

2016 Apple Capital Open June 3rd – 5th

Held under Sanction of USA Swimming, Inc. and Inland Empire Swimming, Inc., SANCTION #IE-16-1296

In granting this sanction it is understood and agreed that USA Swimming (USAS) 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 visual recording devices including a cell phone camera is not allowed in the changing areas, rest rooms, locker rooms or behind the starting blocks. 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.

Host: Velocity Swimming, P.O. Box 2791, Wenatchee, WA 98807

Location: Wenatchee City Pool, Pioneer Park, 210 Fuller St., Wenatchee, Washington, (509) 664-3397

Format: Timed finals, split age group open. Swimmers will compete for medals, ribbons and points. Medals, ribbons and/or points will be awarded by age group and gender: 8 & under, 9-10, 11-12, 13-14, and 15 & over, if not a USAS event for age group, then ribbons only.

Course: Outdoor, 10 lane 50-meter pool with anti-wave lane lines. The pool is equipped with the Colorado Timing System with touch pads at both ends. Starting blocks meet USAS height and water depth requirements at start end. The competition course has not been certified in accordance with 104.2.2C(4). Swimmers will use in-water starts at turn end for 200 meter relays. The start end of the pool depth ranges from 5'6 to 9', the turn end ranges in depth from 3'6" to 4'6". The warm-up pool is attached to the main pool and is available during the meet. Deck marshals will be present during warm-ups.

Rules: Current USAS rules will govern. The rules and procedures of IES also apply. The whistle start protocol and the no recall rule will be in effect. There is positive check-in for the 1500 free on Sunday and the 400 Free events on Friday, and the IES scratch rule will be in effect for these deck-seeded events. Positive check-in closes 1 hour prior to scheduled start of the events. Any protests or questions concerning the outcome of an event shall be directed in writing to the Meet Referee by the team coach. The Meet Referee will be the final authority for the conduct of the competition. Coaches that have an athlete with a disability that requires accommodations to the starting procedure must notify the referee prior to the athlete's swim. Coaches must be 2016 members of USAS or Swimming/Natation Canada (SNC). All SNC coaches must complete and submit the USAS liability form available at the clerk of course prior to the start of warm-ups. Proof of coaching certification must be produced on request at any time to the referee. Only swimmers, coaches, officials and meet workers are permitted in the deck area. The deck area is considered to be a 3-foot area from the edge of the pool and the area behind the start platforms up to the timer chairs. There will be no swimming in the dive tank except for swimmers to warm-up prior to their events and cool down immediately thereafter. 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 then it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Eligibility No entrant will be permitted to compete unless the entrant is a member of USA Swimming as provided in Article 302 at the time of meet entry. Open to 2016 registered SNC athletes. All SNC swimmers must complete and submit the liability waiver prior to the start of warm-ups. Age on the first day of the meet determines the age group to enter. Each swimmer must swim in his/her respective age group. 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. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

- Awards:**
- All combined age group and all mixed individual events will be scored and awarded separately by gender and age group.
 - Medals will be awarded for individual events for the finishers in places 1-3 and ribbons will be awarded for places 4-10.
 - Medals will be awarded for relay events for the finishers in places 1-3.
 - The 10 & Under 100 Back, Breast & Fly and the 10 & Under 200 Free and IM will be scored and awarded as 10 & Under, waiving the BB distinction, as these events are not IES 8 & Under events.
 - A prize will be provided to the winner of each Heat.
 - Individual High point awards will be given to the Girl and Boy in each age group. High point calculations will be based on swimmers' age groups, not event age groups, so points earned in combined events will be added into the calculation for each swimmer.
 - Team High Point for First through Third place will be awarded.
 - Teams are requested to appoint one adult to pick up awards at the end of the meet.

