

SWIM MEET

ACTIVITY

Events are offered in women's, men's and co-rec (relay) races. Individuals and teams may enter this meet.

ENTRY FEE AND DEADLINE

\$7.00 per person

Due by Monday, November 2, 5:00pm

EVENT DATE

Wednesday, November 4, 7:00pm

Warm-ups begin at 6:30pm

PLACE

Hec Edmundson Pool

ENTRY PROCEDURES

Individuals or teams may enter this event by submitting their names or team entry form to the Programs Office, 3rd floor IMA. Participants may enter a maximum of three individual events and two relays. Individuals are encouraged to sign up and will be placed on the "free agent" team. Team and individual entry forms can be found in the Programs Office. Registration begins September 21.

ELIGIBILITY

All Autumn Quarter 2009 UW students, faculty and staff IMA members are eligible. Faculty/Staff members must purchase an Annual/Quarterly IMA Membership. Current intercollegiate swimmers are not eligible. Former intercollegiate swimmers are eligible with some restrictions. Check the *Intramural Sports Handbook* for additional eligibility requirements.

TEAM SCORING

Scoring will be done on a co-rec basis (men's and women's events will be combined with co-rec relays). There will be a 15 person limit on each roster. Recruiting at the meet is prohibited. Teams must be formed prior to the meet except for individual sign-ups.

EVENT SCORING

Relays

1st.....14 points
2nd.....10 points
3rd.....8 points
4th.....6 points
5th.....4 points
6th.....2 points

Individual Events

1st.....7 points
2nd.....5 points
3rd.....4 points
4th.....3 points
5th.....2 points
6th.....1 point

AWARDS

An Intramural Championship T-shirt will be given to first place finishers in each event and/or relay. The winning team will receive T-shirts for those members who do not place 1st in an individual event. Competitors are limited to only one shirt per meet. All awards given at the conclusion of the meet.



EVENT SCHEDULE

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| Event 1: Co-Rec 200 yd Medley Relay (2 men, 2 women) | Backstroke, Breastroke, Butterfly & Freestyle |
| Women | Men |
| Event 2: 100 yd Freestyle | Event 3: 100 yd Freestyle |
| Event 4: 100 yd IM | Event 5: 100 yd IM |
| Event 6: 50 yd Freestyle | Event 7: 50 yd Freestyle |
| Event 8: 50 yd Butterfly | Event 9: 50 yd Butterfly |
| Event 10: 50 yd Backstroke | Event 11: 50 yd Backstroke |
| Event 12: 50 yd Breastroke | Event 13: 50 yd Breastroke |
| Event 14: Co-Rec 200 yd Freestyle Relay (2 men, 2 women) | |

FOR MORE INFORMATION

CONTACT THE PROGRAMS OFFICE 543-8558 BETWEEN 9:00AM AND 6:00PM MONDAY - FRIDAY

ima@u.washington.edu <http://depts.washington.edu/ima>

To request disability accommodation contact the Disability Services Office at least ten days in advance at:

206-543-6452/TTY 206-685-7264 (FAX) or dso@u.washington.edu