



HAST "Trick-or-Treat"



Invitational Meet

at the American Fork Fitness Center

on Fri - Sat., Oct. 16-17th, 2009

Warm-ups: Friday @ 3:00 p.m., Meet @ 4:00 p.m. Saturday @ 7:30 a.m., Meet @ 8:30 a.m.

Entries are due by MON., Oct. 12th at 6:00 PM!!!

Late entries may not be accepted.

AWARDS: Ribbons 1st - 12th place in each event. Certificates given for first time "BB" and "A" times.
Custom Halloween Cap for all swimmers!! Prizes also given away!!

REMEMBER...YOU MUST WEAR THE TEAM UNIFORM - team suits, or navy or black solid suit & the HAST team cap (optional for boys). THIS IS MANDATORY AT ALL MEETS!! If you choose not to wear the team uniform at a meet, you are choosing to NOT be a part of our team, and your swimmer in good standing status will be evaluated for continued membership.

NO EXCEPTIONS & NO EXCUSES!!

*** Pizza & light concessions will be offered!!!**

-----**Cut & return bottom portion of entry form**-----

Name: _____ Age: _____ Phone: _____

#Events X \$2.75 = _____ + **\$30.00** = _____ + \$3.50 Surcharge = \$ _____
(only if you want to hire someone) Make checks to HAST.....NO cash please

Parents...If you have a swimmer entering this meet, you will be expected to be a timer, help at the computer table, or be a runner on one of the days of the meet. If it is not possible for you to help, we are asking that you pay \$30.00 to hire someone in your place. **Also, if you do not show up for your shift you will be charged accordingly.** We realize this is an extra cost, but it is impossible to run a successful meet with only a few parents' help. We will accept the first parent who calls DaNene (763-3084) to help with set-up!! **All assignments will be from 3:45pm OR 8:15 am to the end of the meet.** Thanks!

~~Please sign up for a position **ON THE WEBSITE** for the day & position you would like to help~~

Only so many spots are available on the website sign-up form.

Be sure to sign up asap for the position you desire. *CHECK IN AT THE CHECK-IN TABLE ON DAY YOU SIGNED UP FOR.

You may swim in THREE (3) events EACH DAY. Keep in mind that some events might be combined, which might result in back-to-back events. "NO-times" (NT's) will be accepted. If you have any questions, please ask your coach

Friday

Event #	Event Name

Saturday

Event #	Event Name

Please go to the HAST website www.hilltopaquatics.org and follow the link to sign up for a day to help at the meet.
What DAY did you sign up to help at the meet...

Day: _____

Desk girls....DO NOT PUT IN COMPUTER Just put in DaNene's drawer.

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Event list for the HAST Trick-or-Treat Invitational

Friday, October 16th

Warm-ups: 3:00 p.m., Meet 4:00 p.m.

Saturday, October 17th

Warm-ups: 7:30 a.m., Meet 8:30 a.m.

<u>Girls</u>	<u>Event #</u>	<u>Boys</u>	<u>Girls</u>	<u>Event #</u>	<u>Boys</u>
			35	10 & under 200 Free	36
			37	11-12 200 Free	38
			39	13 & Over 200 Free	40
1	10 & under 100 IM	2			
3	11-12 100 IM	4			
5	Senior 200 IM	6	41	8 & under 25 Breaststroke	42
			43	10 & under 50 Breaststroke	44
7	8 & under 25 Fly	8	45	11-12 50 Breaststroke	46
9	10 & under 50 Fly	10	47	13 & over 100 Breaststroke	48
11	11-12 50 Fly	12			
13	13 & over 100 Fly	14	49	12 & under 100 Fly	50
			51	Senior 200 Fly	52
15	10 & under 100 Free	16			
17	11-12 100 Free	18	53	8 & under 25 Free	54
19	13 & over 100 Free	20	55	10 & under 50 Free	56
			57	11-12 50 Free	58
21	8 & under 25 Backstroke	22	59	13 & over 50 Free	60
23	10 & under 50 Backstroke	24			
25	11-12 50 Backstroke	26	61	12 & under 100 Backstroke	62
27	13 & over 100 Backstroke	28	63	Senior 200 Backstroke	64
29	12 & under 100 Breaststroke	30			
31	Senior 200 Breaststroke	32	65	*Senior 400 IM	66
				*Must provide own timers	
33	*Senior 500 Free	34			
	*Must provide own timers				

Swimmers...Be careful of signing up for back-to-back events. There will be no delay between events if you choose to swim back-to-back events.

Senior Events open to ALL swimmers

No time trials at this meet.

Awards given by age groups:

6 & under, 7-8, 9-10, 11-12, 13-14, & 15 & over