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|  | <p align="center">LAWRENCE AQUAHAWK A/B Wave the Wheat Meet Sponsored by the Lawrence Aquahawks, Inc. In Cooperation with the City of Lawrence Parks and Recreation Department</p> | |
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TYPE: 8&U; A/B 10&U, 11-12, 13-14 and Senior, Timed Finals.

DATE: July 8-11, 2010

SANCTION #: MV-10-80 Sanctioned by Missouri Valley Swimming a member of USA Swimming, Inc.

LOCATION: Lawrence Indoor Aquatic Center, 4706 Overland Drive, Lawrence, Kansas 66049
The pool is located at Free State High School. (Directions on page 6)

COURSE: 50 Meter, 10 Lane with non-turbulence racing lane ropes. Horn start & custom-designed starting blocks and Colorado Timing System will be used. Race lanes 1-8, lane 9 will be buffer, lane 10 warm-up/warm-down. While the pool is an approved venue for this Sanctioned Competition, the pool has not been certified for USA Swimming, Inc. record purposes pursuant to its requirements set forth in its Rules and Regulations.

RULES: 2010 USA Swimming Rules & Regulations & Missouri Valley Swimming will govern the meet.

COACH MEMBERSHIP:

Each coach must be able to prove to the satisfaction of the referee that (s)he holds a current USA Swimming Coach Membership.

ELIGIBILITY: Open to swimmers who are registered in accordance with 2010 USA Swimming, Inc. and MVS regulations. **SWIMMERS MUST HAVE PREVIOUSLY ACHIEVED THE USA SWIMMING “B” TIME STANDARD FOR THEIR AGE GROUP TO BE ELIGIBLE TO ENTER IN THE EVENT. LAWRENCE AQUAHAWKS RESERVE THE RIGHT TO ENTER THEIR SWIMMERS NOT MAKING THE ‘B’ MINIMUM REQUIREMENT. THERE ARE NO TIME STANDARD REQUIRMENTS TO ENTER THE 8&U SESSION.**

SEED TIMES: Seed times **MUST** be submitted for all events except for 8 & under events.

SEEDING: The meet will be pre-seeded with the exception of the 1500 free, 400 IM, and 400 free. These events will be seeded following Positive Check-in.

SCRATCH PROCEDURE:

Coaches should check swimmers in and indicate any scratches on scratch sheets provided in coaches’ packets. Events seeded on deck shall be closed for seeding no earlier than 30 minutes prior to the start of the meet.

AWARDS: Individual Events: Individual Events 8&U,10&U, 11-12, 13-14: Ribbons 1st - 8th
Relays: Ribbons 1st - 3rd
High Point Awards: Male and Female in the following Age groups:
8&U 10&U, 11-12, 13-14 and Open

Awards can be picked up at the end of the meet. **Awards will not be mailed.**

ENTRY

PROCEDURE: A swimmer may enter a maximum of 5 individual events per day. Teams may submit entry on a disk with a Hy-Tek Team Manager comlink file and include a signed hard copy of the entries. **Email entries are preferred** from Hy-Tek or Team Unify. **Full payment must be mailed and received with a hard copy of your entry fee report by July 2nd or you will not be entered in the meet.**

DISTANCE EVENTS:

Positive Check in for the 1500 Freestyle, 400 Freestyle, and 400 IM

We are accepting a maximum of 80 swimmers (40 fastest women entries and the 40 fastest men entries) in the 1500 Freestyle and 400 IM.

