



2008 ALL CITY INTRO TO COMPETITIVE SWIMMING & GRADE SCHOOL MEET

GRADES K – 6 PRACTICE: FRIDAY, AUGUST 1 SWIM MEET: SUNDAY, AUGUST 3

Brownell-Talbot School • City of Omaha Parks & Recreation Aquatics • Mutual of Omaha

SWIM FOR GOOD TIMES!

WHO: Kindergarten through – 6th grade students from the Omaha area who can swim a minimum of 25 yards using one of the competitive strokes: backstroke, breaststroke, butterfly, crawl stroke

WHAT: One introductory swim team practice and one swim meet. Swimmers will practice stroke technique and racing skills for the backstroke, freestyle, and butterfly events. Each swimmer may enter up to three individual events in the meet. Participants may deck enter up to two relays per school.

AWARDS: Ribbons for all participants in all events, a team trophy for the high point school, certificates of participation for each school entered. Ribbons will be distributed at the meet. Team Trophy will be delivered to winning school on Monday. Certificates will be emailed to participating schools.

WEATHER ALERT: There is no rain date for this event. Practices are being held at an indoor facility and will take place rain or shine. Every attempt will be made to complete the meet at Hitchcock. Should the meet have to be shortened or canceled due to inclement weather, rain-checks good for one open swim admission to B-T Aquatics at Brownell-Talbot School will be issued at the meet.

DATES & TIMES

Practices

Friday, Aug. 1

Kindergarten

3:00 – 4:00 PM

Grades 1 & 2

4:15 – 5:15 PM

Grades 3 & 4

5:30 – 6:30 PM

Grades 5 & 6

6:45 – 7:45 PM

Swim Meet

Sunday, Aug. 3

Kindergarten

Warm-up: 10:00 AM

Meet Start: 10:30 AM

Grades 1, 2, 3

Warm-up: 12:00 Noon

Meet Start: 12:30 PM

Grades 4, 5, 6

Warm-Up: 3:30 PM

Meet Start: 4:00 PM

SWIM MEET ORDER OF EVENTS

1 & 2 25 Yard Backstroke

3 & 4 25 Yard Breaststroke

5 & 6 25 Yard Freestyle

7 & 8 25 Yard Butterfly

9 & 10 50 Yard Freestyle

11 & 12 100 Yard Free Relay

LOCATIONS

Practices: Brownell-Talbot School

400 N. Happy Hollow Blvd. (Pool entrance is on the Underwood Avenue side of campus.)

Swim Meet: Hitchcock Pool

5005 S. 45th Street, 402.444.4258

REGISTRATION PROCEDURES

1. ONLINE REGISTRATION (preferred)

www.btaquatics.org/gradeschoolmeet.htm

or

2. REGISTRATION FORM: Entries must be made on official registration form (see below). Registration forms may be obtained at the Brownell-Talbot pool and at all City of Omaha Parks & Recreation swimming pools – photocopied registrations will be accepted. Return registration forms to any of those locations to enter. Checks for entry fees to *Brownell-Talbot School*.

ENTRY LIMIT: These events will be limited to the first 100 swimmers in each grade.

ENTRY DEADLINE: We will accept entries delivered to sponsor pools through the end of business on **Tuesday, July 29**.

RELAYS: Participants may enter up to two relays per school. Relay cards will be available at the meet during the warm-up period. Entries along with a \$4 entry fee per relay must be turned into the registration table prior to the start of the meet.

*No experience necessary
New swimmers are welcome!*

CONTACT INFORMATION: www.btaquatics.org/allcitymeet.htm • aquatics@brownell.edu • 402.556.1205

2008 ALL CITY GRADE SCHOOL MEET ENTRY

Swimmer Name: _____ Boy ___ Girl ___

School: _____ Grade (Fall 2008): ___K ___1 ___2 ___3 ___4 ___5 ___6

Contact Name: _____ Telephone/Email: _____

Event Selection: Event #, Distance, Stroke: _____ Entry Time (optional): _____

Event #, Distance, Stroke: _____ Entry Time (optional): _____

Event #, Distance, Stroke: _____ Entry Time (optional): _____

Parent/Guardian Signature: _____ Date: _____

It's Your Choice: B-T Aquatics, City of Omaha Parks and Recreation Aquatics, and Mutual of Omaha will make every effort to provide a safe environment for these events. **You** are responsible for making good choices. You are responsible for selecting the events suited to your skills, abilities, and health. By electing to use the facilities and participate in this event, you assume all risk for any harm or injury you sustain. By your voluntary participation as a participant or spectator, you could be injured. Take responsibility. Do not take risks or do activities that may not be appropriate for you. A complete physical is recommended before beginning any exercise program. Pay attention to your surroundings. Be aware of the presence of others while you participate. Do not engage in activities that could injure others. Report any unusual significant hazard during your presence or participation and remove yourself from participation. If you bring belongings, you are responsible for their care and safety. They could be lost, stolen, or damaged. Notify event staff if you have any problems or concerns.

Please attach \$6 entry fee and return to a sponsor pool by the entry deadline, July 29, 2008. Confirm your entries online at btaquatics.org/allcitymeet.htm. Cash and checks for the exact amount only. Checks to *Brownell-Talbot School*.