



2009 Ocean Spray Invitational

Host: Razorback Aquatic Club Aquahawgs

Dates: December 4-6, 2009

Sanction: Held under USA Swimming through Arkansas Swimming, Inc.
Sanction Number 09AR1205

Location: Jones Center for Families
922 East Emma Ave.
Springdale, AR 72765

The Jones Center building is not open when the morning sessions begin. Please enter the building from the West parking lot side of the Jones Center for Families.

Facility: Eleven lane, 25 yard indoor course with non-turbulent lane lines. Eight lanes will be used for competition. Daktronics Electronic Timing System with touch pads and horn start. 8 line display scoreboard. Warm-up/warm-down area will be available. The meet will be run with a closed deck. Only swimmers, certified coaches and meet personnel will be allowed on deck. No food will be allowed on deck. Spectator seating will be available in the natatorium balcony area. Swimmers leaving the pool area must wear a shirt, pants and shoes.

Meet Type: Age group and Senior invitational. All events are timed finals.

Starting Times: Warm-ups for the Friday evening session will begin at 4:30 p.m., with the meet starting at 5:30 p.m. Warm-ups for the Saturday and Sunday morning sessions will begin at 7:30 a.m., with the meet starting at 8:45 a.m. Warm-ups for the Saturday and Sunday afternoon sessions will begin no earlier than 11:30 a.m., with the meet starting no earlier than 12:45 p.m. Warm-ups for Saturday evening's 1000 Freestyle session will begin immediately after the end of the afternoon session and will last for 20 minutes.

Rules: 2009 USA Swimming and Arkansas Swimming, Inc. Rules and Regulations will govern the meet. ASI safety guidelines and warm-up procedures will be in effect.

Attending Coaches: Only coaches registered with USA Swimming will be allowed to participate in any coaching capacity. Under ASI rules, each team must provide a copy of each attending coach's USA Swimming membership card. Attending coaches should be prepared to show proof of USA Swimming registration and valid certification in CPR, First Aid, and Safety Training for Swim Coaches.



- Warm-Up:** All ASI warm-up rules will be followed. Swimmers may not dive into the pool during general warm-up. Any Swimmer who does not enter the pool feet first during any portion of a warm-up/warm-down period which requires feet first entry shall automatically be removed from their next individual event. If the swimmer does not have an individual event in the session in which the violation occurred, they shall be removed from their first individual event in the next session in which they are entered, be it prelims, finals or timed finals that day or the next day of the meet. These warm-up rules also apply to the warm-up/warm-down area that will be available during each session. Swimmers may dive into the pool during a designated sprint warm-up. Swimmers without a coach at the meet must check in with the Meet Referee and will be assigned to a coach during the warm up portion of the meet.
- Eligibility:** All swimmers must be registered as 2009 or 2010 athlete members of USA Swimming. No entries will be accepted without current USA Swimming registration number. Swimmers who enter as pending or applied for must send their Athlete Registration and payment with the team entries. On deck registration will not be permitted. If you have already sent the registration and fee to ASI, please send a copy of the registration form. The age of each swimmer as of December 4, 2009 determines age group classification for the entire meet.
- Entries:** Entries will be accepted in the order received. Entries will be limited to the first 450 swimmers based on the date entries are received. No teams will be split. Please submit entries via Hy-Tek entry file either by e-mail or on a diskette, accompanied by Hy-Tek entry summary sheets.
- Entry Fees:** \$2.50 per individual event and \$5.00 per relay event. \$3.00 ASI surcharge per swimmer. \$5.00 Jones Center facility fee per swimmer.
- Make checks payable to **RAC Aquahawgs**. Mail entries to:
- RAC Aquahawgs
c/o Scott Berry
2756 E. Coy Kaylor Dr. Apt. #11
Fayetteville, AR 72703
aquahawgcoachscott@gmail.com
- Entry Deadline:** Entries must be received by Wednesday, November 25, 2009.
- Entry Limit:** All swimmers may swim a maximum of four (4) individual events and one (1) relay event per day.
- Seeding:** All events except for the 1000 Freestyle will be pre-seeded. The 1000 Freestyle will be deck seeded.
- 1000 Freestyle:** The 1000 Freestyle may be limited to the fastest 16 girls and fastest 16 boys. Heats will be swum fastest to slowest, alternating girls and boys. This event will be deck seeded and will require positive check-in before the start of the afternoon session. Any swimmer who has checked in (and not scratched before the check-in deadline) and fails to swim shall be barred from his/her next individual event. Each swimmer will need to provide one timer.



- Deck Entries:** Deck entries will be accepted where space is available. Deck entry fees will be \$5.00 per individual event and \$10.00 per relay event. A swimmer who is not previously entered in the meet must also pay the \$3.00 ASI surcharge and the \$5.00 Jones Center facility fee and show proof of USA Swimming membership. Deck entries must be received a minimum of 30 minutes prior to the start of the session. Swimmers who have deck entered an event will be placed in open lanes in existing heats in the order they are received. Events will not be re-seeded and new heats will not be created to accommodate deck entries. Swimmers who scratch one event and enter another event to replace it will be charged deck entry fees.
- Scratches:** ASI pre-seeded timed finals scratch rules will be in effect. Swimmers who do not report for an event, except for the 1000 Freestyle, will not be penalized. Entry fees will not be refunded for scratches or no-shows.
- 8 & Under Bullpen:** Swimmers in 8 & Under events shall report to the bullpen area when their event is called. Swimmers in all other events shall report directly to the starting blocks.
- Officials:** Meet Referee: Ed Gbur and Sudhir Katke
Meet Director: Nicole Lynch
- Awards:** Ribbons will be awarded for 1st-8th place in each individual event in “A-B-C” categories. Senior events will be separated into 13-14 and 15-18 age groups for awards and scoring. Ribbons will be awarded for 1st-3rd in each relay event. High point awards will be given for the top scoring boy and girl in 8 & Under, 9-10, 11-12, 13-14, and 15-18 age groups. Individual points will be earned only for events swum in that age group.
- Scoring:** Individual events will be scored 1st-8th. Points for individual events will be 9,7,6,5,4,3,2,1. Relay events will not be scored
- Heat Sheets:** Heat sheets will be available for purchase.
- Final Results:** Final results will be posted on the Arkansas Swimming Website.
- Concession:** A large selection of healthy items will be available.
- Additional Rules:** Possessing a still or video camera or a cell phone with video capability is prohibited in all dressing rooms, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person found possessing such devices in these areas will immediately be removed from the meet with all fees forfeited, and subject to further LSC or USA Swimming sanctions and penalties.
- Smoking and use of other tobacco products are prohibited on the deck, in the bleachers, locker rooms, and throughout the Jones Center for Families campus.

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Meet Summary Sheet

Team Name: _____

Team Abbreviation: _____ LSC Code: _____

Attending Coaches: _____

Entry Information:

Number of individual entries _____ @ \$2.50 = _____

Number of relay entries _____ @ \$5.00 = _____

Number of swimmers (ASI surcharge) _____ @ \$3.00 = _____

Number of swimmers (facility fee) _____ @ \$5.00 = _____

TOTAL _____

Team Address:

Phone: () _____

E-mail: _____

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USS, ASI, the host club, and officials.

Signature of coach or club representative: _____

Please send entries to: RAC Aquahawgs
2756 E. Coy Kaylor Dr., Apt. #11
Fayetteville, AR 72703
(316) 217-2661
aquahawgcoachscott@gmail.com