



SWAT-RAST



Radford Aquatics

2018 Sun City Open Invitational

June 29-July 1, 2018

at the BRAND NEW, STATE OF THE ART, CITY of EL PASO  
WESTSIDE NATATORIUM

PRELIMS/FINALS FORMAT  
LONG COURSE METERS - AGE GROUP MEET

(ENTRIES DUE: 11:59 PM, Friday, June 22nd, 2018)

\*\*\*NO DECK ENTRIES, Relays must be Pre-Entered\*\*\*

- CO-HOSTS:** SouthWest Aquatic Team (SWAT) and Radford Aquatics Swim Team (RAST)
- SANCTION:** Held under the sanction of USA Swimming, Inc. and Border Swimming LSC, Inc., Sanction #BD 18-10.
- DISCLAIMER:** In granting this sanction/approval, it is understood and agreed by all parties that USA Swimming, Border Swimming, SouthWest Aquatic Team, Radford Aquatics Swim Team, the City of El Paso and any sponsors shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event in accordance with USA Swimming, Inc., Rules and Regulations.
- PURPOSE:** The purpose of this mid-season meet is to offer a comprehensive set of events in prelims/finals format for beginner swimmers as well as experienced competitors to establish qualifying times for upcoming Sectionals, as well as TAGS and LSC Championship meets at the end of season.
- MEET WEBLINK:** Timely information regarding this meet including updates, psych sheets, heat sheets for printing, finals qualifiers, warm-up times and results can be found on the meet info page by clicking this link – [2018 Sun City Open Invitational](#) or through the SouthWest Aquatic Team website at [www.epswat.com](http://www.epswat.com) or Radford Aquatics Swim Team website at [www.radfordaquaticsteam.com](http://www.radfordaquaticsteam.com).
- MEET MOBILE:** Real time unofficial meet result info and team scores will be made available through the Meet Mobile app ([Google Play](#)) and ([App Store](#)) under the name “**2018 BD SWAT-RAST Sun City Open Invitational**”. Meet Mobile will also have at no additional cost up to date heat sheets, psych sheets and individual entries published when available before the meet. Natatorium has free wifi access available. Simply find the Digital El Paso wifi on your device.
- HEAT SHEETS:** Meet Programs or Heat Sheets will not be sold at this meet. Heat sheets will be provided to coaches and will be posted throughout the venue for use by swimmers and spectators. Heat sheets will also be published at no additional cost on the Meet Mobile app and will be available for downloading and/or printing on the [Meet Info Webpage](#). Entry Fees include a \$2.00 Heat Sheet Fee as part of the Swimmer Surcharge to make all session’s heat sheets available to everyone at no additional cost.

**LOCATION:**

[City of El Paso Westside Natatorium](#) (915) 212-0458  
650 Wallenberg Drive (Link to Google Maps)  
El Paso, TX 79912



**DIRECTIONS:**

Directions to the natatorium using I-10 West:

Take I-10 West to the Sunland Park Drive Exit 13. Exit I-10, follow the frontage road and merge right before the traffic signal onto Sunland Park Drive. Stay in the right hand lane. Just before the second signal, turn right and merge onto S. Mesa Hills Drive. Continue along S. Mesa Hills Drive to the second signal. At the traffic signal, turn right onto Wallenberg Drive. Take the first driveway to the right to enter the natatorium parking lot.

Directions to the natatorium using I-10 East:

Take I-10 East to the Sunland Park Drive Exit 13. Exit I-10, onto the frontage road and turn left at the traffic signal onto Sunland Park Drive. After passing through the next intersection, merge onto the right hand lane. Continue to just before the second signal, turn right and merge onto S. Mesa Hills Drive. Continue along S. Mesa Hills Drive to the second signal. At the traffic signal, turn right onto Wallenberg Drive. Take the first driveway to the right to enter the natatorium parking lot.

**PARKING:**

Parking in the natatorium parking lot may be limited. Park in authorized parking spaces only. Improper parking is being enforced by local authorities with tickets being issued. Please be careful when dropping off your swimmers near the natatorium and be respectful of the neighborhood when finding available parking. Additional parking is available along the streets near the natatorium. Please do not block driveways.

**FACILITIES:**

City of El Paso Westside Natatorium includes an indoor 50 meter by 25 yard competition pool, 3,907 feet altitude, with movable bulkhead, configured for eight (8), fifty meter (50m) racing lanes with non-turbulent lane lines and turn flags in place. Racing lanes include sloped starting blocks with adjustable track start footrests, relay judging platforms with Speedlight LED technology, retractable backstroke start wedges and lane speakers under each block. Up to seven (7), additional twenty-five yard (25y) lanes may be available for warm up/cool down during warmups and the meet in the attached adjacent Leo Cancellare pool. Separate changing rooms with showers and lavatories for men and women.

