

# UVRays Heart Attack Invitational

Provo City Recreation Center, 1155 N. University Ave., Provo

## Thurs - Sat., Feb 25-27, 2010

Warm-ups... See event list

**Entries Are Due Tues., Feb. 16<sup>th</sup>**

**Late entries may not be accepted!**

Awards: Embroidered towels for 1<sup>st</sup> - 6<sup>th</sup> place high point in each age group.  
Heart Attack cookie for each participant

Parents... Entry fees will be RETURNED for this meet for TWO (2) parents who sign up to be the timers at this meet (entire session required, Fri. Or Sat.). Email DaNene if you would like to be a timer in exchange for one of your swimmers entry fees. Available on a first come basis!

Parents... Please try to be to the pool 15 minutes **BEFORE** warm-ups begin Also, please be aware that if you have not arrived at the pool 1/2 hour **BEFORE** the meet starts, your swimmer may be scratched from their first event.

-----\*\*Cut & return bottom portion of entry form\*\*-----

**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_ **Age:** \_\_\_\_\_

\_\_\_\_\_ **#Events X \$3.50 =** \_\_\_\_\_ **+ \$8.00 Surcharge = \$** \_\_\_\_\_

**No-Times (NT's) WILL be accepted.**

You can swim in one (1) event Thurs, three (3) events Fri, and four (4) events on Saturday, **BUT only a TOTAL of SEVEN (7) events will be accepted.**

Event #	Event Description

**UVRAYS Heart Attack Invite**

### Parents....

\*\*Entry fees will be RETURNED for this meet for TWO (2) parents who signs up to be the timer at this meet. Please email DaNene to sign up to be the timer. The entry fees for ONE (1) of your swimmers will be RETURNED-- following the meet--in exchange for your service as a timer!! (Please make two separate checks if you have multiple swimmers attending the meet--one for the swimmer whose entry fees will be returned and the other check for the remainder of entry fees owed.) Available on a First come basis!! THANKS!

\*\*Officials from our team that will be officiating at this meet will have their entry fees returned also!!

**\*\*Turn form into DaNene**

Amount Paid: \_\_\_\_\_ Date: \_\_\_\_\_

Til #: \_\_\_\_\_ Check #: \_\_\_\_\_ Initials: \_\_\_\_\_

## Events Thursday, February 25th

Warm-up at 6:00 p.m.; Meet begins at 6:30 p.m.

Girls	Event Description	Boys
1	11-12 400 IM	2
3	Senior 1650 Freestyle*	4

Positive Check-in for events on this day. Also swimmers must provide their own timers and lap counters for these events. Note: If your swimmer is looking for an official time in the 1000 Yard Freestyle within the 1650 Freestyle, 2 additional watch times are needed. Also Meet Referee needs to be made aware of attempt for an official 1000 yard freestyle time prior to the race being swum.

\*Senior Events are open to all swimmers and will be swum combined but scored separately according to the designated groups in "Scoring" above.

## Events Friday, February 26th

Warm-up at 4:00 p.m.; Meet begins at 5:00 p.m.

Girls	Event Description	Boys
5	10 & under 200 IM	6
7	11-12 200 IM	8
9	13-14 400 IM	10
11	15 & Over 400 IM	12
13	10 & under 50 Freestyle	14
15	11-12 50 Freestyle	16
17	13-14 50 Freestyle	18
19	15 & Over 50 Freestyle	20
21	10 & Under 100 Butterfly	22
23	11-12 100 Butterfly	24
25	13-14 200 Butterfly	26
27	Senior 200 Butterfly*	28
29	10 & Under 50 Breaststroke	30
31	11-12 50 Breaststroke	32
33	13-14 100 Breaststroke	34
35	15 & Over 100 Breaststroke	36
37	10 & Under 200 Freestyle	38
39	11-12 200 Freestyle	40
41	13-14 200 Freestyle	42
43	15 & Over 200 Freestyle	44
45	10 & Under 50 Backstroke	46
47	11-12 50 Backstroke	48
49	13-14 100 Backstroke	50
51	15 & Over 100 Backstroke	52

## Events Saturday, February 27th

Warm-up at 7:30 a.m.; Meet begins at 8:15 a.m.

Girls	Event Description	Boys
53	10 & under 100 IM	54
55	11-12 100 IM	56
57	13-14 200 IM	58
59	15 & Over 200 IM	60
61	10 & under 50 Butterfly	62
63	11-12 50 Butterfly	64
65	13-14 100 Butterfly	66
67	15 & Over 100 Butterfly	68
69	10 & Under 100 Freestyle	70
71	11-12 100 Freestyle	72
73	13-14 100 Freestyle	74
75	15 & Over 100 Freestyle	76
77	10 & Under 100 Breaststroke	78
79	11-12 100 Breaststroke	80
81	13-14 200 Breaststroke	82
83	Senior 200 Breaststroke*	84
85	10 & Under 100 Backstroke	86
87	11-12 100 Backstroke	88
89	13-14 200 Backstroke	90
91	Senior 200 Backstroke*	92
93	Senior 500 Freestyle**	94

\*Senior Events are open to all swimmers and will be swum combined but scored separately according to the designated groups in "Scoring" above.

\*\*Also those swimming the 500 Freestyle must provide their own timers and Lap counters for that race.