

HAST Last Chance Invitational

March 5 & 6, 2010

Sanction No.: Sanction No. UT10-24 . Meet held under the sanction of United States Swimming, Inc. In granting this sanction number, it is understood and agreed USA Swimming shall be free, and held harmless, from any and all liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event. "Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter, whether the swimmer, coach, parent or team representative, certifies that the swimmer is a registered member of USA Swimming and that all times stated in/on the entry are true and correct. The submitter further assumes responsibility for any false or incorrect times, and understands that all listed entry times are subject to Utah Swimming Time Verification Procedures, and that a fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected before the entry deadline. It is understood that an automatic call before the review section shall be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry upon it being proved that the swimmer was not so registered."

Time: Friday, March 5th (Session 1): Warm-ups begin at 4:00 p.m. Meet begins at 5:00 p.m.
Saturday, March 6th (Session 2): Warm-ups begin at 7:30 a.m. Meet begins at 8:30 a.m.
Time Trials will be held immediately at the end of Session 2
(Session 3): The 1650 Freestyle will begin immediately after the Time Trials.

Location: American Fork Fitness Center **Hosted by:** Hilltop Aquatics Swim Team
454 North Center Street
American Fork, Utah 84003
Phone: (801) 763-3084 x-208

Course: Eight (8) lane 25 yard pool, with non-turbulent lane lines, Daktronics Electronic Timing, horn start and message Center scoreboard.

Meet Director: DaNene Adamson (801) 756-9726 Email: HAST@hilltopaquatics.org
Meet Referee: Kim Fong (801) 581-9370 Email: kfong@sisna.com
Meet Starter: Brent Bunnell (801) 318-4563 Email: brentbunnell@msn.com

Rules: 2009 USA Swimming Rules will be enforced. A copy of said rules will be posted at the swim venue.

Meet Format: Timed Finals. For the 400 IM, 500 Freestyle and the 1650 Freestyle the heats can be swam combined girls and boys. Any participant must provide their own timers and lap counter for the 500 & 1650 Free, and possibly the 400 IM. If a swimmer does not have a coach with them, they need to check in with the meet director or referee before entering the pool. A coach will be assigned to them. USA Swimming rule 202.3.2 states that "at a sanctioned event all competitors must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision." *A mandatory scratch down may apply to this meet, subject to the provisions of USA Swimming Rules and Regulations (205.3.1F). If a scratch down is needed to meet the four hour time limit, swimmers will be reimbursed (a check will be sent to each team needing reimbursement).*

Eligibility: Open to all swimmers who are currently (2010) registered with USA swimming. No deck registrations. Swimmer's age as of Friday, March 5, 2010, shall determine age for the meet.

Entries: Swimmers may participate in **THREE (3)** events each day on Friday (**Session 1**) and Saturday (**Session 2 & 3**) for a total of **6 events** for the meet.

NT's are accepted. Any swimmer can swim the senior events. **200 or more swimmers (excluding host team swimmers) per day will be accepted to the 4 hour time line restrictions.** Please submit all entries by e-mail, a disk using Hy-tek software, or use the enclosed entry form. **Paper entries (any entries NOT sent by Hy-tek files) will be charged double.** Late entries may not be accepted. **The Time Trials will be swam immediately after Session 2 and before Session 3.** **Session 3** (the 1650 Freestyle) will be swam immediately after the Time Trials and will be swam fastest to slowest.

Time Trials: Time trials will be offered at the end of Session 2 and will be \$5.00 each.

Entry Fees: \$2.50 per event plus \$3.50 surcharge per swimmer. All fees must accompany entries and are not refundable. **Paper entries (any entries NOT sent by Hy-tek files) will be charged double.** Please make **one team check** payable to: *Hilltop Aquatics Swim Team.*

Entry Deadline: All entries must be RECEIVED by TUESDAY, MARCH 2nd by 12:00 NOON! Please e-mail your entries and bring the check with you to the meet.

