

HealthWorks CASC Invitational

November 12-13, 2010

SANCTIONED BY: Held under USA Swimming through Arkansas Swimming Inc.
Sanction Number: 10AR1113

SPONSORED BY: Central Arkansas Swim Club - Racers

STARTING TIMES: Friday session Warm-up 4:00pm Meet Starts 5:00pm
Saturday session 1st Warm-ups 7:30-8:30am Meet starts: 8:30 am
Saturday session 2nd Warm-ups 12:30-1:30pm Meet starts 1:30 pm

LOCATION: HealthWorks Fitness Center
304 N Madison
El Dorado, AR 71730

FACILITY: Six lane x 25 yard pool with 7 foot lanes with Keifer Competitor lane lines and non-skid starting blocks. Colorado timing system and touch pads will be used with a 6 lane scoreboard. The competition course has not been certified in accordance with Article 104.2.21C(4). The minimum water depth measured in accordance with Article 202.3.6 is 5'0" at the start end and 4'0" at the turn end.

ELIGIBILITY: All 2010 or 2011 USA-S registered swimmers are eligible. Swimmers should be prepared to show proof of their 2010 USA-S registration if requested. Swimmer's age on the first day of the meet (November 12, 2010) will determine their age group for the meet. 2010 USA-S and AS1 rules will govern the meet. On deck athlete registration will be allowed.

SEEDING: This is a pre-seeded meet. All events will be timed finals. Submit Swimmer's best short course yards times to ensure proper seeding.

ENTRY LIMITS: Swimmers may enter a maximum of four (4) individual events plus two (2) relays per day and eight (8) individual events and two (2) relays per meet. 500 Freestyle may be limited to top 18 times submitted. Meet will be limited to first 300 swimmers entered. If the team's entries exceed the 300 limit, all of the team's entries will be accepted.

ENTRY FEES: \$7 facility charge for each swimmer; \$3.00 ASI surcharge for each swimmer; \$2.50 for each individual event entered; \$5.00 for each relay team.

DECK ENTRIES: Deck entries will be accepted by the Clerk of Course up to 30 minutes before the published starting time. Cost is \$5.00 per individual event and \$10.00 per relay. A swimmer who is not previously entered in the meet must also pay the \$10.00 surcharge. Deck entries for each event will be placed in open lanes in existing heats in the order in which they are received by the Clerk of Course. New heats will not be created. There is no guarantee that a deck entry will get to swim the event and there will be no refund of entry fees. No event will be reseeded to accommodate a deck entry. **A swimmer who scratches one event and enters another event to replace it will be charged deck entry fees.**

500 free: The 500 free events are timed final and deck seeded. Check-in is required for all participants 30 minutes prior to the start of the meet.

SCRATCHES: No money will be refunded for scratches. A swimmer who does not report by the final call will be scratched from that event.

AWARDS: Ribbons will be given for first through sixth places in individual events and relays. In open events ribbons will be awarded as per age groups 12 and under, 13 & 14 and 15 and over. Team Awards will be given to the top 3 team scores. High-point awards will be given for girls and boys in the following age groups 8 & U, 9-10, 11-12, 13-14, 15 & Over.

SCORING: Individual Events: 7-5-4-3-2-1. Relays: 14-12-10-8-6-4

ATTENDING COACHES Under ASI rules, each team must provide a copy of each attending coach's USA-S membership card. Attending coaches should be prepared to show proof of their USA-S registration and valid certification in CPR, First Aid, and Safety Training if requested.

ENTRY FORMS: A complete entry packet must include (1) a HYTEK file containing the entries, (2) a printed list of all entries including relays, sorted by swimmer, (3) a completed, signed meet summary form, (4) proof of USA-S registration for all attending coaches, and (5) a check payable to Central Arkansas Swim Club to cover the cost of the entries.

ENTRY: Entries must be received by Wednesday, November 3, 2010. Send all items in the entry packet to: Aquatics Department, HealthWorks Fitness Center, 304 N Madison, El Dorado, AR 71730

Teams are encouraged to send the first two items (HYTEK file and printed list of entries) as attached files via email to aquaticsst.hfc@suddenlinkmail.com. A team will not be accepted into the meet without a completed, signed meet summary form and check. Entries which require a signature for receipt will not be accepted.