Natatorium has upstairs grandstand seating for spectators. No reserved seating is allowed. Bleachers for swimmers and tables, chairs and open areas for coaches are available on the deck of the pool. **Parents and spectators are not allowed on the pool deck**, unless they are assisting with backup timing or lap counting. Athletes should remain on deck with their team, as no wet athletes are allowed in the grandstands. Swimmers going up to the spectator areas must dry off and cover up before leaving the pool deck or changing rooms. **Food and drinks**, other than water, **are not allowed on the pool deck**. Spectators are allowed one small cooler in the grandstands that can be placed directly under their seating area. Teams are allowed two ice chests on deck for bottled water provided they do not contain glass items. The complete City of El Paso Westside Natatorium Rules and Regulations are attached at the end of this invitation.

Electronic timing equipment (Colorado Timing and Hy-Tek Meet Manager software) with full color LED video display scoreboard will be used with touchpads on both ends of the pool and Dolphin backup watches. The minimum water depth, measured in accordance with Article 103.2.3, is 9 feet at the start end and 7 feet at the turn end measured for a distance of 1.0 meter to 5.0 meters from each end wall. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**MEET DIRECTOR:**

Steve Wilson  
[swilson@utep.edu](mailto:swilson@utep.edu)

**ADMINISTRATIVE OFFICIAL:**

Thomas Cieslik (915) 588-8662  
[tcieslik@gmail.com](mailto:tcieslik@gmail.com)

**MEET REFEREE:**

John Bernhard (915) 241-1880  
[bernhardconst@yahoo.com](mailto:bernhardconst@yahoo.com)

**SAFE SPORT COORDINATOR:**

Michele Key  
[keynero@sbcglobal.net](mailto:keynero@sbcglobal.net)

**CONCESSIONS:** Concessions will be available at food truck vendors just outside the venue during the meet.

**HOSPITALITY:** Hospitality will be provided, by the meet hosts, and is open to all registered coaches, officials and volunteers participating in the meet in the Hospitality Room. Swimmers, spectators and children are not permitted in the Hospitality Room. Food and drinks, other than water, are prohibited on the pool deck.

**OFFICIALS WELCOME:** USA Swimming registered officials and trainees are cordially invited to participate during this meet. The uniform for all AM Preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. **PM Finals session's uniform will be navy blue polo shirt over khaki shorts/pants/skirt, as appropriate.** Reimbursement of one (1) official's swimmers Individual Event Entry Fees (not including swimmer surcharge) will be offered to registered officials signed in and working the following number of sessions in the meet. 100% reimbursement for participating in any five (5) sessions, 70% for any four (4) sessions. Reimbursements will be issued to swimmer's team after the meet based on the session Referee's sign in sheets. Officials are encouraged to contact Meet Referee or check the meet info page ([2018 Sun City Open Invitational](#)) to receive the web link to access the online sign up list to help the meet host adequately plan in advance the staffing for each session of the meet. Additional incentives, to be announced, will be offered to those signing up for any number of sessions in advance of the first day of the meet.

**ELIGIBILITY:** This meet is open to all 2018 USA Swimming / FINA registered athletes. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. There will be no on-deck registration. The swimmer's age as of the first day of the meet, June 29, 2018, will be used to determine the age group for this competition.

**TIME STANDARD:** There are no qualifying time standards or cut off times for entry into this meet.

**MEET FORMAT:** This meet is a three (3) day, six (6) session, prelims/finals, with selected timed finals events, long course meters, age group open invitational meet. The majority of the finals events will offer an A & B-Finals per age group with the fastest available sixteen (16) swimmers per age group from preliminaries advancing to finals. Eight (8) swimmers will advance for A-Finals only events. B-Finals may be added if there are sufficient entries to fill the added heat and the finals timeline is not exceeded. Teams will be notified if B-Finals are to be added to which events once the timeline is generated after entries are received. A comprehensive offering of scheduled events and finals designations are listed at the end of this meet invitation.

**EVENT SEEDING:** Preliminaries event seeding will be, unless indicated otherwise, pre-seeded slow to fast by long course meters seeded by time, with the fastest three heats being circle seeded, except individual events 400 yards and longer (Events 21, 22, 23, 24, 45, 46, 47 & 48) will be timed finals, deck seeded fastest to slowest, alternating girls/boys heats with partial heats being combined when possible after the positive check-in deadline no later than 11:30 AM for each day's events.

