

COEUR D'ALENE AREA SWIM TEAM

Proudly Presents:

2009 FALL FRENZY

October 2 - 4, 2009
Coeur d'Alene, Idaho

Revised 09/03/09



Held under the approval of USA Swimming and Inland Empire Swimming, Inc., Approval No. IE09029

In granting this approval, it is understood and agreed that USA Swimming and Inland Empire Swimming 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.

HOST:

Coeur d'Alene Area Swim Team (CAST) P.O. Box 846, Post Falls, Idaho 83877

LOCATION:

Ray and Joan Kroc Center, 1765 W. Golf Course Road, Coeur d'Alene, Idaho 83815 www.kroccda.org

SPECIAL CONSIDERATIONS:

The Kroc Center will require all athletes and spectators to wear a bracelet while in the center in order to distinguish swim meet participants from Kroc Center members. There will be no cost to enter the swim meet. PLEASE ALLOW FOR ADDITIONAL TIME AT ARRIVAL TO THE KROC CENTER FOR CHECKING IN AND RECEIVING YOUR BRACELET. Coolers will not be allowed inside the pool area, but concessions will be available in the gym. There will be gym space available for swimmers and their families to use during the meet. Day passes will also be available to purchase for those who want to use the entire facility including the play pool, weight equipment and climbing wall. The cost will be Adults \$8, Teen/Senior \$5 and Youth \$4 per day. The climbing wall does have an additional fee.

FORMAT:

All events will be timed finals. The 1650 freestyle, 500 freestyle, 400 IM, and 12 and under 200 IM will be swum with combined age groups but scored separately. The meet will be a split session with 11-12 girls swimming with the 13 and overs and the 11-12 boys swimming with the 10 and unders.

Positive Check In is required for the following events: 400 IM, 500 FREE by 4:30 pm Friday and the 1650 FREE at the beginning of Session 2 on Saturday. Swimmers will be required to provide their own counters and timers for the 500 Free and the 1650. Meet Management reserves the right to limit the 400 IM, 500 Free and 1650 to allow completion within a timely manner each day.

COURSE:

Indoor, 10 lane 25 yard pool equipped with eight starting blocks, backstroke flags, anti-wave lane lines and electronic timing using Colorado timing system with a full 10 lane scoreboard. Starting blocks meet 2009 USA Swimming height and water depth requirements. Touch pads will be installed at the dive end of the pool; 25 yard events will use the starting blocks and finish at the turn end. Deck marshals will be present for warm-ups. The competition course has been certified in accordance with 104.2.2C(4). The copy of a certification is on file with USA Swimming.

RULES:

Current USA Swimming rules will govern. The rules and procedures of Inland Empire Swimming will also apply. The Inland Empire scratch rule, whistle start protocol and the no recall rule will be in effect. The Meet Referee of the meet will be the final authority for the conduct of the competition. Coaches must be registered with USA Swimming for 2009 or 2010. Proof of coaching certification must be produced on request at any time to the meet referee. Only swimmers, coaches, and officials and meet workers will be 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 and the area behind the starting blocks to the timer chairs. Coaches must be 2009 members of USAS or Swimming/Nation Canada (SNC). All SNC coaches must complete and submit the USAS liability form prior to the start of warm-ups.

SCORING:

Individual and relay events will score to 8 places.

AWARDS:

A participation award will be given to every swimmer entered in the meet. Ribbons will be awarded for 1st through 8th place in individual events and 1st through 3rd place in relay events. High point trophies will be awarded in each age group by gender. Plaques will also be presented to the top three teams.

ELIGIBILITY:

Open to currently registered (2009 or 2010) USA swimming athletes and SNC athletes. All SNC swimmers must complete and submit the liability waiver prior to the start of warm-ups. Registration numbers must be included with entries. Age on the first day of the meet determines the age group to enter. Each swimmer must swim in his/her respective age group. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

ENTRIES:

Age 10 and under swimmers may enter 5 individual events per day. Ages 11 and over swimmers may enter 2 individual events per day on Friday and 5 individual events on Saturday and Sunday, in addition to one relay.

