



TWST Swimming

Meet Entry Form 08-09 Short Course Season

Meet: *Niagara District 14 & Under Single Age Power Point Championships*
Hosted By Rush-Henrietta Swim Club & Fairport Area Swim Team
Date: *December 5th-7th, 2008*

Location: Monroe Community College, 1000 E. Henrietta Rd, Rochester, NY 14623
 Rush-Henrietta High School, 1799 Lehigh Station Rd, Henrietta, NY 14467

Session Information: The **prelims sessions** for Saturday and Sunday will be swum at two separate locations, with the 11-12 age group and MALE 10 & under swimmers swimming at the Rush-Henrietta HS location and the 13-14 age group and 10 & under FEMALE swimmers at the Monroe Community College Facility. All 10 & under events, relays, and the 11-12 & 13-14 100 & 400 IM, 1000 FR, 50 BR, 50 FL & 50 BA will be swum as timed final events. Prelim events are swum by age divisions (11-12, 13-14, etc.), but finalists will qualify in single age brackets, male and female.

For **Prelims/Finals events**, the top 6 qualifiers in each single age category (11G,11B, 12G,12B,13G,13B,14G,14B) will qualify for the finals session. Note that the designated Power Events of the 100 Breast and 50 Free for the 11 & Overs will return 12 finalists (6 boys, 6 girls) in a mixed gender format. All events, except the POWER EVENTS, will be swum gender specific. POWER EVENTS will be seeded by prelim time and swum in the finals as multi-gender events by single age division (11, 12, 13, 14). All finals sessions will all be held at the Monroe Community College facility.

- Please refer to Meet Announcement for listing of events for each day by cut time, age group and location.
- Please refer to Meet Announcement for information regarding bonus events for this meet.
- Swimmers may enter up to 3 individual events per day and 2 relay swims per session. **No more than 7 individual events for the entire meet shall be entered.**

Entries Due: November 24, 2008

Notice: Complete the bottom portion of this form and return with meet fees to your coach no later than the due date listed above. **Swimmers will not be entered without meet fee payment.** If you have any questions please speak with your coach.



TWST Swimming

Meet Entry Form 08-09 Short Course Season

Meet: *Niagara District 14 & Under Single Age Power Point Championships*
Date: *December 5th-7th, 2008*

Swimmer Name: _____

Age at start of Meet: _____

Day 1	Day 2	Day 3
Event #/ Age Group/Description	Event #/ Age Group/Description	Event #/ Age Group/Description
_____	_____	_____
_____	_____	_____
_____	_____	_____

My swimmer is available for relays at this meet - yes no

Note: Relays will be filled upon availability of swimmers. Relays will be billed after the meet.

Total number events: _____

X entry fee per event (\$4.50): _____

+ deck fee per swimmer (\$5.00): _____

Total fees due: _____

NIAGARA DISTRICT 14 & UNDER SINGLE AGE POWER POINT CHAMPIONSHIPS

December 5th-7th, 2008

Hosted by Rush-Henrietta Swim Club & Fairport Area Swim Team

Schedule of Events

Important Finals Notes

For all Final heats, swimmers will report directly to the starting blocks. Failure to report for a Finals heat results in either a \$25 fine or expulsion of that swimmer from the meet (i.e. the Niagara Scratch rule is in effect for this meet).

The "**Power Events**" will feature the top-6 swimmers in each age/gender bracket to be seeded and swum according to prelim time, in a **mixed gender format**, in the following sequential order 11 y/o, 12 y/o, 13 y/o , 14 y/o.

All other final events will feature the top-6 time qualifiers in each single age bracket and will be swum gender specific in the following sequential order; 11 y/o Girls, 11 y/o Boys, 12 y/o Girls, 12 y/o Boys, 13 y/o Girls, 13 y/o Boys, 14 y/o Girl & 14 y/o Boys.

In the Power Point **Parade of Champions**, the top 6 Hy-Tek Power Point scorers for each gender (exception – Power Events) for that stroke & distance will be paraded to the awards podium between events (appropriate team apparel is required).

