



**Mariner Swim Team
USA Meet Information
February 5 and 6
St. Kates Pool**



When: Saturday February 5 and Sunday February 6
Where: University of St. Catherine, Butler Fitness Center
2004 Randolph Avenue, St. Paul

Morning session swimmers

Warm-ups: 7:20 am
First event: 8:30 am

Afternoon session swimmers

Warm-ups: Not before 11:30 am
First event: 60 minutes after warm-ups begin

Please check in with Coach Shelly 20 minutes before warm-ups



**Entry forms for this meet are Due Thursday, January 27
by the end of practice that day**

You may swim a max. of 4 individual events each day
Your age group for events is the age you are on the first day of the meet.
You may swim one day or both days; it is up to you.

Fees:

\$1.50 entry fee

\$3.50 per event entered

Please pay fees to the front desk.

Attach a copy of your payment receipt to your entry form.

The YMCA will keep the bottom half of the form for their records.

Turn your entry form and receipt to the entry mailbox.

If you re not a registered USA member yet you also need to complete a USA athlete registration form. Complete form and attach a check for \$55 made out MSI. Turn in to Robin Feickert.

Mariner Swim team - NSAC Ironman Polar Plunge Entry Form

Swimmer _____

Saturday events

- 1.
- 2.
- 3.
- 4.

Sunday Events

- 1.
- 2.
- 3.
- 4.

Swimmer _____

Saturday events

- 1.
- 2.
- 3.
- 4.

Sunday Events

- 1.
- 2.
- 3.
- 4.

Please return this top portion, along with a copy of your receipt, to the entry folder

FOR YMCA USE ONLY

Entry Data Costs:

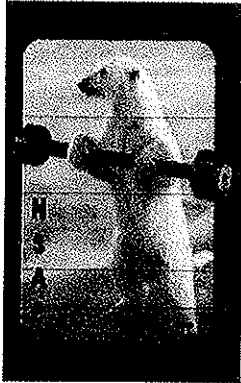
_____ Total Swimmers x \$1.50 = \$ _____

_____ Total Swimmers x \$5.00 = \$ _____

_____ Total Splashes x \$3.50 = \$ _____

Total Due = \$ _____

This bottom portion is to be used by YMCA staff and retained for their records

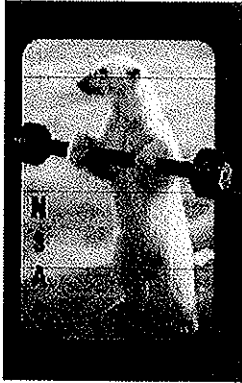


NSAC Ironman Polar Plunge

Order of Events

Morning Sessions

Session 1 Saturday AM February 5, 2011			Session 3 Sunday AM February 6, 2011		
1.	11-12 Boys	200 Medley Relay	1.	11-12 Boys	200 Free Relay
2.	10U Girls	200 Medley Relay	2.	10U Girls	200 Free Relay
3.	10U Boys	200 Medley Relay	3.	10U Boys	200 Free Relay
4.	11-12 Boys	100 IM	4.	11-12 Boys	200 IM
5.	9-10 Girls	100 IM	5.	9-10 Girls	200 IM
6.	9-10 Boys	100 IM	6.	9-10 Boys	200 IM
7.	8U Girls	100 IM	7.	8U Girls	50 Free
8.	8U Boys	100 IM	8.	8U Boys	50 Free
9.	11-12 Boys	50 Breast	9.	11-12 Boys	50 Free
10.	9-10 Girls	50 Breast	10.	9-10 Girls	50 Free
11.	9-10 Boys	50 Breast	11.	9-10 Boys	50 Free
12.	8U Girls	50 Breast	12.	11-12 Boys	100 Breast
13.	8U Boys	50 Breast	13.	9-10 Girls	100 Breast
14.	11-12 Boys	100 Fly	14.	9-10 Boys	100 Breast
15.	9-10 Girls	100 Fly	15.	8U Girls	50 Fly
16.	9-10 Boys	100 Fly	16.	8U Boys	50 Fly
17.	8U Girls	50 Back	17.	11-12 Boys	50 Fly
18.	8U Boys	50 Back	18.	9-10 Girls	50 Fly
19.	11-12 Boys	50 Back	19.	9-10 Boys	50 Fly
20.	9-10 Girls	50 Back	20.	8U Girls	100 Free
21.	9-10 Boys	50 Back	21.	8U Boys	100 Free
22.	8U Girls	100 Breast	22.	11-12 Boys	100 Back
23.	8U Boys	100 Breast	23.	9-10 Girls	100 Back
24.	11-12 Boys	100 Free	24.	9-10 Boys	100 Back
25.	9-10 Girls	100 Free	25.	8U Girls	100 Back
26.	9-10 Boys	100 Free	26.	8U Boys	100 Back
10 Min Break			27.	11-12 Boys	200 Free
27.	11-12 Boys	500 Free	28.	9-10 Girls	200 Free
			29.	9-10 Boys	200 Free



NSAC Ironman Polar Plunge

Order of Events

Afternoon Sessions

We will be awarding trophies for the top three men and women finishes for those swimmers who wish to participate in the Ironman Competition. To compete in the Ironman, swimmers must sign up for the 1650 Free, 200 Butterfly and the 400 IM. Awards for the Ironman competition are based on the total cumulative time of the 3 events.

Session 2 Saturday PM February 5, 2011	Session 4 Sunday PM February 6, 2011
Sunday AM 1. Open Girls 200 Medley Relay 2. Open Boys 200 Medley Relay 3. 11-12 Girls 200 Medley Relay 4. Open Girls 200 IM 5. Open Boys 200 IM 6. 11-12 Girls 100 IM 7. Open Girls 200 Breast 8. Open Boys 200 Breast 9. 11-12 Girls 50 Breast 10. Open Girls 100 Fly 11. Open Boys 100 Fly 12. 11-12 Girls 100 Fly 13. Open Girls 200 Back 14. Open Boys 200 Back 15. 11-12 Girls 50 Back 16. Open Girls 100 Free 17. Open Boys 100 Free 18. 11-12 Girls 100 Free 10 Min Break 19. 11-12 Girls 500 Free 20. Open Girls 500 Free 21. Open Boys 500 Free 22. Open Girls 1000 Free 23. Open Boys 1000 Free	Sunday PM 1. Open Girls 200 Free Relay 2. Open Boys 200 Free Relay 3. 11-12 Girls 200 Free Relay 4. Open Girls 400 IM (Ironman) 5. Open Boys 400 IM (Ironman) 6. 11-12 Girls 200 IM 7. Open Girls 200 Free 8. Open Boys 200 Free 9. 11-12 Girls 50 Free 10. Open Girls 100 Breast 11. Open Boys 100 Breast 12. 11-12 Girls 100 Breast 13. Open Girls 200 Fly (Ironman) 14. Open Boys 200 Fly (Ironman) 15. 11-12 Girls 50 Fly 16. Open Girls 100 Back 17. Open Boys 100 Back 18. 11-12 Girls 100 Back 19. Open Girls 50 Free 20. Open Boys 50 Free 21. 11-12 Girls 200 Free 10 Min Break 22. Open Girls 1650 Free (Ironman) 23. Open Boys 1650 Free (Ironman)