Enter swimmers best yard times. NT (no time) entries will be accepted and seeded in the first heats.

Entries should be submitted on 3 1/2" diskettes with Team Manager (Hy-Tek) Software. Please include the hard copy "Meet Entry Report" or the enclosed Master Entry forms as a back-up. Entries must include current (2009 or 2010) USA Swimming registration numbers.

Entries may be submitted via email to Ken Dahlke (ken@kdclan.com) For emailed entries, payment and printouts of the 3 reports listed below must be received by September 23, 2009 for entries to be considered on time.

Please e-mail the following 4 attachments:

1. Meet Entries export file from TM
2. Meet Entries Report of individual entries, sorted by name, in Word.
3. Meet Entries Report of team relay entries in Word.
4. Meet Entry Fees Report in Word .

Alternatively entries may be submitted on the Master Entry Form which can be found on the IES Web site's forms page. The Entry fee and Entry Fee Tabulation form must accompany these entries.

Mail to: Ken Dahlke, 203 Lakeview Drive, Coeur d'Alene, Idaho, 83814 Telephone 208-661-0262

The USA Swimming SWIMS database requires 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 end of the meet. Thanks for your cooperation.

ENTRY FEES:

Entry fees are 3 dollars (\$3.00) for each individual event and 12 dollars (\$12.00) for each relay event plus a \$10.00 surcharge per swimmer. Fees and surcharges for each team must be paid with one check and accompany entries. Please make the check payable to CAST and address entries to: CAST, P.O. Box 846, Post Falls, ID 83877

OFFICIALS:

Meet Directors: Sherry Kananowicz (509) 990-7566, Shelley Bowen (208) 598-1301
 Meet Entry Director: Bob Wood (208) 699-8008
 Meet Referee: Jack Beck
 Starter: Mike McNeil
 Stroke and Turn: Becky Buell and Scott Mote

Visiting officials are welcome and encouraged to help. Please bring current certification and USA Swimming registration cards; these will be verified by the meet referee before deck assignments are made.

DIRECTION TO THE KROC CENTER:

From I-90, take Northwest Blvd(exit 11). From exit ramp, turn left (right if coming from Missoula) onto N Ramsey Rd and continue for 0.4 miles. Turn left onto W Golf Course Rd. Kroc center will be on your right.

From the South: Head north on Highway 95, take exit on the left toward I-90 Bus/NW Boulevard. Continue on North Ramsey Rd 0.4 miles. Turn left onto W Golf Course Rd. Kroc center will be on your right.

Ray and Joan Kroc Center 1765 W. Golf Course Road, Coeur d'Alene, Idaho 83815

Friday, October 2, 2009

Session 1

(11 & Over Timed Finals)

Officials Meeting 4:15pm

Warm Up: 4:00pm

Event Begins: 5:00pm

Girls	EVENT	Boys
1	12 & Under 200 IM	2
3	13 & Over 400 IM	4
5	11 & Over 500 FREE	6

Saturday, October 3, 2009

Session 2

(13 & Over Timed Finals)

Officials Meeting 7:15am

Warm Up: 7:00am

Event Begins: 7:45am

Girls	EVENT	Boys
7	13 & Over 1650 FREE	8

Saturday, October 3, 2009

Session 3

(11 & 12 BOYS and 10 & Under Timed Finals)

Officials Meeting 15 min after warm up starts.

