



MIAMI VALLEY AQUATIC CLUB HOLIDAY SPIRIT CLASSIC DECEMBER 7-9, 2007

LOCATION: Miami University, Oxford, OH

The Miami meet is our primary meet for December. We are offering the Sycamore meet on the preceding weekend for our younger or less experienced athletes. **Swimmers should attend only one of the two meets.**

All Age Group 1 and Hawk swimmers will receive the Sycamore entry. The Coaches would like all Age Group 2 & 3, Transition 1 & 2, Senior and National athletes to attend the MAKO meet. If they are unable to do so due to a conflict, please see your coach. There are no time standards for this meet.

All heats of the 1000 Free will be swum Sunday afternoon in two courses. This event will follow the morning session. The 1000 Free requires positive check in.

SCHEDULE:	Flex	Warm-up	Meet
Friday Evening	4:40 pm	5:00 pm	6:05 pm
Saturday & Sunday			
13 & up, 11-12 girls	6:40 am	7:00 am	8:05 am
10 & under, 11-12 boys	TBA	TBA	TBA
Finals 9 & up	4:40 pm	5:00 pm	6:00 pm

FORMAT: This is **prelim/final meet**, with consolation and championship finals in the evening for the top 16 preliminary swimmers in the "11-12", "13-14", and Open Events. There are championship finals only (top 8) for "9-10" events. **"8 & under" events will be timed finals.** Friday night events and all relays are timed finals.

YOU MAY ENTER 3 INDIVIDUAL EVENTS PER DAY. The coaches will make the decisions regarding relays.

COST: \$5.00 PER INDIVIDUAL EVENT
\$2.00 PER SWIMMER
\$8 CAC coaches' out of town meet surcharge

All swimmers are asked to bring a new, unwrapped toy for the Toys for Tots program.

CAC will be required to provide **2 timers for each session.** Please plan on helping for at least part of a session.

Any **certified officials** who are interested in working, please e-mail Bill Houk at houktw@muohio.edu. The MAKOS have requested our **help!**

IF YOU WISH TO ENTER THIS MEET, PLEASE INDICATE THE EVENTS YOU WISH TO SWIM AND RETURN TO THE MEET ENTRY FOLDER AT THE POOL OR FAX TO 474-WIN1 (474-9461) no later than Tuesday, November 6th.