

c/o Philip Taraska

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March 17, 2010

2010 NORTH AMERICAN LITHUANIAN SWIMMING CHAMPIONSHIPS

1. The 2010 North American Lithuanian Swimming Championships will be conducted by the Lithuanian Athletic Club "Zaibas", on Saturday, May 1, 2010 at Johnson Natatorium of John Carroll University, 20700 North Park Blvd. University Heights, Ohio. The pool is located on the north side of the campus off of South Belvoir Blvd. Meet director will be Philip Taraska.
2. This is a short course (25 yd.), 6 lane pool. All events are in yards.
3. Division and events are as listed below:

MEN'S & WOMEN'S MASTER'S (25 years and above): 50, 100, 200, & 500 Freestyle, 100 Backstroke, 100 Breaststroke, 100 Butterfly, 200 Individual Medley.

MEN'S & WOMEN'S OPEN (17-24 years): Same as Master's Division.

BOYS & GIRLS 15 -16 YEARS: Same as Master's Division.

BOYS & GIRLS 13 -14 YEARS: Same as Master's Division.

BOYS & GIRLS 11-12 YEARS: 50, 200 Freestyle, 50 Back, 50 Breast, 50 Fly, 200 I.M.

BOYS & GIRLS 9 -10 YEARS: 50, 200 Freestyle, 50 Back, 50 Breast, 50 Fly, 100 I.M.

BOYS & GIRLS 7 - 8 YEARS: 25 Free, 25 Back, 25 Breast, 25 Fly, 100 I.M.

BOYS & GIRLS 6 & UNDER: Same as 7-8 division.

4. **Start time:** 5:00 pm registration and warm-ups. Meets starts 5:30 pm.
5. **Competitor's age** on the day of the meet will determine his/ her division level.
6. **Entries:** Each competitor may enter no more than 4 events. Any age group swimmers may also enter OPEN division, but no more than 4 events combined. Relays do not count as events.
7. **Master's & 15-16 Swimmers** are eligible to place in Open division standings without being charged with additional events provided they compete together.
8. **Eligibility:** Open to any swimmer of Lithuanian descent. LAUNA 2010 membership requested. Annual fee is \$5.00 adults, \$3.00 for juveniles born 1991- 1995; \$2.00 for children born 1996 & younger. Make checks payable to LAUNA. Residents of Canada pay in Canadian currency.
9. **Awards:** To be determined, depending on the format of the meet.
10. **Entry Fee:** To be paid upon registration on site in US currency only; \$3.00 US flat fee per swimmer in 11-12 and younger divisions; \$5.00 US flat fee for all other divisions, regardless of number of events entered. Make checks payable to LSK ZAIBAS.
11. **Order of Events:** 500 yd freestyle, 200 yd. I.M., 200 yd. freestyle, followed by 25 yd free for 6& under & 7-8 division; 50 yd free for 9-10 division & older; backstroke, butterfly, & breaststroke events starting with 6&under division; finally 100 free for 13-14 division and up. 4X50 Free and Medley relays conducted if there is a desire. Format of meet subject to change.
12. **To Enter:** Complete and sign "Official Entry Form" and submit by April 16, 2010 to Philip Taraska (see address above).
13. **Additional contact:** Peter and Sharon Taraska: (440) 585-1521; email [pd\\_t\\_sat@yahoo.com](mailto:pd_t_sat@yahoo.com)
14. **Late Entries** may be accepted by telephone, email, or on site, subject to availability of events. Contact Philip Taraska.
15. **Lodging:** Directions, maps, etc. see additional attached information.
16. All entrants will be informed by April 26, if necessary, of any changes to the schedule.