

## 2010 Johnstown YMCA Distance Meet

- Location:** Central Cambria High School, Ebensburg, Pa
- Date:** Sunday January 31<sup>st</sup>
- Time:** Warm-ups: 9 AM – 10 AM everybody will warm-up together.  
Meet will start 10 AM
- Facilities:** 6 lane, 25 yard pool with electronic timing.
- Entries:** Swimmers may enter as many events as they want. 12 and under may compete in 12 and under and open events. All relays are open to any age swimmer. A swimmer may only enter the 1000 or 1650, not both to help with the duration of the meet.
- Entry Fees:** \$4.00 per swimmer per individual event  
\$16.00 per relay team entry

### **SHENANGO VALLEY YMCA ENTRY DEADLINE: WEDNESDAY, JANUARY 20TH**

Johnstown Entry deadline: Sunday January 25<sup>th</sup>, 2009

All entries must be submitted by Hy-Tek Team Manager via E-mail.

To Meet Entry Chairmen

Glenn Giles:

glennmgiles@gmail.com

Please make check payable to Greater Johnstown YMCA

**Eligibility:** Age as of December 1<sup>st</sup> for 12 and under events. All open events are open to all ages.

**Awards:** Medals 1<sup>st</sup> thru 6<sup>th</sup> will be awarded for all 12 and under events.

**Concessions:** there will be a concession stand available.

**Questions:** Direct all questions to:

Glenn Giles

814-341-4798

**Directions:** 22 East to US-219 North toward Carroltown/Indiana for 2.1 miles. Take US-422 exit toward Indian/Ebensburg 0.7 mi. Turn left on Schoolhouse Road 0.3 mi. Pool is at the top of the hill, around the back of the school to the left. Address 204 schoolhouse Rd, Ebensburg, Pa 15931.

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<u>Girls</u>		<u>Boys</u>
1	Open 200yd Free Relay	2
3	Open 200yd Backstroke	4
5	12-under 100yd Backstroke	6
7	Open 200yd Freestyle	8
9	200yd Medley Relay	10
11	Open 200yd Butterfly	12
13	12-under 100yd Butterfly	14
15	Open 500yd Freestyle	16
17	Open 200yd Breaststroke	18
19	12-under 100yd Breaststroke	20
21	Open 1000yd Freestyle	22
23	800yd freestyle Relay	24
25	Open 400yd Individual Medley	26
27	12-under 200yd Individual Medley	28
29	Open 1650yd freestyle	30