

2008 HLST Winter Pentathlon

December 7th, 2008

Sponsored by the Helena Lions Swim Team

Approval:

Approval #0724 This meet is approved by Montana Swimming and USA Swimming. The 2008-2009 rules of Montana Swimming and USA Swimming will govern the conduct of the meet. **This is a closed deck meet.** Only athletes, certified coaches, officials, timers, and meet management may be on deck, except that one parent of 8&U swimmers may accompany swimmers to the start area and may be on deck two heats prior and one heat after that event.

Date:

Sunday, December 7, 2008

Location

The pool is located in the PE Center on the north end of the Carroll College Campus at 1601 Benton Ave. The pool is a regulation 25-yard pool, 6 lanes equipped with non-turbulent lane ropes.

Time:

Warm-ups will begin at 9:00am with the meet starting at 10:00. A warm-up schedule/lane assignment will be sent to the coaches prior to the meet.

Timing:

Electronic timing and two manual stop watches will be used. To the greatest extent possible, teams will be expected to provide timers. Timer sign-up sheets will be available at the meet.

Eligibility:

All swimmers must have a current USA Swimming, FINA equivalent registration card or a Masters Swimming registration card. To insure eligibility, please include each swimmer's current USA/FINA/Masters registration number. The swimmer's registration numbers will be verified with the MT Swimming Registration Chairperson. Swimmers age as of December 7, 2008 will determine the age for the meet. Swimmers must swim in their proper age group. **Coaches must have current certification and must have their cards visible while on deck.**

Meet Format:

Events will be swum as noted on the enclosed Order of Events. Age groups will then be broken down and scored as follows: 8&U, 9-10, 11-12, 13-14 and 15 & Over. No relays will be offered at this meet. All events will be time finals.

Entries:

Teams are encouraged to submit their entries by e-mail using Hy-tek software, or on the enclosed master sheet. If using Hy-tek, please send a paper copy of the "Team Entry Report" as a back up. USA numbers must be used with either format. Please submit fastest times in yards format. No time (NT) entries will be accepted. **There will be no deck entries.**

MAIL ENTRIES TO:
Helena Lions Swim Team
P.O. Box 936,
Helena, MT 59624

EMAIL/PHONE ENTRIES TO:
Darcie Conquergood
bdconquer@msn.com
(406) 202-2367

Entry Fees:

A **\$20.00 entry fee per individual** enters the swimmer in all five events. Entry fees must accompany the entries and checks should be made payable to **Helena Lions Swim Team (HLST)**. One check per team please!

Deadline:

All entries and fees must be received **no later than Saturday, November 29, 2008**. Phone entries for individuals only will be accepted until 7:00 p.m. MDT on Sunday, November 30, 2008

Limitations:

Disabled swimmers are welcome. Disabled swimmers must contact the meet referee Randy Vook (406) 495-0026 rshandyman@msn.com to arrange for any needed accommodations by Dec. 1, 2008. It is at the discretion of the meet referee to determine whether the needed accommodations can be met by the meet resources. Disabled swimmers must also contact the Awards Chair or Meet Manager on or before Dec. 1, 2008 to allow time for the ordering of awards.

Awards:

High Point awards will be given for 1st-5th place in each age group. Individual awards will be given to the 8-U age group only.

Scoring:

The swimmer completing all five events in his/her age group with the highest number of points shall place first, etc. Scoring will be as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Safety:

Montana Swimming safety guidelines and warm-up procedures will be in effect and strictly enforced. A safety marshal will be on deck at all times.

Scratches:

Scratches will be made at the blocks. Swimmers are responsible for reporting to the blocks on time.

Concessions:

Helena Lions Swim Team will be operating a simple snack bar.

Hospitality:

A light lunch will be provided for the coaches and officials

Officials:

Helena Lions Swim Team appreciates the help of certified officials from other clubs. Training assistance for new officials will be available to the greatest extent possible.

Final Results:

Meet results will be posted to the Montana Swimming website at <http://montana.usswim.net>.

Meet Registrar:

Darcie Conquergood (406) 202-2367 bdconquer@msn.com

Meet Manager:

Candice Stout (406) 459-3615 cstout@mt.gov

ORDER OF EVENTS
2008 HLST WINTER PENTATHLON
December 7, 2008

Girls	Events	Boys
1	8-U 25 Free	2
3	9-12 50 Free	4
5	13+O 100 Free	6
7	8-U 25 Breast	8
9	9-12 50 Breast	10
11	13+O 100 Breast	12
13	8-U 25 Back	14
15	9-12 50 Back	16
17	13+O 100 Back	18
19	8-U25 Fly	20
21	9-12 50 Fly	22
23	13+O 100 Fly	24
25	8-U 25 100 IM	26
27	9-12 100 IM	28
29	13+O 200 IM	30

