SISAC/CISSA Swim Champs February 25th 2012

Girls	Boys	Event
		**Session 1 Saturday Feb. 25th**
		Warm-ups 7:05 - 8:35 am **Events 8:45 am to 1:30 am**
1	2	13 & O 200 IM
3	4	8 & U 25 Butterfly
5	6	9 - 10 50 Butterfly
7	8	11 - 12 50 Butterfly
9	10	13 & O 100 Butterfly
11	12	8 & U 25 Backstroke
13	14	9 - 10 50 Backstroke
15	16	11 - 12 50 Backstroke
17	18	13 & O 100 Backstroke
19	20	8 & U 100 IM
21	22	9 - 10 100 IM
23	24	11- 12 100 IM
25	26	8 & U 100m Medley Relay
27	28	9 – 10 200m Medley Relay
29	30	11 – 12 200m Medley Relay
31	32	13 & Over 200m Medley Relay
		Session 2
		Events 1:45 - 5:30pm - Awards 5:40pm
33	34	13 & O 100m Freestyle
35	36	8 & U 25 Breaststroke
37	38	9 -10 50 Breaststroke
39	40	11 -12 50 Breaststroke
41	42	13 & O 100 Breaststroke
43	44	8 & U 25 Freestyle
45	46	9 - 10 50 Freestyle
47	48	11 -12 50 Freestyle
49	50	13 & O 50 Freestyle
51	52	8 & U 100m Freestyle Relay
53	54	9 – 10 200m Freestyle Relay
55	56	11–12 200m Freestyle Relay
57	58	13 & O 200m Freestyle Relay

Welcome to the 3rd SISAC/CISSA Swim Champs. This Meet to be hosted by SAS Puxi. We look forward to this fun day of competitive swimming.

Meet Protocol

➢ 5 Age Groups (8&U, 9-10, 11-12, 13-14, 15&O). Swimmer's age on Feb. 25th, 2012
➢ Maximum 6 swimmers/age group/gender.
➢ Three (3) individual events, and Two (2) relays, maximum per swimmer.
➢ Swimmers can swim up for individual events but must then swim up for all to score. Or swim up for exhibition only.
➢ Swimmer can swim up for relays but no repeats at another age group.
➢ Team entries per event are unlimited.
➢ Top 6 swimmers in each event (Male & Female) will receive 1st – 2nd – 3rd Medal – and 4th -5th & 6th place ribbons.
➢ High Points Trophies for Top 3/age gp.
➢ Heat Winner Ribbons presented at poolside after each heat.
➢ Participation Ribbon for all swimmers.
➢ Top 3 Teams receive Trophies
➢ FINA Rules apply with disqualifications and the one start rule.
➢ view results within minutes of the race's end on your Mac, iphone, or ipad. The APP is Meet Mobile. It's free. See the following for the description: http://itunes.apple.com/us/app/meet-mobile/id422154977?mt=8.
➢ **Excel entries 50rmb each/swimmer**
➢ **Hytek entries 30rmb each/swimmer**
➢ **Only Scratches after Feb. 21st.**
➢ **Must pay on the day of the meet.**