

TIGER AQUATIC CLUB'S
WINTER SPRINT INVITATIONAL
DECEMBER 11th & 12th, 2009



- HOST: Tiger Aquatic Club
- LOCATION: Reed Gym on the campus of Idaho State University, located at intersection of Memorial Dr. and Martin Luther King Way, Pocatello ID
- SANCTION: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction No.09-16. In granting this sanction number it is understood and agreed USA Swimming shall be free from any and all liabilities or claims for damages arising by reason of injury to anyone during the conduct of this meet.
- DATE: December 11 & 12, 2009
- TYPE: Invitational, All events will be swum as timed finals. **Positive check in will be required for all of Friday evening's events and the 500's on Saturday! Swimmers will be required to supply their own timers for the 500 and 1000 freestyle events.**
- MEET REFEREE: Kyle Bodily
5331 Nez Pierce
Pocatello, Id 8320
208-232-1958
- Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations.
- MEET DIRECTOR: Dustin Perry
P.O. Box 2135
Pocatello, ID 83206
208-240-6853
tacinfo@cableone.net
- 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 referee in advance.
- COURSE: Six lanes, 25 yard indoor pool, Depth of pool approximately 3.5 feet to 10 ft. Equipped with anti-wave lane lines, Paragon style starting blocks and backstroke flags.
- The competition course (as of 2009) has not been certified with USA Swimming in accordance with 104.2.2C(4)
- TIMING: Colorado timing system with electronic scoreboard and 2 backup stopwatches per lane and Hy-Tek Meet Manager. Each team will be required to provide timers.
- ELIGIBILITY: All swimmers must hold a current 2009 or 2010 USA Swimming card. Swimmer's age group will be determined by his/her age the day of the meet, December 11, 2009.
- ENTRIES: **Swimmers may enter 6 individual events (including time trials).**
- Teams using Hy-Tek, Meet Manager and Commlink II programs may send entries on a 3.5 inch disk or attach the file to an e-mail sent to the address below. A printout of entries **must** also be sent. If using the latest version of Team Manager and Commlink II, please include relays on the disk. Include a printout of all relays.
- Entries must include the following information: Swimmers name, age, registration number, team name, team code, event name and number, and best time in short course yards
- A signed Statement of Verification must be included with the team entry and indicating

that all swimmers entering the meet are registered with USA Swimming. Relay only swimmers must be on the team master entry form and surcharges paid.

E-Mail entries to:
tacinfo@cableone.net

Alternatively, send entries and/or payment to:
Tiger Aquatic Club -- Winter Sprint
P. O. Box 2135
Pocatello, ID 83206

- DEADLINE:** Entries must be received by Friday December 4, 2009.
- FEES:** \$25.00 per swimmer is required (S.R.S. Travel Fund \$1.75, Pool rental \$8.50, Timing system \$2.00, Awards and Administrative fees \$12.75)
All fees must accompany entries. One check per team. Make checks payable to Tiger Aquatic Club or TAC.
- AWARDS:** Awards for top three hi-point average scores for both boys and girls in age groups 8 and under, 9&10, 11&12, 13&14, 15-18.

All swimmers 10 and under will receive a participant award.

Events will be swum 8 and under, 9 &10, 11& over but will be scored separately as 8 and under, 9 & 10, 11 & 12, 13 & 14, 15 – 18.
The scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 by individual events.
There are **NO** team awards.

- CONDUCT:** Current USA Swimming Rules will apply. Snake River Swimming Inc. Safety Guidelines and Warm-up Procedures will be followed. A copy of the guidelines will be posted at the pool. No diving or backstroke starts allowed from the blocks or edge of the pool in pools with a water depth of less than 4 feet at the starting end. The swimmer must start from within the water. Racing starts will be allowed in designated sprint lanes the last 10 minutes of warm-ups. Meet marshals will be on deck during warm-ups. Coaches are expected to actively supervise their swimmers.

