

PENN AQUATICS PRO SUPERSTAR INVITATIONAL

A swim your own age timed finals meet with 8 & under events

November 7- 8, 2009

- SANCTION:** The PRO Superstar Invitational is sanctioned by USA Swimming and Indiana Swimming. Sanction # **IN10056**
- LOCATION:** Penn High School Pool, 56100 Bittersweet Road, Mishawaka, IN (see our website at www.pennaquaticclub.com for accommodation information and Mapquest® directions). Free Parking is available in the Bittersweet Rd. lot at the northwest side of Penn High School.
- FORMAT:** Timed Finals. Current USA Swimming and Indiana Swimming rules will govern this meet. *USA Swimming Rules 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.*
- FACILITY:** Penn High School Pool is a 25 yard, 8 lane course with Colorado electronic timing with button and digital watch back-up.
- ENTRIES:** Entries will be accepted starting Saturday, October 17, 2009. Entry deadline will be Saturday, October 24th. Deadline will be extended if the meet is not full. Teams will be selected by the following criteria:
1. Entering the meet with Hy-tek meet entry file via email
 2. Providing officials
 3. Accuracy and completeness of entry
 4. Strength of team entry
- Acceptance may be subject to the size limitations of the meet based on the fill status at the time the entry is received. Host will NOTIFY teams being turned away by e-mail within 72 hours after the meet entry deadline or 72 hours after meet becomes full, whichever comes first. No phone or fax entries will be accepted.
- ENTRY CHAIR:** Patty Carroll Email: jbcIU85@att.net Phone: 574-247-0719
14351 Drake Ct, Granger IN 46530
This meet will be run using Hy-Tek Meet Manager. Please e-mail your entry to Patty Carroll as listed above. Final results will be sent via e-mail. All entry fees, the signed release, and summary form must be received at least one hour before the start of the meet on Saturday, November 7th or your team entries will be scratched.
- MEET DIRECTOR:** Shelley Brandenburg
Email: shelleybinoc@comcast.net
Phone: 574-674-6225
- ELIGIBILITY:** All swimmers must be registered with USA Swimming to be accepted into this meet. Age as of November 7, 2009 shall determine the swimmer's age for the entire meet.
- COACHES:** Coaches MUST constantly display their current USA Swimming coach credential to gain deck access. The meet referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current.

FEES: FEES BELOW ARE CORRECT IN ENTRY LETTER
\$ 1.50 Indiana Swimming surcharge required from each swimmer
\$ 4.00 per individual entry (see Entry Limitations below)
\$ 6.00 per relay entry
\$ 6.00 per deck entry; payment must accompany deck entry request
\$ 8.00 per deck entry relay
\$ 6.00 per Preliminary Psych Sheet (whole meet)
Make checks payable to: Penn Aquatics and mail entry fee to entry chair (see page 1) prior to meet.

TIMES: Coaches Meeting: Saturday & Sunday 7:45 a.m.
MORNING SESSION:
Saturday & Sunday Morning
Warm-ups: 7:00 -7:45 a.m.
Meet begins: 8:00 a.m.
AFTERNOON SESSION:
Saturday & Sunday afternoon
Warm-ups NOT BEFORE 12:00 noon
Warm-ups: 12:00 -12:50 p.m.
Meet begins: 1:00 p.m.
SATURDAY EVENING SESSION:
Warm-ups immediately following Saturday afternoon session but not before 5pm
Meet begins 35 minutes later

ENTRY LIMITS: Each swimmer is limited to **4** individual events and 1 relay per **session** per day. Swimmers 11 & over may enter 4 events in the Saturday afternoon session and still enter Saturday evening events. The 11-12 500 Free, 13 & over 500 Free, and 13 & over 400 IM will be limited to the three fastest heats of boys and girls for each event. The 13 & over 1650 Free will be limited to the two fastest heats of boys and girls for each event. If time line permits, the host team may add heats in limited events solely for host team swimmers who do not meet cut off times. Host team reserves the right to limit any events in order to stay within the timeline allowed each session. Refunds will be made to swimmers who enter any events that are limited but do not make the cut off time. All swimmers in Sat. evening session must provide their own timers and counter.
Limited event times will not be adjusted after posting. Swimmers who missed the cut times due to an entry error that was not reported to Penn Aquatics prior to the deadline for changes will not be added to limited events. Any scratches from limited events can be filled with host team swimmers who did not meet the required cut time. No swimmers seeded below the cut time will be added to limited events except for host team swimmers.

CHANGES, ADDITIONS AND CORRECTIONS: Coaches should double-check their entries before submission. No additions, changes or corrections will be accepted after October 31, 2009.

DECK ENTRIES: Deck Entries will be accepted if, at the sole discretion of the meet director, they will not unduly extend the meet. Deck entries will be seeded only if received at least 1 hour before the start of the session. Unseeded deck entries will only be accepted to swim in empty lanes in the slowest heat.

CLERK OF COURSE: **Eight and Under Events:** - Swimmers must report to the Clerk of Course at least 10 minutes before the start of each event.
All other age groups - There will be no Clerk of Course for age groups other than eight and under. Seeded heat sheets will be posted on deck immediately before the start of each session. It is the swimmer's responsibility to appear at the correct starting platform ready to swim in time for the start of his/her heat.

CHECK IN/ This is a positive sign in meet, meaning "I'm here. I intend to swim." Sign in sheets will be pulled 15 minutes after the start of warm-ups for each session. To scratch an event, "X" through that event number on the sign-in sheet. At the 15-minute deadline, sign in sheets will be removed from the table and no changes or corrections will be accepted.

