

# 2010 PENSACOLA CATHOLIC HIGH SCHOOL FREESTYLE INVITATIONAL SWIM MEET

**HOSTED BY:** PENSACOLA CATHOLIC HIGH SCHOOL SWIM TEAM

**DATE:** SATURDAY SEPTEMBER 18, 2010

**LOCATION:** Cecil T. Hunter Pool, 200 East Blount Street, Pensacola, Florida  
(under I-110 at Blount St, between Cervantes St. and Maxwell St.)

**TIMES:** 1st warm-up: 8:30 AM - 9:00 AM (teams to be announced)  
2nd warm-up: 9:05 AM - 9:35 AM (teams to be announced)  
Coaches mtg: 9:40 AM - 9:50 AM  
Competition: 10:00 AM - 6 LANE COURSE IN 25 YARD POOL.

**ENTRIES:** Each swimmer may swim a MAXIMUM of two (2) individual events and a maximum of four (4) events total. There are NO mixed relays. Entries are limited to a MAXIMUM of six (6) entries per team in each individual event and a MAXIMUM of two (2) entries per team in each relay event. Entry times in the 500 yd freestyle are limited to 8 1/2 minutes or less. 500 yd. freestyle will swim in 10 lanes with in water start.

Entries MUST be on DISK or CD using HY-TEK or E-mailed to Grace at [tjruck@bellsouth.net](mailto:tjruck@bellsouth.net). Also provide a hard copy (HY-TEK report) and team check (to CATHOLIC HIGH SCHOOL) w/ entries.

Swimmers must have entry times for all events (NT will result in scratch).  
Use a practice time, a time trial or an estimated time (if necessary).

**INTENTION:** PLEASE LET COACH GRACE KNOW BY AUGUST 31 , 2010 IF YOU INTEND TO ENTER THE MEET, AND THE APPROXIMATE NUMBER OF SWIMMERS YOU INTEND TO ENTER. PHONE (850) 438-4322

Deliver all entries to Grace Ruckstuhl, Catholic Coach at 909 E. Blount St, Pensacola, FL 32503 not later than 6:00 PM on MONDAY SEPT 13, 2010, or E-mail to [tjruck@bellsouth.net](mailto:tjruck@bellsouth.net) not later than 6 PM on SEPT 13, 2010.

**NO LATE ENTRIES - NO SUBSTITUTIONS - NO REFUNDS**

**ENTRY FEE:** Entry fee is \$ 100.00 per team. (\$50.00 for boys' team, \$50.00 for girls' team)  
Entry fee is due on morning of meet, before your warm-up.

**RAIN PLAN:** In the event of dangerous weather, meet will be delayed or postponed as appropriate. Final decision will be made by Meet Officials.

**RULES:** CURRENT NFHS High School Rules with modifications approved by the FHSAA (Florida High School Activities Association).

**SEEDING:** All events will be seeded, and swim slowest heat first to fastest heat last.

**SCORING:** Individual events: (12 places) 16 - 13 - 12 - 11 - 10 - 9 - 7 - 5 - 4 - 3 - 2 - 1  
Relays: (12 places) 32 - 26 - 24 - 22 - 20 - 18 - 14 - 10 - 8 - 6 - 4 - 2

## 2010 FREESTYLE INVITATIONAL MEET (continued)

- AWARDS:** RIBBONS for FIRST thru 12th place in each Individual Event.  
RIBBONS for 1st, 2nd and 3rd place in each Relay Event.
- SANCTION:** Sanction by FHSAA (Florida High School Activities Association) is pending.
- OFFICIALS:** All participating teams are requested to provide 5 adult volunteers per team to assist with timing, judging, etc. during the meet.
- CONTACTS:** Grace Ruckstuhl, C.H.S. Coach (850) 438-4322  
Ted Ruckstuhl, Meet Director (850) 438-4322  
Ted and Grace, E-mail address tjruck@bellsouth.net
- CONCESSIONS:** Bottled water, drinks, fruit, snacks and lunch will be available for purchase during the meet. Please support our concessions, prices will be reasonable.  
NO TEAM COOLERS OR FOOD WILL BE ALLOWED IN POOL AREA.
- VOLUNTEERS:** All volunteers will meet with Meet Director, Referee, Head Timer and Head Judge at Hunter Pool during 2nd warm-up on day of meet.
- ADMISSION:** \$3.00 admission for all spectators. There will be no charge for coaches, participating swimmers, and designated adult volunteers.

### MEET FORMAT

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	200 YD FREESTYLE RELAY	2
3	200 YD FREESTYLE	4
5	50 YD FREESTYLE	6
7	100 YD FREESTYLE	8
9	500 YD FREESTYLE	10
11	400 YD FREESTYLE RELAY	12

NOTE: THERE IS NO DIVING IN THIS MEET.