



**THE SYCAMORE FLYING FISH
PRESENTS
9th ANNUAL VAL LYONS INVITATIONAL
December 1-3, 2006
Sanction - #2886 OH**

MEET DIRECTOR: Stephan Schlosser, 8825 Logger Place Mason, OH 45040
Phone Number # 513-398-1579.
meetdirector@sycamoreflyingfish.com

SCHEDULE:	Friday	All	Warm up	5:00 P.M.
			Timed Finals	5:45 P.M.
	Saturday	11 & Overs	Warm up	7:00 A.M.
			Timed Finals	8:15 A.M.
		10 & Unders	Warm up	TBA
			Timed Finals	TBA
	Sunday		Same as Saturday	

Check www.sycamoreflyingfish.com for warm up Times, Psych Sheet & Meet Results

FRIDAY NIGHT: In the event of unexpectedly heavy entries in Friday evening events the Sycamore Flying Fish reserve the right to limit entries to the Top 18 swimmers in each event. They also reserve the right not to exclude any Sycamore swimmers. Events of 400 yards or more may be seeded with men and women combined. All events Friday night will be seeded on deck except the 200 IM, so it will be necessary to check in at the Clerk of Course by 5:15 p.m. Any swimmer wishing to know if they have made the cut-off may check the SFF website at www.sycamoreflyingfish.com on Monday, November 26, 2006, or determine eligibility on arrival.

ENTRIES Entries must be received no later than 6:00 p.m. **Saturday, November 18, 2006-- NO EXCEPTIONS.** If confirmation of delivery is desired, please include a self addressed stamped post card. We request HYTEK file/disk Please forward a disk and hard copy with your payment. Entries may also be made via e-mail, The e-mail entries are in addition and do not replace the normal entry procedure as stated above.
Entry limit 500 swimmers.

ENTRY FEES: \$3.25 per individual event, **limit three (3) individual events per day**, \$6.00 per relay, and \$2.00 surcharge per swimmer. All entry fees must accompany entries and none will be returned. Please pay by check made payable to the Sycamore Flying Fish. All fees must be paid before you will be allowed to swim.

ENTRY CHAIR: Sylvia Baumgartner, 513-755-1586: Mail entries to Sycamore Flying Fish, C/O Sycamore High School 7400 Cornell Road, Cincinnati, OH 45242. Entries should be emailed to entries@sycamoreflyingfish.com. Hard copy & check must follow.

DECK ENTRIES: Deck entries will be accepted only if the meet is not closed. Deck entries will be closed 30 minutes before the meet starts. All deck entries will be seeded in any open lanes. A deck entry fee of \$5.00 per event is payable upon sign-up at the clerk of course. The Flying Fish reserve the right to deck enter their swimmers.

FALSE STARTS: The no recall false start rule will be in effect for this meet.

RULES: Age on first day of meet will determine eligibility for age group divisions. Current US Swimming rules will govern the meet. Swimmers in the age group events must compete in their own age group. Swimmers of any age group may compete in the Open events.

ELIGIBILITY: All swimmers must be registered with US Swimming. registration numbers and swimmers age must appear on the entry forms. **ALL SWIMMERS MUST BE PREPARED TO PROVE USS REGISTRATION**

AWARDS: An overall 1st place trophy will be awarded to the top visiting team. Medals will be awarded 1st thru 3rd. Ribbons will be awarded fourth thru twelfth.

FINAL RESULTS: Free to each team represented by a minimum of 5 swimmers or 15 individual events. Extra copies may be ordered at the Admissions table for \$5.00. Bring your disc to the meet and we'll give you results immediately!

SAFETY: Ohio Safety guidelines will be enforced in the conduct of the meet as well as warm ups. *Swimmers must camp in the Commons area* to leave as much seating available as possible for Parents and Spectators.

WARM-UPS

Ohio LSC Swimming Safety Guidelines and warm-up procedures will be in effect at this meet. Depending on number of entries we reserve the right to assign warm up lanes. Each warm-up session will be split into two parts:

*The first part will consist of two-thirds (2/3) of the warm-up session allotted times and will be general warm-up in all lanes. **NO DIVING** or **RACING STARTS ALLOWED** from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner with one hand in contact with pool edge.

*The second part will consist of the remaining one-third (1/3) of the allotted time and will be designated for sprint and pace as assigned by the Marshall.

TIMERS:

Each team may be required to provide timers based upon the number of entries and will be notified after entries are received.

COACHES:

ALL COACHES MUST SIGN IN FOR EACH SESSION AND PRESENT A CURRENT USS MEMBERSHIP CARD UPON ENTERING THE POOL. This card must be worn while the coaches are on the pool deck. Ohio Swimming requires the Sycamore Flying Fish to enforce this rule. The Flying Fish are happy to provide a Coaches Hospitality Area throughout the meet. Please indicate the number of coaches that will be attending the meet with you on the Entry Summary Sheet so that we can provide for everyone.

