



***TWST Swimming***  
Meet Entry Form 08-09 Short Course Season

**Meet:** 2009 Niagara District Single Age Silver District Championships

**Date:** February 27<sup>th</sup>, 28<sup>th</sup>, & March 1<sup>st</sup>, 2009

**Location:** Tonawanda Aquatic Center, 1 Pool Plaza, Kenmore, NY 14223

Session Information:	Session (Day)	Warm-up Begins:	Session Begins:	Entry Limits:
Session 1:	Friday	4:00 pm	5:00 pm	3 Ind. Events
Session 2:	Saturday AM	7:00 am	8:00 am	per day plus
Session 3:	Saturday PM	11:00 am	12:00 pm	2 relays, no
Session 4:	Saturday Finals 11 & up	5:00 pm	6:00 pm	more than
Session 5:	Sunday AM	7:00 am	8:00 am	8 Ind. Events
Session 6:	Sunday PM	11:00 am	12:00 pm	per meet.
Session 7:	Sunday Finals 11 & up	4:30 pm	5:30 pm	

**Entries Due**

**By:** Thursday February 12, 2009

**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 Silvers Championships

**Date:** February 27<sup>th</sup>, 28<sup>th</sup>, & March 1<sup>st</sup>, 2009

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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*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: \_\_\_\_\_

Female			Male	
Slower Than	Faster Than	Event	Slower Than	Faster Than
		<b>15 -18</b>		
26.89	30.49	50 Free	24.29	27.49
58.19	1:06.19	100 Free	52.89	59.99
2:04.89	2:22.39	200 Free	1:55.09	2:10.89
5:47.39	6:17.39	500 Free	5:24.29	5:52.29
11:55.89	12:55.49	1000 Free	11:12.19	12:08.19
19:58.89	21:38.89	1650 Free	18:47.99	20:21.89
1:06.59	1:13.29	100 Back	1:01.09	1:06.39
2:23.89	2:37.99	200 Back	2:12.39	2:23.69
1:15.69	1:22.69	100 Breast	1:08.89	1:14.99
2:42.79	2:58.39	200 Breast	2:30.09	2:42.59
1:06.29	1:12.39	100 Fly	1:00.09	1:05.59
2:24.49	2:38.79	200 Fly	2:13.39	2:25.59
2:26.99	2:40.69	200 IM	2:15.09	2:26.99
5:09.89	5:40.29	400 IM	4:47.79	5:13.19

**Order of Events**  
**Friday Session 1**  
*All Friday night events are timed finals*

Female	Event	Male
1	11-12 200 Backstroke (T.F.)	2
3	13 & O 400 Individual Medley (T.F.)	4
5	10 & u 200 Individual Medley (T.F.)	6
7	11-12 200 Individual Medley (T.F.)	8
9	10 & U 200 Freestyle (T.F.)	10
11	11-12 500 Freestyle (T.F.)	12
13	13 & O 1650 Freestyle (T.F.)	14

**The number of heats of the 1650 may be limited to keep the meet manageable.**

**Saturday Preliminaries –Session 2**

Female	Event	Male
15	14 & U 200 Free Relay (T.F.)	16
17	18 & U 200 Free Relay (T.F.)	18
19	13 - 14 200 Backstroke	20
21	15 & Over 200 Backstroke	22
23	13 - 14 100 Breaststroke	24
25	15 & Over 100 Breaststroke	26
27	13 - 14 50 Freestyle	28
29	15 & Over 50 Freestyle	30
31	13 - 14 200 Butterfly	32
33	15 & Over 200 Butterfly	34
35	13 - 14 100 Freestyle	36
37	15 & Over 100 Freestyle	38
39	14 & U 400 Medley Relay (T.F.)	40
41	18 & U 400 Medley Relay (T.F.)	42
	*****10 Minute Break*****	
43	13 - 14 500 Freestyle (T.F.)	44
45	15 & Over 500 Freestyle (T.F.)	46

**The number of heats of the 500 may be limited to keep the meet manageable.**

# 10 & UNDER, 11-12

## Saturday Preliminaries-Session 3

Female	Event	Male
47	11-12 200 Breaststroke (T.F.)	48
49	10 & U 200 Free Relay (T.F.)	50
51	12 & U 200 Free Relay (T.F.)	52
53	10 & U 100 Backstroke(T.F.)	54
55	11-12 100 Backstroke	56
57	10 & U 50 Breaststroke (T.F.)	58
59	11-12 50 Breaststroke	60
61	10 & U 50 Freestyle (T.F.)	62
63	11-12 50 Freestyle	64
65	10 & U 100 Butterfly (T.F.)	66
67	11-12 100 Butterfly	68
69	10 & U 100 Ind. Medley (T.F.)	70
71	11-12 100 Ind. Medley	72
73	10 & U 400 Medley Relay (T.F.)	74
75	12 & U 400 Medley Relay (T.F.)	76
	*****Optional 10 Minute Break*****	
77	10 & U 500 Freestyle (T.F.)	78
79	11-12 1000 Freestyle (T.F.)	80

