

# Hot Heats 10&U Invitational Meet

*Hosted by Cumberland Valley Aquatic Club and Indian Creek Aquatic Club  
Wednesday, July 1, 2009*

Hot Heats is a 10&U individual swim meet. Event listing is below.

Location: Cumberland Valley High School  
6746 Carlisle Pike  
Mechanicsburg, PA 17050  
*Directions attached.*

Facility: The Cumberland Valley High School Natatorium is an eight (8) lane 40 meter pool divided by a bulkhead at 25 meters, with a five (5) lane warm-up/warm-down area opposite the competition pool. A fully automatic Colorado 5 timing system with display board, touch pads at the finish for 9 & over swimmers and "2-button finish" for 8&U swimmers will be used. We will be using Hy-Tek meet management software. Team areas and ready bull pen will be provided for swimmers. Spectator seating is available in the gallery area above the pool.

Meet Director: Michael Clark  
4 Country Side Dr.  
Carlisle, PA 17013  
(cell) 576-9334  
[paclarkfamily@comcast.net](mailto:paclarkfamily@comcast.net)

Entries: This meet is open to all swimmers that are registered with the teams invited. Each swimmer may swim a maximum of four (4) individual events. The swimmers age will be determined as of June 1, 2009. All entries should be submitted on disk using Hy-Tek meet management software. If software is not available, use the attached entry form. All entry times should be in meters. If no times are available, enter with a NT in the space provided. Entries may be e-mailed to [entries@hotheats.com](mailto:entries@hotheats.com); however, hard copy and payment must follow within three (3) days. We will cap the event at 300 swimmers. **Deadline for registration is June 22, 2009.**

Entry Fees: \$3.50 per individual event. (Note: If you will not be entering using the Hy-Tek software, the entry fee is \$5.00 per individual event.) Please send one (1) check for the total amount of your team entry. Make all checks payable to Cumberland Valley Aquatic Club. Entry packages and payment should be sent to:

**Cumberland Valley Aquatic Club**  
C/O Hot Heats Meet  
**PO Box 50**  
**Enola, PA 17025**  
**E-Mail:** [entries@hotheats.com](mailto:entries@hotheats.com)  
**Phone:** (717) 576-9334

Admission: Admission to the meet will be \$3.00 for anyone 18 or older.

Programs: \$2.00 each.

Concessions: Various food items will be available in the lobby outside the Natatorium.

Swim Shop: A local swim shop will be on hand for your swimming needs.

T-Shirts: T-Shirts are available as pre-orders only. Order form is a separate attachment.

Start Times: **Gates open at 4:00 p.m.** Meet will be a single session.

Warm-ups: Group 1: 4:15 – 4:35 Group 2: 4:35 – 4:55 Group 3 4:55 – 5:15  
One Way Dives during last 5 minutes of warm-ups  
Specific group assignment will be given closer to the meet.

Meet Schedule:

5:00 p.m.	Officials and Timers Meeting
5:15 p.m.	Clear pool
5:30 p.m.	Meet Begins

Awards: Custom Medals for 1<sup>st</sup> - 3<sup>rd</sup> place  
Custom Ribbons for 4<sup>th</sup> – 12<sup>th</sup> place  
All heat winners will be receive a prize

Awards must be picked up at the end of the meet. Awards will not be forwarded.

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## **Cumberland Valley Natatorium Directions**

**From North** – Take I-81 South to the Route 114 exit and make a left at light - go to traffic light at Rt. 11 - (Giant Store/Sheetz's gas station on right, Silver Springs Commons on left) bear right at light (Rt. 11 south. Proceed approximately 2 miles to the CV Education Park on the right. To get to pool pass the main entrance and stadium and make right onto Dapp Road. Make right onto access road past Stadium and go straight ahead to pool parking. Enter pool at the large “CV” Entrance.

**From South** – Take I-81 North to the New Kingstown exit onto Rt. 11 North. Go approximately 3 miles to school on left - school is located along Rt. 11.

**From the South and PA Turnpike** – Take Route 83 North to Route 581 West to Route 81 South. Proceed to Route 114 (exit 57) Turn left at the end of the ramp onto Route 114 to Route 11 (Carlisle Pike). Turn right onto Carlisle Pike (at the Sheetz) and proceed approximately 2 miles to the CV Educational Park on the right.

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## Entry Check List

To be submitted with your entry

### Team Information:

Team Name: \_\_\_\_\_

Coach: \_\_\_\_\_

Entry Contact Person: \_\_\_\_\_

Contact Person Phone: \_\_\_\_\_

Contact Person e-mail: \_\_\_\_\_

Coach e-mail: \_\_\_\_\_

Number of Swimmers attending: \_\_\_\_\_

Number of Individual events: \_\_\_\_\_ X \$3.50 = \$\_\_\_\_\_

**(NOTE:** If you are NOT entering on disk, please multiply your total number of events entered by \$5.00)

Total of your Check: \$\_\_\_\_\_ made payable to **CV Aquatic Club**

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## Hot Heats Events

<b>Boys</b>	<b>Event</b>	<b>Girls</b>
1	5 & Under 25 Meter Freestyle	2
3	6 yr old 25 Meter Freestyle	4
5	7 yr old 25 Meter Freestyle	6
7	8 yr old 25 Meter Freestyle	8
9	9 yr old 50 Meter Freestyle	10
11	10 yr old 50 Meter Freestyle	12
13	6 & Under 25 Meter Breaststroke	14
15	7 yr old 25 Meter Breaststroke	16
17	8 yr old 25 Meter Breaststroke	18
19	9 yr old 50 Meter Breaststroke	20
21	10 yr old 50 Meter Breaststroke	22
23	6 & Under 50 Meter Freestyle	24
25	7 yr old 50 Meter Freestyle	26
27	8 yr old 50 Meter Freestyle	28
29	9 yr old 100 Meter Freestyle	30
31	10 yr old 100 Meter Freestyle	32
33	5 & Under 25 Meter Backstroke	34
35	6 yr old 25 Meter Backstroke	36
37	7 yr old 25 Meter Backstroke	38
39	8 yr old 25 Meter Backstroke	40
41	9 yr old 50 Meter Backstroke	42
43	10 yr old 50 Meter Backstroke	44
45	6 & Under 25 Meter Butterfly	46
47	7 yr old 25 Meter Butterfly	48
49	8 yr old 25 Meter Butterfly	50
51	9 yr old 50 Meter Butterfly	52
53	10 yr old 50 Meter Butterfly	54
55	8 & Under 100 Meter IM	56
57	9-10 yr old 100 Meter IM	58