

**Oswego Laker Swim Club**  
**Spring Super Sprint Meet**  
**Date: March 22, 2008**  
**USA Sanctioned G - S - B Meet**  
**Sanction #NI0824**

- Location:** Laker Hall Pool  
State University of New York at Oswego  
Oswego, New York 13126
- Time:** Session 1  
Warm-up: 7:45 AM  
Meet begins: 8:45 AM
- Session 2  
Warm-up: 12:45 PM (or 15 minutes after the end of Session 1, but not before 12:45 PM)  
Meet begins: 1:45 PM (or 1 hour after Warm ups but not before 1:45pm)
- Facility:** SUNY Oswego's Laker Hall pool is a 6 lane, 25 yard pool with non-turbulent lane dividers, fixed bulkhead, 4' shallow end depth, and Colorado electronic timing system. Gymnasium and locker rooms will be available for swimmers. Spectator seating is provided next to the pool. The diving well is available throughout the day for warm-up. Refreshments will be available throughout the day at the concession stand. Ample parking is available at the south end of Laker Hall.
- Meet Personnel:** Meet Director:  
Patricia Becksted  
341 W 5<sup>th</sup> Street Rd  
Oswego, NY 13126  
[pbecksted@twcny.rr.com](mailto:pbecksted@twcny.rr.com)  
315-342-6286 (after 5pm weekdays or leave a message)
- Meet Marshall:  
Joanne Geroux  
[joanneg84@yahoo.com](mailto:joanneg84@yahoo.com)
- Officials:** USA registered officials who would like to help with this meet, please contact Sid Parkhurst, Meet Referee at 315-342-0623.
- Entries:** All entrants must be registered members of USA Swimming. Swimmer's age on the day of the meet determines their age group. Swimmers' registration numbers **must** be included on the entry form. **Limit of 5 individual entries**, exclusive of relays, per swimmer. Entries may be limited by the Meet Director to control the length of the meet. We use Hy-tek's Meet Manager. Entries on disk or e-mail are encouraged and appreciated. Please use Commlink files only.
- Deck entries:** None.

***Any club which enters an athlete in a meet, who is not duly registered through that club at the time of entry, will be fined the sum of \$100 per athlete, per such meet. The fine applies when the athlete is unregistered or has not properly transferred registration.***

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- Entry fees:** Entry fee is \$3.00 per individual event and \$10.00 per relay team. There is a \$3.00 deck fee per swimmer. Make checks (club check only, please) payable to:  
**Oswego Laker Swim Club** and mail to:  
Patricia Becksted email: pbecksted@twcnny.rr.com  
341 W. 5<sup>th</sup> Street Road Phone: 315-342-6286 (after 5pm weekdays)  
Oswego, NY 13126
- Deadline:** **All mailed entries must be postmarked by March 8, 2008. E-mailed entries are due by March 16, 2008. No late entries will be accepted.**
- Awards:** Medals for all first place winners will be awarded in each category (G-S-B).  
High Point Trophy will be awarded for each age group winner: 8 and under, 9-10, 11-12, 13-14, and Open  
8 & Under: Ribbons for places 2 – 12  
All others: Ribbons for places 2 - 6, (G-S-B)  
Relays: 1 - 3. There are no G-S-B categories for relays.  
Heat winner ribbons will be awarded.  
Team trophies will be awarded to the top Large and Small teams.
- Deck ID:** Only swimmers, coaches, officials and meet personnel are allowed on deck. Coaches must wear USAS ID, **no exceptions.**
- Conduct:** Coaches and parents are responsible for the conduct of their swimmers. An adult should be present in the gym with the swimmers to ensure proper behavior. Proper conduct on the part of all swimmers and spectators is expected at all times. No glass containers are allowed in the pool or locker room areas.
- Parking:** Park in the lot at the south of Laker Hall.
- Vendor:** *The Deep End* will be at this meet to sell swimming merchandise.  
*Visual Creations* will be at this meet to sell design t-shirts and sweatshirts.
- Directions:** From the south:  
Take either Rt. 481 or Rt. 48 north to Oswego. From either road, turn left at the first traffic light in Oswego. This will be Utica St. Follow Utica St. to the end. Turn right onto 5th Avenue. Go a short distance to the first traffic light (at the intersection of Rt. 104). Turn left onto Rt. 104. Go about 1/4 mile and turn left onto Johnson Rd. Go about ¼ miles. Laker Hall is the large square building on your left.
- From the west:  
Take Rt. 104 east to Oswego. The first traffic light will be at the college. Turn right at this traffic light and go about 2/10 of a mile. The large square building just ahead of you and to your right is Laker Hall. Turn right at the STOP sign. Park in the lot at the south end of Laker Hall.
- From the east:  
Follow Rt. 104 west through Oswego. About 1/4 mile past Pizza Hut, turn left onto Johnson Rd. Go about 1/4 mile. Laker Hall is the large square building on your left. Park in the lot at the south end of Laker Hall.