Entries: All swimmers may enter four (4) individual events on Friday, Saturday, and Sunday, and one (1) relay both Saturday & Sunday. Enter swimmers' best meter times or converted yard time. NT (No Time) entries will be accepted for all age groups and will be seeded in the slowest heats. Once the meet has been seeded, swimmers that are already registered in the meet may request to deck enter additional events (up to the corresponding daily limit), pending availability of empty lanes, and at the discretion of the referee, with payment of \$3 per event due upon approval. **There will be no deck registrations.** Entries will be limited to include all teams up to and including the team that has the **800th** swimmer. The 1500 Free will be swum fastest to slowest, and may be limited to the fastest 8 heats. Swimmers in the 1500 Free must supply their own Counter and Timers.

Relays: Teams are limited to four (4) relay entries per relay event. **If the Meet Entry Chair determines that the meet is oversubscribed, the 4th then the 3rd entries may be deleted.** Only the two (2) fastest relay finishers per team are awarded points and ribbons.

The USAS SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USAS 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 USAS within 3 days of the meet and your assistance and cooperation in ensuring accuracy will assist us in the timely posting of the swimmers achieved times.

Submissions: Team must submit Entries using Team Manager "Hy-Tek" Software via email (preferred) only.

Please include a hard copy of "Meet Entry Report" as a back-up.

Entries must include current (2016) USA Swimming or SNC registration numbers.

In order to guarantee priority, all **IES** teams shall notify Velocity Swimming via email of their intent to attend by **Wednesday, April 20th, 2016**. This notification shall include the approximate number of swimmers.

IES Teams Priority entry deadline is Wednesday, May 11, 2016.

Final Entries deadline is **Wednesday, May 18, 2016**.

Entries may be submitted via email to david_cutter@yahoo.com

Phone and late entries will not be accepted.

Please send the following 4 attachments via email (preferred):

1. zip entry file from Team Manager
2. Print to file (PDF format) of team individual entries
3. Print to file (PDF format) of team relay entries
4. Print to file (PDF format) of meet fees due.

Payment and hard copies must be received by the above deadline for entries to be considered official.

****Velocity Swimming respectfully requests that visiting teams supply help with timing in order to ensure that the meet runs without interruption.***

Entry Fees: Entry fees are Three Dollars (\$3.00) for each individual event and Twelve Dollars (\$12.00) for each relay event plus a Twelve Dollar, (\$12.00) IES surcharge per swimmer and a Three Dollar (\$3.00) facility surcharge per swimmer.

Fees & surcharges for each team must be paid with one check and accompany entries.

USAS and City of Wenatchee rules regarding weather will be in effect and refunds will not be issued due to weather.

Please make the check payable to **Velocity Swimming** and address to:

**Velocity Swimming
C/O David Cutter
1552 Holly Lane
East Wenatchee, WA 98802**

***** Please Waive requirement for signature *****

Entries submitted on the IES Master Entry Form will be accepted for individual/family entries only. The form can be found on the FORMS page of the IE website, www.ieswim.org

Schedule: **Friday:** 9:00 AM - 9:55 AM open warm-up
 Session One 10:00 AM - events begin
 Positive Check-in for the 400 Free ends
 1 hr prior to scheduled start time.

 Session Two Events begin 5 minutes after the conclusion of Session One

Positive Check-in for the 400 Free ends 1 hr prior to scheduled start time.

Note: Friday evening the meet must be concluded by 8:00 PM. Depending on entries and meet schedule, it may become necessary to limit the number of heats of the 400 Friday Evening.

Saturday: 7:25 AM - 7:55 AM age 10 & under warm-up
 Session Three 8:00 AM - events begin

 Session Four 30-minute open warm-up
 Events begin 5 minutes after the conclusion of this warm-up

 Session Five 30-minute open warm-up
 Events begin 5 minutes after the conclusion of this warm-up

Sunday: 7:25 AM - 7:55 AM age 10 & under warm-up
 Session Six 8:00 AM - events begin

 Session Seven 30-minute open warm-up
 Events begin 5 minutes after the conclusion of this warm-up

 Session Eight 30-minute open warm-up
 Events begin 5 minutes after the conclusion of this warm-up

Positive Check-in for the 1500 Free ends 1 hr prior to scheduled start time.

Warm-up: Lane assignments for warm-ups will be posted. Diving is permitted in designated sprint lanes and only under the direct supervision of a coach. Swimmers participating in the meet without an USA Swimming registered coach must report to the meet referee at the start of each warm-up session.

Meetings: Friday Coaches meeting at 8:45 AM
 Officials meeting at 9:15 AM

 Saturday & Sunday Coaches meeting at 7:00 AM
 Officials meeting at 7:30 AM

Meet Administration:

Meet Referee: **Genie Lutz**
Starter: **Mark Marquis**
Stroke & Turn: **Martin Davy, Larry Dressel, Zoe Hedges, and Julie Broxson**
Meet Director: **Jeff Sutton** boardpresident@velocity-swimming.com
Meet Entry Chair: **Dave Cutter** david_cutter@yahoo.com
Administrative Official: **Dave Cutter**

We welcome and need the assistance of visiting USAS Officials. Please bring current certification and USAS registration cards. Uniform white over blue. Coaches must display current and valid credentials at all times during the meet.

General: The **Meet Referee shall be the final authority for the conduct of the competition.** The length of the break between Sessions may be varied at the Meet Referee & Coaches discretion. The Meet Referee may schedule 10 minute breaks during the competition at his discretion. Fly-over starts will be used for all age groups. All events will be timed finals. Hospitality area and lunch will be provided for team Coaches and visiting Officials. Absolutely no animals on deck or in locker room at any time. Handicap parking and access is available in front of pool near main entrance.

Concessions: Velocity Swimming's concessionaire will be serving dinner Friday & Saturday nights with breakfast and lunch on Saturday & Sunday.

Vendors: Swim2000, NW Design

Hotels: Red Lion Hotel, (509) 663-0711, Wenatchee
Cedars Inn, (509) 886-8000, East Wenatchee
Best Western, (509) 665-8585, Wenatchee
Travelodge, (509) 662-8165, Wenatchee
Value Inn, (509) 663-8115, Wenatchee
Comfort Inn, (509) 662-1700, Wenatchee
Super 8 Motel, (509) 662-3443, Wenatchee
Inn at the River, (509) 888-7378, East Wenatchee
The Avenue Motel, (509) 663-7161, Wenatchee
Economy Inn, (509) 663-8133, Wenatchee
Best Western Icicle Inn, (509) 548-7000, Leavenworth
Quality Inn, (509) 548-7992 / (800) 693-1225, Leavenworth
Howard Johnsons, (509) 548-4326, Leavenworth
Linderhof Motor Inn, 800-828-5680, Leavenworth
Obertal Motor Inn, 800-537-9382, Leavenworth
Leavenworth Village Inn, (509) 548-6620, Leavenworth
Westcoast Wenatchee Center Hotel, (509) 662-1234, Wenatchee
Village Inn Motel, (509) 782-3522, Cashmere
Comfort Suites, (509) 662-1818, Wenatchee
Marriott Springhill Suites, (509) 667-2775, Wenatchee
Motel 6, (509) 663-8167, Wenatchee

Camping:

Under special arrangement with the City of Wenatchee, the Pioneer Park facility will be available for camping Friday through Sunday if desired. Drinking water and lavatory facilities will be available on a 24-hour basis. Security will be provided in the park at night. Self contained camper and trailers may use the parking lot on the west side of the pool, adjacent to Pool. Pool restroom facilities are available for one hour after last event Friday and Saturday and will open at 6:30 AM on Saturday and Sunday mornings.

To assist with offsetting the cost of providing camping in Pioneer Park, Velocity Swimming is requesting that each family camping in the Park contribute \$30.00 for the weekend. Campers need to register with clerk of course on arrival. Each paid family will receive a notice of registration to post in a visible location.

