

JOHN "PITT" PITTINGTON INVITATIONAL

January 8, 9, & 10 2010

Hosted by:

LA Gold Swim Team Sanction No:

- PLACE:** Lake C. Oxford Natatorium University of Louisiana at Monroe Highway 80 East Corner of Bon Air & Stadium Drive Monroe, LA 71209 (318)342-5315
- COACH:** Marc Bucat (318) 855-5501 marcbucat@gmail.com
- MEET REFEREE:** Mike Burroughs
2203 Essex Street
Monroe, LA 71201
318-327-9112 (H)
mburroughs2@comcast.net
- FACILITIES:** Indoor, air-conditioned, 25 yard by 50-meter pool, two 8-lane courses, non-turbulent lane ropes, Colorado Electronic Timing System and Scoreboard, sundeck, plus 6-lane 25 yard diving well for warm-up/warm-down.
- ELIGIBILITY:** All USS registered swimmers are eligible. 2009 USS rules will govern the meet. Entrant's age as of January 8, 2010 will determine age for duration of meet.
- EVENTS:** All events are TIMED FINALS. Submit contestant's best short course yard times to insure proper seeding. USS rules will be in effect.
- ENTRY LIMIT:** Each swimmer may enter five (5) individual events per day, with the exclusion of relays. THIS MEET WILL BE LIMITED TO THE FIRST 650 SWIMMERS.
- AWARDS:** Ribbons will be awarded for 1st thru 8th place in individual events and 1st thru 8th in relays. Plaques will be awarded for high point boy and girl in each age Group. Only points earned in each swimmer's age group will count toward high point.
- A cash prize will be given to the top 3 teams at the meet. The prizes will be based on total team points accumulated over the 3 days of the meet. First prize is **\$1000**, second prize is **\$500**, & third prize is **\$250**.
- SCORING:** Individual events: 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1
Relay events: 18 - 14 - 12 - 10 - 8 - 6 - 4 - 2
- ENTRY FEES:** Individual events: \$2.50 Relay events: \$8.00
- SURCHARGE:** \$4.00 per swimmer entered in meet.
- SCRATCHES:** No money will be refunded for scratches. Coaches, please notify the clerk of course of all scratches 30 minutes prior to the start of each session. All scratches and deck

entries must be filled out and signed by the coach for record.

DECK ENTRIES: Deck entries will only be accepted where space is available. NO NEW HEATS WILL BE ADDED. The cost will be \$5.00 per individual event and \$16.00 per relay. Late entries will close 30 minutes prior to the start of each session.

ENTRY DEADLINE: ENTRIES MUST BE RECEIVED NO LATER THAN FRIDAY, JANUARY 1, 2010. HY-TEK PROGRAM IS PREFERRED. EMAIL ENTRIES TO Chris Solito at solito3@comcast.net. Also, include a hard copy of your computer entries and the attached re-cap sheet. If the Hy-Tek Program is not used, the enclosed entry forms MUST be filled out. Include entry fees with your entries.

MAKE CHECKS PAYABLE TO: LA GOLD

MAIL ENTRIES TO: Chris Solito
2002 Richard Drive
Monroe, LA 71201
solito3@comcast.net

MEET RESULTS: Results will be emailed to the coaches after completion of the meet.

FOR INFORMATION: Marc Bucat (318) 855-3513; email: marcbucat@gmail.com

USS NUMBERS: Each swimmer's USS number MUST be included on your entries.

FOOD: Concessions will be available. A hospitality room will be available for the coaches and officials and lunch will be provided for the coaches and officials.

TIMERS: Each team competing that brings 10+ swimmers will be asked to furnish timers. Have them report to the chief timer 30 minutes prior to the start of each session. Each swimmer competing in the 1650 yard freestyle must provide a counter and one (1) timer. Each team who has officials coming to the meet, please have them contact the Meet Referee, Mike Burroughs, at his address listed on the front of the Invitation.

SCHEDULE:

FRIDAY: Warm-up 4:00 p.m.

Meet begins: 5:00 p.m.

*The girls will swim at the scoreboard end, boys at the diving well end.

SATURDAY: MORNING SESSION

Warm-up: 8:00 a.m.

Meet begins: 9:00 a.m.

AFTERNOON SESSION

Warm-up will begin immediately following the morning session but no earlier than 12:30 p.m.

*The girls will swim at the diving well end; boys at the scoreboard end.

SUNDAY: MORNING SESSION

Warm-up: 7:30 a.m.

