



**2015 UT SC Tenth Annual
Heart Attack Mini Meet**

Hosted by

Utah Valley Aquatics

Held under the sanction of USA Swimming

Sanction#: UT15-22

February 5th, 2015

In granting this sanction, it is understood and agreed that Utah Swimming and USA Swimming shall be free from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Location:	Provo Rec Center 320 West 500 North Provo, UT 84601 Emergency calls the day(s) of the meet: 602-430-4904		
Session Dates and Times:	Session	Warm Up	Meet Starts
	Thursday Evening	4:00 PM	4:35 PM
Facility:	Pool Specifications: 25 yard pool with ten (10) lanes – 8 competition, 1 buffer, 1 & bonus lane warm up/down Start End Water Depth: 7.0 feet @ 1 meter from wall; 7.0 feet @ 5 meters from wall Turn End Water Depth: 4.0 feet @ 1 meter from wall; 6.0 feet @ 5 meters from the wall Timing: Colorado Timing System with a horn start Pool Certification: The competition course has not been certified in accordance with 104.2.2C(4).		
Meet Director:	Aleesha Lewis , (602) 430-4904 Email: aleesha.lws@gmail.com		
Meet Referee:	Shane Lamb , (801) 787-9052 Email: lamb_shane@yahoo.com		
Meet Starter:	Cathy Vaughan , (801) 368-0356 Email: cathvaughan@gmail.com		
Meet Admin. Official:	Carolyn McClain , (801) 319-6695 Email: cmcclain@netiq.com		

Eligibility:	<p>This meet is open to all 2015 registered USA Swimming athletes who have not achieved a 2013-2016 National "BB" or better time. NT's are allowed. Swimmers from SDAT, OTAC, Swim UTAH, WVA, CCAT, WFFM and SURF will be given preference when accepting entries.</p> <p>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. This meet will be run according to current USA Swimming rules and regulations. Swimmer's age on the first day of the meet determines age group for the entire competition.</p>
Deck Registration:	<p>No deck registration will be accepted; swimmers must be registered at time of entry.</p>
Entry Limits, Fees and Deadlines:	<p>This meet will be limited to UVRay swimmers, as well as, the first 75 swimmers not affiliated with UVRays or number required to keep the meet to approximately 2.5 hours in length. Teams will not be split. Individual swimmers may enter up to THREE (3) individual events.</p> <p>No Times (NT's) are accepted.</p> <p>Surcharge per participating swimmer: \$15.00</p> <p>All fees must accompany entries and are nonrefundable. One team check is recommended. Make checks payable to Utah Valley Aquatics.</p> <p>Entries will be accepted starting Wednesday, January 21, 2015 at 12 Noon and must be received (in the hands of the below designated person) by the entry deadline of 8:00 PM, Wednesday, January 28, 2015. Late entries will not be accepted. All entries will be subject to the meet entry limits regardless if they are received before the entry deadline.</p> <p>Mail or deliver entries to: Aleesha Lewis PO Box 681716 Park City, UT 84068</p> <p>Or e-mail entries to: Aleesha.lws@gmail.com</p> <ul style="list-style-type: none"> • Please submit all entries using electronic meet entry software (Hy-tek, TeamUnify, etc.), including proof of time verification. Individuals/Teams mailing the USI Official Entry form found on the sanctions page of the Utah Swimming website (www.swimutah.com) must make sure that each form is signed and provide time verification for each entry. Entries are not accepted without said verification. • Entries are not considered confirmed until the team entry representative receives official confirmation from the meet entry contact. If the team entry representative does not receive an email confirmation regarding your entries within 24 hours of the entry deadline, please contact the meet entry contact immediately. Coaches should bring a hard copy of electronic entries to the meet to address any entry issues. • The person submitting a team's entries is the team entry representative and the received email implies the official signature of the team entry representative. Said person will be the only person to make changes and will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers.

