

KENDBRIN SWIM & TENNIS CLUB

P.O. BOX 4418
RIVERSIDE, RI 02915

NARRAGANSETT SUMMER SWIM LEAGUE 2010 ALL-POOL MEET

The 2010 All-Pool meet will be held at the Kendbrin Swim Club on Saturday, August 7th and Sunday, August 8th. Enclosed are your entry forms, warm-up schedule and lane assignments for your timers. Teams using Hy-Tek are asked to e-mail their entries to Roger Mooney at rmooney4@live.com by Sunday August 1st. Teams not able to do so can drop off their typed entries to Sandy Gorham at Kendbrin from 8 AM- 4PM, Saturday, July 31st. If you'd like a copy of the entry forms e-mailed to you for easier typing, please e-mail us at rmooney4@live.com. We will send it in Word document form. *Should you have a swimmer that needs to swim in 2 meets but has not (due to a weather cancellation) and have a meet scheduled the first week of August, please enter that swimmer, highlight their name, and bring a copy of that meet with you on Sat. Aug. 7th for us to verify qualifications.*

Notice that there are two types of swimming entry forms: Individual Events and Relay Events. Relay events must not be written on the Individual Event Entry Form. For the Individual Event Entry Form, enter the SWIMMER'S NAME in *Last Name, First Name order* followed by swimmer's sex, age, event number (from the enclosed EVENT SCHEDULE) and entry time for the event. **NOTE: If a swimmer will be swimming relay events only, enter the swimmer information on the Individual Entry Form as well, leaving the event numbers and entry time blank.**

For relay events, use the Relay Event Entry Form and enter your club's initials under TEAM, the relay letter designator (A, B, C, etc.) under LETTER, team's sex, age group, event number and entry time for the event. **Please note: Relay Swimmer names do not need to be included and can be submitted Sunday at the meet.**

Put your club's initials, phone number and page number at the bottom of each Form. You can enter each swimmer in up to two individual events and one relay. Each swimmer must swim in two meets during the regular meet season to be eligible to swim in the All-Pool meet. They may also compete in the Diving Championship. Should there be any questions regarding your completed entry information, we will contact you at the phone number you have listed on your entry form. Please make sure to bring a hardcopy of your entries to the day of the meet.

The trials on Saturday, August 7th and the finals Sunday, August 8th will be held at Kendbrin. The pool, each day, will be open at 7:00 a.m. Please refer to the attached warm-up time sheet for you club's assigned warm-up lanes and times. Each club is responsible for the behavior of its' swimmers and must police its' own area. No glass containers are allowed in the club. Parents should bring their own stop watches and be prepared to time. Each club will be assigned a lane to time or other responsibilities during the meet. Please refer to the attached sheet for you club's assignments.

The Diving Championships will be held at the Grist Mill Swim & Tennis Club on Friday, August 6th, 2010 at 9:00 a.m. Diving will run as final events. Diving warm-ups will begin at 7:30a.m. for 12 and under divers; the 13 and over divers will warm-up upon the completion of the 12 & under diving. The Grist Mill will be open for diving practice to all other clubs on **Thursday, August 5th from 5-7 p.m.** The diving awards will be presented at the conclusion of the diving finals.

Results will be available at the end of the day and linked at LRACSwim.com. Please check for posted results as the day goes on, but no individual/ team results will be printed out during the meet.

On Friday, August 6th, clubs wishing to set up tents or canopies may do so **after 5 p.m.** at Kendbrin along the upper grass areas. To avoid damage to our sprinkler system, **NO STAKES** can be use so bring weighted objects to hold your tent in place. Kendbrin staff will inspect the area and pull any stakes used. Stakes pulled will be collected and only made available after the completion of the meet. *We will leave them in a bucket at our gatehouse at that time.* If you have any questions, please contact me at the club 401-433-3515.

Thanks,

Sandy Gorham

EVENT SCHEDULE

<i>Female</i>		<i>Male</i>
1	8 & under 25 yd. Freestyle	2
3	9 & 10 50 yd. Freestyle	4
5	11 & 12 50 yd. Freestyle	6
7	13 & 14 50 yd. Freestyle	8
9	15 & 16 100 yd. Freestyle	10
11	8 & under 25 yd Backstroke	12
13	9 & 10 25 yd. Backstroke	14
15	11 & 12 50 yd Backstroke	16
17	13 & 14 50 yd. Backstroke	18
19	15 & 16 100 yd. Backstroke	20
21	8 & under 25 yd. Breaststroke	22
23	9 & 10 25 yd. Breaststroke	24
25	11 & 12 50 yd Breaststroke	26
27	13 & 14 50 yd. Breaststroke	28
29	15 & 16 100 yd Breaststroke	30
31	8 & under 25 yd. Butterfly	32
33	9 & 10 25 yd. Butterfly	34
35	11 & 12 50 yd. Butterfly	36
37	13 & 14 50 yd. Butterfly	38
39	15 & 16 50 yd. Butterfly	40
41	8 & under 100 yd. Freestyle Relay	42
43	9 & 10 100 yd. Freestyle Relay	44
45	11 & 12 200 yd. Freestyle Relay	46
47	13 & 14 200 yd. Freestyle Relay	48
49	15 & 16 200 yd. Freestyle Relay	50

Starts will be at the deep end for all events requiring a dive. Relays will begin in the deep end but for all 10 & under relays, 2nd and 4th SWIMMER starts will be in the water. Diving **WILL NOT** be allowed in the shallow end of the pool.

