

Paducah Swim Team

Head Coach Paul Murphy
2nd Annual

Double Dual Swim Meet

Participating Teams

Paducah vs. SIUC
Paducah vs. Cape Girardeau
Cape vs. SIU Carbondale

Date: Saturday, November 5, 2005

Sanction#

Facility: Paducah Athletic Club
115 Lebanon Church Road
Paducah, Kentucky 42003
270-554-7946

Contact Information

Coach Paul Murphy
Email: Swimdownhill@aol.com
Office: 270-554-7946 Cell 314-503-7442

Competition Course:

25 Yard, 8 lanes
Competitor lane ropes
Atonics Start System
Atonics Touch Pad and scoreboard
Separate 20 yard warm-ups-cool down

Warm-up times and Lane assignments:

8:15-8:50am	Paducah Lanes 5,6,7,8
8:15-8:50am	Cape Gators Lanes 1,2,3,4
8:45-9:20am	SIC Lanes 1,2,3,4
8:50-9:20am	Lanes 5-6 (One Way Sprints)
8:50-9:30am	Lanes 7-8 General Warm-up/Cool down

Meet Starts: 9:45 AM

Warm-up/Cool down

13 and over Swimmers over may use this area strictly for warm-up and cool down.

Awards Individual and relay points will be awarded

Scoring: USA Swimming Double Dual Meet scoring format
Individuals 1-6 or 8
Relays 1-3

Events: Swimmers may swim 4 individual events and 1 relay

Concession: Paducah Swim team will provide late breakfast and lunch

Limited Event The 500 free will be limited to the top 12 13 and over male and female swimmers entered in that event.
Coaches will be notified on who made the cut. Swimmers may replace the 500 swim with another event in the meet.
That decision must be made prior to the start of the meet.