

2012 Tri Meet

Hosted by Rapids Area Y Swimmers
Saturday January 28th, 2012
Forest Hills Aquatic Center

- Rules:** The meet will be swum in accordance with USA Swimming technical rules USAS/YMCA/NCAA safety and warm-up procedures. NO GLASS ON DECK OR IN THE LOCKER ROOMS.
- Hosted By:** Rapids Area Y Swimmers
- Location:** Forest Hills Aquatic Center, 660 Forest Hills SE, Grand Rapids, MI.
- Dates/Times:** Saturday January 28, 2012
- All Age Groups
Warm-ups: 1:45 PM
Events: 2:30 PM
- Facilities:** 25 yard, eight lane pool w/diving well for continuous warm-up, 6'-6'10" depth at start end, 3'6" depth at turn end, Colorado timing system w/ eight lane display, manual backup timers on every lane, attended boys' and girls' locker rooms, spectator seating capacity of 345, approximately 2800 square feet of deck space.
- Entry Limits:** Swimmers may enter *two (2)* individual and *two (2)* relay events OR *three (3)* individual events and *one (1)* relay. Maximum of 4 swims.
- Entry Deadline:** Entries must be received by the Entry Chair no later than Friday January 20, 2012 at 6:00 PM to rays_entries@hotmail.com. HY-TEK entries are encouraged.
- Deck Entries:** Will be accepted at the discretion of the Meet Director if open lanes permit.
- Deck Access:** No one other than swimmers, coaches, officials and meet workers are allowed on deck.
- Marshalling:** 10 and under will be marshaled all others will be self Marshaled.
- Admissions:** \$2.00 admission.
- First Aid:** Available on pool deck near computer room.
- Concessions:** Concessions will be available in the community room located across the hall from the spectator area.
- Smoking:** No smoking is allowed either inside or outside the Aquatic Center.
- Lost & Found:** Located in the concessions area. After the meet, contact the Meet Director.
- Meet Director:** Joel Harner 616-893-2341 Joel@letussurveyou.com
- Head Coach:** Nathan Manley, 616-285-8830 ext. 106, Rayscoach@hotmail.com

Please note:

Fire lanes at both the upper and lower entrances to the aquatic center must be kept clear at all times for emergency vehicles.

Swimmers must wear shirts and shoes (or other suitable footwear) outside the pool area.

The use of motion lotion or any other rubdown substance is prohibited by the Forest Hills Aquatic Center.

State law prohibits smoking on public schools at any time. The Aquatic Center is a public school facility.

Parking is available in the upper and lower level lots immediately next to the Aquatic Center. Additional parking is in the field in back of the lower level lot. Parking is not permitted in the Fine Arts Center lot because the Fine Arts Center will be hosting other events on the same day.

