

EAT TURKEY MEET
HOSTED BY: EXTREME AQUATIC TEAM
NOVEMBER 20-22, 2009
OK10-009

- LOCATION:** Oklahoma City Community College
Olympic Festival Pool
77th and South May
Oklahoma City, OK 73159
- MEET REFEREE:** TBA
- FACILITIES:** 25 yard, eight lane indoor pool with non-turbulent lane ropes and electronic timing system. Spectator seating and swimmer bleachers available. A warm-up/cool down area will be available in a separate diving well.
- ELIGIBILITY:** The meet is open to all USA swimming athletes. Age as of the first day of the meet, November 20, 2009, will determine eligibility.
- DISABILITIES:** Extreme Aquatic Team welcomes all athletes. Please alert the meet director of any accommodations that may be required.
- WARM-UP:** There will be split warm-up sessions with team lane assignments. Teams will be notified of the time and lane assignment at least 24 hours prior to the meet. Any athlete without a coach of record will be assigned warm-up with the host team. The warm-up schedule will also be posted on the Extreme Aquatic Team website, www.extremaquatics.org. *Afternoon warm-ups will begin 15 minutes following the conclusion of the morning session but no earlier than 12:30 pm. Starts and sprints will be permitted in the competition pool only. The warm-up schedule will be e-mailed to the team coach or team representative 24 hours in advance of the meet.
- DISTANCE:** **All Friday Events will require positive check-in and will be deck seeded. 12 and under 200 IM will be swum slowest to fastest, all girl heats then boy heats. Open 400 IM, 12 & Under 500 Free, and Open 1650 will be swum fastest to slowest, alternating girls and boys heats.**
On Saturday afternoon the Open 500 Free will require positive check-in and will be deck seeded. It will be swum fastest to slowest, all girl heats and then all boys heats.
- RULES:** 2009 USAS Rules, supplemented by the Oklahoma Swimming Rules will govern the meet. ALL EVENTS are timed finals.
- ENTRY FEES:** \$3.00 per individual event (62.5% to OKS Aquatic Fund)
\$5.00 per relay event (25% to OKS Aquatic Fund)
\$5.00 per relay deck entry (25% to OKS Aquatic Fund)
\$15.00 facility surcharge (\$3.00 to OKS Reserve Fund)
- DECK ENTRIES:** Deck entries will be accepted for open lanes **only** at the discretion of the Meet Referee. Costs for deck entries are **double** the normal entry fee (\$6) for each individual event (62.5% to OKS Aquatic Fund).

All swimmers must be entered in the meet to swim a relay event and are subject to the \$15.00 facility surcharge.

ENTRY LIMIT: A swimmer may enter a maximum of FIVE (5) individual events daily, with a maximum of twelve (12) events.

ENTRIES: SD3 or CL2 files are preferred. An entry file will be sent to all teams prior to the entry deadline. An entry report will be sent to each team for entry verification. It is the responsibility of each team's entry person to verify the accuracy of entries. Entries with "NO TIMES" will be accepted. Only short course times will be accepted. NO CONVERTED TIMES. **Entries must be received by noon on Thursday, Nov. 12th.**

RESULTS: Final results will be e-mailed to the coach or team representative within two weeks of conclusion of the meet.

SAFETY: Safety marshals will monitor activities according to the safety rules of OKS. Repeated violations considered dangerous may result in the ejection from the meet. Any individual who exhibits behavior of a threatening, abusive, or derogatory manner toward an official or member of the meet operating staff is subject to immediate removal and further expulsion from the meet. United States Swimming, Oklahoma Swimming, Extreme Aquatic Team and Oklahoma City Community College shall be free from any and all liabilities or claims for damages or injury. The use of phone's cameras for photographic purposes while in the locker rooms is strictly prohibited.

NON-ATHLETES: ONLY ATHLETES, COACHES AND VOLUNTEERS WILL BE ALLOWED ON DECK. Non-athletes will not be allowed on deck. Non-athlete cards do not grant parents access to the pool deck at any time. Coaches must wear proof of current Coaches USA Registration, CPR, First Aid, and Safety Certification while on deck.

AWARDS: Each event will be heated and swum together, but the scoring breakdown will be as follows – 8 & under, 9-10, 11-12 these groups will receive ribbons for individual places 1-8. Relays will be heated and swum together, and relay awards will be given in the following age groups: 12 & under only. Ribbons will be given for relay places 1-3. Any 12 and under athlete may swim in an "OPEN EVENT" but, these swims will be considered EXHIBITION. A swimmer may only swim in one of each relay type. Exhibition swims **will** be included in the five event daily limit.

MERCHANDISE: A full supply of swim merchandise will be available for purchase. Heat sheets will be available for \$5.00 at concessions.

SEND TO: **Marci McVay, Meet Director** (405) 341-9102
18329 Chestnut Oak Drive (405) 830-9027
Edmond, OK 73012 marci5121@cox.net

SCHEDULE:	Friday	Saturday/Sunday AM	Saturday/Sunday PM
Warm-ups:	4:30 PM	7:30/8:10 AM	12:30/1:15 PM
Timed Finals	5:30 PM	9:30 AM	2:30 PM

EAT TURKEY MEET EVENT SCHEDULE

FEMALE EVENT #	EVENT DESCRIPTION	MALE EVENT #
Friday, November 20, 2009		
1	***** 12 & Under 200 Individual Medley	2
3	***** OPEN 400 Individual Medley	4
5	*****12 & Under 500 Freestyle	6
7	*****OPEN 1650 Freestyle	8
Saturday Morning, November 21, 2009		
9	12 & Under 200 Free Relay	10
11	12 & Under 100 Individual Medley	12
13	8 & Under 25 Freestyle	14
15	12 & Under 100 Freestyle	16
17	12 & Under 50 Breaststroke	18
19	8 & Under 25 Butterfly	20
21	12 & Under 100 Butterfly	22
23	12 & Under 50 Backstroke	24
Saturday Afternoon, November 21, 2009		
25	Open 200 Freestyle Relay	26
27	Open 200 Individual Medley	28
29	Open 100 Breaststroke	30
31	Open 200 Freestyle	32
33	Open 100 Butterfly	34
35	Open 200 Backstroke	36
37	***** Open 500 Freestyle	38
Sunday Morning, November 22, 2009		
39	12 & Under 200 Medley Relay	40
41	12 & Under 200 Freestyle	42
43	12 & Under 50 Butterfly	44
45	8 & Under 25 Breaststroke	46
47	12 & Under 100 Breaststroke	48
49	12 & Under 50 Freestyle	50
51	8 & Under 25 Backstroke	52
53	12 & Under 100 Backstroke	54
Sunday Afternoon, November 22, 2009		
55	Open 200 Medley Relay	56
57	Open 200 Butterfly	58
59	Open 100 Freestyle	60
61	Open 200 Breaststroke	62
63	Open 100 Backstroke	64
65	Open 50 Freestyle	66

***** SEE NARRATIVE about distance events.