Meet begins: 8:30 a.m.

AFTERNOON SESSION

Warm-up will begin immediately following morning session but no earlier than 12:00 noon.

*The girls will swim at the scoreboard end; boys at the diving well end.

WARM-UP PROCEDURE:

ALL TEAMS WILL REMAIN IN THEIR ASSIGNED LANES FOR THE ENTIRE WARM-UP WITH COACHES. The first 30 minutes of warm-up will consist of general warm-up in all lanes. NO DIVING. NO EQUIPMENT FOR ENTIRE WARM-UP. The second 30 minutes may include dive starts. All swimmers begin at the starting end of pool and EXIT at the opposite end. The diving well will be open for warm-up and warm-down throughout the meet.

NO DIVING, NO EQUIPMENT, NO HORSEPLAY, LIFEGUARDS WILL BE ON DUTY THROUGHOUT THE MEET TO SUPERVISE THE WARM-UP POOL.

LANES ASSIGNMENTS FOR WARM-UP WILL BE POSTED IN THE HEAT SHEET. IN ORDER TO COMPLETE THE MEET IN A TIMELY MANNER, IT MAY BE NECESSARY TO SWIM SOME EVENTS AT THE OPPOSITE END OF THE POOL. For example: Some 8 & under girls' events may be swum at boys' end of the pool. Announcements will be posted in the heat sheet.

INCLUSION POLICY: Swimmers with a disability as described in the USA Swimming Technical Rules, Article 105, shall be permitted to enter any meet sanctioned by Louisiana Swimming Inc.

ORDER OF EVENTS: * Events 1 & 2, 9 & 10, and 51 & 52 will be limited to the fastest 24 entries received by the Entry Deadline. Psych Sheet will be posted on the web site prior to the meet. Coaches please check your entries for these events before sending your entries as there will be no changes in times or deck entries for these events. Sign in is required day of meet. From original entries only, we will add the next fastest swimmer to replace any top 24 that do not show up or sign in. Coaches will be notified, parents should check with their Coaches.

Events 1 & 2 and 9 & 10 will be swum fastest to slowest.

Swimmers are to provide their own timers for Friday evening.

FRIDAY

WARM-UP: 4:00 p.m. / MEET STARTS: 5:00 p.m.

GIRLS

1 *Senior 400 Y. I.M.
 3 10-U 200 Y. I.M.
 5 11-12 200 Y. I.M.
 7 13-14 200 Y. I.M.
 9 *Senior 1650 Y. Free

BOYS

2
 4
 6
 8
 10

SATURDAY MORNING

WARM-UP: 8:00 a.m. / MEET STARTS: 9:00 a.m.

GIRLS

11 8-U 100 Y. Free 12
 13 10-U 100 Y. Free 14
 15 11-12 200 Y. Free 16
 17 8-U 25 Y. Back 18
 19 10-U 50 Y. Back 20
 21 11-12 100 Y. Back 22
 23 8-U 25 Y. Free 24
 25 10-U 50 Y. Free 26
 27 11-12 50 Y. Free 28
 29 8-U 25 Y. Breast 30
 31 10-U 50 Y. Breast 32
 33 11-12 100 y. Breast 34
 35 8-U 25 Y. Fly 36
 37 10-U 100 Y. Fly 38
 39 11-12 100 Y. Fly 40
 41 8-U 100 Y. Free R 42
 43 10-U 200 Y. Free R 44
 45 11-12 200 Y. Free R 46

BOYS**SATURDAY AFTERNOON**

WARM-UP: 12:30 p.m. / MEET STARTS: 1:30 p.m.

(Immediately after morning sessions but no earlier than 12:30 p.m.)

GIRLS

47 Senior 400 Y. Free R.
 49 13-14 200 Y. Free R.
 51 *Senior 500 Y. Free
 53 13-14 100 Y. Fly
 55 Senior 100 Y. Fly
 57 13-14 200 Y. Back
 59 Senior 200 Y. Back
 61 13-14 50 Y. Free
 63 Senior 50 Y. Free
 65 13-14 200 Y. Breast
 67 Senior 200 Y. Breast
 69 13-14 100 Y. Free
 71 Senior 100 Y. Free

BOYS

48
 50
 52
 54
 56
 58
 60
 62
 64
 66
 68
 70
 72

SUNDAY MORNING

WARM-UP: 7:30 a.m. / MEET STARTS: 8:30 a.m.