TIMING LANE ASSIGNMENTS: TRIALS & FINALS

LANE	EVENT	TEAM – TRIALS	TEAM – FINALS
1	LANES		
2	1	FULLER	FULLER
3	2	ABBOTT RUN VALLEY CLUB	ARVC
4	3	GREENWICH CLUB	GREEN
5	4	SHER-LE-MON	SLM
6	5	GRIST MILL	GM
7	6	MEMORIAL	MEM
8	7	KENDBRIN	KEND
9	8	SEEKONK SWIM & TENNIS CLUB	BEARCROFT
10			
*		HIGHRIDGE	KIRKBRAE

* These teams will be the back-up timers during the trials and finals *AND* runners

HIGHRIDGE – you will be responsible for the trials

KIRKBRAE – you will be responsible for the entire finals

-Please have **2 timers** ready to go for the trials or finals and **1 runner** to collect the time sheets at the end of each event.

NARRAGANSETT SUMMER SWIM LEAGUE
2009 ALL-POOL SWIMMING CHAMPIONSHIP ENTRY FORM *for RELAY EVENTS*

TEAM	LETTER	SEX	AGE	EVENT #	ENTRY TIME

TEAM	LETTER	SEX	AGE	EVENT #	ENTRY TIME

TEAM	LETTER	SEX	AGE	EVENT #	ENTRY TIME

TEAM	LETTER	SEX	AGE	EVENT #	ENTRY TIME

TEAM	LETTER	SEX	AGE	EVENT #	ENTRY TIME

TEAM	LETTER	SEX	AGE	EVENT #	ENTRY TIME

TEAM	LETTER	SEX	AGE	EVENT #	ENTRY TIME

TEAM	LETTER	SEX	AGE	EVENT #	ENTRY TIME

TEAM	LETTER	SEX	AGE	EVENT #	ENTRY TIME

TEAM	LETTER	SEX	AGE	EVENT #	ENTRY TIME

Team Initials _____

Phone # _____ - _____ - _____

Page ____ of ____

WARM – UP SCHEDULE

Lanes run from the club house to the spectators' bleachers

SESSION 1: 7:10 – 7:30

TEAM	1	2	3	4	5	6	7	8	9	10
KENDBRIN	X	X	X	X	X					
GRIST MILL						X	X	X	X	X

SESSION 2: 7:30 – 7:50

TEAM	1	2	3	4	5	6	7	8	9	10
FULLER	X	X	X	X	X					
SEEKONK SWIM & TENNIS						X	X	X	X	X

SESSION 3: 7:50 – 8:10

TEAM	1	2	3	4	5	6	7	8	9	10
ABBOTT RUN	X	X	X	X	X					
SHER-LE-MON						X	X	X	X	X

SESSION 4: 8:10 – 8:30

TEAM	1	2	3	4	5	6	7	8	9	10
BEARCROFT	X	X	X							
KIRKBRAE				X	X	X				
HIGHRIDGE							X	X	X	

SESSION 5: 8:30 – 8:50

TEAM	1	2	3	4	5	6	7	8	9	10
GREENWICH CLUB	X	X	X	X	X	X	X			
MEMORIAL								X	X	X

SESSION 6: 8:50 – 9:05 SPRINTS

LANE	TEAM
1	KIRKBRAE & HIGHRIDGE
2	FULLER
3	ARVC
4	KENDBRIN
5	SLM
6	GRIST MILL
7	MEMORIAL
8	GREENWICH
9	BEARCROFT & SSTC
10	Only for the very young swimmers that need to be near a wall

REMINDER: *all swimmers need to walk back to the deep end by way of the bleachers!*

Meet begins at 9:15

2010 ALL – POOL MEET SCHEDULE

Warm-ups will run exactly the same way for finals as on Saturday with the trials. **Times will also remain the same. This year, again, relays will be run as finals only.** It might be advisable to suggest that swimmers only returning for relays report to the pool around 11AM. There will be a warm-up time between the conclusion of the butterfly events and the start of the relays. Lane assignments for the relays warm-ups will be as follows:

Lane 1: Kirkbrae & Highridge
Lane 2: Seekonk Swim & Tennis Club
Lane 3: Abbott Run Valley Club
Lane 4: Kendbrin
Lane 5: Sher-le-mon
Lane 6: Grist Mill
Lane 7: Memorial
Lane 8: Greenwich Club
Lane 9: Fuller
Lane 10: Bearcroft

AWARDS: will be distributed to coaches at the conclusion of the meet. No awards, except the All-Pool Meet Championship and Diving Championship trophies, will be given out at the meet.

REMINIDER TO ALL COACHES

To run this meet efficiently, it is necessary to have each club participating. 3 timers with watches are a must! If you club needs to supply runners to pick up time sheets or be back-up timers, then they will report to the announcer's table at the beginning of their shift.

To avoid confusion, we will run the meet "rain or shine." Only thunder will delay the meet. If your club does not show for their assigned duties then your club will forfeit all remaining swimmers scheduled to compete.

We have many teams that go beyond their required commitments and feel that our request for parent cooperation is only fair!

Please post for parent viewing

COACHES

There will not be a coaches' meeting this year.

Teams using Hy-Tek are asked to e-mail their entries to Roger Mooney at rmooney4@live.com by Sunday August, 1st. Please include the Team Letters (ie, ARVC) in the subject line. Teams not able to do so can drop off their typed entries to Sandy Gorham at Kendbrin from 8 AM-4PM, Saturday July 31st. If you'd like a copy of the entry forms e-mailed to you for easier typing, please e-mail us at rmooney4@live.com. We will send it in Word document form.

As agreed upon previously, the relays will be run as timed finals on Sunday. Submitted times should reflect an *honest* estimate. Also, only 3 relay teams from any one club may score points in each relay event.

In addition, during the finals, only the top four individuals from a team will score points. After these four, no points will be awarded but earned medals will be given.