Relays (Events 1, 2, 3, 4, 25, 26, 27, 28, 49, 50, 51 & 52) will be held during the Finals sessions as timed finals and will be deck seeded slowest to fastest. **Each team is limited to no more than three (3) relays per event.** For effective timeline planning each team will need to pre-enter relay teams by the entry deadline. Teams will be permitted to submit modifications to already entered relay teams or scratch unfilled relays by the relay changes deadline no later than 35 minutes before the start of each session. No additional relays may be added at that time. Entry fees for relays scratched on deck will be refunded upon written request.

Finals event seeding will be broken out by age group with the fastest available eight (8) finalists in the A-Finals and the next fastest available eight (8) finalists in the B-Finals, if offered. Heat order for events run, as A & B-Finals will be by youngest to oldest age group, A-Finals first then B-Finals. Empty lanes in A-Finals will be filled by top seeded B-Finalists or available designated Alternates if no B-Finals. Empty lanes in B-Finals will be filled by available designated Alternates.

**SCRATCH RULES:** After each preliminaries event is completed and results tabulated, the initial finals qualifiers and two alternates will be announced. After the announcement, all qualified swimmers shall have thirty (30) minutes to either scratch, or declare an "intent to possibly scratch" from finals with the Clerk of Course. Any swimmers declaring an "intent to scratch" must declare their final intention to scratch to the Administrative Official within thirty (30) minutes following the posting of the last preliminary event from that day, otherwise they will not be scratched and potentially be seeded into finals. **Any qualified swimmer in the event may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet, see No Show Penalty below.** Thirty (30) minutes after the announcement, no further scratches, except for those declaring an intent to scratch, will be accepted. After all scratches are processed, the names of the finalists and two alternates will be set, posted in the venue and published on the [Meet Info Page](#). **Only those finalists at that point will be subject to the terms of the No Show Penalty.** These alternates as well as any B-Finalists called to move up to the A-Finals shall not be penalized if unavailable to compete in eligible finals.

**POSITIVE CHECK-IN:** Positive Check-In at the Clerk of Course will be required for individual events 400 yards and longer (Events 21, 22, 23, 24, 45, 46, 47 & 48) no later than 11:30 AM for that day's events. Failure to check-in will result in the athlete not being seeded for the event. After all scratches are processed, the heat sheets will be posted. At that point, **any swimmer that had positively checked in will be subject to the terms of the No Show Penalty.**

**NO SHOW PENALTY:** Any eligible swimmer who fails to compete in a positive check-in or finals event for which they have checked in or qualified and failed to scratch will be subject to suspension from further competition in the meet. **Swimmers suspended under the No Show Penalty may be reinstated by payment of a ten dollar (\$10.00) Reinstatement Fee** for each no show to the Administrative Official. Upon receiving payment of the fee, the swimmer will be eligible to continue competing in the meet. All reinstatement fees must be paid prior to the swimmer being permitted to swim in his/her next event including relays.

**SWIM-OFFS:** It is the coaches' and swimmer's responsibility to check for ties leading to swim-offs. Swim-offs will be swum immediately following the preliminary session or not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. Any swimmer not present for a swim-off will be dropped to the lower place.

**SESSIONS:** All start times are tentative and subject to adjustment pending receipt of entries and generation of session timelines.

Session 1 – Friday AM – Preliminaries Warm-up Starts 7:15 am	Events 5-24 Session Starts 8:50 am
Session 2 – Friday PM – Finals Warm-up Starts 4:15 pm	Events 1-20 Session Starts 5:35 pm
Session 3 – Saturday AM – Preliminaries Warm-up Starts 7:15 am	Events 29-48 Session Starts 8:50 am
Session 4 – Saturday PM – Finals Warm-up Starts 4:15 pm	Events 25-44 Session Starts 5:35 pm
Session 5 – Sunday AM – Preliminaries Warm-up Starts 7:15 am	Events 53-72 Session Starts 8:30 am
Session 6 – Sunday PM – Finals Warm-up Starts 4:15 pm	Events 49-72 Session Starts 5:35 pm

The Administrative Official in consultation with the Meet Referee reserves the right to re-arrange or combine sessions/events based on the number of swimmers entered, and may cap the number of entries based upon among other considerations: order received; age group of swimmers; and number of events entered. Relays events may also be removed if

necessary to comply with timeline requirements with entry fee refunds made upon written request. Meet Director will consult with affected coaches if any changes are required.

**ENTRY LIMITS:** Swimmers may enter a maximum of nine (9) individual event entries in total for the entire meet. Up to three (3) events each day. One (1) relay event entry per day. Teams may enter a maximum of three (3) relays per relay event.