GIRLS

73	8-U	50 Y.	Breast	74
75	10-U	100 Y.	Breast	76
77	11-12	50 Y.	Breast	78
79	8-U	50 Y.	Fly	80
81	10-U	50 Y.	Fly	82
83	11-12	50 Y.	Fly	84
85	8-U	50 Y.	Free	86
87	10-U	200 Y.	Free	88
89	11-12	100 Y.	Free	90
91	8-U	50 Y.	Back	92
93	10-U	100 Y.	Back	94
95	11-12	50 Y.	Back	96
97	8-U	100 Y.	I.M.	98
99	10-U	200 Y.	Med. R.	100
101	11-12	200 Y.	Med. R.	102
103	8-U	100 Y.	Med. R.	104

BOYS**SUNDAY AFTERNOON**

WARM-UP: 12:00 NOON / MEET STARTS: 1:00 p.m.

(Immediately after morning session but no earlier than 12:00 noon)

GIRLS**BOYS**

105	Senior	400 Y.	Med. R.	106
107	13-14	200 Y.	Med. R.	108
109	Senior	200 Y.	Free	110
111	13-14	200 Y.	Free	112
113	Senior	200 Y.	Fly	114
115	13-14	200 Y.	Fly	116
117	Senior	100 Y.	Back	118
119	13-14	100 Y.	Back	120
121	Senior	100 Y.	Breast	122
123	13-14	100 Y.	Breast	124
125	Senior	200 Y.	I.M.	126

Relay Entry Form

Team Name: _____

Team Initials: _____

Women's Relays

<u>Event & Number</u>	<u>"A" Time</u>	<u>"B" Time</u>	<u>"C" Time</u>
#41 8-U 100 Y Free Relay	_____	_____	_____
#103 8-U 100 Y Medley Relay	_____	_____	_____
#43 10-U 200 Y Free Relay	_____	_____	_____
#99 10-U 200 Y Medley Relay	_____	_____	_____
#45 11-12 200 Free Relay	_____	_____	_____
#101 11-12 200 Medley Relay	_____	_____	_____
#49 13-14 200 Free Relay	_____	_____	_____
#107 13-14 200 Medley Relay	_____	_____	_____
#47 Senior 400 Free Relay	_____	_____	_____
#105 Senior 400 Medley Relay	_____	_____	_____

Men's Relays

<u>Event & Number</u>	<u>"A" Time</u>	<u>"B" Time</u>	<u>"C" Time</u>
#42 8-U 100Y Free Relay	_____	_____	_____
#104 8-U 100Y Medley Relay	_____	_____	_____
#44 10-U 200Y Free Relay	_____	_____	_____
#100 10-U 200Y Medley Relay	_____	_____	_____
#46 11-12 200 Free Relay	_____	_____	_____
#102 11-12 200 Medley Relay	_____	_____	_____
#50 13-14 200 Free Relay	_____	_____	_____
#108 13-14 200 Medley Relay	_____	_____	_____
#48 Senior 400 Free Relay	_____	_____	_____
#106 Senior 400 Medley Relay	_____	_____	_____

TOTAL WOMEN'S RELAY: _____

TOTAL MEN'S RELAY: _____

TOTAL RELAYS: _____ @ \$8.00 = _____

Meet Summary Form

Age Group	Number of Swimmers	Number of Entries	Entry Fees	Surcharge Fees	Total Fees
8&U Girls	_____	_____	_____	_____	_____
8&U Boys	_____	_____	_____	_____	_____
10&U Girls	_____	_____	_____	_____	_____
10&U Boys	_____	_____	_____	_____	_____
11-12 Girls	_____	_____	_____	_____	_____
11-12 Boys	_____	_____	_____	_____	_____
13-14 Girls	_____	_____	_____	_____	_____
13-14 Boys	_____	_____	_____	_____	_____
Senior Girls	_____	_____	_____	_____	_____
Senior Boys	_____	_____	_____	_____	_____

Team Name: _____
 Head Coach: _____
 Address: _____

Team Initials: _____
 Work Phone: _____
 Home Phone: _____

E-mail Address: _____

Total Fees This Page: _____

Total Relays Fees: _____

Total Fees Paid: _____

Check#: _____ Date Received: _____

Assistant Coach: _____ Phone: _____

Assistant Coach: _____ Phone: _____

Team Contact Person: _____ Phone: _____

CERTIFIED USS OFFICIALS ATTENDING: (Name and Phone)

