

STARS & STRIPES DEVELOPMENTAL SWIM MEET

Saturday, July 1, 2023

Warm-Up: 7:30 am - Start Time: 8:30 am

Purpose: The purpose of the Stars & Stripes Swim Meet is to promote the growth and development of swimming throughout the Suburban Swim League. This meet is set up to allow the less experienced swimmer to compete as an individual at a level comparable to his or her own in the hopes of generating the experience needed to be competitive at a time trial meet.

Eligibility: Swimmers must be 12 years old or younger as of the Suburban Swim League cut off date, May 30, 2023. To enter an event, the swimmer's time must be slower than the cut off time. The cut off times are determined by the 12th place qualifier of last year's Championships. Swimmers are not eligible to swim within any age group other than their own.

Entries: Swimmers may enter up to three (3) events. Team Manager entry files are preferred. If Team Manager is not used, entries should be completed on the sheet below. Entries should be submitted via email to Bryan Stambaugh, bryan.stambaugh@ncs.k12.de.us. All entry times must be submitted for a 25 yard pool.

Deadline: All entries must be received by 11:59 pm, **Friday, June 23, 2023**. No late entries will be accepted. After the entries are received, you will receive an email to confirm entries. After the 24 hour window has expired, psych sheets will be sent out to the coaches and entries will be considered final. If swimmers show up on the day of the meet, but were not entered previously, we will try our best to add them unofficially during the scratch meeting.

Rules: 2023 Suburban Swim League rules will be in effect.

Officials & Timers: Each team entering 4 or more swimmers in the meet is responsible for providing either two timers or one official. Please list those volunteers on the entry form or in the email. Officials and timers will be admitted free of charge. We will only be admitting those officials and timers for free who have volunteered per an entry form or email. Officials will be given a meet program.

Coaches: Coaches and Swimmers will be admitted free of charge. Designated coaches will also be given a meet program.

Awards: Ribbons will be awarded to those swimmers who place in the top six places of each event. Heat winner ribbons will be awarded as well. Heat winner ribbons are not awarded to the top six finishers of an event. Ribbons will be distributed to the coaches following the meet. If a coach cannot stay, he or she must contact Oaklands to set up a time to pick up that team's ribbons.

Swimmer Entry Fee: \$1.00 per event per swimmer. Fees will be collected the day of the meet. Please make checks out to Oaklands Swim Club

Admission: \$1.00 for those over six years old

Programs: \$1.00

Entries and Questions To: Bryan Stambaugh, bryan.stambaugh@ncs.k12.de.us, 302-983-678

Entry times: Swimmers must have a timer **SLOWER** than the time listed for each event. Swimmers must swim in their own age group.

6 and under

Event	time	event	time
Girl's 25 Free	28.73	Boy's 25 Free	29.88
Girl's 25 Fly	27.07	Boy's 25 Fly	28.97
Girl's 25 Back	33.45	Boy's 25 back	36.06
Girl's 25 Breast	28.79	Boy's Event	37.44

7+8 old

Event	time	event	time
Girl's 25 Free	19.95	Boy's 25 Free	20.13
Girl's 25 Fly	27.07	Boy's 25 Fly	28.97
Girl's 25 Back	25.15	Boy's 25 Back	25.90
Girl's 25 Breast	28.79	Boy's 25 Breast	37.44

9+10 old

Event	time	event	time
Girl's 50 Free	33.25	Boy's 50 Free	32.23
Girl's 25 Fly	15.66	Boy's 25 Fly	17.36
Girl's 25 Back	19.17	Boy's 25 Back	19.77
Girl's 25 Breast	19.77	Boy's 25 Breast	21.40

11 +12 old

Event	time	event	time
Girl's 100 IM	1:24.78	Boy's 100 IM	1:24.65
Girl's 50 Free	32.07	Boy's 50 Free	31.50
Girl's 50 Fly	38.87	Boy's 50 Fly	37.55
Girl's 50 Back	41.68	Boy's 50 back	40.95
Girl's 50 Breast	44.21	Boy's 50 Breast	47.08

Entry Form

(Team Manager entries are preferable – email to bryan.stambaugh@ncs.k12.de.us)

Team Name: _____ Coach(es): _____

	Last Name	First Name	Age	M/F	Event	Time	Event	Time	Event	Time	Total Events
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
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21											
22											
23											
24											
25											
26											
27											
Total:											

Officials:		
Timers:		

Total # of events: _____ x \$1.00/event= _____
 Make checks payable to Oaklands Swim Club