2018 IE LCN FAZZARI’S PIZZA

**Hosted by: Lewis Clark Neptune Swimming (A Combined Meet)**

**LEWISTON, IDAHOMay 19-20, 2018**

**Held under the sanction of USA Swimming and Inland Empire Swimming, Inc. Sanction #\*\*\*\*\*\*\*, approval of USA Swimming, and Inland Northwest Masters Swimming, USMS #\*\*\*\*\*\***

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***In granting this sanction, it is understood and agreed that USA Swimming (USA-S) and Inland Empire Swimming (IES) 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. Use of audio or visual recording, including the use of a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.*** ***Deck Changing is prohibited: Changing into or out of swimsuits other than in the facility locker rooms, or other designated area designated by the host facility, is not appropriate, and is 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.***

**HOST:**  Lewis Clark Neptune Swimming (LCN) & Lewis Clark Neptune Masters (LCNM)

**LOCATION:** Orchards Pool, 1301 Airway Ave, Lewiston, Idaho, 83501

**FACILITY:** Outdoor 50 Meter course, six lanes, each approx. 7 1/2 feet wide, with flow-through anti-turbulence lane ropes. Starting area depth exceeds 8 feet, except for 200 relay exchanges which will make the 50 and 150 exchanges (3 and a half foot depth area) by water start as required by USA Swimming Technical Rule 103.2.3.A. The competition course has not been certified in accordance with 104.2.2C(4). The “designated deck area” will be enforced. Only swimmers, coaches, officials, and meet workers are permitted in the deck area. Spectators will not be allowed in the deck area without proof of current USA Swimming membership. The deck area is considered to be: a 3 foot area from the edge of the pool, together with the area behind the start platforms up to the timer chairs, and also the entire deck area on the South side (street side) of the pool. Handicap accessibility to the pool deck and locker rooms are available.

**MEET FORMAT:** This will be a timed finals meet.

All swimmers may enter 5 individual events per day and 1 relay event per day. The 1500 meter freestyle will be deck seeded, fastest to slowest and will alternate girls and boys. Check in for the 1500 free must be done by 11:00 a.m. on Saturday May 20th. Swimmers swimming the 1500 must provider their own lap counter and timer.

**SCHEDULE:** Warm-up lanes lane assignments will be posted on deck and in the meet program. Meet Marshals will be present during warm up.

 **Saturday May 19, 2018: Sunday May 20, 2018:**

USMS Warm Ups: 7:30-8:00 a.m. USMS Warm Ups: 7:30-8:00 a.m.

USAS Warm Ups: 8:00 – 8:45 a.m. USAS Warm Ups: 8:00-8:45 a.m.

 Officials Meeting: 8:10 a.m. Officials Meeting: 8:10 a.m.

 Coaches Meeting: 8:45 a.m. Coaches Meeting: 8:45 a.m.

 Meet Starts: 09:00 a.m. Meet Starts: 09:00 a.m.

**RULES:**  **This is a Combined Meet with USA Swimming and US Masters Swimming each granting a sanction to approve this meet.** Current United States Swimming rules will govern the meet. The rules and procedures of Inland Empire Swimming will also apply.

Inland Empire scratch rules will be in effect. The meet referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event should be directed to the Meet Referee by the coach of that team. USA Swimming athletes participating without a coach must report to the meet referee at the start of the warm-up session for instructions. Coaches for USA Swimming competitors must be 2018 USA Swimming members. These coaches must provide proof of certification upon request by the meet referee. Masters athletes must be currently registered with USMS and provide a signed declaration of intent and a copy of USMS card. Athletes with a disability are welcome; requests for accommodations for any disabled swimmer should be directed to the Meet Referee and the Meet Director PRIOR TO THE MEET.

**Drones**: Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.

The Meet Referee may schedule ten-minute breaks during the competition, at his/her discretion.

**ELIGIBILITY:** Open to all swimmers who are registered for 2018 with USA or USMS swimming. Registration numbers must accompany the master entries. Age on the first day of the meet determines the age group to enter. Athletes with disabilities are welcome and are asked to provide notice of necessary accommodations. **NO DECEK ENTRIES ARE PERMITTED EXCEPT AT THE DISCRETION OF THE MEET REFEREE AND MEET DIRECTOR.**

**SUBMITTING** Entries will be limited to the first 400 swimmers. All entries must be

**ENTRIES:** METER times. Entries may be submitted by either of the following methods:

1. E-mail Hy-tek Commlink file for individual events and relays. Please also e-mail a *Meet Entries Report* for individual and relay events sorted by swimmer and exported as a Word document. Please check the *Meet Entries Report* for accuracy before you send your entries.
2. Use the Master Entry Formhttp://www.ieswim.org/wzielsc/UserFiles/File/MASTERENTRYFORM(1).pdf . Fill out form completely. Age and registration numbers are required. Enter the entry times for all swimmers directly on the form. Complete and send the Meet Summary Form also.