SMOKING: USA-S rules prohibit smoking and use of other tobacco products on the pool deck, in locker rooms, and swimmer rest areas.

WARM-UP GUIDELINES: Warm-up guidelines adopted by ASI will be in effect. Warm-up lanes will be assigned to teams. The first half of warm-ups will be a general warm-up in all lanes. No diving off the blocks or off the edge of the pool - feet first entry only; no sprints or pace work. Lane use for the last half will be divided into starts, general warm up, and pace work. Split warm-ups will be used for the afternoon sessions if necessary. Teams will be notified if split sessions are required.

SAFETY: Possessing a still or video camera or a cell phone with video capability is absolutely prohibited in all dressing areas, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person so found possessing such devices in these areas will immediately removed from the meet with all fees forfeited, and subject to further LSC and or USA Swimming sanctions and penalties. No animals of any kind are allowed in the facilities except those allowed by law. 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.

QUESTIONS: Contact Farrin Cain - 870-588-7177 hficaquatics@suddenlinkmail.com
Contact Patrick Bass - 501-681-8554 - pbass@cascracers.com Contact
Onat Tungac - 501-766-6095 - onattungac@cascracers.com

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Meet Summary Form

Complete this Meet Summary Form and submit it along with your complete entry form and your check. Make checks payable to HealthWorks Fitness Center Mail all entries to:

Farrin Cain

304 N. Madison

El Dorado, AR 71730

Phone: (870)-588-7177

E-mail: (Hy-Tek) aquaticsasst.hfc@suddenlinkmail.com

(Farrin) hfcaquatics@suddenlinkmail.com

NAME OF CLUB: _____

CLUB CODE: _____

MAILING ADDRESS: _____

PERSON TO CONTACT REGARDING QUESTIONS: _____

PHONE NUMBER: _____

ATTENDING COACHES: _____

COACH'S PHONE NUMBER: _____ E-MAIL

ADDRESS: _____

#Swimmers x \$ 10.00 SURCHARGE = _____

#Individual Entries x \$2.50 per event = _____

Relay Entries x \$5.00 per relay = _____

Total Fees =

As specified by USA swimming and ASI, each coach or team representative must certify that all swimmers entered on the entry forms are members of USA swimming as of the entry deadline, or the applications for membership (including fees) are enclosed with the entry forms. In addition, the signature below certifies that each attending coach is a member of USS and has valid certification in CPR, First Aid and Safety Training for the duration of the Meet. In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USA Swimming, ASI, University of Arkansas at Little Rock, the Central Arkansas Swim Club, and officials.

SIGNATURE OF COACH/TEAM REPRESENTATIVE: _____

Order of Events Friday Evening Session

Pool Opens: 4:00 PM Meet Starts: 5:00 PM

1	Open 200 Free	2
3	Open 400I.M.	4
5	Open 50 Free	6
7	Open 500 Free **	8
	***** 10 Minute Break *****	
9	Open 200 Butterfly	10
11	Open 200 Back	12
13	Open 200 Breast	14

** 500's limited to top 18 entries for each gender

Saturday Morning Session

Pool Opens: 7:30 AM Meet Starts: 8:30 AM

15	10 & U 100 Medley Relay	16
17	11-12 200 Medley Relay	18
19	10&U 25Free	20
21	11-12 50 Free	22
23	8 & U 25 Back	24
25	9-10 50 Back	26
27	8 & U 25 Breast	28
29	9-10 50 Breast	30
31	8 & U 25 Butterfly	32
33	9-10 50 Butterfly	34
35	8 & U 100 I.M.	36
37	9-10 100I.M.	38
39	8 & U 50 Free	40
41	9-10 100 Free	42
43	10 &U 100 Free Relay	44
45	11-12 200 Free Relay	46

Saturday Afternoon Session

Pool Opens: 12:30 PM Meet Starts: 1:30 PM

47	Open 200 Medley Relay	48
49	Open 50 Free	50
51	Open 100 Back	52
53	Open 200I.M.	54
55	Open 100 Breast	56
57	Open 100 Fly	58
59	Open 100 Free	60
61	Open 200 Free Relay	62