Order of Events

Friday Evening (timed final) session (12/5/08)

Held at Monroe Community College

<u>Girls</u>	<u>Cut Time</u>	<u>Description</u>	<u>Cut Time</u>	<u>Boys</u>
11-14 400 IM				
1	5:47.79	11 y/o	5:44.99	2
	5:38.09	12 y/o	5:31.99	
	5:28.84	13 y/o	5:17.19	
	5:19.89	14 y/o	5:02.39	
10 & U 500 Freestyle				
3	7:07.94	9 & under	7:04.54	4
	6:48.39	10 y/o	6:44.59	
11-14 1000 Freestyle				
5	13:12.99	11 y/o	13:08.99	6
	12:52.99	12 y/o	12:48.49	
	12:30.29	13 y/o	12:15.19	
	12:07.59	14 y/o	11:41.49	

NIAGARA DISTRICT 14 & UNDER SINGLE AGE POWER POINT CHAMPIONSHIPS

December 5th-7th, 2008

Hosted by Rush-Henrietta Swim Club & Fairport Area Swim Team

Saturday Morning Prelims Schedule (12/06/2008)

Held at Rush-Henrietta High School

<u>Girls</u>	<u>Faster than</u>	<u>Event</u>	<u>Faster than</u>	<u>Boys</u>
		11-12 100 BR POWER (Prelim)		
7	1:27.79	11 y/o	1:26.89	7
	1:22.19	12 y/o	1:21.09	
---	---	10 & Under 200 Medley Relay (TF)	---	10
11	--	12 Under 400 Med Relay (TF)	---	12
		10 & Under 50 Butterfly (TF)		
	--	9 & under	38.84	16
		10 y/o	36.69	
		11-12 200 Butterfly (Prelim)		
17	2:44.59	11 y/o	2:46.89	18
	2:39.69	12 y/o	2:38.29	
		10 & Under 100 Freestyle (TF)		
	--	9 & under	1:14.74	22
		10 y/o	1:10.79	
		11-12 100 Freestyle (Prelim)		
23	1:07.69	11 y/o	1:06.84	24
	1:03.09	12 y/o	1:02.89	
		10 & Under 50 Backstroke (TF)		
	--	9 & under	40.74	28
		10 y/o	38.39	
		11-12 200 Backstroke (Prelim)		
29	2:42.09	11 y/o	2:49.79	30
	2:37.09	12 y/o	2:33.79	
		10 & Under 50 Breaststroke (TF)		
	--	9 & under	44.94	34
		10 y/o	42.49	
		11-12 50 Breaststroke (TF)		
35	:40.67	11 y/o	:40.37	36
	:38.44	12 y/o	:37.89	
		10 & Under 200 IM (TF)		
		9 & under	3:04.99	40
		10 y/o	2:55.29	
		11-12 200 IM(Prelim)		
41	2:47.29	11 y/o	2:45.59	42
	2:38.59	12 y/o	2:35.89	
---	---	10 & Under 400 Freestyle Relay (TF)	---	46
47	--	12 & Under 200 Fr Relay (TF)	--	48
		11-12 500 Freestyle (TF)		
51	6:28.84	11 y/o	6:24.64	52
	6:09.29	12 y/o	6:04.69	

NIAGARA DISTRICT 14 & UNDER SINGLE AGE POWER POINT CHAMPIONSHIPS

December 5th-7th, 2008

Hosted by Rush-Henrietta Swim Club & Fairport Area Swim Team

Saturday Morning Prelims at MCC

Girls	Faster than	Event	Faster than	Boys
		13-14 100 Breast POWER EVENT (prelim)		
8	1:20.09 1:17.99	13 y/o 14 y/o	1:16.69 1:12.29	8
9	---	10 & Under 200 Medley Relay (TF)	---	---
13	--	14 Under 400 Med Relay (TF)	--	14
		10 & Under 50 Butterfly (TF)		
15	39.59 37.29	9 & under 10 y/o	--	
		13-14 200 Butterfly (Prelim)		
19	2:34.19 2:28.59	13 y/o 14 y/o	2:29.94 2:20.79	20
		10 & Under 100 Freestyle (TF)		
21	1:16.89 1:12.29	9 & under 10 y/o	--	
		13-14 100 Freestyle (Prelim)		
25	1:02.64 59.59	13 y/o 14 y/o	1:00.44 55.59	26
		10 & Under 50 Backstroke (TF)		
27	40.19 38.19	9 & under 10 y/o	--	
		13-14 200 Backstroke (Prelim)		
31	2:32.19 2:27.29	13 y/o 14 y/o	2:26.64 2:19.49	32
		10 & Under 50 Breaststroke (TF)		
33	43.99 41.99	9 & under 10 y/o	--	
		13-14 50 Breaststroke (TF)		
37	40.09 37.99	13 y/o 14 y/o	37.09 35.99	38
		10 & Under 200 IM (TF)		
39	3:04.69 2:55.99	9 & under 10 y/o	--	
		13-14 200 IM (Prelim)		
43	2:34.94 2:31.29	13 y/o 14 y/o	2:28.89 2:21.89	44
45	---	10 & Under 400 Freestyle Relay (TF)	---	---
49	--	14 Under 200 Fr Relay (TF)	--	50
		13-14 500 Freestyle (TF)		
53	6:01.14 5:52.99	13 y/o 14 y/o	5:52.84 5:39.39	54

