

2009 THANKSGIVING DAY LAST CHANCE INVITATIONAL

Hosted by Northern Lights Swim Club Boosters

Bartlett Pool

November 20 – 22, 2009

SANCTION: # Under sanction by USA Swimming and Alaska Swimming, Inc. (ASI). Masters swimmers desiring to compete must have current USA Swimming registration.

FACILITY: 50 meter pool divided by moveable bulkheads into two 25-yard competition pools, each with 8 lanes, divided by Kiefer/Flo-thru lane lines. A Colorado 5000 Timing System and/or IST Timing System will be used with 8-lane display, lane touch pads, 1 button manual back-up, and horn/strobe start.

TIMES:	<u>FRIDAY</u>	<u>SAT & SUN</u>
Warm ups	5:00 PM	8:00 AM
Clerk of Course Deadline	5:30 PM	8:30 AM
Official's/Timer's Meeting	5:45 PM	8:30 AM
End of Warm ups/Coaches Meeting	6:00 PM	9:00 AM
Meet Starts	6:15 PM	9:15 AM

Warm-ups will be conducted in accordance with USA Swimming and ASI warm-up/warm-down procedures. Consistent with ASI rules, warm ups are intended to last one hour, but can be extended at the discretion of the Meet Referee.

ELIGIBILITY: Open to all swimmers currently registered with USA Swimming.
Note: Swimmers will not be allowed to swim in the meet unless a signed membership verification form has been received.

- ENTRIES:
1. Each swimmer may swim up to a maximum of five (5) individual events per day (including time trials), in addition to relays.
 2. Entries must be submitted on:
 - a. [Preferred] Hy-Tek COMMLINK file, (sent either by disk or via email), or,
 - b. Meet Entry form (attached)

Note: to verify email entries, please send a Team Entry Report and Team Meet Fees Report as generated by Hy-Tek Team Manager
 3. Relay Entries: Clubs entering two or more relay teams in an event shall designate them on the entry as Team A, Team B, etc.
 4. A pre-built .HYV file for this meet is available on the ASI website (www.akswimming.org) or by email request to the Meet Entries volunteer (see below).
 5. **A current USA Swimming registration number must be provided with all entries.**

ADAPTIVE SWIMMERS: Disabled swimmers are encouraged to participate. Coaches should include with the team entries a copy of the **Information Form For Disabled Swimmers** (also available on the ASI website), specifying the special needs of any adaptive swimmer(s), as well as requests for non-standard entries (for example, entries in other age groups). Questions regarding final assignment within specific heats should be brought to the attention of the Meet Referee.

- RULES:
1. Current USA Swimming and ASI rules govern this meet and take precedence over any item in this invitation.
 2. All events will be swum as timed finals.
 3. All events will be pre-seeded, except for the 500 Free and 400 IM (See #6 below).

4. Coaches will check in with the Clerk-of-Course before the times designated above to scratch or add swimmers for events for that day. Fees for adding swimmers will be billed to the teams after the meet. There are no refunds for scratching swimmers from events.
5. There will be no guaranteed twenty-minute break between individual swims.
6. The 500 Free and 400 IM events will be deck seeded with positive check-in with the Clerk of Course (by a time set by the Meet Referee). Swims will be fastest to slowest with all ages and both genders combined.
7. Senior events may be swum by any swimmer in any age group.
8. Swimmers in the 500 Free and 400 IM events are responsible for providing their own timers (in both events) and lap counters (500 Free only).
9. Events may be combined and/or reseeded at the discretion of the Meet Referee.
10. If available equipment and deck personnel allow, competition will be held in both 25-yard pools simultaneously. Boys events will be held in one end and girls events in the other, with allowance for moving events between pools at the discretion of the Meet Referee. The Meet Referee will determine before the Coach's meeting whether that session of the meet will be competed as combined in one pool or split into two pools. Should the meet be split into two pools, the Meet Referee may add periodic breaks in the Order of Events as deemed appropriate (recognizing Rule #5 above). If the meet is double ended, the boys events may be swum in 6 lanes, with a buffer lane and a warmup/cool down lane. If the meet is split, boys will compete in the shallow end on Saturday and girls in the deep end, with the reverse on Sunday. Additionally, the 500 free and 400IM may be swum in both pools at the referee's discretion.

ENTRY FEES:	Entry Fee	\$3.00	per swimmer
	Facility Charge	\$15.00	per swimmer
	Individual Event Fee	\$2.25	per event
	Relay Event Fee	\$5.00	per relay team entry
	Late Fee	\$5.00	per swimmer** (up to a team maximum of \$50)

Please make checks payable to: NLSCB or Northern Lights Swim Club Boosters.

PAYMENT IN FULL MUST BE MAILED SO THAT IT IS POSTMARKED BY THE ENTRY DEADLINE BELOW (REGARDLESS OF WHETHER THE ENTRIES WERE SUBMITTED BY US MAIL OR EMAIL)

Mail entries to the following address:
 Meet Entries/NLSCB
 Greg McDuffie
 11620 Brook Hill Ct.
 Anchorage, AK 99516
 Email entries to the following address:
 skijor@gci.net

****PAYMENT FOR ENTRIES POSTMARKED AFTER THE DEADLINE OR MADE AT THE MEET MUST INCLUDE THE ADDITIONAL LATE ENTRY FEE. THE POSTMARK DATE IS THE ONLY DATE USED TO DETERMINE WHETHER A TEAM'S SUBMITTAL HAS OCCURRED BEFORE THE DEADLINE. IT IS THE SUBMITTING TEAM'S RESPONSIBILITY TO POST ITS ENTRIES AND PAYMENTS SUFFICIENTLY EARLY TO AVOID THE LATE FEE**

