



2010 Season Information Package

For more information visit our website at
www.rockdaleswimleague.com

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The 2010 Rockdale Swim League Information Package

Introduction

The Rockdale Swim League is made up of swim teams associated with neighborhoods, subdivisions, or athletic clubs located within and around Rockdale County, GA. The purpose of the Rockdale Swim League is to provide and operate a summer league swim program. The Rockdale Swim League adheres to the USA Swimming Rules and Regulations where appropriate unless specifically outlined herein. Swim League membership is open to any team who makes formal application to, accepts the By-Laws and abides by the Rules and Regulations of the Rockdale Swim League, and is approved by a majority vote of the Rockdale Swim League Board. These Rules and Regulations have been established in order to provide a fair and equitable atmosphere for competitive swimming.

2010 Executive Board Members:

| | |
|----------------|--|
| Co-Presidents | Tracey Horton and Peggy Greer (Deer Run) |
| Vice President | Derek Marchman (Honey Creek) |
| Secretary | Erin Gorman (Covington YMCA) |
| Treasurer | David Kimsey (Westchester Lakes) |

Mission Statement:

The intent of the Rockdale Swim League (RSL) is to provide a recreational summer swim program for children and youth ages 5-18 with an emphasis on enhancing individual swim techniques and strokes, water safety, and sportsmanship. The summer league is open to all children and youth that are members of a sanctioned swim community.

The league members are made up of qualifying swim club/communities. Each swim club participates in dual meets during the summer. Through a partnership with the Rockdale County Parks and Recreation Department swimmers may extend their swim experience by participating in the District and State swim meets hosted and organized by the Georgia Recreation and Parks Association (GRPA). The program is organized and managed by the Rockdale Swim League Board; a volunteer board comprised of one voting representative from each participating swim community and is governed by its Bylaws and Rules and Regulations.

The Rockdale Swim League wishes each team and each and every swimmer the very best this season. Good luck, swim hard and have a great time!

2010 Rockdale Swim League Swim Teams

| Swim Team | # of Lanes | Team Representative(s) & Coach (es) |
|--|------------|---|
| Covington YMCA Piranhas | n/a | Erin Gorman: 404-422-4171 swimcoacherin@yahoo.com Coach Drew Ellwanger: 770-784-7645 deniseellwanger@bellsouth.net |
| Deer Run Dolphins 5275 East Shore Drive SE Conyers, GA 30094 | 4 | Tracey Horton: 678-592-7819 tchorton@comcast.net Peggy Greer: 770-490-5904 pcgreer@att.net Coach Jaimie Horton: 678-471-7745 jnhorton@catawba.edu |
| Honey Creek Splash 65 Clubhouse Drive SE Conyers, GA 30094 | 5 | Derek Marchman: 678-938-5799 d.marchman@comcast.net Tom Potter: 770-761-2016 36potters@comcast.net Coach Katie Cuson: 404-719-1928 kcuson1491@yahoo.com Coach Dylan Johnson: 404-345-8201 |
| Brentwood Barracudas 1601 Brentwood Crossing SE Conyers, GA | 5 | Chris Eble: 678-413-1894 ceble@att.net Cheryl Gmerek: 770-761-7829 pgmerek@comcast.net Coach Dawn Lane: 770-761-3436 lane.dawn7@gmail.com |
| Meadowbrook Marlins 5143 Lake Forest Drive SE Conyers, GA 30094 | 5 | Brady Ward: 770-313-4915 ward9688@comcast.net Marty Murphy: 678-294-3129 martin.murphy@delta.com Coach Erin Gorman: 404-422-4171 swimcoacherin@yahoo.com |
| Westchester Lakes Wahoos Westchester Way SE Conyers GA | 5 | David Kimsey: 678-773-9403 dkimsey@bellsouth.net Coach Bryan Thompson: 404-731-9819 thedarkknight7187@yahoo.com |

Participating teams are supported through a partnership with the

Rockdale County Parks and Recreation Department
Jason Cutchins: 770-278-PLAY (7529) jason.cutchins@rockdalecounty.org

2010 Rockdale Swim League Meet Schedule

BWST = Brentwood Barracudas
DRST = Deer Run Dolphins
HCST = Honey Creek Splash

CYST = Covington Y
MBST = Meadowbrook Marlins
WLST = Westchester Lakes

Monday Dual Meets will feature the **IM**.
Thursday Dual Meets will feature the **Long Free**.

