



Wheaton Father's Day Time Trials

June 19 and 20, 2010

Sanction # (Day 1): _____

Sanction # (Day 2): _____

Wheaton Swim Club is excited to offer time trials for the new events which will be offered at Central Zones in 2010 and at the Age Group State Meet in 2011. These time trials are limited to swimmers already participating in our meet held June 18-20 at UIC.

Entries: Please use the meet events files attached. Swimmers may not swim more than 6 events total in one day, per USA Swimming rules. So if a swimmer is entered in 4 events in the a.m. session, they may swim only 2 events at the time trial that day.

Entry times: Please do your best to enter a relatively accurate Long Course time for each swimmer. This will aide in moving the meet along, and will give swimmers a better chance to race against other swimmers of their speed.

Fees: Entry Fees are identical to our meet fees (\$3.00 per swim). There is no ISI surcharge since all swimmers must already be in the meet.

Deadline: Please email your entries by June 13. Deck entries will be allowed if time permits.

Questions: Contact Jacob Ayers at 630-752-5770 or coaches@wheatonswimming.com

Day 1 Time Trial Schedule

Warm-ups: The pool will be open for a brief warm-up immediately following the a.m. session. Note that we will not delay the warm-ups for the p.m. sessions.

Events offered:

1. 12 & Under 200 fly (mixed gender)
2. 10 & Under 400 free (mixed gender)
3. 12 & Under 200 back (mixed gender)*
4. 12 & Under 200 breast (mixed gender) *

* We will run the 200 back and 200 breast only if time permits on day 1.

Day 2 Time Trial Schedule

Warm-ups: The pool will be open for a brief warm-up immediately following the a.m. session. Note that we will not delay the warm-ups for the p.m. sessions.

Events offered:

1. 12 & Under 200 back (mixed gender)
2. 12 & Under 200 breast (mixed gender)
3. 12 & Under 200 fly (mixed gender)*
4. 10 & Under 400 free (mixed gender)*

* We will run the 200 fly and 400 free only if time permits on day 2