In the event that the number of entries in any given session causes the scheduled timeline to be exceeded, the Entry Chair reserves the right to perform a scratch-down of the maximum number of events allowed in that session as necessary in order to meet timeline requirements. Entry Chair will contact affected coaches for decision on which event to scratch with deadline. If no response is received by the deadline, the highest numbered event will automatically be scratched. Team entry fees will be adjusted accordingly.

**ENTRY SUBMISSIONS:** Team entries are to be submitted by the entry deadline in Hy-Tek Team Manager electronic format, along with a PDF copy of the Entry Fees report and a scanned copy of the signed Membership Certification Affidavit, by email to the Entry Chair. Teams with less than five (5) swimmers entering may submit hard copy entries or manual entries by email. If entering more than five swimmers manually, the non-electronic entry fee applies. Each athlete's USA Swimming ID number, full name, and date of birth must appear in the entry. Entries received after the entry deadline and/or with incomplete information will be treated as late entries and accepted as such on a lane available basis.

**ENTRY DEADLINE:** **ENTRIES ARE DUE BY 11:59 PM ON FRIDAY, JUNE 22, 2018.** Entries received after the deadline will be considered Late Entries. Late entries and changes will be accepted on a lane available basis via email ([ticieslik@gmail.com](mailto:ticieslik@gmail.com)) through 6:00 PM, Tuesday, June 26, 2018.

**ENTRY CHAIR:** Thomas Cieslik (915) 588-8662 – Text Messaging Acceptable  
[ticieslik@gmail.com](mailto:ticieslik@gmail.com)

**Para preguntas en Español, por favor contacte a Gus Viveros,** (915) 231-0695,  
[coachgusswim@gmail.com](mailto:coachgusswim@gmail.com).

**ENTRY FEES:**

Individual Events	\$7.00 per event
Relays**	\$8.00 per event
Swimmer Surcharge*	\$14.00 per swimmer
Non-electronic Entry Fee	\$10.00 per swimmer (for teams entering more than 5 swimmers)

\*The Swimmer Surcharge includes a \$2.00 Heat Sheet Fee to make all session's heat sheets available to everyone at no additional cost.  
\*\*Relays must be pre-entered. Changes and scratches may be made up until the positive check in deadline. Unused relay entry fees will be refunded upon written request.

CHECKS ARE TO BE MADE PAYABLE TO: **El Paso SWAT, Inc.** All entry fee balances are due before the last session begins, unless prior arrangements have been made. Payments at the meet will be accepted at the Clerk of Course. Unless previously submitted, the attached USA Swimming Membership Certification Affidavit must be signed and submitted with the entry fees payment. No refunds for individual entry scratches, no shows, or ineligible swimmers.

**DECK ENTRIES:** **\*\*NO DECK ENTRIES WILL BE TAKEN AT THE MEET!\*\*** Late entries and changes will be accepted on a lane available basis via email to the entry chair ([ticieslik@gmail.com](mailto:ticieslik@gmail.com)) through 6:00 PM, Tuesday, June 26, 2018.

**LAP COUNTERS:** Swimmers competing in the 1500 Freestyle (Events 47 & 48) must provide someone to operate their own lap counters.

**TIMERS:** Swimmers competing in the 1500 Freestyle (Events 47 & 48) must also provide their own backup timing personnel.

Meet Director reserves the right to possibly request that each team entered in the meet provide session timers for specific sessions if the host teams are short of available volunteers. In such cases, in addition to the customarily provided Hospitality, volunteer timers from visiting teams may be offered additional incentives for volunteering.

**AGE GROUPS:** The age groups for individual events in this meet will be 10 & Under, 11-12, 13-14 and 15 & Over. Age groups for relay events will be 12 & Under and 13 & Over.

**SCORING:** Scoring categories for will be based on age groups and gender. Events composed of multiple age groups will be swum together for preliminaries and timed finals, then scored separately by age group for finals and timed finals. Preliminaries will score as extended finals for A-Finals only events. Individual points will be awarded for Individual and Team High Points as follows in each individual age group / event. Relay points will only be awarded for Team High Points in each relay age group / event as follows:

Category	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	Place
Individual	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1	Points
Relay	40	34	32	30	28	26	24	22									

**AWARDS:**

Individual Events	1 <sup>st</sup> through 3 <sup>rd</sup>	Place Medals per age group / gender
	4 <sup>th</sup> through 16 <sup>th</sup>	Place Ribbons per age group / gender
Relay Events	1 <sup>st</sup> through 3 <sup>rd</sup>	Place Ribbons per age group / gender
Individual High Points*	1 <sup>st</sup> through 3 <sup>rd</sup>	Place Trophies per age group / gender
Team Combined High Points	1 <sup>st</sup> through 3 <sup>rd</sup>	Place Plaques

\*Ties for individual high points will be broken using the Hy-Tek Single Age Group Point System.

