

2010 Caldwell Cabin Fever Invitational
February 6 & 7

The Caldwell Swim Club, Stingrays are sponsoring the 2010 Caldwell Cabin Fever Invitational, USA Sanction #09-19 . On Saturday, February 6, 2010 and Sunday, February 7, 2010at the College of Idaho Aquatic Center, 2112 Cleveland Blvd., Caldwell ID, 83605. Each swimmer may enter 3 events and 1 relay each day. All age group swimmers entering the meet must possess a 2010 USA Registration; see invitation for complete eligibility information.

Please return your entries to Janice Favillo-jfavillo@juno.com by January 16, 2010. Please submit one check (for swim entries) per team payable to Caldwell Swim Club- P.O. Box 125, Caldwell, ID 83605.

Entry Fee: \$20.00 per swimmer

**Caldwell Swim Club
Cabin Fever Invitational
Feb 6 – 7, 2010**

Hosted By	Caldwell Swim Club
Type	Invitational
Sanctioned By	All events held under approval of USA Swimming and Snake River Swimming, Inc., Sanction#09-19. In granting this approval, it is understood and agreed USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet (202.1.1) The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2c(4).
Date	Saturday, February 6, 2010 and Sunday, February 7, 2010.
Location	College of Idaho Aquatic Center (formerly Albertson College of Idaho) 2112 Cleveland Blvd Caldwell, ID 83605
Meet Referee	Bill Trask 15138 Kings Row Road Caldwell, ID 83607 Phone: home (208) 459-7995 Email: btrask7995@msn.com <i>Protests will be handled in the manner described in Section 102.11 of USA Swimming Rules and Regulations.</i>
Meet Director	Valerie Favillo 4594 W. Maricopa Drive Eagle, Idaho 83616 (208) 939-8028 V_favillo@msn.com
Meet Entry Chair	Janice Favillo 15576 Cupid Drive Caldwell, ID 83607 208.459.4749 jfavillo@juno.com
Officials	We appreciate the help of certified officials from other clubs. If you know of an official attending the meet, please have them contact the meet director prior to the meet entry deadline.
Timers	Each team will be assigned lanes to time in. There will be a sign up sheet for timing shifts for all teams at the computer table. Teams will be expected to sign up before the meet begins. A schedule of assigned lanes will be listed in the heat sheet.

Eligibility	All age group swimmers must hold current USA registration cards. Swimmers age will be determined by his/her age on the first day of the meet, February 6, 2010.
Facility/Training	College of Idaho Aquatic Center houses a 6 lane, 25 yard indoor pool. All 6 lanes will be used. Pool depth minimum is 4', maximum is 13'. Pool is equipped with 6 starting blocks, backstroke flags, anti-wave lane lines, and an electronic timing system by Colorado Timing Systems.
Meetings	COACHES: There will be a mandatory coaches meeting 15 minutes prior to the start up of each warm up session. OFFICIALS: There will be an officials meeting 45 minutes prior to the start of each swimming competition session.
Meet Format	This meet will be swum as timed finals. Swimmers will swim in pre-seeded heats as designated in the sheets posted at the meet. "Just for fun" t-shirt relay will follow the completion of the meet and will not be scored and does not count towards total events for the day. Mixed gender and ages are welcome.
Schedule	Warm ups: Sat and Sun 11 & under - 7:45-8:15 am; 12 & over - 8:15-8:45 am. Start: Saturday and Sunday: 9:00. We reserve the right to alter event lineup as necessary to comply with the four-hour rule. We reserve the right to combine events as the referee sees fit. During warm-ups split lanes (to be posted) will be available by age.
Rules of Conduct	Current USA Swimming rules will govern this meet. Snake River Swimming, Inc. safety guidelines and warm up procedures will be followed. This will be posted and is included with this invitation. No diving or backstroke starts will be allowed from the blocks or pool deck during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-ups. Meet marshals will be on deck during warm-ups. This is a no card meet except for relay and the 500 free. The 500 free will be deck seeded as one event and may, at the discretion of the meet referee, be swum fastest to slowest, without regard to age and/or gender but will be scored separately according to age group and gender. All 500 free swimmers must check in with the Clerk of Course 30 minutes after warm ups. All 500 swimmers need to supply their own timers and lap counters. Short course rules with short course time standards will be followed. All events are timed finals. Coaches are responsible for getting swimmers to their event; their will be no bull pen. Coaches should report all event scratches prior to the start of each day. Deck entries WILL NOT be accepted.
Entries	Saturday & Sunday – All swimmers may enter three (3) individual events and one relay event NO TIMES ARE ACCEPTED. Enter in short course yard times only. Entries may be submitted on an attached file via email jfavillo@juno.com by those teams using the Hy-Tek. If submitting via email, a printout, and proper fees must