NIAGARA DISTRICT 14 & UNDER SINGLE AGE POWER POINT CHAMPIONSHIPS

December 5th-7th, 2008

Hosted by Rush-Henrietta Swim Club & Fairport Area Swim Team

Schedule of Finals (Evening) Session

**** All Finals held at Monroe Community College ****
Saturday Evening Finals (12/06/08)

<u>Schedule of Activities</u>
Events #7 & 8 – SEEDED TOGETHER 11-14 y/o 100 Yard Breaststroke (Power Event-Mixed Gender)
Events #19 & 20 11-14 y/o 200 Yard Fly
Parade of PowerPoint Champions – 100 Breaststroke Top 6 PowerPoint Scorers, Overall
Events #23 - 26 11-14 y/o 100 Yard Freestyle
Parade of PowerPoint Champions – 200 Butterfly Top 6 Girls & Top 6 Boys PowerPoint Scorers
Events #31 & 32 11-14 y/o 200 Yard Backstroke
Parade of PowerPoint Champions – 100 Freestyle Top 6 Girls & Top 6 Boys PowerPoint Scorers
Events #41 - 44 11-14 y/o 200 Yard IM
Parade of PowerPoint Champions – 200 Backstroke Top 6 Girls & Top 6 Boys PowerPoint Scorers
Parade of PowerPoint Champions – 200 IM Top 6 Girls & Top 6 Boys PowerPoint Scorers

NIAGARA DISTRICT 14 & UNDER SINGLE AGE POWER POINT CHAMPIONSHIPS

December 5th-7th, 2008

Hosted by Rush-Henrietta Swim Club & Fairport Area Swim Team

Sunday Morning Prelims Schedule (12/07/2008) – Rush Henrietta HS

Girls	Faster than	Event	Faster than	Boys
	--	10 & under 50 Freestyle (TF) 9 & under 10 y/o	33.54 31.89	56
57	31.09 29.79	11-12 50 Freestyle POWER EVENT- Prelim 11 y/o 12 y/o	30.24 28.59	57
---	---	10 & Under 400 Medley Relay (TF)	---	60
61	--	12 Under 200 Med Relay (TF)	--	62
65	36.81 34.67	11-12 50 Backstroke (TF) 11 y/o 12 y/o	36.53 34.08	66
	--	10 & Under 100 Breaststroke (TF) 9 & under 10 y/o	1:38.49 1:32.69	70
71	3:02.89 2:57.69	11-12 200 Breaststroke (Prelim) 11 y/o 12 y/o	3:00.99 2:52.99	72
	--	10 & Under 100 Butterfly (TF) 9 & under 10 y/o	1:32.49 1:25.69	76
77	1:20.14 1:13.59	11-12 100 Butterfly (prelim) 11 y/o 12 y/o	1:18.94 1:12.19	78
	--	10 & Under 200 Freestyle (TF) 9 & under 10 y/o	2:39.64 2:31.89	82
83	2:28.27 2:20.19	11-12 200 Freestyle (Prelim) 11 y/o 12 y/o	2:24.49 2:16.49	84
	--	10 & Under 100 Backstroke (TF) 9 & under 10 y/o	1:26.39 1:21.69	88
89	1:18.54 1:14.89	11-12 100 Backstroke (Prelim) 11 y/o 12 y/o	1:16.99 1:12.29	90
93	35.29 32.94	11-12 50 Butterfly (TF) 11 y/o 12 y/o	34.80 32.59	94
	--	10 & under 100 IM (TF) 9 & under 10 y/o	1:25.84 1:21.29	98
99	1:19.43 1:14.89	11-12 100 IM (TF) 11 y/o 12 y/o	1:17.65 1:12.98	100
---	---	10 & Under 200 Freestyle Relay (TF)		104
105	--	12 & Under 400 Fr Relay (TF)	--	106