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**Lodging:**

<p>Day's Inn  Rte 104 East  Oswego, NY 13126  <a href="http://www.oswegohotels.com">www.oswegohotels.com</a>  1-800-329-7466  315-343-3136</p> <p>2 miles from SUNY Oswego</p>	<p>Scottish Inn &amp; Suites  Closest to SUNY Oswego  Rte 104 West  Oswego, NY 13126  <a href="http://www.oswegohotels.com">www.oswegohotels.com</a>  1-800-251-1962  315-343-4900</p> <p>1/10<sup>th</sup> mile from SUNY Oswego Campus</p>
<p>Best Western The Captain's Quarters  26 East 1<sup>st</sup> Street  Oswego, NY 13126  315-342-4040</p> <p>2 miles from SUNY Oswego</p>	<p>Econo Lodge Riverfront  71 E 1<sup>st</sup> Street  Oswego, NY 13126  315-343-1600</p> <p>2 miles from SUNY Oswego</p>
<p>King Arthur Suites  7 W Bridge Street  Oswego, NY 13126  <a href="http://www.kingarthursuites.com">www.kingarthursuites.com</a>  315-343-1300</p> <p>2 miles from SUNY Oswego</p>	

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<b>Girls</b>	<b>Session 1-Warm Up @ 7:45 AM Start- @ 8:45 AM</b>		<b>Boys</b>
1	10 & Under	100 Individual Medley	2
3	11 & 12	100 Individual Medley	4
5	10 & Under	50 Freestyle	6
7	11 & 12	50 Freestyle	8
9	10 & Under	50 Backstroke	10
11	11 & 12	50 Backstroke	12
13	10 & Under	200 Mixed Free Relay	13
14	11 & 12	200 Mixed Free Relay	14
10 minute Break			
15	10 & Under	50 Butterfly	16
17	11 & 12	50 Butterfly	18
19	10 & Under	100 Freestyle	20
21	11 & 12	100 Freestyle	22
23	10 & Under	50 Breast	24
25	11 & 12	50 Breast	26
27	10 & Under	200 Mixed Medley Relay	27
28	11 & 12	200 Mixed Medley Relay	28

<b>Session 2 – Warm Up @ 12:45 PM — Start @ 1:45 PM</b>			
29	8 & Under	100 Individual Medley	30
31	13 & 14	200 Individual Medley	32
33	Open	200 Individual Medley	34
35	8 & Under	25 Freestyle	36
37	13 & 14	50 Freestyle	38
39	Open	50 Freestyle	40
41	8 & Under	25 Backstroke	42
43	13 & 14	50 Backstroke	44
45	Open	50 Backstroke	46
47	8 & Under	25 Breaststroke	48
49	13 & 14	50 Breaststroke	50
51	Open	50 Breaststroke	52
10 minute Break			
53	13 & 14	100 Freestyle	54
55	Open	100 Freestyle	56
57	8 & Under	25 Butterfly	58
59	13 & 14	50 Butterfly	60
61	Open	50 Butterfly	62
63	8 & Under	100 Mixed Freestyle Relay	63
64	13 & 14	200 Mixed Medley Relay	64
65	Open	200 Mixed Medley Relay	65

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Summary Sheet/Waiver

<u>AGE GROUP</u>	<u># OF SWIMMERS</u>	<u># OF ENTRIES</u>	<u>TOTAL</u>
8 & UNDER	_____	_____	@ \$3.00 per entry = _____
10 & UNDER	_____	_____	@ \$3.00 per entry = _____
11 & 12	_____	_____	@ \$3.00 per entry = _____
13 & 14	_____	_____	@ \$3.00 per entry = _____
OPEN	_____	_____	@ \$3.00 per entry = _____
Number of relays entered:	_____	_____	@ \$10.00 per entry = _____
Number of swimmers:	_____	_____	@ \$3.00 per swimmer=_____

**Total amount enclosed:** \_\_\_\_\_

Make checks payable to: **Oswego Laker Swim Club**

Name of club: \_\_\_\_\_

Club code: \_\_\_\_\_

Names of coaches attending the meet: \_\_\_\_\_

Club contact (please includes complete **address, phone number and email address**):

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Please submit this sheet with your entry sheet. If there is a mistake in your entry, I will try to call your contact to get it resolved.

Enclosed is payment of the entry fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against the Oswego Laker Swim Club, Niagara Swimming, USA Swimming, and State University of New York at Oswego for injuries and/or expenses incurred by us at this meet or while on the road to and from the meet. We are bona-fide amateur athletes eligible to participate in all events entered.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Club Official

**BOYS**

Club Code: \_\_\_\_\_

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USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time

**GIRLS**

Club Code: \_\_\_\_\_

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USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time

**RELAYS**

Club Code: \_\_\_\_\_

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Designator A,B etc.	Event #	Names (optional)  1. _____ 2. _____ 3. _____ 4. _____
	Time	
Designator A,B etc.	Event #	Names (optional)  1. _____ 2. _____ 3. _____ 4. _____
	Time	
Designator A,B etc.	Event #	Names (optional)  1. _____ 2. _____ 3. _____ 4. _____
	Time	
Designator A,B etc.	Event #	Names (optional)  1. _____ 2. _____ 3. _____ 4. _____
	Time	
Designator A,B etc.	Event #	Names (optional)  1. _____ 2. _____ 3. _____ 4. _____
	Time	
Designator A,B etc.	Event #	Names (optional)  1. _____ 2. _____ 3. _____ 4. _____
	Time	
Designator A,B etc.	Event #	Names (optional)  1. _____ 2. _____ 3. _____ 4. _____
	Time	
Designator A,B etc.	Event #	Names (optional)  1. _____ 2. _____ 3. _____ 4. _____
	Time	