**RULES:** Current 2018 USA Swimming Rules and Regulations and, where applicable, 2018 Border Swimming Procedures and Policies will govern the conduct of the meet, and will take precedence over any errors or omissions of this meet announcement. The USA Swimming whistle start and no recall procedure will be used. ***Coaches and officials will be required to display their 2018 registration cards.***

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. All swimmers must be supervised by a coaching member of USA Swimming during warm up sessions, competition and warm down.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck Changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**SWIMWEAR:** In competitions sanctioned by Border Swimming and in accordance with USA Swimming Rules, all swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. No fasteners, other than drawstrings, are allowed. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Any kind of tape on the body is not permitted unless approved by the Referee. The Referee shall have authority to bar offenders from the competition until they comply with the rule.



**SAFETY MARSHALS:** Safety marshals shall be on deck to enforce safety and facility rules and guidelines. The marshals, under the direction of the Meet Referee, shall have the authority to remove any individual engaging in unsportsmanlike conduct, or found to be in violation of swimming ethics or procedures outlined in the meet information. USA Swimming certified coaches shall direct their swimmers regarding the safety guidelines and warm-up procedures.

**SPORTSMANSHIP:** No competitive contest can be held without competent and impartial officials. Officials must have the respect and support of coaches, athletes, and spectators. Likewise, officials must conduct themselves in a courteous and respectful manner toward coaches, athletes and the public. On and/or off-record criticism of officials to swimmers or the public shall be considered unethical behavior. For a coach to address uncomplimentary remarks to any official during the progress of the meet, or indulge in behavior which might incite competitors or spectators against officials shall be considered conduct unworthy of a member of the coaching profession and will result in the removal of the offender from the facility as well as further disciplinary action. The same is true for officials.

**MEETINGS:** There will be an officials meeting 25 minutes before the start of each session and a coaches meeting 15 minutes before the start of each session, if necessary.

**WARM-UPS:** Border Swimming mandatory warm-up policies will be in effect. The policies are included below this warm-up schedule in the invitation and will be posted and enforced at the meet.

Teams entered will be assigned to one or more of the eight (8) lanes in the competition pool or possibly one of the seven (7) warm up/cool down lanes in the adjacent pool for the following anticipated warmup groups after final entries are received and swimmer counts per session have been determined:

Sessions 1, 3 & 5 – AM – Preliminaries	Warm up 1:	7:15 am – 7:40 am
	Warm up 2:	7:40 am – 8:10 am
	Warm up 3:	8:10 am – 8:35 am
	Session Starts:	8:50 am
	Positive Check-In Ends:	11:30 am
Sessions 2, 4 & 6 – PM – Finals	Open General Warm up:	4:15 pm – 5:00 pm
	Pace/Sprint Lanes Open:	5:00 pm – 5:15 pm
	Relay Changes Due:	5:00 pm
	Session Starts:	5:35 pm

Adjustments to times may be made as needed to accommodate all swimmers fairly. Final warm up schedules and assignments will be emailed to entered teams, posted on the meet webpage ([2018 Sun City Open Invitational](#)) and posted on deck at the meet.

**COOL DOWN LANES:** The lanes in the attached Leo Cancellare pool will be used as continuous cool down/warm up lanes during the meet sessions. For the safety of other swimmers using the lanes there will be no jumping or diving into the session cool down/warm up lanes at all times.

To avoid overcrowding, swimmers utilizing these lanes need to enter and use the lanes as needed then immediately exit the lanes to allow other swimmers access. No loitering will be allowed and swimmers not swimming will be asked to exit the lanes immediately. Meet Marshalls will be monitoring the lanes for compliance and have the authority to request a swimmer to exit the lanes. Continued or multiple instances of non-compliance of any lane rules may be grounds for the swimmer to be barred from further use of the lanes.

## **MEET WARM-UP AND SAFETY PROCEDURES**

### **PRELIMS SESSION WARM-UPS:**

1. All Coaches will serve as marshals during warm ups and will be responsible for monitoring and enforcing safety rules and regulations in assigned warm up lanes.
2. Meet warm ups shall be scheduled for three 25 minute sessions. Teams shall be assigned a warm up session and notified of such session by the host team. If the number of swimmers warrant two sessions, the sessions will be 30 minutes each.
3. The first twenty (15) minutes (twenty minutes if two sessions) of each session shall be designed as a GENERAL WARM UP SESSION. There shall be FEET FIRST ENTRIES ONLY AND AT ALL TIMES during the general warm up session. Lanes may be used for pace, circle, or return swim only. Swimmers shall not mount the starting blocks at any time. The pace shall be carefully controlled by the coaches. Loitering and visiting in the lanes is not allowed.
4. During the last ten (10) minutes of each warm up session, you may use your assigned lane as a sprint lane.