ALL Dual Meets begin 6 :00 p.m.

Home Team - warm up time: **5:15 p.m.**
Visiting Team - warm up time : **5:30 p.m.**

Monday, June 7, 2010

HCST @ BWST
MBST @ WLST
CYST @ DRST

Thursday, June 10, 2010

CYST @ HCST
BWST @ MBST
DRST @ WLST

Monday, June 14, 2010

CYST @ MBST
WLST @ BWST
DRST @ HCST

Thursday, June 17, 2010

CYST @ WLST
HCST @ MBST
BWST @ DRST

Monday, June 21, 2010

CYST @ BWST
WLST @ HCST
MBST @ DRST

Saturday, June 26, 2010

2010 County Meet
at Johnson Park

Relay and Individual Events
9 a.m. – warm-ups 10 & under
1 p.m. – warm-ups 11 & over

Sunday, June 27, 2010

Rain-Out Date for County Meet
at Johnson Park

1 p.m. - 10 & under
5 p.m. - 11 & over

ROCKDALE SWIM LEAGUE

RULES and REGULATIONS

Tobacco Products: The Rockdale Swim League adheres to USA Swimming Rules and Regulations which state that smoking and use of other tobacco products is prohibited on the pool deck, in locker rooms, in spectator seating or standing areas, and all areas used by swimmers, during the meet or during warmup periods in connection with the meet.

Alcoholic Beverages: The Rockdale Swim League adheres to USA Swimming Rules and Regulations which state that the sale and use of alcoholic beverages is prohibited in all areas of the venue, including , but not limited to , pool deck, locker rooms, spectator areas, and in all areas used by swimmers.

Open Wounds or Blood: The Rockdale Swim League prohibits the participation in any event of a swimmer who has a bleeding wound or open sore. Before a swimmer is allowed to participate, the wound must be dressed with a waterproof bandage. The dressing of the wound must not delay the meet or the swimmer will be disqualified for delay of meet.

Team Membership: Swimmer-athletes may only participate on one team in the Rockdale Swim League for dual and county meet. Each swimmer-athlete must pay a registration fee of **\$5.00** to the Rockdale Swim League. The fees will be collected by each swim team and submitted to the Rockdale Swim League.

Each swim team must keep a roster with each swimmer-athlete's name, birth date, age, and address. The Team Manager and Head Coach must be identified prior to the start of the season and be included on the roster. The roster and fees for each team must be submitted to the Rockdale Swim League prior to the first dual meet of the season. The county meet is open to all swimmers who are on a team's roster by the 3rd meet on the schedule. Any swimmer, who joins a team after the 3rd meet, must swim at least two dual meets to be eligible to swim in the county meet.

Members of the swim team must be dues paying members of the club, pool, or association. Swim teams may accept "Swim Team Only" memberships from swimmer-athletes who live outside that community, provided the respective community association or homeowners' associations sanction such memberships. The swimmer-athlete seeking a "Swim Team Only" membership shall not live in a community/neighborhood that already has a swim team. Paid coaches are not required to be members of the club, but may swim as athletes for their team, provided that they meet the age requirements.

Age Group/Eligibility: The minimum age for participation by a swimmer-athlete in the Rockdale Swim League is five (5) as of June 1 of the current year. A swimmer-athlete's age-group will be based on their age as of June 1 of the current year. This rule complies with the ruling from GRPA (Georgia Recreation and Parks Association).

In individual events, a swimmer can swim up one age group, but must stay in that age group for the entire meet. In relay events, a swimmer may move up an unlimited number of age-groups; however, at least one swimmer on the relay team must be age appropriate for the relay to swim. This applies both to dual meets and county meet.