If more than the maximum entries are received for either sex, it may be possible to exceed the 40 swimmer maximum only if there are less than 40 swimmers entered by the other sex in the same event. As a result, it may be necessary to combine men / women swimmers. The 1500 Freestyle, 400 IM and 400 Freestyle will be conducted fastest to slowest, alternating heats of women and men. The meet referee may change the meet format after consultation with coaches and depending on meet conditions. The 400 Freestyle will not be limited. There will be a 10 minute break prior to the 400 IM and the 400 Freestyle. **PLEASE NOTE: Participants in the 400 IM, 400 and 1500 Freestyle events must provide their own timers.**

ENTRY

DEADLINE: **ENTRIES WILL BE CLOSED AFTER WEDNESDAY JUNE 30th, 2010 at Midnight.** The meet is limited to 675 swimmers entries and entries received near the deadline and or cutoff will be processed according to the postmark. Late entries will only be accepted if the number of swimmers does not exceed the above limit. Being a pre-seeded meet, late and deck entries will only be allowed if there are open lanes for that event, or if the event is deck-seeded. All late entries are subject to a fee of \$7.00 for individual event, and \$10.00 for relays.

ENTRY FEE: All fees must accompany entry:

Individual Events: \$3.50 per event
Relays: \$5.00 per relay

MAKE ALL CHECKS FOR ENTRIES PAYABLE TO LAWRENCE AQUAHAWKS

ENTRY

CHAIR: Send all entries to: Lawrence Aquahawks—WTW Meet
PO Box 1100
Lawrence, Kansas
66044

Please email a Hy-Tek entry file to the following address:

Zach Devine
zach@aquahawks.org
Subject heading: Wave the Wheat Entries

A club entry chair or coach must submit entries for this meet. We will not accept entries from individual swimmers or families.

OFFICIALS: Meet Directors: Alyson Cistola, Sara Cameron

Meet Referee: Jim Devine

Safety Marshall: TBD

STARTING TIMES: **Thursday, July 8th 2010**
1500 Freestyle
Warm Up 3:00-3:45 PM
Meet Start 4:00 PM

Friday, July 9th 2010
AM Sessions 10&U / 11-12
1st Warm Up 7:00-7:30AM
2nd Warm Up 7:30-8:00AM
Meet Starts 8:10AM

8&U Session
Warm Up 12:00 PM
Meet Start 12:30 PM

PM Sessions 13-14 / OPEN
1st Warm Up 1:30-2:10 PM
2nd Warm Up 2:10-2:50 PM
Meet Start 3:00 PM

Saturday and Sunday July 10th and 11th, 2010

AM Sessions 10&U / 11-12
1st Warm Up 7:00-7:30AM
2nd Warm Up 7:30-8:00AM
Meet Starts 8:10AM

PM Sessions 13-14 / OPEN
1st Warm Up 12:15-1:00 PM
2nd Warm Up 1:00-1:45 PM
Meet Start 2:00 PM

WARM-UPS: There will be split sessions for warm-ups on Friday, Saturday and Sunday. The Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect at the meet. ***“Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer’s events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up”.*** The referee will designate specific times when one-way starts may be executed.

FINAL

RESULTS: All clubs will receive a meet back-up or a Team Manager file. Final Results will be posted on the Missouri Valley Web Site and may include the swimmer’s name, age, times, and USA Swimming number. Results will also be posted on our web site www.aquahawks.org

Session 1 – Thursday, July 8th 2010

Warm Up: 3:00 PM

Meet Start: 4:00 PM

1 OPEN 1500 Freestyle 2

Session 2 – Friday July 9th 2010

1st Warm Up: 7:00 - 7:30 AM

2nd Warm Up: 7:30 – 8:00 AM

Meet Starts: 8:10 AM

3 10 & U 50 Freestyle 4
5 11-12 50 Freestyle 6
7 10 & U 100 Breaststroke 8
9 11-12 100 Breaststroke 10
11 12 & Under 400 Freestyle 12

Session 3 – Friday July 9th 2010

Warm Up: 12:00 PM

Meet Start: 12:30 PM

13 8&U 50 Freestyle 14
15 8&U 50 Breaststroke 16
17 8&U 50 Backstroke 18
19 8&U 50 Butterfly 20
21 8&U 200 Freestyle Relay 22