### **FINALS SESSION WARM-UPS:**

1. Open one (1) hour warm-up session. No assigned lanes.
2. The first forty-five (45) minutes shall be general warm-up period in all lanes: feet first entry, no diving from the blocks or sides of pool and no sprinting or pace work during general warm-up period.
3. During final fifteen (15) minutes, the following warm-up procedures are followed:
  - Lanes 1 & 8 pace lanes. No diving or racing starts. Circle Swimming Only.
  - Lanes 2-3 & 6-7 sprint lanes. Dive start, swim in only one direction. Swimmers must exit the pool on the opposite end. Backstrokers enter the water feet first in rotation and will make sure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start. No diving over swimmers in the water.
  - Lanes 4 & 5 remain general warm-up lanes. No diving.

### **MEET:**

1. Meet officials working the meet shall serve as safety marshals.
2. Warm up and cool down lanes, if provided by the host team, will operate under the same rules and regulations as general warm-up lanes, with the exception that a maximum of 10 swimmers will be allowed in the warm up/cool down lane at any one time.

### **GENERAL:**

1. No running, fighting, or horseplay allowed.
2. Dangerous objects are banned, including but not limited to the following: skateboards, hard balls, rocks, marbles, guns, glass, slingshots, appliances or radios using anything other than batteries, chewing gum or candy (in the water), and any other object deemed unsafe by a coach, chaperone, or safety official.
3. No towel popping.
4. Smoking and/or use of other tobacco products and/or the consumption of alcoholic beverages is prohibited in all areas of the venue, including, but not limited to, the pool deck, locker rooms, spectator seating or standing areas, and in all areas used by swimmers.
5. No swimming perpendicular to lane lines.
6. The coach, chaperones, or safety marshal in charge must remain on the premises until all other participants have departed.



## **MEMBERSHIP CERTIFICATION AFFIDAVIT**

### **2018 SWAT-RAST Sun City Open Invitational**

**I, \_\_\_\_\_, the team entries chairperson for \_\_\_\_\_, certify that all swimmers and coaches listed on the attached MASTER ENTRY FORM OR HY-TEK FILE are currently registered members of USA Swimming. I agree that if any of the swimmers or coaches are NOT properly registered with USA Swimming that our team, \_\_\_\_\_, will pay \$100 fine per improperly registered swimmer or coach.**

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**Team Entries Chairperson**



# SWAT-RAST



Radford Aquatics

## 2018 Sun City Open Invitational

(ENTRIES DUE: 11:59 PM, Friday, June 22nd, 2018)

\*\*\*NO DECK ENTRIES, Relays must be Pre-Entered\*\*\*

### EVENT NOTES APPLICABLE TO ALL SESSIONS:

<sup>1</sup>All warmup and session start times as well as check-in deadlines are tentative and subject to adjustment pending receipt of entries and generation of session timelines.

<sup>2</sup>Individual Events 400 yards or longer (21, 22, 23, 24, 45, 46, 47 & 48), will be deck seeded and shall require positive check-in no later than 11:30 AM for that day's events. Events will swim alternating heats of girls and boys, fastest to slowest. Partial heats may be combined whenever possible.

<sup>3</sup>Relay Events (1, 2, 3, 4, 25, 26, 27, 28, 49, 50, 51 & 52) need to be pre-entered, but will be deck seeded, slowest to fastest, after the relay changes deadline. Coaches can make lineup changes/scratches prior to the deadline no later than 35 minutes prior to the start of the session.

<sup>4</sup>Swimmers competing in the 1500 Freestyle Events (47 & 48) must provide someone to operate their own lap counters and backup timing personnel.

<sup>5</sup>B - Finals may be added to listed A - Finals only Events (5, 6, 7, 8, 11, 12, 29, 30, 31, 32, 35, 36, 53, 54, 55, 56, 59, 60, 61, 62, 63 or 64) if there are sufficient entries to fill the added heat and the timeline is not exceeded. Teams will be notified if B - Finals are to be added once the timeline is generated after entries are received.

<sup>6</sup>Finals heat order for events run as A & B - Finals will be by youngest to oldest age group, A - Finals first then B - Finals. Empty lanes in A - Finals will be filled by top seeded B - finalists. Empty lanes in B - Finals will be filled by designated Alternates.