	<p>also be submitted by the entry due date (1/16/10). Entries must include the following information: swimmer's name, age, team, team code, USA Swimming registration number, event name and number, and best time in short course yards. A signed Statement of Verification must be included with the team entry, indicating that all swimmers entering the meet are registered with USA Swimming. Relay only swimmers must be on the master swimmer list and all fees paid.</p>
Time Trials	<p>Time trials will be offered at the conclusion of each day's events. Each trial swim will count as one (1) event toward the daily limit, with the combination of time trials and meet events not to exceed three (3) per day. Entries must be turned in at the computer table with a \$2.00 fee one half hour before projected end of each day's events. Swimmers must provide their own timers for the time trials.</p>
Entry Deadline	<p>All entries are due by January 16th. Submit entries to the Meet Entry Chairman (listed on page 1). DECK ENTRIES WILL NOT BE ACCEPTED.</p>
Entry Fees:	<p>There is an entry fee of \$20.00 per swimmer (\$3.00 timing system, \$1.75 SRS travel fund, \$2.50 pool rent, \$12.75 awards, admin, and hospitality).</p> <p>Make check payable to: Caldwell Swim Club. One check per team MUST accompany entries.</p>
Scoring:	<p>Timed Finals. Individual events will be scored by age group, 8 and under, 9-10, 11-12, 13-14, 15 and over.</p> <p>Individual Events: Medals: 1st – 6th. Ribbons: 7th – 12th Relays: Ribbons 1st – 3rd</p>
Miscellaneous	<p>Concessions will be available. Hospitality room will be available for coaches and officials. Restriction on chairs being placed adjacent to exit doors.</p>

Accommodations: Best Western Caldwell Inn and Suites
208.454.7225
Exit 29 off I-84

La Quinta
208.454.2222
Exit 29 off I-84

Order of Events

Caldwell Cabin Fever Invitational

Saturday, February 6, 2010

Warm-ups: 7:45 am – 8:45 am

Meet Starts: 9:00 am

Girls			Boys
1	8 and Under	100 Medley Relay	2
3	10 and Under	200 Medley Relay	4
5	12 and Under	200 Medley Relay	6
7	14 and Under	200 Medley Relay	8
9	18 and Under	200 Medley Relay	10
11	8 and Under	50 Freestyle	12
13	9 & 10	100 Freestyle	14
15	11 & 12	100 Freestyle	16
17	13 & 14	100 Freestyle	18
19	15 & Over	100 Freestyle	20
21	8 and Under	25 Backstroke	22
23	9 & 10	50 Backstroke	24
25	11 & 12	50 Backstroke	26
27	13 & 14	100 Backstroke	28
29	15 & Over	100 Backstroke	30
31	8 and Under	50 Breaststroke	32
33	9 & 10	100 Breaststroke	34
35	11 & 12	100 Breaststroke	36
37	Open	200 Breaststroke	38
39	8 and Under	25 Butterfly	40
41	9 & 10	50 Butterfly	42
43	11 & 12	50 Butterfly	44
45	13 & 14	100 Butterfly	46
47	15 & Over	100 Butterfly	48
49	8 and Under	100 Individual Medley	50
51	9 & 10	100 Individual Medley	52
53	11 & 12	100 Individual Medley	54
55	Open	200 Individual Medley	56
57	11 and Over	500 Freestyle	58

Order of Events

Caldwell Cabin Fever Invitational

Sunday, February 7, 2010

Warm-ups: 7:45 am – 8:45 am

Meet Starts: 9:00 am

Girls			Boys
59	8 and Under	100 Freestyle Relay	60
61	10 and Under	200 Freestyle Relay	62
63	12 and Under	200 Freestyle Relay	64
65	14 and Under	200 Freestyle Relay	66
67	18 and Under	200 Freestyle Relay	68
69	8 and Under	100 Freestyle	70
71	9 & 10	200 Freestyle	72
73	11 & 12	200 Freestyle	74
75	13 & 14	200 Freestyle	76
77	15 & Over	200 Freestyle	78
79	8 and Under	25 Breaststroke	80
81	9 & 10	50 Breaststroke	82
83	11 & 12	50 Breaststroke	84
85	13 & 14	100 Breaststroke	86
87	15 & Over	100 Breaststroke	88
89	8 and Under	50 Butterfly	90
91	9 & 10	100 Butterfly	92
93	11 & 12	100 Butterfly	94
95	Open	200 Butterfly	96
97	8 and Under	25 Freestyle	98
99	9 & 10	50 Freestyle	100
101	11 & 12	50 Freestyle	102
103	13 & 14	50 Freestyle	104
105	15 & Over	50 Freestyle	106
107	8 and Under	50 Backstroke	108
109	9 & 10	100 Backstroke	110
111	11 & 12	100 Backstroke	112
113	Open	200 Backstroke	114
115	T-shirt Relay	200 Relay	