

Paul Blair Memorial Thanksgiving Invitational Swim Meet
November 20-22, 2009

Sanction: Held under USA Swimming through Arkansas Swimming Inc. Sanction Number: 09AR1121

Host: Arkansas Dolphin-Laser Swim Team

Place: University of Arkansas At Little Rock
Donaghey Student Center
2801 South University
Little Rock, AR 72204

Facilities: Eight lane x 25 yard pool with 9 foot lanes with Keifer Competitor lane lines and non-skid starting blocks. Colorado timing system and touch pads will be used with an 8 lane scoreboard. Warm up and warm down area is available.

Eligibility: All USA Swimming registered swimmers are eligible. 2009 rules will govern the meet. Entrants age as of November 20, 2009 will determine age for the duration of the meet.

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

Events: 12 & under events will be timed finals, 13 & Over events will be prelims finals with one heat in finals for 13-14 and two heats in finals for 15 & over. Only the championship heat will score points. Submit contestant's best short course yard times to ensure proper seeding. All events will be pre-seeded except the 1650 and the 500 freestyles and the 13 & Over 400 IM, which will be deck seeded. Check in by 5:00pm Friday for the 1650, the 12 & under 500 free and the 13 & Over 400 IM. The 1650 will be limited to the fastest 16 female and male swimmers. All the 500 free and 400 IM events will be limited to 32 swimmers male and female based on entry times. The 13-14 500 free will swim once with the fastest heat swimming in finals. The 15 and Over 500 free will swim once with the two fastest heats swimming in finals. Coaches will be notified of any swimmers not making the limited events.

Entry Limit: 12 and Under swimmers may enter five (5) individual events per day plus one relay. 13 and Over swimmers may enter three (3) individual events per day plus one relay. Teams will be limited to 2 relay teams per event.

Schedule:

Friday Evening Warm-up: 4:30pm Meet Starts: 5:30pm

Sat. & Sun. Prelim Sessions

Warm up: 6:30am. Meet Starts: 8:00am.

Sat. Timed Finals

Warm up: 12:00 noon Meet Starts: 1:00pm

Sat. Finals

Warm up: 4:30pm Meet Starts: 5:30pm

Sunday Timed Finals

Warm up: 11:30 am Meet Starts: 12:30pm

Sunday Finals

Warm up: 3:30 pm Meet Starts: 4:30 pm

WARM-UP: The warm-up guidelines set forth by ASI will be in effect. In the competition end of the pool the first 40 or 60 minutes of each warm-up period will be general warm-up in all lanes. The last 20 minutes of each warm-up period will be specific warm-up: Lanes 1 & 8 pace 50's or 100's, Lanes 2, 3, 6 & 7 race starts only, swim one length only, Lanes 4, 5, general warm-up. The warm up end of the pool will be general warm up. Warm up will begin in the warm up - warm down end of the pool at the scheduled time if the prelim session is not completed. Warm up will move to the competition end of the pool as soon as the previous session is complete. At least 30 minutes of warm up will be conducted in the competition end of the pool. There will be at least one hour of warm up time.

Awards: Custom medals for 1st, 2nd and 3rd place and ribbons 4th-8th place in individual and relay events in 8 & Under, 10 & Under, 11-12 and 13-14, there will not be individual awards for 15 7 Over. 12 and Under events will be broken down into 10 & Under and 11-12 for scoring. Only the championship heat in 15 and over will score ind. Points. 8 & Unders swimming in 10 and Under will be treated as 10&Under for those events. High point awards will be given for girls and boys in 8&Under, 10&Under, 11-12, 13-14 and 15 & Over. Team awards will be given to the 1st, 2nd and 3rd place teams.

Scoring: Individual events: 9-7-6-5-4-3-2-1. Relays: 18-14-12-10-8-6-4-2.

Entry Fees: Individual events \$2.50 each. Relays \$5.00 each. No fees will be refunded for scratches.

Surcharge: \$13.00 (\$3.00 ASI, \$10.00 UALR) per swimmer.

Deck Entries: DECK ENTRIES WILL BE ACCEPTED WHERE SPACE IS AVAILABLE. Deck entryfee is \$5.00 per individual event and \$10.00 per relay.