## 2018 Sun City Open Invitational

### SCHEDULE OF EVENTS

#### Session 1 – Friday AM – Prelims, June 29, 2018

Warm-ups Start: 7:15 AM<sup>1</sup>

Session Starts: 8:50 AM<sup>1</sup>

Positive Check-In Ends<sup>2</sup>: 11:30 AM<sup>1</sup>

Girls Event #	Age Group	Event	Event Type	Boys Event #
5	11 - 12	200 Breaststroke	Prelims	6
7	13 & Over	200 Breaststroke	Prelims	8
9	12 & Under	50 Butterfly	Prelims	10
11	13 & Over	50 Butterfly	Prelims	12
13	12 & Under	200 Freestyle	Prelims	14
15	13 & Over	200 Freestyle	Prelims	16
17	12 & Under	100 Backstroke	Prelims	18
19	13 & Over	100 Backstroke	Prelims	20
21 <sup>2</sup>	11 - 12	400 Individual Medley <sup>2</sup>	Timed Finals	22 <sup>2</sup>
23 <sup>2</sup>	13 & Over	400 Individual Medley <sup>2</sup>	Timed Finals	24 <sup>2</sup>

#### Session 2 – Friday PM – Finals<sup>6</sup>, June 29, 2018

Warm-ups Start: 4:15 PM<sup>1</sup>

Relay Changes Due<sup>3</sup>: 5:00 PM<sup>1</sup>

Session Starts: 5:35 PM<sup>1</sup>

Girls Event #	Age Group	Event	Event Type	Boys Event #
1 <sup>3</sup>	12 & Under	200 Free Relay <sup>3</sup>	Timed Finals	2 <sup>3</sup>
3 <sup>3</sup>	13 & Over	400 Free Relay <sup>3</sup>	Timed Finals	4 <sup>3</sup>
5 <sup>5</sup>	11 - 12	200 Breaststroke	A <sup>5</sup> - Finals	6 <sup>5</sup>
7 <sup>5</sup>	13 & Over	200 Breaststroke	A <sup>5</sup> - Finals	8 <sup>5</sup>
9	12 & Under	50 Butterfly	A & B - Finals	10
11 <sup>5</sup>	13 & Over	50 Butterfly	A <sup>5</sup> - Finals	12 <sup>5</sup>
13	12 & Under	200 Freestyle	A & B - Finals	14
15	13 & Over	200 Freestyle	A & B - Finals	16
17	12 & Under	100 Backstroke	A & B - Finals	18
19	13 & Over	100 Backstroke	A & B - Finals	20





## 2018 Sun City Open Invitational

### SCHEDULE OF EVENTS

#### Session 3 – Saturday AM – Prelims, June 30, 2018

Warm-ups Start: 7:15 AM<sup>1</sup>

Session Starts: 8:50 AM<sup>1</sup>

Positive Check-In Ends<sup>2</sup>: 11:30 AM<sup>1</sup>

Girls Event #	Age Group	Event	Event Type	Boys Event #
29	11 - 12	200 Backstroke	Prelims	30
31	13 & Over	200 Backstroke	Prelims	32
33	12 & Under	50 Breaststroke	Prelims	34
35	13 & Over	50 Breaststroke	Prelims	36
37	12 & Under	100 Freestyle	Prelims	38
39	13 & Over	100 Freestyle	Prelims	40
41	12 & Under	100 Butterfly	Prelims	42
43	13 & Over	100 Butterfly	Prelims	44
45 <sup>2</sup>	9 - 12	400 Freestyle <sup>2</sup>	Timed Finals	46 <sup>2</sup>
47 <sup>2,4</sup>	13 & Over	1500 Freestyle <sup>2,4</sup>	Timed Finals	48 <sup>2,4</sup>

#### Session 4 – Saturday PM – Finals<sup>6</sup>, June 30, 2018

Warm-ups Start: 4:15 PM<sup>1</sup>

Relay Changes Due<sup>3</sup>: 5:00 PM<sup>1</sup>

Session Starts: 5:35 PM<sup>1</sup>

Girls Event #	Age Group	Event	Event Type	Boys Event #
25 <sup>3</sup>	12 & Under	400 Free Relay <sup>3</sup>	Timed Finals	26 <sup>3</sup>
27 <sup>3</sup>	13 & Over	800 Free Relay <sup>3</sup>	Timed Finals	28 <sup>3</sup>
29 <sup>5</sup>	11 - 12	200 Backstroke	A <sup>5</sup> - Finals	30 <sup>5</sup>
31 <sup>5</sup>	13 & Over	200 Backstroke	A <sup>5</sup> - Finals	32 <sup>5</sup>
33	12 & Under	50 Breaststroke	A & B - Finals	34
35 <sup>5</sup>	13 & Over	50 Breaststroke	A <sup>5</sup> - Finals	36 <sup>5</sup>
37	12 & Under	100 Freestyle	A & B - Finals	38
39	13 & Over	100 Freestyle	A & B - Finals	40
41	12 & Under	100 Butterfly	A & B - Finals	42
43	13 & Over	100 Butterfly	A & B - Finals	44