The age groups for swimmer-athletes in the Rockdale Swim League are as follows: 6 & under, 7-8, 9-10, 11-12, 13-14, 15 to 18. These age groups apply for both dual meets and county meet.

Meet Format: It is the responsibility of the visiting team to provide a meet line-up by email, readable CD, or USB flash drive and a hard copy to the home team **by noon on the day prior to the scheduled meet**. A violation of this rule could result in a forfeiture of the meet by the offending team. Scratches and late entries will be accepted if made at least 30 minutes prior to the start of the meet. Late entries will only be accepted if open lanes are available. No new heats will be created for late entries. Swimmers will not be allowed to change events.

Timers: The hosting and visiting team will provide one timer per lane. It is the Rockdale Swim League Dual Meet Policy to use one timer per lane for each heat. Once the first heat is completed the first set of timers will step back in order to record their times with the Head Timer and the second set of timers steps in to time the next heat. Each set of timers will alternate in this manner throughout the entire meet.

Back-up Timer: The hosting team will supply a back-up timer in case of a watch malfunction.

Finish Judge: The hosting and visiting team will each provide one finish judge for the meet. The role of the finish judge is to judge the finish of each race. Each judge will have copy of the meet program including a line for results. The finish judge will be required to list the order of the finish by lanes. In the event of a tie in times, the finish judges' determination of order of finish will determine the outcome of a tied or time-contested race and, therefore, the winner of the race. In the event the finish judges do not agree, the race will result in a tie.

Stroke and Turn Official: Each team will provide one stroke and turn judge.

Clerk of Course: Each team will provide one clerk of course to supervise the scoring of the meet.

Ribbons: The hosting team will provide person(s) to work at the scorer's table to collect and label the appropriate ribbons for their respective team.

Starter: The hosting team will provide the starter. The starter may use a bullhorn, electronic starting device, or whistle to start each heat. At least one starter from each team will attend a Starter's Clinic at the beginning of the season in order to insure uniformity in starting procedure throughout the swim league.

NOTE: Stroke and Turn Officials must attend preseason training to be certified for summer league. If a team does not have a certified official available for a meet, the opposing team may provide both. If 2 certified officials are not available, the meet must be swum as exhibition only. Swimmers' times earned will not be considered official times and may not be submitted as county seed times. Ribbons may still be awarded for 1st, 2nd, and 3rd place.

Inclement Weather Policy: Coaches and reps from both teams will be involved in decision. If they cannot come to a consensus, the host team makes the final decision.

Early call: Up until 4p.m. the day of the meet, coaches can choose to reschedule.

Mid-meet call: Allow 45 minutes of thunder.

Late call: If meet is not cancelled by 4 p.m., participants will wait until 6:45 to make a decision. This means that if it thunders at 6:45, the meet start time is 7:15 p.m. In this situation, there will be no warm-ups. If it thunders after 6:45, the meet must be cancelled/rescheduled. Coaches and reps should decide that night, if and when to reschedule so swim families can be notified as soon as possible. One person should be designated to determine availability of pool facilities on the make-up night. Meets must be made up before the county meet.

Order of Events: The Rockdale Swim League will incorporate a long event to begin each dual meet. **Monday** meets of the season will swim the **100 yard Individual Medley** (butterfly, backstroke, breaststroke, and freestyle). **Thursday** meets will swim the distance **Freestyle** (50 yards for 10 & under, 100 yards for 11 & over). If the dual meet is postponed or re-scheduled, the long event will remain the same as the originally scheduled meet regardless of when the postponed or re-scheduled meet is swum in the season.

The order of events for each dual meet is as follows: the assigned Long Event for that meet, followed by Medley Relay (backstroke, breaststroke, butterfly, and freestyle), Freestyle, Butterfly, Backstroke, Breaststroke and Free Relay.

The home team will swim in the odd numbered lanes, while the visiting team will swim in the even numbered lanes.