Warm Up: Immediately following Session 2

Girls	EVENT	Boys
	11 - 12 BOYS 50 FREE	9
10	8 & Under 25 BACK	11
12	9 - 10 50 BACK	13
	11 - 12 BOYS 200 BACK	14
15	8 & Under 50 BREAST	16
17	9 - 10 100 BREAST	18
	11 - 12 BOYS 100 BREAST	19
20	8 & Under 25 FREE	21
22	9 - 10 50 FREE	23
	11 - 12 BOYS 200 FREE	24
25	8 & Under 50 FLY	26
27	9 - 10 100 FLY	28
	11 - 12 BOYS 100 FLY	29
30	8 & Under 100 IM	31
32	9 - 10 100 IM	33
34	10 & Under GIRLS 200 Medley RELAY	
	12 & Under BOYS 200 Medley RELAY	35

Saturday, October 3, 2009

Session 4

(11 & 12 GIRLS and 13 & Over Timed Finals)

Officials Meeting 15 min after warm up starts.

Warm Up: Immediately following Session 3

Girls	EVENT	Boys
36	11 - 12 GIRLS 200 FREE	
37	13 - 14 200 FREE	38
39	15 & Over 200 FREE	40
41	11 & Over GIRLS 200 Medley RELAY	
	11 & Over 200 BOYS Medley RELAY	42
43	11 - 12 GIRLS 100 BREAST	
44	13 - 14 100 BREAST	45
46	15 & Over 100 BREAST	47
48	11 - 12 GIRLS 200 BACK	
49	13 - 14 200 BACK	50
51	15 & Over 200 BACK	52
53	11 - 12 GIRLS 50 FREE	
54	13 - 14 50 FREE	55
56	15 & Over 50 FREE	57
58	11 - 12 GIRLS 50 FLY	
59	13 - 14 100 FLY	60
61	15 & Over 100 FLY	62

Sunday, October 4, 2009

Session 5

(11 & 12 BOYS and 10 & Under Timed Finals)

Officials Meeting 7:15am

Warm Up: 7:00am

Event Begins: 8:00am

Girls	EVENT	Boys
	11 - 12 BOYS 100 IM	63
64	8 & Under 50 BACK	65
66	9 - 10 100 BACK	67
	11 - 12 BOYS 100 BACK	68
69	10 & Under GIRLS 200 FREE RELAY	
	12 & Under BOYS 200 FREE RELAY	70
71	8 & Under 25 BREAST	72
73	9 - 10 50 BREAST	74
	11 - 12 BOYS 200 BREAST	75
76	8 & Under 25 FLY	77
78	9 - 10 50 FLY	79
	11 - 12 BOYS 200 FLY	80
81	8 & Under 50 FEE	82
83	9 - 10 100 FREE	84
	11 - 12 BOYS 100 FREE	85

Sunday, October 4, 2009

Session 6

(11 & 12 GIRLS and 13 & Over Timed Finals)

Officials Meeting 15 min after warm up starts.

Warm Up: Immediately following Session 5

	EVENT	Boys
86	11 - 12 GIRLS 100 BACK	
87	13 - 14 100 BACK	88
89	15 & Over 100 BACK	90
91	11 - 12 GIRLS 200 BREAST	
92	13 - 14 200 BREAST	93
94	15 & Over 200 BREAST	95
96	11 - 12 GIRLS 200 FLY	
97	13 - 14 200 FLY	98
99	15 & Over 200 FLY	100
101	11 - 12 GIRLS 100 FREE	
102	13 - 14 100 FREE	103
104	15 & Over 100 FREE	105
106	11 - 12 GIRLS 100 IM	107
108	13 - 14 200 IM	109
110	15 & Over 200 IM	
111	11 & Over 200 GIRLS FREE RELAY	
	13 & Over 200 BOYS FREE RELAY	112

