



## **SUNKIST SPRINT TO CHRISTMAS**

**December 10-12, 2021**

- Hosted by:** Sunkist Swim Team, [www.sunkistswimteam.com](http://www.sunkistswimteam.com).
- Sanction:** Held under the sanction of USA Swimming and Mississippi Swimming, Inc.  
Meet Sanction: MSI \_\_\_\_\_ Time Trail: \_\_\_\_\_
- Location:** Flowood YMCA  
690 Liberty Road  
Flowood, MS 39232

**Sunkist is a proud sponsor of the U.S. Marine Corps Reserve Toys for Tots program. We encourage all participants to help bring a joyful holiday season to kids in need by donating one new, unwrapped toy at the meet.**

- Facilities:** Indoor 25-yard pool; 8 lanes using non-turbulent lane lines; Colorado Timing System, touch pads at one end with backup; 8-line scoreboard and computer interface with Hy-Tek Meet Manager; Paragon starting blocks on both ends. There will be no tobacco products or alcohol on the pool deck or any area frequented by swimmers. Concessions will be available, ample deck space, bleachers, First Aid and Lifeguards on duty. Parking is available adjacent to YMCA. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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 competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Average water depth, measured in accordance with 202.3.7 is 4.5 feet at the start end and 4.5 feet at the turn end.

- Eligibility:** Invited teams only . Swimmer's age on first day of meet will determine his or her age for entire meet. All athletes must be USA Swimming registered swimmers and registration number must accompany entries for consideration. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition; MS Swimming will impose a fine of \$100.00 per event against the individual, member coach or member club submitting the entry.

Any swimmer entered in the meet must be certified by a USA Swimming coach member 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.

- Coaches:** Only current coach members of USA Swimming with swimmers in the meet may perform coaching duties and have access to areas restricted for certified swimmers, coaches and officials. Coach packets are provided to current coach members only. Non-certified assistants and parents of unattached swimmers may observe the meet, but may not occupy areas restricted for certified swimmers, coaches and officials.
- Meet Format:** All events will be conducted in short course yards and scored as timed finals in accordance with the rules of USA Swimming. Meet Director and Meet Referee reserve the right to adjust event limits, if necessary, based upon the number of entries received. This may include combining heats and events, and/or splitting up sessions, which actions may require reseeding. All events will be pre-seeded.
- Limit of Events:** Four (4) individual events per day, One (1) relay event per day
- Entries:** name, age, USA number, events and best times in SCY (Short Course Yards) for events entered. Meet host reserves the right to limit entries should total meet entries exceed expectations.
- Entry Deadline:** Entries must be received via EMAIL by 5pm CST on December 4.
- Late Entries:** Late entries may be accepted on a "lane available" basis. No new heats will be created. Late entries will not appear in the heat sheet.
- Entry Fees:**
- |                              |                                       |
|------------------------------|---------------------------------------|
| \$5.00 per individual event  | \$5.00 MSI surcharge per swimmer      |
| \$10.00 per time trial event | \$5.00 facility surcharge per swimmer |
| \$12.00 per relay event      |                                       |
- Email Entries to:** Sunkistcoach@gmail.com
- Scoring:** Individual Events: 9, 7, 6, 5, 4, 3, 2, 1 Relays: 18, 14, 12, 10, 8, 6, 4, 2
- Awards:** Individual High Point Awards for each age group/gender.  
Medals 1st – 3rd, ribbons 4th–8th for 10 and Under Events Only

**Swimwear:** Swimwear will be according to Article 102.8 of USA Swimming Rules and Regulations. Deck Changes are prohibited.

**Warm-Up:** MSI safety guidelines and procedures are in effect for this meet. Diving is not allowed in lanes with two-way traffic. Diving is permitted only with the direct supervision of a USA Swimming member coach.