OFFICIALS:

Any officials available to help with the meet would be greatly appreciated. Please contact Mark Palmore at 513 515-5741 officials@sycamoreflyingfish.com

**FACILITY:
DIRECTIONS:**

Sycamore H. S. has a six lane 25 yard pool with Colorado Timing. From I-75 take 275 East to the Montgomery/Morrow exit. Turn right off the exit, go a quarter of a mile and turn left on Cornell Rd. Sycamore High School is on the right hand side after you cross over the expressway.

**9th Annual Val Lyons Invitational
December 1-3, 2006 at Sycamore High School**

**FRIDAY: WARM-UP 5:00 p.m.
TIMED FINALS 5:45 p.m.**

<u>Girls</u>		<u>Boys</u>
101	10&Under 200 IM	102
103	11-12 200 IM	104
105	13& Over 400 IM	106
107	11-12 200 Free	108
109	13 & Over 500 Free	110

**Saturday Morning
Warm Up 7:00 a.m.
Timed Finals 8:15 a.m.**

<u>GIRLS</u>		<u>BOYS</u>
201	11-12 100 Back	202
203	13 & over 200 Back	204
205	11-12 50 Breast	206
207	13 & Over 100 Breast	208
209	11-12 50 Free	210
211	13 & Over 50 Free	212
213	11-12 100 Fly	214
215	13 & over 200 Fly	216
217	11-12 200 Free Relay	218
219	13 & O 200Free Relay	220

**Saturday Afternoon
Warm Up TBA
Timed Finals**

<u>GIRLS</u>		<u>BOYS</u>
221	9-10 100 Free	222
223	8 & Under 50 Free	224
225	9-10 50 Back	226
227	8 & Under 25 Back	228
229	9-10 100 Breast	230
231	8 & Under 50 Breast	232
233	9-10 50 Fly	234
235	8 & 25 Fly	236
237	8 & Under 100 I.M.	238
239	9-10 200 Free Relay	240
241	8 & Un. 100 Free Relay	242

**Sunday Morning
Warm Up 7:00 a.m.
Timed Finals 8:15 a.m.**

<u>GIRLS</u>		<u>BOYS</u>
301	13 & Over 100 Free	302
303	11-12 100 Free	304
305	13 & Over 100 Back	306
307	11-12 50 Back	308
309	13 & Over 200 Breast	310
311	11-12 100 Breast	312
313	13 & Over 100 Fly	314
315	11-12 50 Fly	316
317	13 & O 200 Med. Relay	318
319	11-12 200 Med. Relay	320

**Sunday Afternoon
Warm Up TBA
Timed Finals**

<u>GIRLS</u>		<u>BOYS</u>
321	9-10 100 I.M.	322
323	8 & Under 25 Free	324
325	9-10 50 Free	326
327	8 & Under 50 Back	328
329	9-10 100 Back	330
331	8 & Under 25 Breast	332
333	9-10 50 Breast	334
335	8 & Under 100 Free	336
337	9-10 100 Fly	338
339	8 & Un. 100 Med. Rel.	340
341	9-10 200 Medley Relay	342

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ENTRY SUMMARY SHEET

TEAM: _____ CODE: _____

HEAD COACH: _____ # OF COACHES: _____

TEAM CONTACT: _____

DAYTIME PHONE: _____ EVENING PHONE: _____

ADDRESS FOR FINAL RESULTS: _____

_____ ZIP: _____

SWIMMERS	# OF INDIVIDUAL SWIMMERS	# OF INDIVIDUAL EVENTS	# OF RELAYS
8 & U GIRLS	_____	_____	_____
8 & U BOYS	_____	_____	_____
9-10 GIRLS	_____	_____	_____
9-10 BOYS	_____	_____	_____
11-12 GIRLS	_____	_____	_____
11-12 BOYS	_____	_____	_____
13 & Over GIRLS	_____	_____	_____
13 & Over BOYS	_____	_____	_____
TOTALS	_____	_____	_____

_____ # OF SWIMMERS x \$2.00 = _____

_____ # OF IND. EVENTS x \$3.25 = _____

_____ # OF RELAY EVENTS x \$6.00 = _____

TOTAL AMOUNT REMITTED \$ _____ CHECK# _____

DEADLINE: Saturday, November 18, 2006 - NO EXCEPTIONS!

**MAIL TO: Entry Chairman, Sycamore Flying Fish
c/o Sycamore High School
7400 Cornell Road
Cincinnati, OH 45242,**

U.S.S. MEMBERSHIP MEET ENTRY FORM
MEET NAME: 9th ANNUAL VAL LYONS INVITATIONAL
LOCATION: SYCAMORE HIGH SCHOOL NATATORIUM
DATE: DECEMBER 1-3, 2006
SANCTION #2886 OH

THIS FORM MUST BE RETURNED WITH YOUR ENTRY FORMS!

The undersigned team representative certifies by his/her signature that all athletes participating for/or entered by the team in this sanctioned swim meet are currently member athletes of United States Swimming, Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of United States Swimming, Inc.

TEAM: _____

PRINTED NAME: _____

SIGNATURE: _____

DATE: _____