LODGING IN COEUR D'ALENE

THE COEUR D'ALENE RESORT

Swim Meet Preferred Hotel - Special Rates Available

115 S. 2nd Street

800-688-5253

THE COEUR D'ALENE INN BEST WESTERN

506 West Appleway Ave

208-765-3200

SHILO INN

702 West Appleway Ave

208-664-2300

HAMPTON INN

1500 Riverstone Drive

208-769-7900

HOLIDAY INN EXPRESS

2300 West Seltice Way

208-667-3100

COMFORN INN & SUITES

2303 North 4th Street

208-664-1649

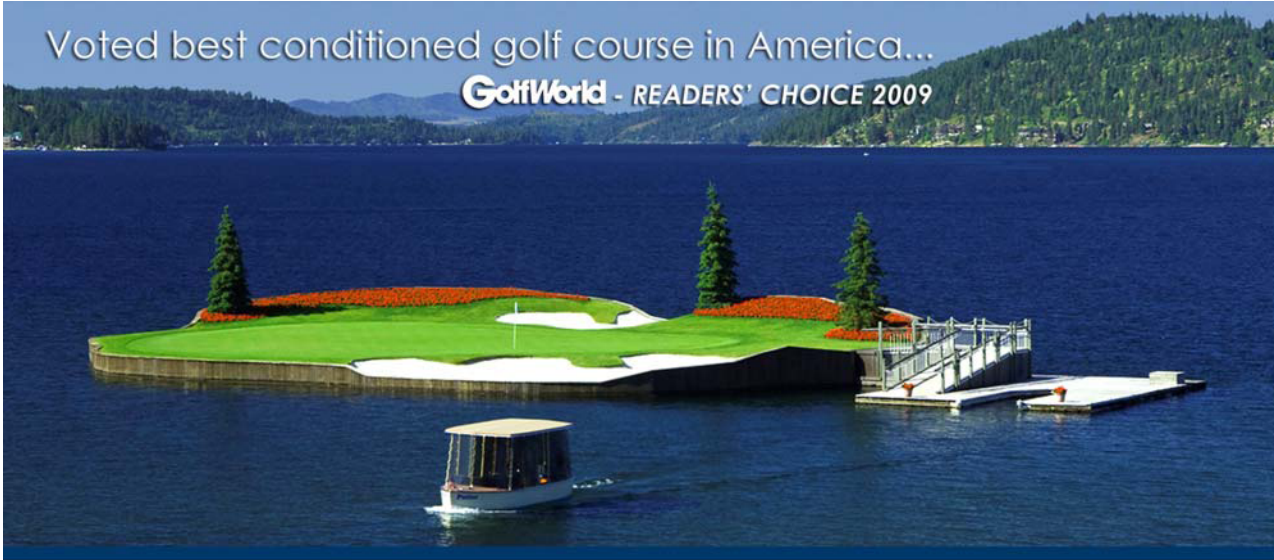
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208-765-5500

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The Coeur d'Alene Resort

FALL FRENZY SWIM MEET

ROOM SPECIALS

October 2nd - 4th



Traditional Room \$99.00 per night, Deluxe Room \$109.00 per night, Premier \$149.00 per night

Come GOLF the Worlds only Floating Green during the Swim Meet weekend for \$150 per round.

To book your accommodations, please contact The Coeur d'Alene Resort at 800-688-5253 and ask for the Fall Frenzy Swim Meet special. Based on availability so don't wait.



The Coeur d'Alene
Golf & Spa Resort





Coeur d'Alene, Idaho

ENTRY FEE TABULATION

Name of Club: _____

Coach's Name: _____

Phone Number: _____

E-Mail Address: _____

Person to Contact Regarding Meet Entry:

Name: _____

Phone Number: _____

Cell Number: _____

NO. OF SWIMMERS: _____ X \$10.00 surcharge = \$ _____

NO. OF INDIVIDUAL EVENTS: _____ X \$3.00 per event = \$ _____

NO. OF RELAYS: _____ X \$12.00 per relay = \$ _____

TOTAL ENTRY FEE ENCLOSED: _____ = \$ _____

MAKE CHECKS PAYABLE TO: CAST

MAIL ENTRIES TO: CAST, P.O. Box 846, Post Falls, Idaho, 83877

Visiting Officials are welcome and encouraged to help. To facilitate a smooth running meet, please apply or indicate your willingness to officiate by email at themagnusons@roadrunner.com by Sept. 14, 2009. Please bring current certification and USA Swimming registration cards; these will be verified by the meet referee before deck assignments are made.

Officials Name:

Starter or S & T

E-Mail Address