

Spring Sprints at SAS-Pudong, March 24, 2012

Girls	Boys	Event
Session 1 Saturday Mar. 24th		
Warm-up: 7:00 - 8:50 am Events: start 9:00 am		
1	2	8 & U 100 IM
3	4	9-10 100 IM
5	6	11-12 100 IM
7	8	13-14 100 IM
9	10	15-18 100 IM
11	12	8 & U 25 Butterfly
13	14	9 - 10 50 Butterfly
15	16	11 - 12 50 Butterfly
17	18	13 -14 50 Butterfly
19	20	15-18 50 Butterfly
21	22	8 & U 25 Backstroke
23	24	9-10 50 Backstroke
25	26	11-12 50 Backstroke
27	28	13-14 50 Backstroke
29	30	15-18 50 Backstroke
Session 2		
Events: start TBA followed by awards		
31	32	8 & U 25 Breaststroke
33	34	9-10 50 Breaststroke
35	36	11-12 50 Breaststroke
37	38	13-14 50 Breaststroke
39	40	15-18 50 Breaststroke
41	42	8 & U 25 Freestyle
43	44	9-10 50 Freestyle
45	46	11-12 50 Freestyle
47	48	13-14 50 Freestyle
49	50	15-18 50 Freestyle
51	52	8 & U 4x25m Freestyle Relay
53	54	9-10 4x25m Freestyle Relay
55	56	11-12 4x25m Freestyle Relay
57	58	13-14 4x25m Freestyle Relay
59	60	15-18 4x25m Freestyle Relay



Welcome to the annual Spring Sprints hosted by Shanghai American School, Pudong Campus. We look forward to your participation.

Meet Protocol

- 5 Age Groups (8&U, 9-10, 11-12, 13-14, 15-18). Swimmer's age on March 24th, 2012
- Three (3) individual events, and one (1) relay maximum per swimmer.
- No swim ups in individual events but swimmers can swim up for relay.
- Team entries per event are unlimited.
- Top 3 swimmers in each event (Male & Female) will receive 1st - 2nd - 3rd Medals and 4th - 8th place ribbons.
- High Point Trophies for Top 3 age groups
- Heat Winner Ribbons presented at poolside after each heat.
- Participation Ribbons for all swimmers.
- Top 3 Teams receive Trophies
- FINA disqualification rules apply as well as 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
- Entry deadline is March 14th.
- Must pay before or on the day of the meet.