	<p><i>*Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter, whether the swimmer, coach, parent or team representative, certifies that the swimmer is a registered member of USA Swimming and that all times stated in the entry are true and correct.</i></p> <p><i>*The submitter further assumes responsibility for any false or incorrect times, and understands that all listed entry times are subject to Utah Swimming Time Verification Procedures, and that a fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected before the entry deadline. It is understood that an automatic call before the review section shall be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.</i></p>
Entry Rules:	<p>Entries must be submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time. Event seeding will be in the following order: conforming SCY, non-conforming LCM, non-conforming SCM</p> <p>Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.</p> <p>A mandatory scratch down may apply to this meet if the time line exceeds 4 hours for 12-Under swimmers, subject to the provisions of USA Swimming Rules and Regulations 205.3.1F. If a scratch down is necessary, teams will be reimbursed for said scratched events.</p>
Meet Format, Check-in and Scratches	<p>This meet will be run as timed finals. This meet is negative check-in. Time trials will not be offered. No shows will not be penalized for future events.</p>
Warm-up:	<p>USA Swimming and Utah Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> • Warm-up: Coaches have the responsibility of insuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3 point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool. • All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist unaccompanied swimmers in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. 202.3.2 <p>Warm-up will begin on the hour. 20 minutes after the hour lanes 3, 5, and 7 will be opened for dive starts. The competition pool will close for warm-up at 4:30.</p>
Dive Certification:	<p>"Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement." 202.2.9D</p>

Deck Changing:	Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. 202.9I
Recording Ban:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. 202.9H
Adaptive Swimming	Adaptive swimming: In accordance with USA Swimming rule 202.2.13 & Article 105.1, the Meet Referee has the authority to accommodate swimmers with disabilities in accordance with USI P&P 1.17. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.
Scoring:	No Scoring of Events
Awards:	<u>Ribbons</u> 1 st through 8 th place for Age Groups: 6 & Under, 7- 8, 9-10,11-12. Events may be swum as combined age groups but will be awarded according to the preceding age groups. <u>Heart Attack cookie</u> : given to every participant.
Results:	Final Results will be available on the Utah Swimming web site in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will not be mailed. Results will also be emailed to participating teams and available on uvrays.org
Deck access:	Deck access is limited to swimmers, coaches, officials & meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck.
Officials:	Officials will be reimbursed for their swimmer's entrance fee. Please let us know who will be available to officiate so the entrance fees can be deducted.
Hospitality:	There will be food and drinks available at all sessions for officials and coaches.
Timers:	Teams with more than 10 swimmers will be asked to provide timers. Lane assignments will be sent out prior to the meet.
Parking:	Free parking is available next to the building. Please enter the competition pool from the south/west gate near the outdoor pool. Do not enter through the main rec center entrance.
	For meet info, please visit the Utah Swimming web site at: http://www.swimutah.com



SESSION #1

Thursday Evening – February 5th
(Warm-up 4 PM - Start 4:35 PM)

Girls			Boys	
Entry Times must be <u>slower than</u> listed BB Times	Event #	Event Description	Event #	Entry Times must be <u>slower than</u> listed BB Times
1:32.39	1	10 & Under 100 IM	2	1:30.39
1:19.19	3	11-12 Year Old 100 IM	4	1:17.19
N/A	5	8 & Under 25 Free	6	N/A
35.69	7	9-10 Year Old 50 Free	8	34.99
31.69	9	11-12 Year Old 50 Free	10	30.69
N/A	11	8 & Under 25 Fly	12	N/A
42.39	13	10 & Under 50 Fly	14	41.39
34.59	15	11-12 Year Old 50 Fly	16	34.69
N/A	17	8 & Under 25 Back	18	N/A
43.29	19	10 & Under 50 Back	20	43.19
36.09	21	11-12 Year Old 50 Back	22	36.09
N/A	23	8 & Under 25 Breast	24	N/A
47.79	25	10 & Under 50 Breast	26	47.49
40.59	27	11-12 Year Old 50 Breast	28	40.29
N/A	29	8 & Under 50 Free	30	N/A
1:21.09	31	10 & Under 100 Free	32	1:19.39
1:08.29	33	11-12 Year Old 100 Free	34	1:06.99