SCORING & AWARDS: Scoring: Individual events: 9-7-6-5-4-3-2-1
Ribbons will be awarded to 1st-10th place. Awards will be given to 7 & under, 8, 9, 10, 11, 12, 13 & 14 year olds. No awards will be given to 15 & over swimmers. Relays placing 1st through 3rd will be awarded ribbons. Individual high point trophies will be awarded for 1st place in each age group (except 15 & over). Please remember to pick up awards at the end of the meet.

CONCESSIONS: Open during entire meet.

NOTE: We reserve the right to combine ages to swim the events though all events will be scored separately.

TIMERS: **Swimmers in Saturday Evening session must provide their own timers and counters.** Timers may be needed during the meet. Please be prepared to volunteer to help.

OFFICIALS: Each team is requested to supply at least one official per session.

SWIMSUIT RULE: **EFFECTIVE (OCTOBER 1, 2009) USA Swimming Swim Suit Rule (102.9.1 B)**

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

PRO SUPERSTAR INVITATIONAL

Saturday Morning Session

Warm-ups: 7:00 - 7:45 a.m.

Meet begins 8:00 a.m.

GIRLS	ORDER OF EVENTS	BOYS
1	8 & under 100 I.M.	2
3	11-12 200 yd IM	4
5	8 & under 25 yd FLY	6
7	11-12 100 yd FLY	8
9	8 & under 50 yd BACK	10
11	11-12 50 yd BACK	12
13	8 & under 25 yd FREE	14
15	11-12 100 yd FREE	16
17	8 & under 50 yd BREAST	18
19	11-12 50 yd BREAST	20
21	8 & under 100 yd FREE RELAY	22
23	11-12 200 YD FREE RELAY	24

Saturday Afternoon Session

Warm-ups: NOT BEFORE 12:00 noon

Meet begins one hour after warm-ups

GIRLS	ORDER OF EVENTS	BOYS
25	9-10 200 yd IM	26
27	13 & over 200 yd FREE	28
29	9-10 100 yd FLY	30
31	13 & over 100 yd FLY	32
33	9-10 50 yd BACK	34
35	13 & over 200 yd BACK	36
37	9-10 100 yd FREE	38
39	13 & over 100 yd FREE	40
41	9-10 50 yd BREAST	42
43	13 & over 100 yd BREAST	44
45	9-10 200 yd FREE RELAY	46
47	13 & over 200 yd FREE RELAY	48

Saturday Evening Session

Warm-ups: immediately following Saturday afternoon session
but not before 5pm

GIRLS	ORDER OF EVENTS	BOYS
49	13 & over 400 yd IM	50
51	11-12 500 yd FREE	52
53	13 & over 500 yd FREE	54
55	13 & over 1650 yd FREE	56

Sunday Morning Session

Warm-ups: 7:00 - 7:45 a.m.

Meet begins 8:00 a.m.

GIRLS	ORDER OF EVENTS	BOYS
57	8 & under 100 yd FREE	58
59	11-12 200 yd FREE	60
61	8 & under 50 yd FLY	62
63	11-12 50 yd FLY	64
65	8 & under 25 yd BACK	66
67	11-12 100 yd BACK	68
69	8 & under 50 yd FREE	70
71	11-12 50 yd FREE	72
73	8 & under 25 yd BREAST	74
75	11-12 100 yd BREAST	76
77	8 & under 100 yd MEDLY RELAY	78
79	11-12 200 yd MEDLEY RELAY	80

Sunday Afternoon Session

Warm-ups: NOT BEFORE 12:00 noon

Meet begins one hour after warm-ups

GIRLS	ORDER OF EVENTS	BOYS
81	9-10 200 yd FREE	82
83	13 & over 200 yd IM	84
85	9-10 50 yd FLY	86
87	13 & over 200 yd FLY	88
89	9-10 100 yd BACK	90
91	13 & Over 100 yd BACK	92
93	9-10 50 yd FREE	94
95	13 & over 50 yd FREE	96
97	9-10 100 yd BREAST	98
99	13 & over 200 yd BREAST	100
101	9-10 200 yd MEDLEY RELAY	102
103	13 & over 200 yd MEDLEY RELAY	104

PRO Superstar Meet

Saturday November 7 and Sunday November 8, 2009

RELEASE AND HOLD HARMLESS AGREEMENT

CLUB- _____
(Hereafter referred to as 'Club')

In consideration of being permitted to participate in the swim meet, Club, and its swimmers, coaches, parents, members, and volunteers hereby release and forever discharge Penn Aquatics/PRO Swimming, USA Swimming, Indiana Swimming, Penn High School, Penn Harris Madison School Corporation, the respective directors, officers, agents, employees, members, successors, and assigns of each of them, and all other persons or entities in any way connected with the sponsoring or holding of this swim meet, of and from any and all liabilities, claims, demands, actions, causes of action, losses, damage or expenses, of whatever kind of character, arising out of or in connection with said swim meet and the facilities and personnel for it. Further, Club, and its swimmers, coaches, parents, members and volunteers shall indemnify and hold harmless Penn Aquatics, USA Swimming, Indiana Swimming, Penn High School, Penn Harris Madison School Corporation, the respective directors, officers, agents, employees, members, successors, and assigns of each of them, and all other persons or entities in any way connected with sponsoring or holding this swim meet, of and from any and all liabilities, claims, demands, actions, losses, damages or expenses, of whatever kind or character, arising out of or in connection with any injury to any person, including death, or injury or damage to any property.

The undersigned represents that he/she is authorized by the club, and its swimmers, coaches, parents, members, and volunteers to execute this release and hold harmless agreement on behalf of each of them, binding Club, and its swimmers, coaches, parents, members and volunteers to the terms hereof.

EXECUTED THIS _____ DAY OF _____, 2009

SIGNATURE: _____

PRINTED NAME: _____

POSITION: _____

