

# Capital Area Swim League

## AAA Division Championship Meet hosted by SGAC

### Saturday, July 24, 2010

Dear DAAC Swimmer & Parent:

Attached is the divisional information for this year's championships. Please pay special attention to the entry deadline. Our club will be paying for all entry fees for each active member. **All entries are due to Coach Janosky by Monday, July 12, 2010.** Entries will be checked by the coaches and posted for you to double check. Please pass along the word about the AAA Divisional Championships to your teammates. The coaching staff will decide all relays and **each age group will be represented by at least one relay if possible.** The top four (4) swimmers in each age group will represent their age group in the "A" relay. Please fill out the entry sheet provided and return this to the Aquatic Center "Lock Box" under "Invitational Entries" by the entry deadline (7/12/2010). If you have any questions, please see your age group Coach. (Events & event #'s on back)

**Site: Spring Grove High School   Starting time: 9:00 a.m.   Warm Ups: 8:10 a.m. (lanes 1 & 2)**

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NAME (PRINT NEATLY)	AGE GROUP AS OF 6/1/2010	HOME PHONE
1. _____ EVENT #      INDIVIDUAL EVENT	_____	_____
		ENTRY TIME (0:00.00) IN METERS!
2. _____ EVENT #      INDIVIDUAL EVENT	_____	_____
	<b>(DROP IF IN #2 RELAYS)</b>	ENTRY TIME (0:00.00) IN METERS!
3. _____ EVENT #      INDIVIDUAL EVENT	_____	_____
	<b>(DROP IF IN #2 RELAYS)</b>	ENTRY TIME (0:00.00) IN METERS!

**List your individual events with meter times.** Entries should be seeded with the current best **season** time. **If no time is entered, then no time will be entered.** All swimmers may enter a total of three (3) events for championships. Any combination of individual/relays is OK! **The Coaches will decide relays!**

TO CONVERT YARD TIMES TO METERS TIMES: MULTIPLY YOUR YARD TIME BY 1.1.

EXAMPLE I: 34.25 IN YARDS TO METERS

$$34.25 \times 1.1 = 37.68 \text{ SECONDS FOR METERS}$$

EXAMPLE II: 1:13.56 IN YARDS TO METERS

$$1:13.56 = 73.56 \text{ SECONDS (1 MINUTE = 60 SECONDS)}$$

$$73.56 \times 1.1 = 80.92 \text{ OR } 1:20.92$$

**RETURN BOTTOM TO "LOCK BOX" SECTION BY JULY 12, 2010 IN ORDER TO BE ENTERED IN MEET!**