The 10 & under age-groups will swim the four basic strokes in lengths of 25 yards, or one length of the pool. The 11 year olds & over will swim the four basic strokes in lengths of 50 yards, or two lengths of the pool.

The Individual Medley will be 100 yards for all age groups. The relays will be 100 yards for ages 10 & under and 200 yards for ages 11 & over.

Each swimmer is limited to 3 individual events and 2 relays per meet. All age-groups will start at the deep end of the pool. (Timers will change ends of the pool as needed).

Scoring

| | <u>Individual Event Points</u> | <u>Relay Points</u> |
|-----------------------|--------------------------------|---------------------|
| 1 st Place | 5 | 7 |
| 2 nd Place | 3 | 0 (ribbons awarded) |
| 3 rd Place | 1 | 0 (ribbons awarded) |

Awards: Ribbons awarded for 1st, 2nd, and 3rd place. Exhibition and heat winner ribbons when appropriate.

Technical Rules: The Rockdale Swim League will adhere to USA Swimming technical rules except as specifically contradicted herein.

Starts: The Rockdale Swim League will incorporate whistle starts for each dual meet, county relays, and county meet as outlined in USA Swimming Rules. The referee/starter will use the following format to signal the “start” of each heat:

Short series of whistles (4 or 5 short whistle blasts) – signals swimmers to remove all towels, shoes and clothing (except for swimwear) and prepare to swim.

One long whistle blast – signals swimmers to step-up on the blocks and remain there. In the case of individual backstroke the swimmer will enter the water and grasp the starting bar or side of the pool. Once the swimmer is in the water and has taken his/her starting position, a second long whistle blast will be sounded by the starter/referee to signal the swimmer to “Place Your Feet”.

“Take Your Mark” (Voice command from referee/starter) – signals swimmers to take their marks.

Single Blast from Starting Device – electronic starting device, bullhorn or whistle indicates start.

False starts: All age-groups will be allowed one false start charged to the field. There will be a disqualification for the 2nd false start.

Any child may start from the blocks or next to the blocks, or in the water at the deep end of the pool. Any swimmer diving into the shallow end of the pool will be disqualified unless the pool meets minimum depth standards for diving at both ends.

6 & under age group - points awarded only for individual freestyle, freestyle relay, long free and backstroke events.

Exhibition swimmers must be listed on the swim meet roster and they cannot earn points for their team. No heats will be created to accommodate exhibition swimmers.

Each coach is responsible for determining that each swimmer on the team is capable of swimming ONE length of the pool without assistance. **NO** swimmer should be put in the water without meeting this requirement. Without assistance means that no one can assist the swimmer during the lap and no floatation device may be worn. For obvious reasons, any swimmer in trouble may grab the rope or would be assisted if necessary to avoid harm.

Timers or parents may be allowed to "buffer" the heads of 6 and under swimming backstroke if necessary; however, if such "buffering" causes a rule infraction then the swimmer will be disqualified. This is true for the dual meets and county meet. In any other age group, such touching is not allowed and will result in a disqualification of the swimmer.

For the relay events, the swimmer's names may be changed at any time prior to the event being called to the blocks as long as they meet the age group qualification for the relay that is entered. In addition, the 6 & under boys relays may be swum as co-ed (including 6 & under girls) and will be scored as a boys event. Relays for the 15 and over age group will be scored as follows: If one or more male swimmers swim the relay, then the team is swimming for male points. If all four swimmers are female, then the team is swimming for female points even if the events are swum simultaneously.

No swimmer shall swim outside of his/her assigned event, heat and lane at any time during the meet. The meet starter/referee may combine heats to expedite the meet but will not do so to accommodate the needs of any individual swimmer.

Rockdale County Championship Meet: Age group eligibility and technical rules are the same for the county championship meet as are stipulated for the dual meets except as noted herein. The county meet entries are administered using the league approved software package.

Entry Requirements: The county meet is open to all swimmers who are on a team's roster by the 3rd meet of the schedule. Any swimmer, who joins a team after the 3rd meet, must swim at least two dual meets to be eligible to swim in the county meet.