Meet Limit: The meet will be limited to the 250 swimmers in 12 & under and 200 in 13 and Over. If a team's entry exceeds either the swimmer all of that team's entries will be accepted. We reserve the right to limit individual sessions if it is determined that the session will go over the time line.

Entry Deadline: Make checks payable to Dolphin-Laser Booster Club.. Entries must be received by Tuesday, Nov. 10, 2009. Enclosed entry form must be filled out and returned with entry fee to:

Arkansas Dolphin-Laser Swim Team
#1 Huntington Road
Little Rock, AR 72227
Phone and Fax: (501) 225-5711
E-mail: coachkeith@dolphin-laser.com

Make checks payable to: Dolphin-Laser Booster Association.

Entry Forms: We prefer that all teams enter using Hy-Tek. All teams must use the enclosed summary form.

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USA Swimming #'s: Please remember that no entries will be accepted without current USA registration number. Swimmers who enter as pending or applied for must send their Athlete Registration application and payment with the team entries or register on deck and be charged deck entry fees. Athlete registration will be allowed on deck. If you have already sent the registration form and fee to ASI, please send a copy of the registration form.

Scratch Rules: The scratch rules adopted by Arkansas Swimming will be in effect.

INDIVIDUAL SCRATCH RULE

Each swimmer shall inform himself of the meet starting time and shall report to the proper meet authorities promptly upon call.

I. Pre-Seeded Meets – Each swimmer shall report promptly to the blocks (or Clerk of Course, if appropriate) prior to the start of each race in which he is entered.

A. Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.

B. Any swimmer not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized.

II. Events Seeded on the Deck – Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim the event unless the Clerk of Course is notified before the seeding for the event has begun that the swimmer wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer is entered on that day or the next meet day. Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the event.

III. Scratching from Consolation Finals and Finals

A. Any swimmer qualifying for a consolation final or final in an individual event who fails to compete in said consolation final or final shall be barred from further competition for the remainder of the meet, except as noted below.

B. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

C. When a consolation final has not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.

D. If a consolation final already has been contested, the final shall be swum without reseeding for the empty lane(s).

IV. Exceptions for Failure to Compete – No penalty shall apply for failure to withdraw or compete in an individual event if:

A. The Referee is notified in the event of illness or injury and accepts the proof thereof.

B. A swimmer qualifying for a consolation final or final notifies the Referee, or the Referee's designee, within thirty (30) minutes after announcement of the qualifiers for that final that he may not intend to compete and further declares his final intentions to the Referee within thirty (30) minutes following his last individual preliminary event.

C. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Smoking: Smoking and use of other tobacco products are prohibited on the deck, in bleachers, locker rooms, or other areas designed as swimmer rest area. The entire UALR Campus is "Smoke Free".

Food: Food will be available at the snack bar. **NO GLASS CONTAINERS OR FOOD OF ANY KIND WILL BE ALLOWED ON THE POOL DECK.**

Rules and Safety: The 2009 USA Swimming/ASI official rules shall govern the meet, and all technical and administrative rules of USA Swimming will apply.

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.

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. Feet first rule applies to warm-up area during the session.

Facility Rules: The gym, weight rooms, fitness equipment, racquetball courts, classrooms, aerobic rooms and meeting rooms are off limits to swimmers and spectators. No unattended children are allowed in the Donaghey Student Center. The entire UALR campus is "Smoke Free", smoking is not allowed anywhere on the campus.

Arkansas Dolphin-Laser Swim Team
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Summary Sheet

Name of Club: _____ Club Code: _____

Attending Coaches' Names: _____

Number of individual entries _____ @ \$2.50 _____

Number of relay entries _____ @ \$5.00 _____

Number of swimmers (UALR Surcharge) _____ @ \$10.00 _____

Number of swimmers (ASI Surcharge) _____ @ \$3.00 _____

Total enclosed _____

Team Address: _____

Telephone: (____) _____

E-mail: _____

Hotel where you will be staying _____

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USA Swimming, Arkansas Swimming Inc., the host club, and officials.

Signature of coach or club representative: _____

Please send entries to: Arkansas Dolphin-Laser Swim Team
#1 Huntington Road
Little Rock, AR 72227
Phone and Fax: (501) 225-5711
E-mail: coachkeith@dolphin-laser.com

Make checks payable to: Dolphin-Laser Booster Club