**Please include the name, phone number, and email of a contact person for entry questions.**

The USA Swimming SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any swimmer data that is NOT correct in the meet database please notify the meet referee as soon as possible. The appropriate changes will be made. The data will be sent to USA Swimming within 3 days of the meet. Thanks for your cooperation.

**ENTRY FEES:** Entry Fee of $3.00 per individual event per swimmer, plus a $19.00 surcharge ($5.00 facility fee) per swimmer and a $12.00 fee per relay team must be paid with entries. **Teams should submit one check made payable to LCN.** Entries will not be accepted until fees are received. Entry fees are non-refundable. ***NO deck entries will be allowed for either USAS or USMS swimmers.***

**ENTRY**

**DEADLINE:** Entries must be received no later than **Wednesday May 9, 2018**. Late entries will NOT be accepted. If you have questions concerning your entries, please contact Chris or Nicole Engledow at **NMCraft@aol.com**or (208) 553-7143. E-mail entries to: **NMCraft@aol.com** Please send checks and hand entered entries by **non-**

**registered** mail to: Lewis Clark Neptune Swimming

Chris & Nicole Engledow

 PO Box 1032

 Asotin, WA 99402

**AWARDS:** Awards will be given to first through 6th place finishers in each USAS event. Relays will be given awards for 1st – 3rd place in each USAS event. First place high point awards will be given for the following USAS age groups: 8 & under girls, 8 & under boys, 9-10 girls, 9-10 boys, 11-12 girls, 11-12 boys, 13-14 girls, 13-14 boys, 15-16 girls, 15-16 boys, 17 & over girls, 17 & over boys. **No awards will be given for USMS swimmers.**

**SCORING:** All events that are swum as 12 & under, 13 & over, and open, will be scored in their individual age groups with the exception of the relays. Events will be scored 1st through 6th place. Swimmers will only score in their IES approved age group events. Individual team scores will not be recorded. High point awards will be announced and presented at the conclusion of the meet.

**OFFICIALS:** Meet Directors: Nicole Engledow, (208) 553-7143 NMCraft@aol.com

 Admin Ref: Nicole Engledow

 Meet Referee: Mike Miura mikemiura90@yahoo.com

 Meet Starter: Mike Graham

 Stroke & Turn: Paige Buehler, Brian Johnson, Steve Hudlet, Bill Doughterty, Paul Ockerberg

Coaches must display current and valid credentials at all times during the meet.

**TIMING:** Help from visiting teams will be greatly appreciated. Timing assignments for each team will be posted at the pool.

**CONCESSIONS:** Concessions will be available during the meet.

**OTHER:** The Orchards pool is a surrounded by a grassy field that is available for spectators and swimmers. Few bleachers are provided, so it suggested that you bring chairs and canopies for shade. USAS rules regarding weather will be in affect and refunds will not be given due to cancellation of meet due to weather.

**CAMPING:** Camping (tent or RV) is available at the fair-grounds (directly across the street from the pool) for $25.00/night for hook ups and $13.00/night for tent sites (fee is per tent). ***Payment must be made to the meet director via check (to LCN) or cash ON ARRIVAL.*** Camping is available both Friday May 18 and Saturday May 19th.

 Other Camp Sites:

 Hells Gate State Park: (RV & tents) (located on the Snake River)

 Call (208) 799-5015 ASAP for reservations

 (Lewiston, Idaho)

 Hells Canyon RV Park: (RV) (located further down Snake River)

 Call (509) 758-6963

Granite Lake RV Park: (RV) (located on the Snake River)

 Call (509) 751-1635 to make reservations

**POOL RULES:**

**NO GLASS ON OR AROUND POOL DECK**

**ONLY SWIMMERS, COACHES, OFFICIALS AND MEET WORKERS ARE PERMITTED IN THE DECK AREA WITHOUT PROOF OF CURRENT USA SWIMMING MEMBERSHIP. THE DECK AREA IS CONSIDERED TO BE A 3 FOOT AREA FROM THE EDGE OF THE POOL AND BEHIND THE START PLATFORMS UP TO THE TIME CHAIRS.**

**DIRECTIONS: From North (US 95/US 195), East (US 12) or South (US 95):**

At bottom of Lewiston Hill, take Lewiston Exit (US 12). Proceed across Clearwater River, and after crossing Memorial Bridge turn left at first signal light (21st Street). Continue up 21st street approx. 1 mile, and continue up Thain Grade (slight veer to left). At top of Thain Grade (Walmart), continue on Thain approx. 1 mile to signal light at Bryden Ave. (just past Rosauer's). Make a left turn onto Bryden Ave, and proceed one-half mile to end of Bryden (13th Street). Right turn on 13th Street, one short block to Airway Ave. Orchards Pool is on your left. Parking lot is at other end of pool.