## 2018 Sun City Open Invitational

### SCHEDULE OF EVENTS

#### Session 5 – Sunday AM – Prelims, July 1, 2018

Warm-ups Start: 7:15 AM<sup>1</sup>

Session Starts: 8:50 AM<sup>1</sup>

Girls Event #	Age Group	Event	Event Type	Boys Event #
53	12 & Under	200 Individual Medley	Prelims	54
55	13 & Over	200 Individual Medley	Prelims	56
57	12 & Under	50 Backstroke	Prelims	58
59	13 & Over	50 Backstroke	Prelims	60
61	11 - 12	200 Butterfly	Prelims	62
63	13 & Over	200 Butterfly	Prelims	64
65	12 & Under	100 Breaststroke	Prelims	66
67	13 & Over	100 Breaststroke	Prelims	68
69	12 & Under	50 Freestyle	Prelims	70
71	13 & Over	50 Freestyle	Prelims	72

#### Session 6 – Sunday PM – Finals<sup>6</sup>, July 1, 2018

Warm-ups Start: 4:15 PM<sup>1</sup>

Relay Changes Due<sup>3</sup>: 5:00 PM<sup>1</sup>

Session Starts: 5:35 PM<sup>1</sup>

Girls Event #	Age Group	Event	Event Type	Boys Event #
49 <sup>3</sup>	12 & Under	200 Medley Relay <sup>3</sup>	Timed Finals	50 <sup>3</sup>
51 <sup>3</sup>	13 & Over	400 Medley Relay <sup>3</sup>	Timed Finals	52 <sup>3</sup>
53 <sup>5</sup>	12 & Under	200 Individual Medley	A <sup>5</sup> - Finals	54 <sup>5</sup>
55 <sup>5</sup>	13 & Over	200 Individual Medley	A <sup>5</sup> - Finals	56 <sup>5</sup>
57	12 & Under	50 Backstroke	A & B - Finals	58
59 <sup>5</sup>	13 & Over	50 Backstroke	A <sup>5</sup> - Finals	60 <sup>5</sup>
61 <sup>5</sup>	11 - 12	200 Butterfly	A <sup>5</sup> - Finals	62 <sup>5</sup>
63 <sup>5</sup>	13 & Over	200 Butterfly	A <sup>5</sup> - Finals	64 <sup>5</sup>
65	12 & Under	100 Breaststroke	A & B - Finals	66
67	13 & Over	100 Breaststroke	A & B - Finals	68
69	12 & Under	50 Freestyle	A & B - Finals	70
71	13 & Over	50 Freestyle	A & B - Finals	72



## Westside Natatorium

### Rules and Regulations

1. All participants must follow the CDC “Healthy Swimming Policy” and shower before entering the water, no exception.
2. All persons using Westside Natatorium must abide by the **Code of Conduct**.
3. **NO** chewing gum, food or color based drinks will be allowed on the pool deck, water only.
4. Participants/Spectators are not permitted to have signs or banners larger than 8 ½ in. by 11 in., confetti, balloons, or glass containers.
5. Participants/Spectators are not permitted to have artificial noisemakers. (E.g. thunder sticks cowbells, clappers, air horns, etc.).
6. Individuals, other than lifeguards, are not allowed on the bulkheads at any time.
7. Use of starting blocks is prohibited, except during official swim meets and swim team practices.
8. Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck- all spectators and parents must remain in the viewing stands.
9. Participants/Spectators are not allowed to stand in front of or lean over the rails.
10. Participants/Spectators are not allowed to stand or sit in the aisle.
11. Participants/Spectators are not allowed to use other areas of the Westside Natatorium complex during an event/practice without purchasing a Daily Admission at the main entrance.



12. Spectators are allowed one small cooler that can be placed directly under their seating area. Teams are allowed two ice chests on deck provided they do not contain glass items, bottled water is allowed.
13. Participants in swim suits are not allowed in the spectator seating area.
14. Each competing team is permitted one temporary banner during a swim meet placed at the discretion of the Aquatics Manager. Team banners must not exceed 3' by 6'. Banners must not block the spectator viewing.
15. Folding chairs are not allowed in the spectator and deck area. The walkways must stay clear at all times.
16. Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited.
17. Face-painting or body painting of any kind is not permitted at the Natatorium.
18. Pool staff has the authority to eject or suspend anyone from natatorium use and/or program privileges for those that fail to abide by these policies and regulations.