

Napoleon Aquatic Club

January 3, 2010

Dear Coach,

Enclosed please find the Meet Information for the 30th Annual Henry County Bank Valentine Invitational to be held in Napoleon, Ohio at the High School Natatorium on Feb. 6 & 7, 2010. Meet information can also be found on our website at

www.napoleonswimming.com (**new website address!!**). Please note the deadline for entries is Monday, **January 25, 2010 at 6pm**. All entries should be emailed directly to:

Pam Vocke (rvocke@embarqmail.com)

830 Cripple Creek Ct.

Napoleon, OH 43545

419-599-2013

The preferred method of submitting names is on disk using the Meet Manager Program or meet entries can be sent as an e-mail attachment to rvocke@embarqmail.com .

Breakfast and lunch will be served on Saturday and Sunday. For those teams looking for overnight accommodations there is a very nice bed and breakfast in Napoleon at Augusta Rose (419)592-5852; Holiday Inn Express in Napoleon (419-592-5599); a Best Western in Napoleon (419-599-0850); a Comfort Inn in Defiance, Ohio (a 15 minute drive from the pool), (419) 784-4900; a Days Inn in Defiance (419) 782-5555, and a Super 8 in Defiance (419-782-2000). Check our NEW website at www.napoleonswimming.com for further details on lodging, directions, and meet information.

If you have any questions, feel free to call the meet director at home (419) 592-6058 or email her at switt@gerkenpaving.com We look forward to seeing you and your teams on Feb. 6 & 7, 2010.

Sincerely,

Sandy Mahlman

NAC President

**NAPOLEON AQUATIC CLUB
THIRTIETH ANNUAL HENRY COUNTY BANK
VALENTINE INVITATIONAL
FEBRUARY 6 & 7, 2010**

SANCTION: Held under the Sanction of U. S. Swimming, Inc. # 3230

MEET DIRECTOR: Susan Witt 419-592-6058
1002 Fairview Dr.
Napoleon, OH 43545
switt@gerkenpaving.com

TIME: Warm-ups Saturday and Sunday AM 7:00 a.m.
Meets start at 8:00 a.m.* SUBJECT TO CHANGE
Warm-ups Saturday and Sunday PM 12:30 p.m.
Meets start at 1:30 p.m.* SUBJECT TO CHANGE

ENTRY FEES: \$4.00 per individual event, \$7.00 per relay, \$2.00 LSC surcharge
per swimmer. Deck entries are \$5.00 per individual event.
Fees must accompany entry forms and checks
should be made payable to : *Napoleon Aquatic Club.*

MAIL TO: **Pam Vocke**
rvocke@embarqmail.com
830 Cripple Creek Drive
Napoleon, OH 43545 Home: (419) 599-2013

AWARDS: First through Third Place Medals
Fourth through Eighth Place Ribbons
Relays: First Place Medals
Relays: Second and Third Place Ribbons

There will be no high point awards in 2010.

SCORING: Individual events: 7,6,5,4,3,2,1 (first thru sixth)
13 & 14 age groups score separately from OPEN

FINAL RESULTS: The Napoleon Aquatic Club will post final results at
www.napoleonswimming.com

RULES: Age at the beginning of the meet will determine eligibility for age
group division. All swimmers should have proof of age and cards.
Swimmers should compete in their own age group or open
division. The current U.S. Swimming and Ohio Swimming Rules
shall govern. Results will be posted at
www.napoleonswimming.com.

- SWIMMERS:** All swimmers, coaches and officials must be U.S.A. members.
- CONCESSIONS:** Concessions, including full breakfast and lunch menus, will be available both days. Heat sheets available at concessions.
- ENTRY DEADLINE:** Entries must be received no later than 6:00 p.m. **Monday, January 25, 2010.** LATE ENTRIES WILL BE SEEDED AS NO TIMES if accepted. All deck entries will be ineligible for awards.
- NOTE:** We reserve the right to limit entries for any and all events. We will notify you if any swimmers have been deleted prior to the meet.

WARM-UP PROCEDURES: Ohio LSC swimming safety guidelines and warm-up procedures will be in effect at this meet. Warm-up shall be conducted as follows:

- A. General Warm-up (first 20 minutes)
1. **NO DIVING OR RACE STARTS** allowed from the blocks or pool edge. Swimmers must enter the water feet first with one hand on the deck.
 2. **NO SPRINTING OR PACE WORK** allowed during the general warm-up session.
 3. All lanes to be used for general warm-up

Specific Warm-up (last 10 minutes).

1. *PUSH/PACE* (lanes 1 & 6); Push off one or two lengths from the blocks or backstroke starts one way only.
2. *RACING START* (lanes 2 & 5); Sprint lanes for racing starts from the blocks or backstroke starts one way only.
3. *GENERAL WARM-UP* (lanes 3 & 4); No diving or racing starts. Circle swimming only.

During the meet, the diving well will be available for warm-ups and warm-downs.

- DISCLAIMER:** The meet will be officiated with a no recall start; disqualifications will be done by the starter and referee.

This meet will be conducted Short Course in a heated, six lane, 25 yard pool. All entries must be short course times. Colorado timing will be used.

**NAPOLEON AQUATIC CLUB
TWENTY-NINETH ANNUAL HENRY COUNTY BANK
VALENTINE INVITATIONAL
FEBRUARY 7 & 8, 2009
USA SANCTION # 3112**

ORDER OF EVENTS

SATURDAY A.M.

GIRLS

BOYS

<u>1</u>	Open 400 IND. MED	2
3	11 – 12 200 FREE	4
5	Open 200 FREE	6
7	11 –12 100 BACK	8
9	Open 100 BACK	10
11	11 – 12 100 FLY	12
13	Open 100 FLY	14
15	11 – 12 50 FREE	16
17	Open 50 FREE	18
19	11 – 12 200 MED. RELAY	20
21	Open 200 MED. RELAY	22
23	11 – 12 500 FREE	24

SATURDAY P.M.

25	8 – UNDER 100 FREE	26
27	10 – UNDER 200 FREE	28
29	8 – UNDER 25 BACK	30
31	10 – UNDER 50 BACK	32
33	8 – UNDER 25 FLY	34
35	10 – UNDER 50 FLY	36
37	8 – UNDER 25 FREE	38
39	10 – UNDER 50 FREE	40
41	8 – UNDER 100 MED. RELAY	42
43	10 – UNDER 200 MED. RELAY	44

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VALENTINE INVITATIONAL
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ORDER OF EVENTS

SUNDAY A.M.

GIRLS

BOYS

45	11 – 12 200 IND. MED.	46
47	Open 200 IND. MED.	48
49	11 – 12 100 FREE	50
51	Open 100 FREE	52
53	11 – 12 100 BREAST	54
55	Open 100 BREAST	56
57	11 – 12 200 FREE RELAY	58
59	Open 200 FREE RELAY	60
61	Open 500 FREE	62

SUNDAY P.M.

63	8 – UNDER 100 IND. MED.	64
65	10 – UNDER 100 IND. MED.	66
67	8 – UNDER 25 BREAST	68
69	10 – UNDER 50 BREAST	70
71	8 – UNDER 50 FREE	72
73	10 – UNDER 100 FREE	74
75	8 – UNDER 100 FREE RELAY	76
77	10 – UNDER 200 FREE RELAY	78