**From West (US 12):**

As you enter Clarkston outskirts, you will pass by the Clarkston Golf and Country Club. First intersection after the golf course is 15th Street. Make a right turn on 15th Street, and proceed approx. 2 miles to traffic signal at Fleshman Way. Turn left; proceed down Fleshman Way (IN RIGHT LANE) (approx. 1 mile to Snake River), change to left lane as you cross river, and continue up Bryden Canyon. From top of Bryden Canyon, continue another 2 miles on Bryden Ave. to signal light at Thain (just past Rosauer's). Continue straight on Bryden Ave, and proceed one-half mile to end of Bryden (13th Street). Right turn on 13th Street, one short block to Airway Ave. Orchards Pool is on your left. Parking lot is at other end of pool.

**HOTELS:**  \*\*All Hotels within the area are within 4 miles of the pool

*Be sure to make reservations early….*

Quality Inn, Clarkston, WA (509) 758-9500 (on river)

 Motel 6, Clarkston, WA (509) 758-1621

 Comfort Inn, Lewiston, ID (208) 798-8090

 Red Lion, Lewiston, ID (208) 799-1000

 (sponsoring hotel with special rate! See flyer)

 Holiday Inn, Lewiston, ID (208) 750-1600

 Inn American, Lewiston, ID (208) 746-4600

\*\*\*BE SURE TO MAKE HOTEL RESERVATIONS EARLY!!!

 Camping/ RV: (see above under camping)

Camping is available at the Fair Grounds, directly across from the pool. (see above under camping)

**ACTIVITES:** **Asotin County Family Aquatic Center:** Water slides, **Wave Pool with 4 foot Waves!!,** Lazy River, and “Zero Depth” entry pool. Info Hot-Line: (509) 243-2001

**Golf:** Bryden Canyon Golf Course (208) 746-0863

Lewiston Golf & Country Club (208) 798-0483

Quail Ridge Golf Course (509) 758-8501

**Movies:** Orchards Cinema 3323 10th St. Lewiston (by Rosauer’s)

 Village Centre Cinemas, 2920 Nez Perce, Lewiston (208) 798-8080

**Other:** Gateway Golf Center - 18 hole natural grass miniature golf putting green course. Course located near

 **Restrictions**: **TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. NO SHAVING.**

**USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN CHANGING AREAS, REST ROOMS OR LOCKER ROOMS.**

**FAZZARI’S OPEN**

**May 19 & 20, 2018 EVENTS**

**(Odd numbers are girl’s events, even numbers are boy’s events.)**

**Saturday: May 19, 2018 Sunday: May 20, 2018**

Event # Event Age Group Event# Event Age Group

**Session 1 Session 3**

1-2 200 IM 12 & under 27-28 400 Free Open

3-4 400 IM Open 29-30 200 Free Relay 12 & under

5-6 200 Medley Relay 12 & under 31-32 200 Free Relay 13 & over

7-8 200 Medley Relay 13 & over 33-34 50 fly 12 & under

9-10 100 Back 12 & under 35-36 100 fly 13 & over

11-12 200 Back 13 & over 37-38 12 & under 200 free

13-14 50 Breast 12 & under 39-40 13 & over 200 free

15-16 100 Breast 13 & over 41-42 12 & under 100 breast

***15 minute break before session 2 15 minute break before session 3***

**Session 2 Session 4**

17-18 100 Free 12 & under 43-44 13 & over 200 Breast

19-20 100 Free 13 & over 45-46 12 & under 50 Back

21-22 100 Fly 12 & under 47-48 13 & over 100 Back

23-24 200 Fly 13 & over 49-50 12 & under 50 Free

25-26 1500 Free Open 51-52 13 & over 50 Free

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**VISITING TEAM INFORMATION:**

TEAM:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COACH:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-MAIL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ENTRIES PREPARED BY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 PHONE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 E-MAIL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ENTRY FEE TABULATION:**

Surcharge # of swimmers \_\_\_\_\_\_ x $19.00 = \_\_\_\_\_\_

Individual Events # of events \_\_\_\_\_ x $3.00 = \_\_\_\_\_\_

Relays # relays \_\_\_\_\_\_ x $12.00 =\_\_\_\_\_\_

**TOTAL------------------------------------------------------ $\_\_\_\_\_\_\_\_\_\_\_**

**# of USAS Swimmers:\_\_\_\_\_\_\_\_\_\_\_\_\_ # of USMS swimmers:\_\_\_\_\_\_\_\_\_\_\_**

**Make checks payable to: LCN**

Mail entries to: LCN

 Chris & Nicole Engledow

 PO Box 1032

 Asotin, WA 99402

**Please waive signature for delivery**

All Masters Swimmers Must complete this form and submit it with entry. This form must be received prior to competition or the athlete will not be eligible to participate.

“I, the undersigned participant, intending to be legally bound, hereby certify

that I am physically fit and have not been otherwise informed by a physician.

I acknowledge that I am aware of all the risks inherent in Masters swimming

(training and competition), including possible permanent disability or death,

and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION

IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES

INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO

CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR

LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR

PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING

INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE

CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES

OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING

SUCH ACTIVITIES. In addition, I agree to abide by and be governed

by the rules of USMS.”

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name: Date:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: Team: