

# *Napoleon Aquatic Club*

**December 7, 2011**

Dear Coach,

Enclosed please find the Meet Information for the 32<sup>nd</sup> Annual Henry County Bank Valentine Invitational to be held in Napoleon, Ohio at the High School Natatorium on Feb. 4 & 5, 2012. Meet information can also be found on our website at [www.nacswimming.com](http://www.nacswimming.com). Please note the deadline for entries is Monday, **January 23, 2012**. All entries should be emailed directly to:

**Lori Nye ([nyegoblue@embarqmail.com](mailto:nyegoblue@embarqmail.com))**

**130 Orchard Lane**

**Napoleon, OH 43545**

**419-592-6937**

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 [nyegoblue@embarqmail.com](mailto:nyegoblue@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 website at [www.napoleonswimming.com](http://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 419-592-2413 or email him at [jayfinn@napoleonswimming.com](mailto:jayfinn@napoleonswimming.com). We look forward to seeing you and your teams on Feb. 4 & 5, 2012

Sincerely,

Laura Kruse

NAC President

**NAPOLEON AQUATIC CLUB  
THIRTY-SECOND ANNUAL HENRY COUNTY BANK  
VALENTINE INVITATIONAL  
FEBRUARY 4 & 5, 2012**

SANCTION: Held under the Sanction of U. S. Swimming, Inc. # 3433

MEET DIRECTOR: Jay Finn 419-592-2413  
1156 Westchester Ave  
Napoleon, Ohio 43545  
[jayfinn@napoleonswimming.com](mailto:jayfinn@napoleonswimming.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. Proof of current USA Swimming registration is required for Deck Entries.  
**Fees must accompany entry forms and checks should be made payable to : *Napoleon Aquatic Club.***

MAIL TO: **Lori Nye**  
**nyegoblue@embarqmail.com**  
**130 Orchard Lane**  
**Napoleon, OH 43545** Home: (419) 592-6937

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

*All Open Individual events will be split into 13-14 and 15 & Older for both scoring and awards.*

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.nacswimming.com](http://www.nacswimming.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](http://www.napoleonswimming.com). **Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms**

SWIMMERS: All swimmers, coaches and officials must be U.S.A. members.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

The competition course has not been certified in accordance with 104.2.2C(4).

Water depth measured for a distance

Start End: 5 feet at 1.0 meter from wall to 4 feet 9 inches to 5.0 meters from wall

Turn End: 3 feet at 1.0 meter from wall to 3 feet 6 inches to 5.0 meters from wall

CONCESSIONS: Concessions, including full breakfast and lunch menus, will be available both days.

ENTRY DEADLINE: Entries must be received no later than 6:00 p.m. **Monday, January 23, 2012.** 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  
THIRTY-SECOND ANNUAL HENRY COUNTY BANK  
VALENTINE INVITATIONAL  
FEBRUARY 4 & 5, 2012  
USA SANCTION # XXXX**

**ORDER OF EVENTS**

**SATURDAY A.M.**

**GIRLS**

**BOYS**

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

**SATURDAY P.M.**

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

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**ORDER OF EVENTS**

**SUNDAY A.M.**

**GIRLS**

**BOYS**

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

**SUNDAY P.M.**

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