LIVE WELL ~ SWIM FAST

**2012 Y Interassociation Tri Meet
Jan 28th 2012**

Event #	Event Name	Event #	Event Name
1	Girls 8 & Under 100 Medley Relay	69	Girls 9-10 50 Backstroke
2	Boys 8 & Under 100 Medley Relay	70	Boys 9-10 50 Backstroke
3	Girls 9-10 200 Medley Relay	71	Girls 11-12 50 Backstroke
4	Boys 9-10 200 Medley Relay	72	Boys 11-12 50 Backstroke
5	Girls 11-12 200 Medley Relay	73	Girls 13 & Over 50 Backstroke
6	Boys 11-12 200 Medley Relay	74	Boys 13 & Over 50 Backstroke
7	Girls 13-14 200 Medley Relay	75	Girls 13-14 100 Backstroke
8	Boys 13-14 200 Medley Relay	76	Boys 13-14 100 Backstroke
9	Girls 15 & Over 200 Medley Relay	77	Girls 15 & Over 100 Backstroke
10	Boys 15 & Over 200 Medley Relay	78	Boys 15 & Over 100 Backstroke
11	Girls 8 & Under 100 Freestyle	79	Girls 8 & Under 25 Breaststroke
12	Boys 8 & Under 100 Freestyle	80	Boys 8 & Under 25 Breaststroke
13	Girls 9-10 200 Freestyle	81	Girls 9-10 50 Breaststroke
14	Boys 9-10 200 Freestyle	82	Boys 9-10 50 Breaststroke
15	Girls 11-12 200 Freestyle	83	Girls 11-12 50 Breaststroke
16	Boys 11-12 200 Freestyle	84	Boys 11-12 50 Breaststroke
17	Girls 13-14 200 Freestyle	85	Girls 13 & Over 50 Breaststroke
18	Boys 13-14 200 Freestyle	86	Boys 13 & Over 50 Breaststroke
19	Girls 15 & Over 200 Freestyle	87	Girls 13-14 100 Breaststroke
20	Boys 15 & Over 200 Freestyle	88	Boys 13-14 100 Breaststroke
21	Girls 8 & Under 100 IM	89	Girls 15 & Over 100 Breaststroke
22	Boys 8 & Under 100 IM	90	Boys 15 & Over 100 Breaststroke
23	Girls 9-10 100 IM	91	Girls 8 & Under 100 Freestyle Relay
24	Boys 9-10 100 IM	92	Boys 8 & Under 100 Freestyle Relay
25	Girls 11-12 100 IM	93	Girls 9-10 200 Freestyle Relay
26	Boys 11-12 100 IM	94	Boys 9-10 200 Freestyle Relay
27	Girls 13-14 200 IM	95	Girls 11-12 200 Freestyle Relay
28	Boys 13-14 200 IM	96	Boys 11-12 200 Freestyle Relay
29	Girls 15 & Over 200 IM	97	Girls 13-14 200 Freestyle Relay
30	Boys 15 & Over 200 IM	98	Boys 13-14 200 Freestyle Relay
31	Girls 8 & Under 25 Freestyle	99	Girls 15 & Over 200 Freestyle Relay
32	Boys 8 & Under 25 Freestyle	100	Boys 15 & Over 200 Freestyle Relay
33	Girls 9-10 50 Freestyle	101	Girls 9-10 400 Freestyle Relay
34	Boys 9-10 50 Freestyle	102	Boys 9-10 400 Freestyle Relay
35	Girls 11-12 50 Freestyle	103	Girls 11-12 400 Freestyle Relay
36	Boys 11-12 50 Freestyle	104	Boys 11-12 400 Freestyle Relay
37	Girls 13-14 50 Freestyle	105	Girls 13-14 400 Freestyle Relay
38	Boys 13-14 50 Freestyle	106	Boys 13-14 400 Freestyle Relay
39	Girls 15 & Over 50 Freestyle	107	Girls 15 & Over 400 Freestyle Relay

40	Boys 15 & Over 50 Freestyle	108	Boys 15 & Over 400 Freestyle Relay
41	Girls 8 & Under 25 Butterfly	109	Girls 8 & Under 400 IM
42	Boys 8 & Under 25 Butterfly	109	Girls 9-10 400 IM
43	Girls 9-10 50 Butterfly	109	Girls 11-12 400 IM
44	Boys 9-10 50 Butterfly	109	Girls 13-14 400 IM
45	Girls 11-12 50 Butterfly	109	Girls 15 & Over 400 IM
46	Boys 11-12 50 Butterfly	110	Boys 8 & Under 400 IM
47	Girls 13 & Over 50 Butterfly	110	Boys 9-10 400 IM
48	Boys 13 & Over 50 Butterfly	110	Boys 11-12 400 IM
49	Girls 13-14 100 Butterfly	110	Boys 13-14 400 IM
50	Boys 13-14 100 Butterfly	110	Boys 15 & Over 400 IM
51	Girls 15 & Over 100 Butterfly		
52	Boys 15 & Over 100 Butterfly		
53	Girls 8 & Under 50 Freestyle		
54	Boys 8 & Under 50 Freestyle		
55	Girls 9-10 100 Freestyle		
56	Boys 9-10 100 Freestyle		
57	Girls 11-12 100 Freestyle		
58	Boys 11-12 100 Freestyle		
59	Girls 13-14 100 Freestyle		
60	Boys 13-14 100 Freestyle		
61	Girls 15 & Over 100 Freestyle		
62	Boys 15 & Over 100 Freestyle		
63	Girls 13-14 500 Freestyle		
64	Boys 13-14 500 Freestyle		
65	Girls 15 & Over 500 Freestyle		
66	Boys 15 & Over 500 Freestyle		
67	Girls 8 & Under 25 Backstroke		
68	Boys 8 & Under 25 Backstroke		