

SWIMTULSA Relay Rally & Distance Derby

October 3 – 4, 2009

Held under the Sanction of USA Swimming
By Oklahoma Swimming, Inc.
SANCTION NO.: OK10-003

LOCATION: Union 6th & 7th Grade Center Pool, 10100 E 61st St, Tulsa, Oklahoma

POOL: Eight lane, 25 meter with 4" lane ropes, and Daktronics timing system with multi-line scoreboard. Spectator area above pool deck and coaches and officials hospitality area.

SCHEDULE:

Sat Morning Warm-up: 8:45 – 9:45 am Timed Finals: 10 am
Relay Rally will include 5 different relays

Sun Morning Warm-up: 8:45 – 9:45 am Timed Finals: 10 am
Distance Derby is one distance event in the different age groups.

WARM-UPS: Warm-up sessions with team lane assignments for all Warm-up sessions. Teams will be notified of their Warm-up times. If there is a need for split warm ups coaches will be notified in advance. Warm-up schedules will also be posted throughout the venue and in the heat sheet. Warm-up activities will be organized by the coaches. Disputes will be resolved by the meet marshal or referee.

ELIGIBILITY: This meet is open to all registered USAS swimmers. Age as of October 3, 2009 will determine eligibility for age group.

ENTRY LIMIT: A swimmer may be entered in one relay of each stroke for their age group or in an open relay for a maximum of FIVE relay events. Distance events are limited to ONE entry for their age group.

ENTERING EVENTS: SD3 or CL2 files are preferred. Handwritten or printed entries must indicate swimmer's name, sex, age, USAS number, event numbers, and entry times. Entry times are to be designated as either SCY or SCM times. SCY times will be converted to SCM times. Distance events can be entered in SCM, LCM, SCY and will be seeded in that order. No-Times will be accepted only if the swimmer has not previously swum the stroke/distance, regardless of the age-group. You may submit entries on the entry form provided. A signed summary page indicating that the swimmers are current USAS members is required.

ENTRY FEES: \$5 for each individual event (\$1.81 to OKS). \$10.00 for each relay (\$2.50 to OKS).

SURCHARGE: \$10.00 for each swimmer (\$3.00 to OKS Reserve Fund).

DECK ENTRIES: Deck entries will be accepted at the computer desk up to 30 minutes before the session begins. Deck entry fees will be \$10.00 for individual events or \$10.00 for relay events. Deck entries will be allowed to swim in the order in which submitted. THERE IS NO GUARANTEE THAT A DECK ENTRY WILL BE PERMITTED TO SWIM AN EVENT AND THERE WILL BE NO REFUNDS OF ENTRY FEES.

RULES: Current USAS Rules, supplemented by Oklahoma Swimming, Inc. Rules, will govern the meet.

SEEDING AND CHECK-IN: All Relays will be pre-seeded. There will be positive check-in for the distance events on Sunday. Distance events can be entered in SCM, SCY, LCM and will be seeded in that order. The distance events will be seeded following the closing of the check-in period. Distance events will be swum fastest to slowest alternating girls and boys.

SWIMTULSA Relay Rally & Distance Derby

October 3 – 4, 2009

AWARDS: Ribbons will be given to the first eight places in each relay event, male and female, as follows: 10 & under, 11-12, 13-14 and Open. Certificates will be given to each participant completing their distance event.

SCORING: The meet will not be scored.

COACHES/OFFICIALS: Must wear current USAS registration cards while on deck. Coaches cards must contain proof of current CPR, First Aid, and Coach's Safety certification. Only meet volunteers are allowed on deck.

HEAT SHEETS: Heat sheets will be available for \$5.00 each at the concession area.

CONCESSIONS/MERCHANDISE: Full concessions stand and merchandise will be available at the meet.

FINAL RESULTS: One copy of results will be e-mailed to each team entered within two weeks after the conclusion of the meet.

SAFETY: Safety marshals will monitor activities according to the safety rules of OKS and USAS. Repeated violations or activities considered to be sufficiently dangerous may result in ejection from the meet. ***No recording devices, including cell phones, can be used in the locker rooms at the site of a swim practice or meet. Marshals need to insure that locker rooms are monitored as often as possible by all meet personnel.***

INTERNET: You can find this meet information, warm-up schedules, and final results at www.swimtulsa.org

PAYMENT: Include a single check payable to **SwimTulsa** with meet entries. If entries are e-mailed, check must be received before team participates.

DEADLINE: ***Entries must be in the hands of the meet director by 6:00 pm Friday, Sept. 25, 2009.***

ENTRIES WHICH REQUIRE SIGNATURE FOR RECEIPT WILL NOT BE ACCEPTED! Send to:

Corinne Dolan	918-495-1164 (home)
6260 S. Jamestown Ave.	918-260-0387 (cell)
Tulsa, OK 74136	meetdirector@swimtulsa.org (e-mail) (you may attach SD3, CL2, Excel, or Word files)

SWIMTULSA Relay Rally & Distance Derby
October 3 – 4, 2009

SATURDAY, OCT. 3

Girls	Event	Boys
1	10 & Under 200 Free Relay	2
3	11/12 200 Free Relay	4
5	13/14 200 Free Relay	6
7	Open 200 Free Relay	8
9	10 & Under 200 Breast Relay	10
11	11/12 200 Breast Relay	12
13	13/14 200 Breast Relay	14
15	Open 200 Breast Relay	16
17	10 & Under 200 Back Relay	18
19	11/12 200 Back Relay	20
21	13/14 200 Back Relay	22
23	Open 200 Back Relay	24
25	10 & Under 200 Fly Relay	26
27	11/12 200 Fly Relay	28
29	13/14 200 Fly Relay	30
31	Open 200 Fly Relay	32
33	10 & Under 200 M Relay	34
35	11/12 200 M Relay	36
37	13/14 200 M Relay	38
39	Open 200 M Relay	40

SUNDAY, OCT. 4

Girls	Event	Boys
41	10 & Under 400 Free	42
43	11/12 800 Free	44
45	13 & Over 1500 Free	46

SWIMTULSA Relay Rally & Distance Derby

October 3 – 4, 2009

INDIVIDUAL ENTRIES

Team _____

Entry times are to be designated as either SCM, LCM, or SCY times. LCM and SCY times will be converted to SCM times for the relays.

Name _____ Sex _____ USAS# _____ Age _____

Event #	Time (SCM/LCM/SCY)	Event #	Time (SCM/LCM/SCY)	Event #	Time (SCM/LCM/SCY)

Name _____ Sex _____ USAS# _____ Age _____

Event #	Time (SCM/LCM/SCY)	Event #	Time (SCM/LCM/SCY)	Event #	Time (SCM/LCM/SCY)

Name _____ Sex _____ USAS# _____ Age _____

Event #	Time (SCM/LCM/SCY)	Event #	Time (SCM/LCM/SCY)	Event #	Time (SCM/LCM/SCY)

Name _____ Sex _____ USAS# _____ Age _____

Event #	Time (SCM/LCM/SCY)	Event #	Time (SCM/LCM/SCY)	Event #	Time (SCM/LCM/SCY)

