

# C/Pre-C Metro West Conference Swim Meet

*"A special meet for new swimmers with no times and those with less than Minnesota "B" times.*

## Saturday, October 10<sup>th</sup>, 2009

**Entry deadline: Wednesday, September 30th**

**WHO IS ELIGIBLE:** All Swimmers of any age-group with no official times and those with times below Minnesota "B" times. Ask your coach if you need help with your entries. Do not hesitate to call 612- 621-5495 for clarification. This is a special invitational meet with only four teams. It is a one-day 3 hour event.

**HOW TO SIGN UP:** Reply to this emailed meet packet. Please indicate up to 3 individual events, plus a bonus event of the 500 Free or 400IM (If you wish). For more information on signing up, please see the example below. **Your coach may modify or add events to your entries.**

<b><u>SCHEDULE:</u></b>	<u>Day</u>	<u>Warmups</u>	<u>Meet Start</u>	<u>Meet End</u>	
	Sat.	Afternoon	3:15PM	4:00PM	8:00PM (approx.)

\*Call the Hotline (952-473-8988) as of Thursday, Oct 8th to verify the schedule.

**LOCATION:** Oak Point Intermediate School. 13400 Staring Lake Parkway, Eden Prairie, MN 55347. Take Highway 494 S to the CR-39/Valley View Road exit-(exit 12). Turn left onto Valley View Rd/CR-39E. Turn slight right onto Flying Cloud Drive. Take Flying Cloud Drive heading west through the Eden Prairie Mall. Turn right on Anderson Lakes Parkway. School is on the corner of Staring Lake Parkway and Anderson Lakes Parkway. It is 8 miles or 11 minutes to the meet.

**Information#:** 612-669-5234

**Hotline ph #:** (952) 473-8988

To sign swimmers up for meets, hit REPLY to the e-mailed meet with the swimmer's first and last name, the event number and event name. Then press send. Example:

Joe Smith

# 01 50 Free  
# 12 100 Breast  
# 13 100 IM  
# 14 500 Free

If you can not reply to the meet packet email please put the name of the meet in the subject box and then email the information to [hopkinsswimclub@gmail.com](mailto:hopkinsswimclub@gmail.com).

(There can be times we are working on four different meets on at one time, by having the name of the meet in the subject field it is easier to keep all of the different meets and the entries organized.)

When the meet entries list is sent out. Please always check to see that your swimmer is on the list and that they are entered in the correct events. If there are any errors, reply to the email ASAP.

You can also sign up for meets over the phone. Just call 952-931-1264.

**TEAM FOXJET**  
**C/Pre-C Metro West Conference Meet**  
**Saturday, October 10th, 2009**  
**ORDER OF EVENTS**

Most events are swum "Open Mixed" - all ages and both genders swim together  
(the 25-yard events are just for 6/Unders) . Please use these event numbers for your entries.

Reminder: 500 Free and 400 IM do not count toward three event limit

<b>EVENT</b>	<b>DISTANCE</b>	<b>STROKE</b>
<b>1. All Ages</b>	<b>50</b>	<b>Free</b>
<b>2. 6/Under</b>	<b>25</b>	<b>Free</b>
<b>3. All Ages</b>	<b>200</b>	<b>Choice</b>
<b>4. All Ages</b>	<b>100</b>	<b>Fly</b>
<b>5. All Ages</b>	<b>50</b>	<b>Back</b>
<b>6. 6/Under</b>	<b>25</b>	<b>Back</b>
<b>7. All Ages</b>	<b>200</b>	<b>IM</b>
<b>8. All Ages</b>	<b>100</b>	<b>Free</b>
<b>9. All Ages</b>	<b>50</b>	<b>Breast</b>
<b>10. All Ages</b>	<b>100</b>	<b>Back</b>
<b>11. All Ages</b>	<b>50</b>	<b>Fly</b>
<b>12. All Ages</b>	<b>100</b>	<b>Breast</b>
<b>13. All Ages</b>	<b>100</b>	<b>IM</b>
<b>14. All Ages</b>	<b>500 *</b>	<b>Free</b>
<b>15. All Ages</b>	<b>400 *</b>	<b>IM</b>

\* Important Note: as a bonus fourth event, swimmers may only select either the 500 Free OR 400 IM, but not both. Additionally, these events may be combined to facilitate smooth meet operation.