**The number of heats of the 500/1000 may be limited to keep the meet manageable.**

## Saturday Finals- Session 4

**There will be one heat (top 8) of 11a, 12b, 13a, 14b year old events  
and two heats (top 16) for 15 - 18.**

55a	11	100 Backstroke	56a
55b	12	100 Backstroke	56b
19a	13	200 Backstroke	20a
19b	14	200 Backstroke	20b
21	15 -18	200 Backstroke	22
59a	11	50 Breaststroke	60a
59b	12	50 Breaststroke	60b
23a	13	100 Breaststroke	24a
23b	14	100 Breaststroke	24b
25	15 -18	100 Breaststroke	26
63a	11	50 Freestyle	64a
63b	12	50 Freestyle	64b
27a	13	50 Freestyle	28a
27b	14	50 Freestyle	28b
29	15 -18	50 Freestyle	30
67a	11	100 Butterfly	68a
67b	12	100 Butterfly	68b
31a	13	200 Butterfly	32a
31b	14	200 Butterfly	32b
33	15 -18	200 Butterfly	34
71a	11	100 Ind. Medley	72a
71b	12	100 Ind. Medley	72b
35a	13	100 Freestyle	36a
35b	14	100 Freestyle	36b
37	15 -18	100 Freestyle	38

# 13-14, 15 & OVER

## Sunday Preliminaries – Session 5

Female	Slower Than	Faster Than	Event	Slower Than	Faster Than	Male
81			13 - 14			82
			200 Breaststroke			
83			15 & Over			84
			200 Breaststroke			
85			14 & U			86
			200 Medley Relay (T.F.)			
87			18 & U			88
			200 Medley Relay (T.F.)			
89			13 - 14			90
			100 Backstroke			
91			15 -18			92
			100 Backstroke			
93			13 - 14			94
			200 Freestyle			
95			15 -18			96
			200 Freestyle			
97			13 - 14			98
			200 Ind. Medley			
99			15 -18			100
			200 Ind. Medley			
101			13 - 14			102
			100 Butterfly			
103			15 -18			104
			100 Butterfly			
105			14 & U			106
			400 Free Relay (T. F.)			
107			18 & U			108
			400 Free Relay (T.F.)			

\*\*\*\*\*10 Minute Break\*\*\*\*\*

109			13-14			110
			1000 Freestyle (T.F.)			
111			15 & Over			112
			1000 Freestyle (T.F.)			

**The number of heats of the 1000 may be limited to keep the meet manageable.**

## Sunday Preliminaries-Session 6

Female	Slower Than	Faster Than	Event	Slower Than	Faster Than	Male
113			11-12			114
			200 Butterfly (T.F.)			
115			10 & U			116
			200 Medley Relay (T.F.)			
117			12 & U			118
			200 Medley Relay (T.F.)			
119			10 & U			120
			100 Breaststroke (T.F.)			
121			11-12			122
			100 Breaststroke			
123			10 & U			124
			50 Backstroke (T.F.)			
125			11-12			126
			50 Backstroke			
127			11-12			128
			200 Freestyle			
129			10 & U			130
			50 Butterfly (T.F.)			
131			11-12			132
			50 Butterfly			
133			10 & U			134
			100 Freestyle (T.F.)			
135			11-12			136
			100 Freestyle			
137			10 & U			138
			400 Free Relay (T.F.)			
139			12 & U			140
			400 Free Relay (T.F.)			

\*\*\*\*\*10 Minute Break\*\*\*\*\*

141			11-12			142
			400 Ind. Medley (T.F.)			

**The number of heats of the 400 IM may be limited to keep the meet manageable.**

## Sunday Finals- Session 7

**There will be one heat (top 8) of 11a, 12b, 13a, 14b year old events  
and two heats (top 16) for 15 - 18.**

121a	11	100 Breaststroke	122a
121b	12	100 Breaststroke	122b
81a	13	200 Breaststroke	82a
81b	14	200 Breaststroke	82b
83	15 -18	200 Breaststroke	84
125a	11	50 Backstroke	126a
125b	12	50 Backstroke	126b
89a	13	100 Backstroke	90a
89b	14	100 Backstroke	90b
91	15 -18	100 Backstroke	92
127a	11	200 Freestyle	128a
127b	12	200 Freestyle	128b
93a	13	200 Freestyle	94a
93b	14	200 Freestyle	94b
95	15 -18	200 Freestyle	96
131a	11	50 Butterfly	132a
131b	12	50 Butterfly	132b
101a	13	100 Butterfly	102a
101b	14	100 Butterfly	102b
103	15 -18	100 Butterfly	104
135a	11	100 Freestyle	136a
135b	12	100 Freestyle	136b
97a	13	200 Ind. Medley	98a
97b	14	200 Ind. Medley	98b
99	15 -18	200 Ind. Medley	100