Notes on Camping:

We are granted special permission by the City Parks Department to use the park for camping and they have **stipulated** the following rules, which must be followed:

- No vehicles on the grass. (No tent trailers)
- Campers and trailers shall be parked in parking lots adjacent to the pool or along Fuller St. only.
- Fuller St. parking is limited to lateral parking of camping units that will not go beyond the length of a pickup truck.
- Please do not park cars along side of campers on Fuller St. and take up 2 spaces.
- Camping spots shall be on a first come, first serve basis.
- No camping will be allowed prior to 9:00 AM Friday or later than 6:00 PM Sunday.
- Alcoholic beverages not allowed.
- Loitering in restroom not permitted.
- Electrical outlets not provided.
- Portable barbecues and stoves not permitted on picnic tables.
- No water balloons allowed.

Additional Local Camping is available at :
Confluence State Park, Wenatchee (509) 664-6373
Lincoln Rock State Park, East Wenatchee (509) 884-8702
Wenatchee River County Park (509) 667-7503

Pool Directions: From Hwy 2, travel south on Wenatchee Avenue.
Turn right at intersection with Miller Street.
Travel south on Miller to Russell (Pioneer Middle School is on the left).
Turn left on Russell - one block to Fuller – pool is on the left.

From Hwy 28 (East Wenatchee) cross Columbia River Bridge, turn right on Mission St.,
then immediate left on Ferry St. Follow Ferry St. (turns into Russell).
Pool will be on the right on Fuller Street.

2016 Apple Capital Open

Fee Computation Form

Number of Individual Events: _____ x \$3.00 = \$ _____
Number of Relay Events: _____ x \$12.00 = \$ _____
IES Surcharge per Swimmer: _____ x \$12.00 = \$ _____
Facility Surcharge per Swimmer: _____ x \$3.00 = \$ _____
Total amount due: _____ \$ _____

NOTE: Please make one check payable to Velocity Swimming

Name of Team: _____

Submitted by: _____

Date: _____

Address: _____

Telephone: _____ Day _____ Evening _____

E-mail:(important) _____

Mail Entries To:

**Velocity Swimming
David Cutter
1552 Holly LN
East Wenatchee, WA 98802**

***** Please Waive requirement for signature *****

Entry Submission must include:

1. Commlink entry file from Team Manager
2. Print to file (word format) of team individual entries
(highlight 4th priority on hard copy)
3. Print to file (word format) of team relay entries
4. Print to file (word format) of meet fees due.

Please include a hard copy of "Meet Entry Report" as a back-up.

Entries must include current (2016) USA Swimming or SNC registration numbers.

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Entries may be submitted via email to david_cutter@yahoo.com

Phone and late entries will not be accepted.

Payment & printout hard copies must be received by deadline for entries to be considered official.

Entries submitted on the IES Master Entry Form will be accepted for individual/family entries only. The form can be found on the FORMS page of the IE website, www.ieswim.org

Session: 1 Friday Morning

Day of Meet: 1 Starts at 10:00 AM

- Finals 1 Mixed 11-12 200 Breaststroke
- Finals 2 Girls 13-14 200 Breaststroke
- Finals 3 Mixed 11-12 400 IM
- Finals 4 Girls 13-14 400 IM
- Finals 5 Mixed 11-12 100 Butterfly
- Finals 6 Girls 13-14 100 Butterfly
- Finals 7 Mixed 11-12 200 Backstroke
- Finals 8 Girls 13-14 200 Backstroke
- Break: 5 Minutes
- Finals 9 Mixed 11-12 400 Freestyle
- Finals 10 Girls 13-14 400 Freestyle

