



Carbondale 500

November 20-22, 2009

Entry opens on Monday, October 19, 2009

Shea Natatorium
Student Recreation Center
Southern Illinois University
Carbondale, Illinois 62901

Held under sanction of USA Swimming/Ozark LSC #OZ 5221

FACILITY

The *Dr. Edward J. Shea Natatorium* in the Student Recreation Center, Southern Illinois University at Carbondale. Indoor, 8-lane, 25 yard pool with non-turbulent lane markers and fully automatic timing system. Overhead seating for 500 spectators is available as well as generous on-deck areas for swimmers and coaches.

Smoking is not permitted anywhere in the Recreation Center. Food is not permitted in the pool balcony or on the pool deck. Only swimming coaches, athletes, and meet workers will be allowed on deck during the meet. Spectators can view the meet from the spectator area above the pool. As per USA Swimming policy no video recording devices or cell phone cameras are allowed in locker rooms.

PARKING

Parking is available in lots north and south of the Recreation Center. If you arrive before 4:00p on Friday park in a metered space in lot #94 (directly behind the Rec Center). On Saturday and Sunday you can park anywhere in lot #94.

ELIGIBILITY

Open to currently registered USA Swimming athletes only. "Applied for..." will not be accepted. On deck registration is not available. Swimmers who do not hold current USA Swimming membership will be dropped from the meet. There is a \$100 fine for entering nonregistered athletes in an Ozark meet. Coaches must be currently registered with USA Swimming as Coach members.

Athletes attending the meet unaccompanied by a USA Swimming coach must report to the meet referee or meet director prior to warming up for each session. The athlete will be assigned to a coach on deck for each session of the meet that he is entered.

FORMAT

Current USA Swimming rules apply. All events are timed finals. The meet is pre-seeded except for the 500 freestyle on Friday and the 400 IM on Sunday.

AGE GROUPS

Athletes will be seeded according to submitted times. Morning events will be contested as 10 & under, 11-12, and 12 & under for 400 IM, 200 Back, Breast, & fly. Afternoon events will be contested as 13-14 and Open and 13 & over for the 400 IM.

AWARDS

Ribbons will be awarded for 1st through 8th for each age group.

Event Program

Friday Afternoon:

Warm-ups: 4:15 pm; Meet Starts 5:00 pm

Event #: Girls/Boys	Events
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1/2	Open 500 free
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Saturday Morning:

Warm-ups: 7:15 am; Meet Starts 8:00 am

3/4	10 & under 100 free
5/6	11-12 100 free
7/8	12 & under 200 back
9/10	10 & under 100 breast
11/12	11-12 100 breast
13/14	10 & under 50 fly
15/16	11-12 50 fly
17/18	10 & under 200 IM
19/20	11-12 200 IM
21/22	10 & under 50 back
23/24	11-12 50 back
25/26	12 & under 200 fly

Saturday Afternoon:

Warm-ups: 12:30 pm; Meet Starts 1:20 pm

27/28	13-14 100 free
29/30	Open 100 free
31/32	13-14 200 IM
33/34	Open 200 IM
35/36	13-14 100 back

37/38	Open 100 back
39/40	13-14 200 breast
41/42	Open 200 breast
43/44	13-14 200 fly
45/46	Open 200 fly
47/48	13-14 50 free
49/50	Open 50 free

Sunday Morning:

Warm-ups: 7:15 am; Meet Starts 8:00 am

51/52	10 & under 200 free
53/54	11-12 200 free
55/56	10 & under 100 fly
57/58	11-12 100 fly
59/60	10 & under 50 breast
61/62	11-12 50 breast
63/64	10 & under 100 back
65/66	11-12 100 back
67/68	12 & under 400 IM
69/70	10 & under 50 free
71/72	11-12 50 free

Saturday Afternoon:

Warm-ups: 12:30 pm; Meet Starts 1:20 pm

73/74	13-14 200 free
75/76	Open 200 free
77/78	13-14 100 fly
79/80	Open 100 fly
81/82	13-14 200 back
83/84	Open 200 back
85/86	13 & older 400 IM* - Positive check in event.
87/88	13-14 100 breast
89/90	Open 100 breast

SCORING

All events will be scored 1st through 16th (17, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1)

THE 500 FREESTYLE

All athletes are eligible to swim the 500 freestyle on Friday night but to keep the Friday session at a manageable size only the first 220 entrants will be accepted. Those not accepted will have their entry fee refunded. The 500 will be swum with all age groups combined, alternating heats of girls and boys from slowest to fastest seed times. A continuous warm-up area will be available throughout the meet. **Coaches are asked to exercise judgment when entering young athletes in this event.**

Coaches will receive check-in sheets for their athletes entered in the 500 freestyle so that they can scratch athletes who will not be swimming the event. Athletes must provide their own counters for this event.

LIMITS

Athletes are limited to 4 events per day. The total number of entries will be limited to assure reasonable time lines in all sessions. Team entries will not be split.

ENTRY FEE

There is an entry fee of \$3.00 per event and a \$5.00 surcharge per athlete.

ONLINE ENTRY PROCESS

Saluki only accepts online entries. The process is described below:

1. Teams are encouraged to use the meet import file available at www.swimsaluki.com to set up the event list in their *Team Manager* programs.
2. After completing the team entry in the *Team Manager* program the exported entry file is sent to Saluki Swim Club as an email attachment.

All entries must be submitted in *Team Manager* format as email attachments.

NO PAPER OR DISK ENTRIES WILL BE ACCEPTED.

3. We will confirm receipt of all entries by reply email. If you do not receive confirmation within 24 hours of your electronic submission call Saluki HQ at 618-457-1103. **Confirmation of receipt does not mean that your entry is accepted.**
4. A check for fees and a signed Meet Summary/Release Form must be received within 5 business days after the email submission. Do not send any paper printouts of your entry; they are unnecessary and will be ignored. Upon timely receipt of checks and release forms teams will be notified by email of entry acceptance based on the established criteria.

ENTRY ACCEPTANCE CRITERIA – *First come, first serve is not a criteria for entry acceptance!*

Entries from teams that participated in last year's Carbondale 500 will be accepted if they are received on Monday, October 19 by 11:00 am. After that date and time all entries will be treated the same and Saluki will use its own judgement in accepting teams that: (a) have supported Saluki meets in the past, (b) contribute to a balance between age groups and gender, and (c) the level of competition the visiting team is able to provide.

ENTRY TIMES

Short course yard entry times are preferred but times from any course may be submitted.

UPDATING ENTRY TIMES

Teams accepted into the meet can update entry times for their athletes up to the entry deadline (November 7). Updates are treated as an original entry submission so **it must contain the complete team entry**. Updates are to be submitted in the same manner as original entries.

SEND ENTRIES TO:

coach@swimsaluki.com
(attach your entry file to the email)

DEADLINES

All entries must be received by Wednesday, November 7, 2009 but it is likely that the meet will fill prior to that date. Early entry is encouraged but no entry will be accepted prior to October 19 at 9:00 am.

PSYCH SHEETS AVAILABLE ONLINE

The complete psych sheet for the meet will be published at the Saluki website in both HTML and PDF format. Downloading of this information will be free. Heat sheets will be sold at the venue.

TECHNICAL BULLETIN

A technical bulletin with meet time lines and other pertinent meet information will be published after the entry deadline and will be emailed to all entered teams. It will also be available at the Saluki website:

www.swimsaluki.com

CONTACTS

Meet Director/

Entry Info/Help: Jay Newton
618-457-1103
coach@swimsaluki.com

Meet Referee: Clay Kolar
618-457-4627
bjkcak@hotmail.com

Safety Marshal: Kelly Davis

Officials interested in working should contact Clay Kolar.