Mail entries to: DaNene Adamson
American Fork Fitness Center
454 North Center
American Fork, Utah 84003

E-Mail: HAST@hilltopaquatics.org

Team

Volunteers: We are asking that each team with **5 or more swimmers** provide **ONE (1) timer, 10 or more please provide TWO (2) timers for both Friday and Saturday sessions of the meet.** Lane assignments will be posted. *Thank you very much!*

Scratch Policy

& Check -in: Please submit scratches 30 minutes before the start of the meet. If a swimmer misses their event they will not be allowed to swim that event, however, they will not be scratched from subsequent event. **Positive check-in for the 1650 Free.** All 1650 Free swimmers must provide their own timers. Negative check-in for the remainder of the meet.

Awards: Ribbons will be awarded 1st through 12th place in each age group and event for boys & girls in the "BB", "B" and "C" divisions only. Those achieving first time "BB" and "A" times will receive time standard ribbons.

Results: Results will be posted on the HAST website: www.hilltopaquatics.org

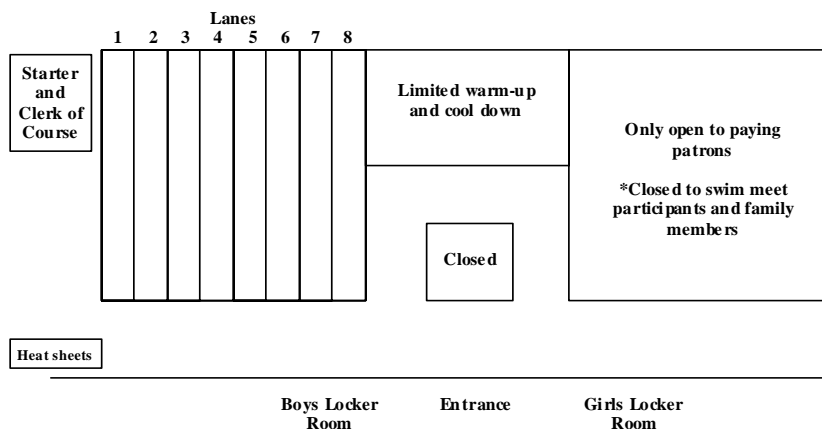
Officials: We welcome help from any officials your club may have. Please email the names and what day(s) your officials will be helping at the meet. We will return the entry fees of an official's swimmer(s) for the days they officiate at the meet. A form will be provided for officials to fill out for reimbursement of entry fees at the meet.

Concessions: Concessions will be available.

Warm-up: Utah Swimming Procedures will be used. All warm-up must be under the supervision of a USA official. Coaches have the responsibility of insuring that all their swimmers are instructed in proper warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting position. There will be no pushing, splashing, running or any other general horse play. Swimmers engaging in such activities will be removed from the meet. All lanes of the pool will be circle swimming only. During the last 15 minutes of warm-up, lanes 2 and 5 will be opened for diving starts, and lanes 1 and 6 will be opened for push pace only. There will be a warm-up and cool-down area provided in the shallow end for a period of ten minutes prior to or following the race swim.

AF Fitness Center Policy: The hot tub and the shallow end of the pool are closed to swim meet participants and their families, **unless they pay for admittance to the Fitness Center at the front desk and receive a wristband.** Nine year old and under swimmers are not allowed in the pool without an adult.

AF Fitness Center Short Course Diagram



Event List

Friday, March 5th (Session 1)

Warmups @ 4:00p.m., Meet @ 5:00 p.m.

Girls	Event	Boys
1	10 & under 100 Free	2
3	11-12 100 Free	4
5	Senior 100 Free	6
7	8 & under 25 Fly	8
9	Senior 200 Fly	10
11	8 & under 50 Back	12
13	9-10 50 Back	14
15	11-12 50 Back	16
17	Senior 100 Back	18
19	8 & under 50 Fly	20
21	9-10 50 Fly	22
23	11-12 50 Fly	24
25	Senior 100 Fly	26
27	8 & under 25 Back	28
29	10 & under 100 IM	30
31	11-12 100 IM	32
33	Senior 200 IM	34
35	Senior 200 Breast	36
37	**Senior 500 Free	38

(Must provide own timers and counters)

Saturday, March 6th (Session 2)

Warmups @ 7:30 a.m., Meet @ 8:30 a.m.