Session: 2 Friday Afternoon

- Finals 11 Mixed 10 & Under 200 Freestyle
- Finals 12 Boys 13-14 400 IM
- Finals 13 Mixed 15 & Over 400 IM
- Finals 14 Boys 13-14 50 Breaststroke
- Finals 15 Mixed 15 & Over 50 Breaststroke
- Finals 16 Boys 13-14 200 Backstroke
- Finals 17 Mixed 15 & Over 200 Backstroke
- Finals 18 Boys 13-14 100 Butterfly
- Finals 19 Mixed 15 & Over 100 Butterfly
- Break: 5 Minutes
- Finals 20 Boys 13-14 400 Freestyle
- Finals 21 Mixed 15 & Over 400 Freestyle

Session: 3 Saturday Morning

Day of Meet: 2 Starts at 08:00 AM

- Finals 22 Girls 10 & Under 100 Butterfly
- Finals 23 Boys 10 & Under 100 Butterfly
- Finals 24 Girls 8 & Under 100 Freestyle
- Finals 25 Boys 8 & Under 100 Freestyle
- Finals 26 Girls 9-10 100 Freestyle
- Finals 27 Boys 9-10 100 Freestyle
- Break: 5 Minutes:
- Finals 28 Girls 8 & Under 50 Backstroke
- Finals 29 Boys 8 & Under 50 Backstroke
- Finals 30 Girls 9-10 50 Backstroke
- Finals 31 Boys 9-10 50 Backstroke
- Finals 32 Girls 8 & Under 50 Breaststroke
- Finals 33 Boys 8 & Under 50 Breaststroke
- Finals 34 Girls 9-10 50 Breaststroke
- Finals 35 Boys 9-10 50 Breaststroke
- Break: 5 Minutes:
- Finals 36 Girls 8 & Under 200 Medley Relay
- Finals 37 Boys 8 & Under 200 Medley Relay
- Finals 38 Girls 10 & Under 200 Medley Relay
- Finals 39 Boys 10 & Under 200 Medley Relay
- Finals 40 Girls 10 & Under 200 IM
- Finals 41 Boys 10 & Under 200 IM

Session: 4 Saturday Afternoon

Day of Meet: 2 Starts at 11:45 AM

- Finals 42 Girls 11-12 100 Freestyle
- Finals 43 Boys 11-12 100 Freestyle
- Finals 44 Girls 13-14 100 Freestyle
- Finals 45 Girls 11-12 200 Butterfly
- Finals 46 Boys 11-12 200 Butterfly
- Finals 47 Girls 13-14 200 Butterfly
- Break: 5 Minutes:
- Finals 48 Girls 11-12 50 Breaststroke
- Finals 49 Boys 11-12 50 Breaststroke
- Finals 50 Girls 13-14 50 Breaststroke
- Finals 51 Girls 11-12 50 Butterfly
- Finals 52 Boys 11-12 50 Butterfly
- Finals 53 Girls 13-14 50 Butterfly
- Break: 5 Minutes:
- Finals 54 Girls 11-12 100 Backstroke
- Finals 55 Boys 11-12 100 Backstroke
- Finals 56 Girls 13-14 100 Backstroke
- Finals 57 Girls 12 & Under 400 Medley Relay
- Finals 58 Boys 12 & Under 400 Medley Relay
- Finals 59 Girls 13-14 400 Medley Relay

Session: 5 Saturday Evening

- Finals 60 Boys 13-14 400 Medley Relay
- Finals 61 Girls 15 & Over 400 Medley Relay
- Finals 62 Boys 15 & Over 400 Medley Relay
- Finals 63 Boys 13-14 100 Freestyle
- Finals 64 Girls 15 & Over 100 Freestyle
- Finals 65 Boys 15 & Over 100 Freestyle
- Finals 66 Boys 13-14 200 Breaststroke
- Finals 67 Girls 15 & Over 200 Breaststroke
- Finals 68 Boys 15 & Over 200 Breaststroke
- Finals 69 Boys 13-14 100 Backstroke
- Finals 70 Girls 15 & Over 100 Backstroke
- Finals 71 Boys 15 & Over 100 Backstroke
- Break: 5 Minutes:
- Finals 72 Boys 13-14 50 Butterfly
- Finals 73 Girls 15 & Over 50 Butterfly
- Finals 74 Boys 15 & Over 50 Butterfly
- Finals 75 Boys 13-14 200 Butterfly
- Finals 76 Girls 15 & Over 200 Butterfly
- Finals 77 Boys 15 & Over 200 Butterfly
- Finals 78 Boys 13-14 200 IM
- Finals 79 Girls 15 & Over 200 IM
- Finals 80 Boys 15 & Over 200 IM