Late entries will be accepted if made at least 30 minutes prior to the start of the meet if open lanes are available. No new heats will be created for late entries. Swimmers will not be allowed to change events after the initial entries are submitted.

Meet Requirements: The Rockdale Swim League is responsible for planning and conducting the County Meet at the end of the scheduled swim season. A neighborhood pool within the Rockdale Swim League may be selected as the host pool for the county meet OR it may be held at the Rockdale County Pool Facility (Johnson Park). Each team will be required to furnish volunteers to work the meet. The list of volunteer services are as follows: Timers, Finish Judges, Stroke & Turn Judges, Starters, Bullpen, Clerks of Course, Awards, Computer Entry, T-shirt & Heat Sheet Sales.

Meet Scoring: The scoring for the county meet will include the top eight (8) places for individual events and the top three (3) places for relay events. The points awarded for each place is as follows:

| Place | <u>Individual Points</u> | Place | <u>Relay Points</u> |
|-----------------|--------------------------|-----------------|---------------------|
| 1 st | 10 | 1 st | 7 |
| 2 nd | 8 | 2 nd | 5 |
| 3 rd | 6 | 3 rd | 4 |
| 4 th | 5 | | |
| 5 th | 4 | | |
| 6 th | 3 | | |
| 7 th | 2 | | |
| 8 th | 1 | | |

Order of Events: The individual events and the relay events for the Rockdale County Championship Meet may be swum in separate shorter sessions or may be swum together as a single session. The meet starter/referee may combine heats to expedite the meet but will not do so to accommodate the needs of any individual swimmer.

The order of individual events for the county championship meet will be as follows: Long freestyle (50 yards for 10 & under, 100 yards for 11 & over), Medley Relay (100 yards for 10 & under, 200 yards for 11 & over), Short Freestyle (25 yards for 10 & under, 50 yards for 11 & over), 100 IM, Butterfly, Backstroke, Breaststroke, and Free Relay (100yards for 10 & under, 200 yards for 11 & over). See page 12 for County Relay and Individual Meet Order of Events.

For the relay events, the relay teams must submit a card to the bullpen clerk with the names of each swimmer. The names may be changed at any time prior to the event being called to the bullpen as long as they meet the age group qualification for the relay that is entered. Once the event has been called to the bullpen no substitutions may occur. In addition, the 6 & under boys relays may be swum as co-ed (including 6 & under girls) and will be scored as a boys event. Relay events for the 15 & over age groups will be swum the same as for dual meets, that is, if one or more male swimmers swim the relay, then the team is swimming for male points. If all four swimmers are female, then the team is swimming for female points even if the events are swum simultaneously.

Awards: Awards will be presented following the Rockdale County Championship Meet:

- Team: Rockdale County Championship, Second, and Third Place Trophies
- Individual: High Point Trophies for each age group
- Individual Events: 1st - 3rd Place receive Medals, 4th - 8th Place receive Ribbons
- Relays: 1st - 3rd Place receive Medals

County Swim T-Shirts: The County Meet T-shirts will be provided by a vendor approved by the RSL board. The T-shirts will have a County Meet design on the front and the names of all swimmers participating from each team on the back. T-shirts will be sold on site the day of the County Meet.