Girls	Event	Boys
39	**Senior 400 IM	40
41	8 & under 25 Breast	42
43	8 & under 50 Free	44
45	9-10 50 Free	46
47	11-12 50 Free	48
49	Senior 50 Free	50
51	8 & under 50 Breast	52
53	9-10 50 Breast	54
55	11-12 50 Breast	56
57	Senior 100 Breast	58
59	8 & under 25 Free	60
61	10 & under 200 Free	62
63	11-12 200 Free	64
65	Senior 200 Free	66
67	Senior 200 Back	68

Time Trials will be swam immediately following Sessions 2

Session 3 - NO warmups

69	**Mixed Senior 1650 Free
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Must provide own timers and counters

****Time trials WILL NOT be offered for these events**

Time Trials will be offered at the end of Session 2

Senior Events open to ALL swimmers

Events awarded by age groups 6 & under, 7-8, 9-10, 11-12, 13-14, 15 & over

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.

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Time Trials

March 6, 2010

- Sanction No.** #UT10-25. In granting this sanction number, it is understood and agreed USA Swimming shall be free, and held harmless, from any and all liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event. "Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter, whether the swimmer, coach, parent or team representative, certifies that the swimmer is a registered member of USA Swimming and that all times stated in/on the entry are true and correct. The submitter further assumes responsibility for any false or incorrect times, and understands that all listed entry times are subject to Utah Swimming Time Verification Procedures, and that a fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected before the entry deadline. It is understood that an automatic call before the review section shall be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry upon it being proved that the swimmer was not so registered."
- Date:** Saturday, March 6, 2010
- Time:** Time trials will only be offered at the discretion of the meet referee, *time permitting*. They will be offered immediately following Session 2 of the HAST Last Chance Invitational.
- Location:** American Fork Fitness Center
454 North Center Street
American Fork, Utah 84003
Phone: 763-3084
- Course:** Eight (8) lane 25 yard pool, with non-turbulent lane lines, Daktronics Electronic Timing, horn start and new scoreboard.
- Meet Director:** DaNene Adamson (801) 756-9726 Email: HAST@hilltopaquatics.org
Meet Referee: Kim Fong (801) 581-9370 Email: kfong@sisna.com
Meet Starter: Brent Bunnell (801) 318-4563 Email: brentbunnell@msn.com
- Rules:** 2009 USA Swimming Rules will be enforced. A copy of said rules will be posted at the swim venue.
- Meet Format:** Timed Finals. If a swimmer does not have a coach with them, they need to check in with the meet director or referee before entering the pool. A coach will be assigned to them. USA Swimming rule 202.3.2 states that "at a sanctioned event all competitors must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision."
- Eligibility:** Open to all swimmers who are currently (2010) registered with USA swimming and **who are entered** in the HAST Last Chance Invitational. No USA deck registrations. Swimmer's age as of Friday, March 5, 2010, shall determine age for the meet.
- Events:** Any event on the event list may be swam as a time trial **except** the 400 IM, 500 Freestyle and the 1650 Freestyle. Any participant must provide their own timers and lap counter. Swimmers may only swim five (5) events per day – as per USA Swimming rules (102.2.3). At the discretion of the referee, events can be combined by age, gender distance and/or stroke. All events are Senior/Open events and are on a first come basis to sign up at the computer table, on Saturday during Session 2 & 3, when announced at the meet. If a swimmer misses their event they will not be allowed to swim that event, however, they will not be scratched from a subsequent event.
- Entries:** Entries must be turned in by the time that will be announced at Session 2. NT's will be accepted. Each swimmer will be allowed to swim a maximum of two (2) time trial events, but may not exceed the five (5) events per day rule.
- Entry Fees:** \$5.00 per time trial due at time of entry.
- Awards:** No awards given.
- Results:** Results will be posted on the HAST website: www.hilltopaquatics.org
- Warm-up:** Utah Swimming Procedures will be used. All warm-ups must be under the supervision of a USA official. Coaches have the responsibility of insuring that all their swimmers are instructed in proper warm-up procedures and that the swimmers follow all UTAH Swimming safety procedures. All swimmers will enter the pool from a sitting position. There will be no pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be removed from the meet. All lanes of the pool will be circle swimming only. During the last 15 minutes of warm-up, lanes 2 and 5 will be opened for diving starts, and lanes 1 and 6 will be opened for push pace only. There will be a warm-up and cool-down area provided in the shallow end for a period of ten minutes prior to or following the race swim.