**2008 HLST WINTER PENTATHLON
ACCOUNTING AND WAIVER SHEET**

HLST, P.O. Box 936, Helena, MT 59624

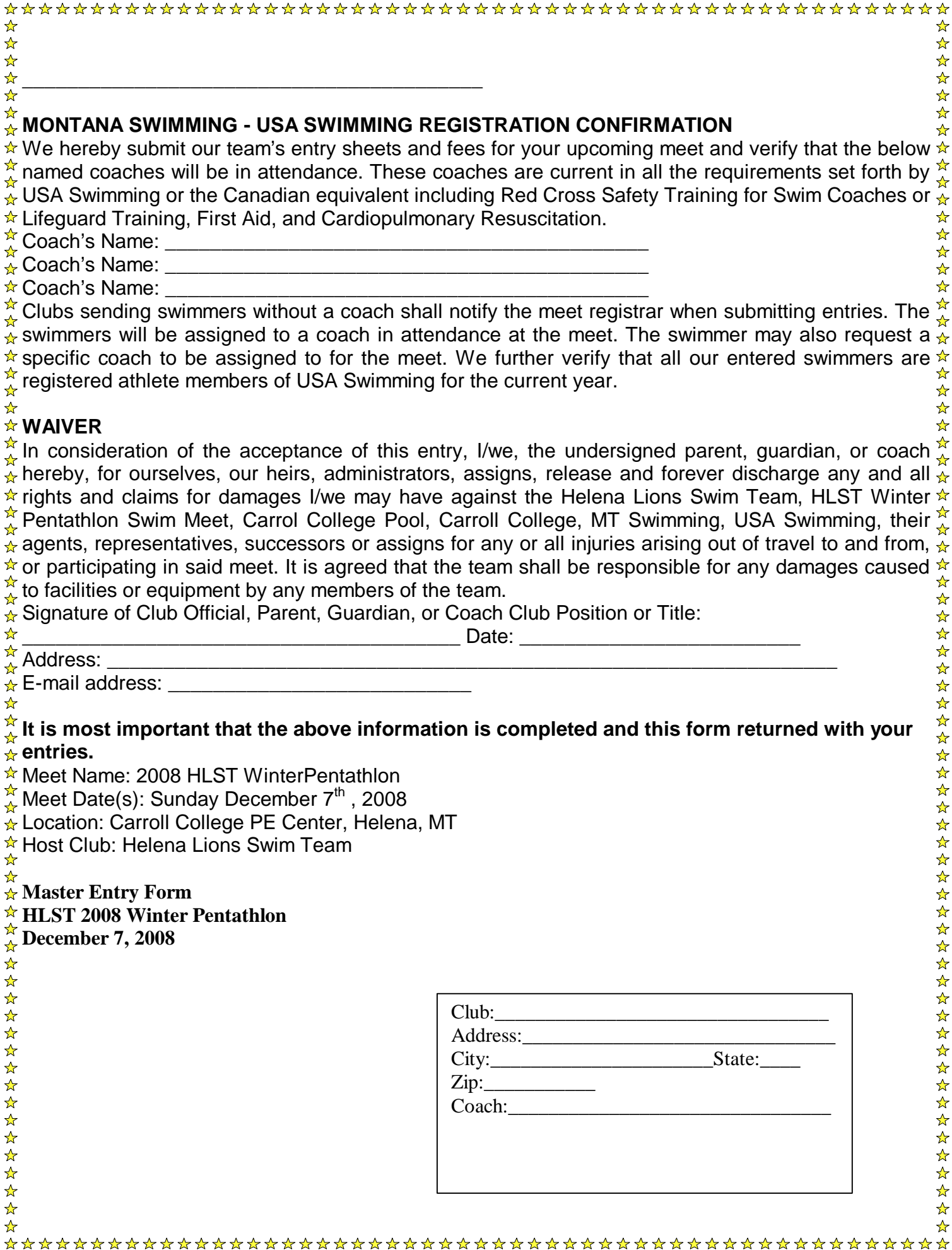
Please enclose this accounting sheet with your entries.

TEAM _____

Total # swimmers at \$20.00= _____

TOTAL ENCLOSED (in U.S. dollars only) = _____

Please furnish name, address, e-mail address, and telephone number of Team Representative who may be contacted regarding these entries:



MONTANA SWIMMING - USA SWIMMING REGISTRATION CONFIRMATION

We hereby submit our team's entry sheets and fees for your upcoming meet and verify that the below named coaches will be in attendance. These coaches are current in all the requirements set forth by USA Swimming or the Canadian equivalent including Red Cross Safety Training for Swim Coaches or Lifeguard Training, First Aid, and Cardiopulmonary Resuscitation.

Coach's Name: _____
Coach's Name: _____
Coach's Name: _____

Clubs sending swimmers without a coach shall notify the meet registrar when submitting entries. The swimmers will be assigned to a coach in attendance at the meet. The swimmer may also request a specific coach to be assigned to for the meet. We further verify that all our entered swimmers are registered athlete members of USA Swimming for the current year.

WAIVER

In consideration of the acceptance of this entry, I/we, the undersigned parent, guardian, or coach hereby, for ourselves, our heirs, administrators, assigns, release and forever discharge any and all rights and claims for damages I/we may have against the Helena Lions Swim Team, HLST Winter Pentathlon Swim Meet, Carrol College Pool, Carroll College, MT Swimming, USA Swimming, their agents, representatives, successors or assigns for any or all injuries arising out of travel to and from, or participating in said meet. It is agreed that the team shall be responsible for any damages caused to facilities or equipment by any members of the team.

Signature of Club Official, Parent, Guardian, or Coach Club Position or Title: _____
Date: _____
Address: _____
E-mail address: _____

It is most important that the above information is completed and this form returned with your entries.

Meet Name: 2008 HLST WinterPentathlon
Meet Date(s): Sunday December 7th, 2008
Location: Carroll College PE Center, Helena, MT
Host Club: Helena Lions Swim Team

**Master Entry Form
HLST 2008 Winter Pentathlon
December 7, 2008**

Club: _____
Address: _____
City: _____ State: _____
Zip: _____
Coach: _____

Name/USA#	Age/ Sex	Event/time e	Event/time	Event/time	Event/time e	Event/time

Total swimmers this sheet x \$20 = _____

Total Due= _____