ENTRY DEADLINE: Mailed entries must be postmarked, and emailed entries must be received, no later than **WEDNESDAY NOVEMBER 11^h, 2009.**

HAND-DELIVERED ENTRIES WILL NOT BE ACCEPTED

****NLSCB will make every effort to acknowledge receipt of entries with the team coach or person submitting the entries. However, it is ultimately the responsibility of the Team Coach to confirm receipt of their team's entries by the Entries Volunteer. Coaches whose teams have not received confirmation by the deadline should contact the Entries Volunteer to verify receipt of the entries before the deadline****

ENTRIES RECEIVED BY THE DEADLINE WILL BE INCLUDED IN THE MEET PROGRAM. ALL LATE ENTRIES WILL BE MADE ON A SWIMMER'S "FIRST COME, FIRST SERVE" BASIS, AS SPACE IN THE EVENT ALLOWS. NO HEATS WILL BE ADDED TO ACCOMMODATE SWIMMERS WISHING TO BE ADDED.

- SCORING:** No individual or team points will be recorded.
- AWARDS:** Ribbons will be awarded for places 1 through 8 in each individual event.
Ribbons will be awarded for places 1 through 3 in each relay event.
- TIME TRIALS:** Swimmers may request to swim time trials at the end of the Saturday and Sunday sessions, subject to approval by the Meet Referee, and subject to the maximum number of individual swims per day allowed (5). The swimmers are responsible for providing timers. All swimmers participating in the time trails, including those swimming as "pacers", will be charged an event entry fee (which will be billed to the swim team after the meet). "Pace" swimmers are also subject to the restriction on maximum number of swims daily.
- TIMERS:** A MINIMUM OF 16 TIMERS FOR EACH COMPETITION POOL WILL BE NEEDED THROUGHOUT THE MEET, AND WE ASK THAT THIS RESPONSIBILITY BE SHARED WITH ALL PARTICIPATING TEAMS. PLEASE PROVIDE AT LEAST 1 LANE TIMER FROM YOUR TEAM FOR EACH 10 SWIMMERS ENTERED IN THE MEET.
- CONCESSIONS:** A variety of nutritious foods will be provided at the concession stand on Saturday and Sunday. NLSCB is arranging for a concessionaire to sell meet T-shirts, sweatshirts, etc., on Saturday and Sunday. A concessionaire may also be present for swimsuits, goggles etc...
- HOSPITALITY ROOM:** A hospitality room will be provided on Saturday and Sunday for coaches, officials, timers and all other volunteer workers on deck.
- HOUSING:** None provided.
- POOL REMINDERS:** NO GLASS ON DECK AT ANY TIME.
NO SHAVING ALLOWED ON SITE.
Per USA Swimming regulations, no smoking or other use of tobacco products are permitted during the meet in any area on the deck, in the pool building, or outside adjacent to the pool building prior to, during or after the meet.
- NOTE TO COACHES:** PLEASE BE CERTAIN THAT YOUR TEAM HAS CLEANED UP YOUR AREA OF ALL DEBRIS AND PERSONAL BELONGINGS PRIOR TO LEAVING THE POOL.
- MEET DIRECTORS:** Heidi Uselmann
(907)-349-1778
heidijo@gci.net
- Lisa Bauer
(907) 349-4656
lisa.bauer@cardinalhealth.com
- MEET REFEREE:** Paula Smith
- SAFETY MARSHALL:** Marcia Harmening

ATTACHMENTS: (Available on ASI website or by request to the Meet Director or Entries Volunteer)

1. Swimmer/Coach USA Swimming Membership Verification
2. Invitational Meet Recap Sheet And Fee Summary
3. Meet Entry Form
4. Relay Entry Form
5. Order of Events
6. Information Form For Disabled Swimmers

**2009 THANKSGIVING DAY LAST CHANCE INVITATIONAL
ORDER OF EVENTS**

Sanction # _____

Bartlett Pool / November 20 – 22, 2009

(5:00 p.m. Warm up Friday; Meet starts 6:15 p.m.)

Girls	Friday, Nov 20th, 2009	Boys
1	Senior 500 Free	2

(8:00 a.m. Warm up Saturday; Meet starts 9:15 a.m.)

Girls	Saturday, Nov 21st, 2009	Boys
3	12 & Under 200 Medley Relay	4
5	Senior 200 Medley Relay	6
7	12 & Under 200 Free	8
9	Senior 200 Free	10
11	12 & Under 50 Fly	12
13	Senior 100 Fly	14
15	12 & Under 100 Back	16
17	Senior 200 Back	18
19	12 & Under 50 Breast	20
21	Senior 100 Breast	22
23	12 & Under 50 Free	24
25	Senior 50 Free	26
27	12 & Under 200 IM	28
29	Senior 400 IM	30

(8:00 a.m. Warm up Sunday; Meet starts 9:15 a.m.)

Girls	Sunday, Nov 22nd, 2009	Boys
31	Senior 200 Free Relay	32
33	12 & Under 200 Free Relay	34
35	Senior 200 IM	36
37	12 & Under 100 IM	38
39	Senior 100 Free	40
41	12 & Under 100 Free	42
43	Senior 200 Breast	44
45	12 & Under 100 Breast	46
47	Senior 100 Back	48
49	12 & Under 50 Back	50
51	Senior 200 Fly	52
53	12 & Under 100 Fly	54

