

ELIZABETHTOWN AQUATIC CLUB
The 20th Annual
FROSTY FROLIC
MINI MEET

Sunday, January 3, 2010

*Note from Collegiate Coaches: This is an **OPTIONAL** league invitational although swimmer participation is encouraged by the coaches. This is an excellent opportunity to swim “new” events. Only those swimmers who do not exceed the maximum eligibility age (described below) will be permitted to compete. Attendance at this meet is **NOT** a substitute for participation in team dual meets within the CPAL.*

ELIGIBILITY: Meet is open to all swimmers who are 10 and under as of January 3, 2010. Swimmers must swim in the events according to their age as of January 3, 2010.

LOCATION: Meet will be held at the Elizabethtown College / Alumni Pool in the Baugher Student Center (Campus Center on Map). Primary parking is in parking lot behind the Campus Center and the entrance is located at the handicap parking side of the building.

MEET FORMAT: 11:00 A.M. - WARMUPS BEGIN (Lanes will be assigned)
12:30 P.M. - MEET BEGINS

ENTRY DEADLINE & LIMITATIONS: The Entry deadline for this meet is Wednesday, December 16. Please make sure entries are submitted to the return folder on or before this date.

The Elizabethtown Aquatic Club has stated that entries will be limited to the first 250 swimmers. Elizabethtown reserves the right to refuse any entries after the limit is reached. There is no limit on the number of events each swimmer may enter.

ENTRY FEES: \$3.50 per individual event
\$14.00 per relay event (4 x 3.50)

MAKE CHECKS PAYABLE TO: *Collegiate Aquatics*. Please make payment when submitting event entries.

- AWARDS:** Medals will be awarded for 1st, 2nd, and 3rd place, and custom made awards will be given for 4th through 12th place for all events. Heat awards will be given and a ribbon will be awarded to each participant.
- FACILITY:** Six (6) lane, 25 yard pool with non-turbulent lane lines. Colorado timing with six lane readout will be used for all events of 50 yards or more. Excellent spectator facilities are provided.
- REFRESHMENTS:** Assorted foods and drinks will be available for purchase throughout the meet. Refreshment stand will be operated by Elizabethtown Aquatic Club.
- ADMISSION:** \$3.00 per person
\$3.00 for each program
- QUESTIONS:** Additional information can be obtained by speaking with a coach before or after practice or visiting Collegiate's "Schedules" web page. Click on "Meet Schedule" and "Frosty Frolic".

DIRECTIONS TO ELIZABETHTOWN

- From the West: PA Turnpike to Exit 19. Take 283 East to 743. Take 743 south through Elizabethtown to College Avenue. Turn left and proceed to Elizabethtown College and follow signs.
- From the North: Via 1-81 South. Exit at Harrisburg for Route 1-83 south; proceed for three (3) miles to Exit for Route 283. Take 283 East to 743. Take 743 south through Elizabethtown to College Avenue. Turn left and proceed to Elizabethtown College and follow the signs.

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Swimmer Name: _____

Contact phone or email (for questions re: entries): _____

1. Parents: Please circle the event number of the event(s) your swimmer would like to enter.
2. Families with multiple swimmers of the same sex (who are eligible fro this meet) are asked to complete separate entry forms but should submit only one check (payable to Collegiate Aquatics)
3. Collegiate entries and payment are due on or before Wednesday, December 16.

FROSTY FROLIC INVITATIONAL
SCHEDULE OF EVENTS

GIRLS		BOYS
1	10 & U 100M I.M.	2
3	6 & U 25M Free	4
5	7 Y/O 25M Free	6
7	8 Y/O 25M Free	8
9	9 Y/O 50M Free	10
11	10 Y/O 50M Free	12
13	6 & U 25M Back	14
15	7 Y/O 25M Back	16
17	8 Y/O 25M Back	18
19	9 Y/O 50M Back	20
21	10 Y/O 50M Back	22
23	8 & U 100 Free Relay	24
25	10 & U 200 Free Relay	26
27	7 & U 25M Breast	28
29	8 Y/O 25M Breast	30
31	9 Y/O 50M Breast	32
33	10 Y/O 50M Breast	34
35	7 & U 25M Butterfly	36
37	8 Y/O 25M Butterfly	38
39	9 Y/O 50M Butterfly	40
41	10 Y/O 50M Butterfly	42