Session 4 – Friday July 9th 2010

1st Warm Up: 1:30 – 2:10 PM

2nd Warm Up: 2:10 – 2:50 PM

Meet Starts: 3:00 PM

23 13-14 50 Freestyle 24
25 OPEN 50 Freestyle 26
27 13-14 100 Breaststroke 28
29 OPEN 100 Breaststroke 30
31 13-14 100 Backstroke 32
33 OPEN 100 Backstroke 34
35 OPEN 400 IM 36

Session 5- Saturday July 10th 2010

1st Warm up 7:00-7:30AM

2nd Warm Up 7:30-8:00AM

Meet Starts 8:10AM

37 10&U 200 IM 38
39 11-12 200 IM 40
41 10&U 100 Freestyle 42
43 11-12 100 Freestyle 44
45 10&U 100 Butterfly 46
47 11-12 100 Butterfly 48
49 10&U 50 Backstroke 50
50 11-12 50 Backstroke 52

Session 6- Saturday July 10th 2010

1st Warm Up 12:15-1:00 PM

2nd Warm Up 1:00-1:45 PM

Meet Start 2:00 PM

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| 53 | OPEN 400 Freestyle Relay | 54 |
| 55 | 13-14 400 Freestyle Relay | 56 |
| 57 | OPEN 200 Freestyle | 58 |
| 59 | 13-14 200 Freestyle | 60 |
| 60 | OPEN 200 Breaststroke | 62 |
| 63 | 13-14 200 Breaststroke | 64 |
| 65 | OPEN 100 Butterfly | 66 |
| 67 | 13-14 100 Butterfly | 68 |
| 69 | OPEN 200 IM | 70 |
| 71 | 13 - 14 200 IM | 72 |

Session 7 – Sunday July 11th 2010

1st Warm Up 7:00-7:30AM

2nd Warm Up 7:30-8:00AM

Meet Starts 8:10AM

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| 73 | 10&U 50 Breaststroke | 74 |
| 75 | 11-12 50 Breaststroke | 76 |
| 77 | 10&U 50 Butterfly | 78 |
| 79 | 11-12 50 Butterfly | 80 |
| 81 | 10&U 100 Backstroke | 82 |
| 83 | 11-12 100 Backstroke | 84 |
| 85 | 10&U 200 Freestyle | 86 |
| 87 | 11-12 200 Freestyle | 88 |
| 89 | 12 & Under 200 Freestyle Relay | 90 |

Session 8 – Sunday July 11th 2010

1st Warm Up 12:15-1:00 PM

2nd Warm Up 1:00-1:45 PM

Meet Start 2:00 PM

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| 91 | OPEN 200 Butterfly | 92 |
| 93 | 13-14 200 Butterfly | 94 |
| 95 | OPEN 100 Freestyle | 96 |
| 97 | 13-14 100 Freestyle | 98 |
| 99 | OPEN 200 Backstroke | 100 |
| 101 | 13-14 200 Backstroke | 102 |
| 103 | OPEN 400 Freestyle | 104 |

DIRECTIONS: LAWRENCE INDOOR AQUATIC CENTER

Coming to Lawrence on I-70 West: Take the West Lawrence exit 202. Stay on McDonald Drive, right lane and exit to Hwy 40 West/6th Street (before the 6th Street overpass). On 6th, turn right, keep going west for about 2 1/2 miles. At the intersection of 6th and Wakarusa Drive, turn right and then turn right again into the Free State High School area. The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on I-70 East: Take the Lecompton exit 197. Take the Lawrence exit to Hwy 40. Turn left on Hwy 40/6th Street. At the intersection of 6th and Wakarusa Drive, turn left into the Free State High School area. (McDonald's is on the right side of the road at the intersection.) The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on K-10 West: K-10 will turn into Clinton Parkway after crossing Iowa Street/Hwy 59. Stay on this road for about 2 1/2 miles, then turn right (north) on Wakarusa Drive. Go north for about 1 1/2 miles to intersection with 6th Street. (McDonalds is on the left side.) Keep going north, past the intersection and turn right into the Free State High School area. The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on Hwy 59 North: Turn left on Hwy 10/Clinton Parkway, then follow the above directions on K-10.