



# HAST Last Chance Invite



at the American Fork Fitness Center on

## Fri. & Sat., March 5<sup>th</sup> & 6<sup>th</sup>

Warm-ups : check event sheet

**Entries are due MON., MAR. 1<sup>st</sup>!!**

Late entries MAY NOT be accepted

AWARDS: 1<sup>st</sup> - 12<sup>th</sup> place in each event for "BB", "B" & "C" swimmers. Ribbons given for first time "BB" and "A" times.

REMEMBER... **THIS IS MANDATORY AT ALL MEETS!!** YOU MUST WEAR THE TEAM UNIFORM - team suits, or navy or black solid suits AND the HAST team cap (optional for boys).

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 \$2.50 = \_\_\_\_\_ + **\$30.00** = \_\_\_\_\_ + \$3.50 Surcharge = \$ \_\_\_\_\_  
(only if you want to hire someone) Make checks to HAST

**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. **All assignments will be from 5:15pm OR 8:15 am to the end of the meet each day. (We are planning on the meet lasting hopefully 3 1/2 hours each day)**

Thanks!

**~~Please go to our WEBSITE and follow the links to sign up for a position where 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. Also, if you do not take advantage of the website sign up form you will need to sign up for a position at the check in table the day of the meet for what is left over.

You may swim in THREE (3) events Fri & Sat., **BUT only a TOTAL of 6 events for the whole meet.**

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 and follow the links to sign up for a day to help at the meet.*

**What DAY & POSITION did you sign up to help at the meet on WEBSITE**

**Day:** \_\_\_\_\_

**Position:** \_\_\_\_\_

HAST  
LAST CHANCE MEET



Amount Paid: \_\_\_\_\_ Date: \_\_\_\_\_

Til #: \_\_\_\_\_ Initials: \_\_\_\_\_ Check #: \_\_\_\_\_

# Event List

## Friday, March 5<sup>th</sup> (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	<b>**Senior 500 Free</b> (Must provide own timers and counters)	38

## Saturday, March 6<sup>th</sup> (Session 2)

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

Girls	Event	Boys
39	<b>**Senior 400 IM</b>	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
69	<b>**Senior 1650 Free</b> Must provide own timers and counters	70

**Time Trials will be swam immediately following Sessions 2**

**Session 3 - NO warmups**

**\*\*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 for BB, B & C swimmers only

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.