Rockdale Swim League Dual Meet Order of Events

| <u>Event # Girls</u> | <u>Age Group</u> | <u>Event</u> | <u>Event # Boys</u> |
|----------------------|------------------|---------------------------------|---------------------|
| 1 | 6 & Under | 50 Yd Free OR 100 Yd IM | 2 |
| 3 | 7-8 | 50 Yd Free OR 100 Yd IM | 4 |
| 5 | 9-10 | 50 Yd Free OR 100 Yd IM | 6 |
| 7 | 11-12 | 100 Yd Free OR 100 Yd IM | 8 |
| 9 | 13-14 | 100 Yd Free OR 100 Yd IM | 10 |
| 11 | 15 & Over | 100 Yd Free OR 100 Yd IM | 12 |
| 13 | 6 & Under | 100 Yd Medley Relay | 14 |
| 15 | 7-8 | 100 Yd Medley Relay | 16 |
| 17 | 9-10 | 100 Yd Medley Relay | 18 |
| 19 | 11-12 | 200 Yd Medley Relay | 20 |
| 21 | 13-14 | 200 Yd Medley Relay | 22 |
| 23 | 15 & Over | 200 Yd Medley Relay | 24 |
| 25 | 6 & Under | 25 Yd Freestyle | 26 |
| 27 | 7-8 | 25 Yd Freestyle | 28 |
| 29 | 9-10 | 25 Yd Freestyle | 30 |
| 31 | 11-12 | 50 Yd Freestyle | 32 |
| 33 | 13-14 | 50 Yd Freestyle | 34 |
| 35 | 15 & Over | 50 Yd Freestyle | 36 |
| 37 | 6 & Under | 25 Yd Butterfly | 38 |
| 39 | 7-8 | 25 Yd Butterfly | 40 |
| 41 | 9-10 | 25 Yd Butterfly | 42 |
| 43 | 11-12 | 50 Yd Butterfly | 44 |
| 45 | 13-14 | 50 Yd Butterfly | 46 |
| 47 | 15 & Over | 50 Yd Butterfly | 48 |
| 49 | 6 & Under | 25 Yd Backstroke | 50 |
| 51 | 7-8 | 25 Yd Backstroke | 52 |
| 53 | 9-10 | 25 Yd Backstroke | 54 |
| 55 | 11-12 | 50 Yd Backstroke | 56 |
| 57 | 13-14 | 50 Yd Backstroke | 58 |
| 59 | 15 & Over | 50 Yd Backstroke | 60 |
| 61 | 6 & Under | 25 Yd Breaststroke | 62 |
| 63 | 7-8 | 25 Yd Breaststroke | 64 |
| 65 | 9-10 | 25 Yd Breaststroke | 66 |
| 67 | 11-12 | 50 Yd Breaststroke | 68 |
| 69 | 13-14 | 50 Yd Breaststroke | 70 |
| 71 | 15 & Over | 50 Yd Breaststroke | 72 |
| 73 | 6 & Under | 100 Yd Freestyle Relay | 74 |
| 75 | 7-8 | 100 Yd Freestyle Relay | 76 |
| 77 | 9-10 | 100 Yd Freestyle Relay | 78 |
| 79 | 11-12 | 200 Yd Freestyle Relay | 80 |
| 81 | 13-14 | 200 Yd Freestyle Relay | 82 |
| 83 | 15 & Over | 200 Yd Freestyle Relay | 84 |

Rockdale Swim League
County Championship Meet Order of Events

----- SESSION 1 -----

| <u>Event # Girls</u> | <u>Age Group</u> | <u>Event</u> | <u>Event # Boys</u> |
|----------------------|------------------|--------------------------|---------------------|
| 1 | 6 & Under | 50 Yd Free | 2 |
| 3 | 7-8 | 50 Yd Free | 4 |
| 5 | 9-10 | 50 Yd Free | 6 |
| 7 | 7-8 | 100 Medley Relay | 8 |
| 9 | 9-10 | 100 Medley Relay | 10 |
| 11 | 6 & Under | 25 Yd Freestyle | 12 |
| 13 | 7-8 | 25 Yd Freestyle | 14 |
| 15 | 9-10 | 25 Yd Freestyle | 16 |
| 17 | 7-8 | 100 Yd Individual Medley | 18 |
| 19 | 9-10 | 100 Yd Individual Medley | 20 |
| 21 | 7-8 | 25 Yd Butterfly | 22 |
| 23 | 9-10 | 25 Yd Butterfly | 24 |
| 25 | 6 & Under | 25 Yd Backstroke | 26 |
| 27 | 7-8 | 25 Yd Backstroke | 28 |
| 29 | 9-10 | 25 Yd Backstroke | 30 |
| 31 | 7-8 | 25 Yd Breaststroke | 32 |
| 33 | 9-10 | 25 Yd Breaststroke | 34 |
| 35 | 6 & Under | 100 Free Relay | 36 |
| 37 | 7-8 | 100 Free Relay | 38 |
| 39 | 9-10 | 100 Free Relay | 40 |