NIAGARA DISTRICT 14 & UNDER SINGLE AGE POWER POINT CHAMPIONSHIPS

December 5th-7th, 2008

Hosted by Rush-Henrietta Swim Club & Fairport Area Swim Team

Sunday AM Prelims Held at Monroe Community College				
Girls	Cut time	Event	Cut time	Boys
55	33.69 32.39	10 & under 50 Freestyle (TF) 9 & under 10 y/o	--	
58	29.24 27.49	13-14 50 Freestyle POWER (Prelim) 13 y/o 14 y/o	27.59 25.49	58
59	---	10 & Under 400 Medley Relay (TF)	---	---
63	--	14 Under 200 Med Relay (TF)	--	64
67	33.89 32.99	13-14 50 Backstroke (TF) 13 y/o 14 y/o	33.08 32.00	68
69	1:38.99 1:33.39	10 & Under 100 Breaststroke (TF) 9 & under 10 y/o	--	
73	2:52.84 2:47.99	13-14 200 Breaststroke (Prelim) 13 y/o 14 y/o	2:44.64 2:36.29	74
75	1:33.24 1:26.69	10 & Under 100 Butterfly (TF) 9 & under 10 y/o	--	
79	1:10.84 1:08.09	13-14 100 Butterfly (Prelim) 13 y/o 14 y/o	1:07.79 1:03.39	80
81	2:44.49 2:36.39	10 & Under 200 Freestyle (TF) 9 & under 10 y/o	--	
85	2:17.19 2:08.59	13-14 200 Freestyle (Prelim) 13 y/o 14 y/o	2:11.19 2:00.59	86
87	1:25.84 1:22.19	10 & Under 100 Backstroke (TF) 9 & under 10 y/o	--	
91	1:11.79 1:08.69	13-14 100 Backstroke (Prelim) 13 y/o 14 y/o	1:08.59 1:04.89	92
95	31.99 30.99	13-14 50 Butterfly (TF) 13 y/o 14 y/o	31.49 30.29	96
97	1:27.74 1:23.19	10 & under 100 IM (TF) 9 & under 10 y/o	--	
101	1:13.89 1:12.98	13-14 100 IM (TF) 13 y/o 14 y/o	1:11.98 1:10.98	102
103	---	10 & Under 200 Freestyle Relay (TF)	---	---
107	--	14 & Under 400 Fr Relay (TF)	--	108

NIAGARA DISTRICT 14 & UNDER SINGLE AGE POWER POINT CHAMPIONSHIPS

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Sunday Evening Finals (12/06/08)

Schedule of Activities

Events #57 & 58 – SEEDED TOGETHER

11-14 y/o 50 Yard Freestyle - Power Event, Mixed Gender

Events #73 & 74

11-14 y/o 200 Yard Breaststroke

**Parade of PowerPoint Champions – 50 Freestyle
Top 6 PowerPoint Scorers, Overall**

Events #77 - 80

11-14 y/o 100 Yard Butterfly

**Parade of PowerPoint Champions – 200 Breaststroke
Top 6 Girls & Top 6 Boys PowerPoint Scorers**

Events 83 - 86

11-14 y/o 200 Yard Freestyle

**Parade of PowerPoint Champions – 100 Butterfly
Top 6 Girls & Top 6 Boys PowerPoint Scorers**

Events 89 - 92

11-14 y/o 100 Yard Backstroke

**Parade of PowerPoint Champions – 200 Freestyle
Top 6 Girls & Top 6 Boys PowerPoint Scorers**

**Parade of PowerPoint Champions – 100 Backstroke
Top 6 Girls & Top 6 Boys PowerPoint Scorers**

Additional Information, Hy-Tek Power Points System

The Hy-Tek Power Point system was developed by Hy-Tek, in collaboration with USA Swimming and is a point system that uses an algorithm to assign a numeric point value (from 1-1200) to every swim that represents the “quality” of that particular effort. This point system allows for comparison of each individual performance across strokes, distances and events, as well as between age groups and gender. It is simply another measurement of performance that can be recorded and tracked.

For example if a 10 y/o girl swims a 30.00 in the 50 free (pp score 622), a 14 y/o boy would