Session: 6 Sunday Morning

Day of Meet: 3 Starts at 08:00 AM

Finals 81 Girls 8 & Under 50 Freestyle

Finals 82 Boys 8 & Under 50 Freestyle

Finals 83 Girls 9-10 50 Freestyle

Finals 84 Boys 9-10 50 Freestyle

Finals 85 Girls 8 & Under 50 Butterfly

Finals 86 Boys 8 & Under 50 Butterfly

Finals 87 Girls 9-10 50 Butterfly

Finals 88 Boys 9-10 50 Butterfly

Break: 5 Minutes:

Finals 89 Girls 10 & Under 100 Backstroke

Finals 90 Boys 10 & Under 100 Backstroke

Finals 91 Girls 10 & Under 100 Breaststroke

Finals 92 Boys 10 & Under 100 Breaststroke

Finals 93 Girls 8 & Under 200 Freestyle Relay

Finals 94 Boys 8 & Under 200 Freestyle Relay

Finals 95 Girls 10 & Under 200 Freestyle Relay

Finals 96 Boys 10 & Under 200 Freestyle Relay

Session: 7 Sunday Afternoon

- Finals 97 Girls 11-12 50 Freestyle
- Finals 98 Boys 11-12 50 Freestyle
- Finals 99 Girls 13-14 50 Freestyle
- Finals 100 Girls 11-12 50 Backstroke
- Finals 101 Boys 11-12 50 Backstroke
- Finals 102 Girls 13-14 50 Backstroke
- Break: 5 Minutes:
- Finals 103 Girls 11-12 100 Breaststroke
- Finals 104 Boys 11-12 100 Breaststroke
- Finals 105 Girls 13-14 100 Breaststroke
- Finals 106 Girls 11-12 200 Freestyle
- Finals 107 Boys 11-12 200 Freestyle
- Finals 108 Girls 13-14 200 Freestyle
- Finals 109 Girls 11-12 200 IM
- Finals 110 Boys 11-12 200 IM
- Finals 111 Girls 13-14 200 IM
- Finals 112 Girls 12 & Under 400 Freestyle Relay
- Finals 113 Boys 12 & Under 400 Freestyle Relay
- Finals 114 Girls 13-14 400 Freestyle Relay

Session: 8 Sunday Evening

- Finals 115 Boys 13-14 200 Freestyle
- Finals 116 Girls 15 & Over 200 Freestyle
- Finals 117 Boys 15 & Over 200 Freestyle
- Finals 118 Boys 13-14 100 Breaststroke
- Finals 119 Girls 15 & Over 100 Breaststroke
- Finals 120 Boys 15 & Over 100 Breaststroke
- Break: 5 Minutes:
- Finals 121 Boys 13-14 50 Freestyle
- Finals 122 Girls 15 & Over 50 Freestyle
- Finals 123 Boys 15 & Over 50 Freestyle
- Finals 124 Boys 13-14 50 Backstroke
- Finals 125 Girls 15 & Over 50 Backstroke
- Finals 126 Boys 15 & Over 50 Backstroke
- Break: 5 Minutes:
- Finals 127 Boys 13-14 400 Freestyle Relay
- Finals 128 Girls 15 & Over 400 Freestyle Relay
- Finals 129 Boys 15 & Over 400 Freestyle Relay
- Finals 130 Mixed 11 & Over 1500 Freestyle