

Hot Shot Long Shot Swim Meet

Tuesday, June 25, 2019 – Rock Creek North Pool
Hosted by Rock Creek Flyers and Louisville Dolphins

The Hot Shot Meet: Time to swim FAST! All swimmers will compete in a sprint race in all four strokes.

Time and Location: The meet will start at **8:00 am** on **Tuesday, June 25, 2019**. The meet will take place at the **Rock Creek North Pool** on the corner of Rock Creek Parkway and Indiana St.

Cost: \$25

Awards: The top 8 swimmers in each event, as well as the top 8 cumulative time swimmers in each age group will receive awards. **Note the change back to cumulative time from high point.** The award ceremony will follow the Hot Shot meet at approximately 12:00 pm. Relax and have lunch at the grill while the results and awards are finalized. There will be a short break during the Long Shot meet to hand out awards.

Events: All swimmers 12 and under will swim 25 m of Fly, Back, Breast, and Free. All swimmers 13 and up will swim 50m of Fly, Back, Breast, and Free.

Entries: Entries must be received by Tuesday, June 18. This year there will be a meet bag tag for all swimmers.

The Long Shot Meet: Come experience some longer events. This meet contains several of the high school races, as well as longer events of your favorite strokes!

Time and Location: The meet will start as close to **11:30 am** as possible on **Tuesday, June 25, 2019**. The meet will take place at the **Rock Creek North Pool** on the corner of Rock Creek Parkway and Indiana St. There will be a short warm up period prior to the start of the Long Shot meet.

Cost: \$25

Awards: The top 8 “high-point” swimmers in each age group will receive awards.

Events:

8 and Under	200 Free	100 IM	50 Fly	50 Back	50 Breast	400 Free*
9/10 and 11/12	200 Free	200 IM	100 Fly	100 Back	100 Breast	400 Free*
13 and Up	200 Free	200 IM	200 Fly	200 Back	200 Breast	400 Free*

*400 Free will have qualifying times this year: 8 minutes for 12 & Unders; 6 minutes for ages 13 & Up

Swimmers may enter up to 3 individual events. All 9-12 year-old swimmers will swim together and all 13 and up swimmers will swim together. This is so that we can utilize all 8 lanes and save time. Swimmers will compete for awards against their own age group. Please note event order when entering swimmers in events. The 400

meter swim is at the end of the meet and we ask that swimmers entered in this event arrange for a lap counter. Thank you for your cooperation.

Entries: Entries must be received by Tuesday, June 18.

Please note that this year there will not be a combined Hot Shot and Long Shot award.

Hot Shot Long Shot Swim Meet – Coaches Information

**Tuesday, June 25, 2019 – Rock Creek North Pool
Hosted by Rock Creek Flyers and Louisville Dolphins**

Time and Location: Both meets will take place at the **Rock Creek North Pool** on the corner of Rock Creek Parkway and Indiana St. The Hot Shot meet will start at **8:00 am**. The Long Shot meet will start as close to **11:00 am** as possible. Warm up times will be sent out after registration is complete.

Entries: Entries are due on **Tuesday, June 18, 2019 by 9:00 pm**. All entries should be submitted by email to scoring@louisvilledolphins.org in Team Manager format. Please use the template provided and use seed times whenever possible. Your entry should include one Team Manager entry file for each meet.

Long Shot: Please note the change in events this year, to challenge your swimmers a little more!

T-Shirts: Note that we will not be giving out t-shirts to participating swimmers this year. Instead each swimmer will receive a meet bag tag.

Total Swimmers: We will cap entries at 250 swimmers and will stop accepting entries for each meet when reached (250 for Hot Shot and 250 for Long Shot). Entries will be accepted on a first come, first serve basis.

Cost: The cost is \$25 per swimmer for each of the Hot Shot meet and the Long Shot meet. If a swimmer would like to attend both meets, the cost is \$50 per swimmer. Please collect money from your swimmers and provide one check for the total amount made out to Louisville Dolphins. Please send your check to Beth Henderson, 1143 W Enclave Circle, Louisville, CO 80027, or bring it to the meet.

Eligibility: Participation open to all **current** BVSSL swimmers. Current BVSSL swimmers who are ineligible due to competing with a club team after **October 31st** are invited to participate but will be scored as exhibition. For the Long Shot meet, swimmers should be legal in whatever strokes they choose to swim, and swimmers may enter up to 3 individual events.

Set-up: Teams may set up their tents on the grass west of the pool. Please do not set up your tent before 6:00 am on Tuesday June 25. There is limited parking so please carpool and follow signs/people to make sure you park in a legal place.

Timers: This year, participating teams will be asked to provide timers for the meet, based on participation levels.

Contact Info:

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