

Washingtonville Seahawks & Devilfish Aquatics
Heats And Treats
October 28-30

RECOMMENDED GROUPS:

Torpedo Ray II, Devil Ray, Senior Group

LOCATION:

Washingtonville High School, Washingtonville New York

SESSIONS:

Session 1 Distance: 4:00 p.m. warm-up, 5:00 p.m. start,
Friday, October 28

Session 2: 8:00 a.m. warm-up, 9:00 a.m. start,
Saturday, October 29

Session 3: 1:30 p.m. warm-up, 2:30 p.m. start,
Saturday, October 29

Session 4: 8:00 a.m. warm-up, 9:00 a.m. start,
Sunday, October 30

Session 5: 1:30 p.m. warm-up, 2:30 p.m. start,
Sunday October 30

ENTRIES:

All athletes are limited to five (5) events per day.

DEADLINE:

**ALL FORMS AND FEES MUST BE IN TO COACH MEL BY
FRIDAY SEPTEMBER 30, 2011**

ENTRY FEE:

An entry fee of **\$3.00** per individual event

MAKE ALL CHECKS PAYABLE TO MVA

October 28, 2011

Warm-ups: 4:00 PM

Start: 5:00 PM

Session 1

Friday PM

1 12 and under 500 Free – Fastest to slowest 2

3 Open 400 IM – Fastest to slowest 4

5 12 and Under 200 IM 6

20 Minute Warm Up before the 1650

7 Open 1650 8

Session 2

Saturday AM

October 29, 2011

Warm-ups: 8:00 AM

Start: 9:00 AM

9 10 and Under 100 Free 10

11 11 – 12 100 Free 12

13 10 and Under 50 Fly 14

15 11 – 12 100 Fly 16

17 10 and Under 50 Back 18

19 11 – 12 100 Breast 20

21 10 and Under 100 Breast 22

23 11 – 12 50 Back 24

25 10 and Under 100 IM 26

27 11 – 12 100 IM 28

Session 3

Saturday PM

October 29, 2011

Warm-ups: 1:30 PM

Start: 2:30 PM

29 Open 100 Free 30

31 Open 200 Back 32

(Session 3 CONT...)

33 Open 100 Fly 34
35 Open 200 Breast 36
37 Open 500 Free 38

Session 4

Sunday AM

October 30, 2011

Warm-ups: 8:00 AM

Start: 9:00 AM

39 12 and Under 200 Free 40
41 10 and Under 50 Breast 42
43 11 – 12 100 Back 44
45 10 and Under 100 Back 46
47 11 – 12 50 Free 48
49 10 and Under 50 Free 50
51 11 – 12 50 Breast 52
53 10 and Under 100 Fly 54
55 11 – 12 50 Fly 56

Session 5

Sunday PM

October 30, 2011

Warm-ups: 1:30 PM

Start: 2:30 PM

57 Open 200 Fly 58
59 Open 50 Free 60
61 Open 100 Breast 62
63 Open 200 IM 64
65 Open 100 Back 66
67 Open 200 Free

MINISINK VALLEY AQUATICS
US MEET COMMITMENT FORM

HEATS AND TREATS
OCTOBER 28-30 , 2011

SWIMMERS NAME: _____

REQUESTED EVENTS: _____

SWIMMERS NAME: _____

REQUESTED EVENTS: _____

SWIMMERS NAME: _____

REQUESTED EVENTS: _____

SIGNATURE OF PARENT/GUARDIAN

COMMITMENT FORMS ***MUST BE ACCOMPANIED BY FEES***
WHEN ENTERING EACH SWIMMER.

SWIMMERS WILL NOT BE ENTERED UNLESS BOTH
THE ***COMMITMENT FORM AND FEES ARE TURNED IN TO COACH MEL.***

BY SIGNING THIS FORM FAMILIES COMMIT TO ATTEND DESIGNATED US
MEET AND ACKNOWLEDGE THAT ***NO REFUNDS*** WILL BE GIVEN IN THE
SWIMMERSW ABSENCE.