**Schedule:**

**Friday**

**Open**

Friday Evening Warm-ups: 4:00 – 4:30 pm & 4:30 – 5:15 pm  
Competition Starts: 5:15 pm

**Saturday**

**10 & Under**

Saturday Morning Warm-ups: 7:30 – 8:00 & 8:00 – 8:30am  
Competition Starts: 8:45am

**12 & Over**

Saturday Afternoon Warm-ups: 11:30-12:15  
Competition Starts: not before 12:30 pm

**Sunday**

**10 & Under**

Sunday Morning Warm-ups: 7:30- 8:00 & 8:00 – 8:30 am  
Competition Starts: 8:45am

**12 & Over**

Sunday Afternoon Warm-ups: 11:30 -12:15 pm  
Competition Starts: 12:30 pm

**Seeding:** The meet will be pre-seeded according to current USA Swimming rules for timed finals. Entries submitted without times will be seeded as NT (No Time).

**Reporting:** Swimmers will report to a clerk of course or bull pen prior to race.

**Scratches:** USA Swimming scratch rules for timed finals will be in effect. No swimmer may scratch from an entered event and then enter another event. No swimmer may enter a later event to make up for a missed event.

**Four Hour Rule:** If an age group event for swimmers 12 years old and under is swum after the session has been running four (4) hours, each involved swimmer has the option of either swimming that event or receiving a refund for that event. A swimmer desiring the refund must declare his/her intent to the Meet Director. There will be no refund for swimmers not in attendance.

**Heat Sheets:**

Heat sheets will be provided for free online on the Sunkist website.

**Time Trials:**

Time trials may be held at the end of each session for invited teams and swimmers only and will commence after a ten (10) minute break. Requests for time trials will be accepted by Admin Referee up until deadline which is two hours from the start of each session. Payment for any requested time trial must accompany the request. Requested time trials for swimmers not entered in the meet must be accompanied by proof of current USA Swimming registration.

**Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Sunkist Swim Team under the conditions

authored by Sunkist Swim Team, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in Sunkist Swim Team competitions from promotion, marketing and publicity purposes. All participants agree not to use awards or photos, or portraits or films with the awards, which are received for performances in this competition, for the purpose of trade.

**Broadcast Rights:** Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of Sunkist Swim Team.

**Officials:** Certified officials who are available to work the meet are asked to notify the Meet Referee by email.

**Meet Director:** Mathew Mixon  
601-629-7392  
sunkist@gmail.com

**Referee:** Karen Dierolf 601-573-5538  
dierolf@bellsouth.net

**Admin Official:** Cammy Nguyen 601-946-2871 [cwinn1216@gmail.com](mailto:cwinn1216@gmail.com)



We have taken enhanced health and safety measures. You must follow all posted instructions while in attendance of this swim meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending this meet, you voluntarily assume all risks related to exposure to COVID-19.” USA Swimming, Inc., Sunkist Swim Team, cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SUNKIST SWIM TEAM, AND MISSISSIPPI SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**Covid-19 Meet Guidelines and Policies:** Guidelines and policies will be in place for the meet. All meet participants, volunteers, and spectators must adhere to these set guidelines to participate in the meet.

### Friday PM Session

Girls	Event	Boys
1	Open 25 Free	2
3	Open 25 Back	4
5	Open 25 Breast	6
7	Open 25 Fly	8

\*\*\* Events 1-8 will be scored and awarded 6&under, 8&under, 9-10, 11-12, 13-14 and 15&over.

### Saturday AM Session

9	8 & U 100 Med Relay	10
11	10 & U 100 Med Relay	12
13	8 & U 50 Back	14
15	9-10 50 Back	16
17	8 & U 100 Breast	18
19	9-10 100 Breast	20
21	8 & U 50 Fly	22
23	9-10 50 Fly	24
25	8 & U 100 Free	26
27	9-10 100 Free	28
29	8 & U 200 IM	30
31	9-10 200 IM	32

### Saturday PM Session

33	11-12 200 Med Relay	34
35	13 & Over 200 Med Relay	36
37	11-12 50 Back	38
39	13-14 50 Back	40
41	15 & Over 50 Back	42
43	11-12 100 Breast	44
45	13-14 100 Breast	46
47	15 & Over 100 Breast	48
49	11-12 50 Fly	50
51	13-14 50 Fly	52
53	15 & Over 50 Fly	54
55	11-12 100 Free	56
57	13-14 100 Free	58
59	15 & Over 100 Free	60
61	11-12 200 IM	62
63	13-14 200 IM	64
65	15& Over 200 IM	66

