	Event	# Boys
# Girls	**Friday Evening**	# Boys				
101	11-12 200 IM	102				
103	Senior 400 IM	104				
105	11-12 500 Freestyle	106				
107	13&O 500 Freestyle	108				
# Girls	**Saturday AM**	# Boys		# Girls	**Sunday AM**	# Boys
201	11-12 100 IM	202		301	11-12 200 Freestyle	302
203	13&O 200 IM	204		303	13&O 200 Freestyle	304
205	11-12 50 Freestyle	206		305	11-12 50 Butterfly	306
207	13&O 50 Freestyle	208		307	13&O 100 Butterfly	308
209	Senior 200 Butterfly	210		309	11-12 100 Freestyle	310
211	11-12 50 Backstroke	212		311	13&O 100 Freestyle	312
213	13&O 100 Backstroke	214		313	Senior 200 Backstroke	314
215	Senior 200 Breaststroke	216		315	11-12 50 Breaststroke	316
217	11-12 200 Free Relay	218		317	13&O 100 Breaststroke	318
219	13&O 200 Free Relay	220		319	11-12 200 Medley Relay	320
221	Senior 1650 Freestyle	222		321	13&O 200 Medley Relay	322
# Girls	**Saturday PM**	# Boys		# Girls	**Sunday PM**	# Boys
223	8&U 100 Freestyle	224		323	8&U 100 IM	324
225	9-10 200 Freestyle	226		325	9-10 100 IM	326
227	6&U 25 Backstroke	228		327	6&U 25 Freestyle	328
229	7-8 25 Backstroke	230		329	8&U 50 Freestyle	330
231	9-10 50 Backstroke	232		331	9-10 100 Freestyle	332
233	8&U 25 Butterfly	234		333	8&U 25 Breaststroke	334
235	9-10 50 Butterfly	236		335	9-10 50 Breaststroke	336
237	7-8 25 Freestyle	238		337	8&U 100 Medley Relay	338
239	9-10 50 Freestyle	240		339	9-10 200 Medley Relay	340
241	8&U 100 Free Relay	242				
243	9-10 200 Free Relay	244				