Protests will be handled in the manner described in section 102.11 of the USA Swimming Rules and Regulations. This is a no card meet for all events. All swimmers should be on deck at the designed heat and lane for their event. No bull-pen will be used.

All events are swum as timed finals. Coaches should report all scratches to the clerk of course prior to the start of the meet. All events will be pre-seeded except for Friday's events and Saturday's 500 Freestyle. These events, plus the 500 free, will be swum fastest to slowest, alternating women and men and may be combined at the referee's discretion. In order to be swim, swimmers must check in at the Clerk Of Course no later than 4:30 p.m. on Friday the afternoon session on the day the events are to be swum for events 1, 2, 3 and 4 on Friday and events 47 and 48 on Saturday. Deck entries will not be accepted. No Times are allowed. Referee has discretion to combine events if needed. **Swimmers will be required to supply their own timers for the 500 and 1000 freestyle events.**

SCHEDULE:

Friday, December 11, 2009

General Warm-ups	4:00 p.m.
Officials Meeting	4:30 p.m.
Meet Starts	5:00 p.m.

Saturday December 12, 2009

Coaches meeting	8:45 a.m.
Officials meeting	9:30 a.m.
Warm-ups (10 & under)	9:00 a.m. to 9:25 a.m.
Warm-ups (11 & over)	9:30 a.m. to 9:55 a. m.
Meet starts	10:00 a.m.

HOSPITALITY: For Coaches and Officials

CONCESSIONS: Concessions will be available.

HEAT SHEETS: Heat Sheets will be available for \$5.00 each. Meet results will be available within 2 weeks. Results can also be copied to a disk if one is provided at the meet.

TIME TRIALS: Time trials will be offered on Saturday after the meet ends. Time trial entries will cost \$5.00 Individual - \$20.00 for relays and will be counted toward the total entries of the meet which must not exceed (6) individual events.

HOTELS:

Ameritel Inn	1440 Bench Road	208-234-7500
Comfort Inn	1333 Bench Road	208-237-8155
Hampton Inn	151 Vista Drive	208-233-8200
Holiday Inn	1399 Bench Road	208-237-1400
Red Lion	1555 Pocatello Creek Road	208-233-2200
Roadway Inn	835 South 5 th Ave.	208-233-0451
Super 8 Motel	1330 Bench Road	208-234-0888
Thunderbird Motel	1415 South 5 th Ave.	208-232-6330



**SCHEDULE OF EVENTS
TIGER AQUATIC CLUB'S
WINTER SPRINT INVITATIONAL**

**DECEMBER 11, 2009
Meet starts 5:00 p.m.**

FEMALE EVENT#		EVENTS	MALE EVENT#
1	10 & under	200 Freestyle	2
3	11 & over	1000 Freestyle	4

**DECEMBER 12, 2009
Meet starts 10:00 a.m.**

FEMALE EVENT#		EVENTS	MALE EVENT#
5	8 & under	25 Backstroke	6
7	9-10	50 Backstroke	8
9	11 & over	100 Backstroke	10
11	8 & under	25 Breaststroke	12
13	9-10	50 Breaststroke	14
15	11 & over	100 Breaststroke	16
17	8 & under	50 Freestyle	18
19	9 - 10	100 Freestyle	20
21	11 & over	100 Freestyle	22
23	8 & under	100 Individual Medley	24
25	9 - 10	100 Individual Medley	26
27	11 & over	200 Individual Medley	28
29	8 & under	25 Freestyle	30
31	9 - 10	50 Freestyle	32
33	11 & over	50 Freestyle	34
35	8 & under	25 Butterfly	36
37	9 - 10	50 Butterfly	38
39	11 & over	100 Butterfly	40

*****15 minute break – pool open for warm up*****

41	11 & over	200 Breaststroke – mixed	42
43	11 & over	200 Backstroke – mixed	44
45	11 & over	200 Butterfly - mixed	46
47	11 & over	500 Freestyle – mixed	48