### Sunday AM Session

67	8 & U 100 Free Relay	68
69	10 & U 100 Free Relay	70
71	8 & U 100 IM	72
73	9-10 100 IM	74
75	8 & U 50 Breast	76
77	9-10 50 Breast	78
79	8 & U 100 Fly	80
81	9-10 100 Fly	82
83	8 & U 50 Free	84
85	9-10 50 Free	86
87	8 & U 100 Back	88
89	9-10 100 Back	90
91	8 & U 200 Free	92
93	9-10 200 Free	94

### Sunday PM Session

95	11-12 200 Free Relay	96
97	13 & Over 200 Free Relay	98
99	11-12 100 IM	100
101	13-14 100 IM	102
103	15 & over 100 IM	104
105	11-12 50 Breast	106
107	13-14 50 Breast	108
109	15 & over 50 Breast	110
111	11-12 100 Fly	112
113	13-14 100 Fly	114
115	15 & over 100 Fly	116
117	11-12 50 Free	118
119	13 & 14 50 Free	120
121	15 & over 50 Free	122
123	11-12 100 Back	124
125	13-14 100 Back	126
127	15 & over 100 Back	128
129	11-12 200 Free	130
131	13-14 200 Free	132
133	15 & over 200 Free	134

\*\*\* Meet management reserves the right to insert breaks to insure there is enough time for swimmers between events.

**Mississippi Swimming, Inc.**

**INFORMATION FORM FOR DISABLED SWIMMERS**

NAME: \_\_\_\_\_

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

AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ (MM/DD/YY)

EVENTS TO BE SWAM

\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_

TYPE OF DISABILITY:

BLIND \_\_\_\_\_ MENTALLY RETARDED \_\_\_\_\_ DEAF \_\_\_\_\_ PHYSICAL \_\_\_\_\_

OTHER \_\_\_\_\_

EXTENT OF DISABILITY: Be specific (i.e. totally or partially blind totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.)

\_\_\_\_\_

THE FOLLOWING PERSON (S) WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:

\_\_\_\_\_

TYPE OF MEDICATION: \_\_\_\_\_

PURPOSE OF MEDICATION: \_\_\_\_\_

PARENT'S OR GUARDIAN'S NAME: \_\_\_\_\_

PARENT'S OR GUARDIAN'S SIGNATURE: \_\_\_\_\_

ATHLETE'S SIGNATURE: \_\_\_\_\_

PHYSICIAN'S NAME (PLEASE PRINT): \_\_\_\_\_

PHYSICIAN'S ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

PHYSICIAN'S PHONE NUMBER: \_\_\_\_\_

I have examined the above Entrant and, in my opinion, there is no mental or physical reason why he/she should not participate in United States Swimming Competition.

\_\_\_\_\_

Physician's Signature and Date



**TEAM ENTRY SUMMARY SHEET**

**CLUB NAME:** \_\_\_\_\_

**ABBREVIATION:** \_\_\_\_\_

**COACHES:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**TEAM ADDRESS**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

**Total Number of Swimmers (MSI)** \_\_\_\_\_ x \$5.00

**Total Number of Swimmers (Facility)** \_\_\_\_\_ x \$5.00

**Total Number of Individual Entries** \_\_\_\_\_ x \$5.00

**Total Number of Relay Entries** \_\_\_\_\_ x \$12.00

**Total Number of Time Trails** \_\_\_\_\_ x \$10.00

**Entry Fees Total Due:** \_\_\_\_\_

**RELEASE**

On behalf of each of the listed competitors, I understand and agree that USA Swimming, Inc., Mississippi Swimming, Inc., Sunkist Swim Team, Metro YMCA's of Mississippi, and the City of Flowood, MS, shall be free of all liabilities or claims for loss of valuables or damages arising by any reason of injuries to anyone during travel to or from this meet or during conduct of this meet or during any social gathering associated with this meet and expressly agree to waive claim as condition of being allowed to enter this meet.

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
Team Coach or Representative