----- SESSION 2 -----

| <u>Event # Girls</u> | <u>Age Group</u> | <u>Event</u> | <u>Event # Boys</u> |
|----------------------|------------------|--------------------------|---------------------|
| 41 | 11-12 | 100 Yd Free | 42 |
| 43 | 13-14 | 100 Yd Free | 44 |
| 45 | 15 & Over | 100 Yd Free | 46 |
| 47 | 11-12 | 200 Medley Relay | 48 |
| 49 | 13-14 | 200 Medley Relay | 50 |
| 51 | 15 & Over | 200 Medley Relay | 52 |
| 53 | 11-12 | 50 Yd Freestyle | 54 |
| 55 | 13-14 | 50 Yd Freestyle | 56 |
| 57 | 15 & Over | 50 Yd Freestyle | 58 |
| 59 | 11-12 | 100 Yd Individual Medley | 60 |
| 61 | 13-14 | 100 Yd Individual Medley | 62 |
| 63 | 15 & Over | 100 Yd Individual Medley | 64 |
| 65 | 11-12 | 50 Yd Butterfly | 66 |
| 67 | 13-14 | 50 Yd Butterfly | 68 |
| 69 | 15 & Over | 50 Yd Butterfly | 70 |
| 71 | 11-12 | 50 Yd Backstroke | 72 |
| 73 | 13-14 | 50 Yd Backstroke | 74 |
| 75 | 15 & Over | 50 Yd Backstroke | 76 |
| 77 | 11-12 | 50 Yd Breaststroke | 78 |
| 79 | 13-14 | 50 Yd Breaststroke | 80 |
| 81 | 15 & Over | 50 Yd Breaststroke | 82 |
| 83 | 11-12 | 200 Yd Free Relay | 84 |
| 85 | 13-14 | 200 Yd Free Relay | 86 |
| 87 | 15 & Over | 200 Yd Free Relay | 88 |

Rockdale Swim League
(Team Name Here) Swim Team
2010 Registration Form

Parents' Names: _____

Address: _____

Home Phone: _____ Cell Phone: _____

E-Mail Address: _____

Parent Work Phone Number(s): _____

Emergency Name & Phone: _____

Paid Amount: _____ Check #: _____

| | <i>Swimmer Name</i> | <i>Age (as of 6/1/10)</i> | <i>Date of Birth</i> | <i>Gender</i> |
|---|---------------------|---------------------------|----------------------|---------------|
| 1 | _____ | _____ | _____ | _____ |
| 2 | _____ | _____ | _____ | _____ |
| 3 | _____ | _____ | _____ | _____ |
| 4 | _____ | _____ | _____ | _____ |

Records and Photo Release Permission: *(Please check)* _____ YES _____ NO:

My child's/children's **image** (photograph) and swim records may be displayed on the website of an individual team, the website for the Rockdale Swim League, and local newspapers.

2010 Rockdale Swim League Rules and Regulations Waiver Statement

I have received and read the 2010 Rockdale Swim League Rules and Regulations. I understand that these Rules and Regulations will be followed during each dual meet and the final County swim meet. I understand the Rockdale Swim League and its Board are volunteer organizations which exist for the sole purpose of providing fun, recreational and competitive swimming. In the event of an accident, misinterpretation of the Rules and Regulations, misunderstanding or other similar circumstance, I agree to hold blameless the Rockdale Swim League, the Rockdale Swim League Board members, the individual Swim Team Representatives, Coaches and Team Volunteers during any swim team practice, dual meet, or authorized Rockdale Swim League event. I also agree that, in the event of an emergency, the Rockdale Swim League, the Rockdale Swim League Board members, the individual Swim Team Representatives, Coaches, and Team Volunteers may seek emergency assistance for my child/children.

Parent Signature _____ Date _____