

2009 HLST Time Challenge

January 10, 2009

Sponsored by the Helena Lions Swim Team

- Approval:** Sanction # 0731. 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. 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:** **Saturday, January 10, 2009**
- Location** The pool is located in the PE Center on the north end of the Carroll College Campus at 1601 Benton Ave, Helena, MT. The pool is a regulation 25-yard pool, 6 lanes equipped with non-turbulent lane ropes..
- Time:** **Warm-ups will begin at 8:00am with a 45 minute open warm-up for 10 & Under followed with an 11 & Over open warm-up starting at 8:45am.** Lane assignment will be posted online prior to the meet @ <http://montana.usswim.net>. Meet will begin at 9:30am.
- 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 or FINA equivalent registration card. To insure eligibility, please include each swimmer's current USA/FINA registration number. The swimmer's registration numbers will be verified with the MT Swimming Registration Chairperson. Swimmers age as of January 10, 2009 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 & Under, 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. If using Hy-tek, please attach a copy of the "Team Entry Report" as a back up in word format. 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.**
- Entry Fees:** **An \$18.00 entry fee per individual** enters the swimmer in (4) four events. Entry fees must accompany the entries and checks should be made payable to **Helena Lions Swim Team (HLST)**. One check per team please!
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|-------------------------|--------------------------------|
| MAIL ENTRIES TO: | EMAIL/PHONE ENTRIES TO: |
| Helena Lions Swim Team | Darcie Conquergood |
| P.O. Box 936 | bdconquer@msn.com |
| Helena, MT 59624 | (406)202-2367 |

- Deadline:** All entries must be received **no later than Sunday, January 3, 2009**. Phone entries for individuals only will be accepted until 6:00 p.m. MST on Monday, January 4, 2009.
- 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 December 31, 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 December 31, 2008 to allow time for the ordering of awards.
- Awards:** Participation awards will be given to swimmers 10 & Under only.
- 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:** There will be a limited snack and beverage concessions for this meet. Water coolers will be available on deck for swimmers.
- Hospitality:** Snacks, drinks and a light lunch will be provided for the coaches, officials and meet management.
- 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
- Director of Meets:** Janet Brookes jabrooke@juno.com
- Meet Referee:** Randy Vook (406)495-0026 rshandyman@msn.com

ORDER OF EVENTS
2009 HLST TIME CHALLENGE
JANUARY 10, 2009

WOMENS	EVENTS	MEN
1	MIXED 11 & O 400 IM	
3	MIXED 9 & O 200 IM	
5	MIXED 10 & U 100 IM	
7	11 & O 200 FLY	8
9	9 & O 100 FLY	10
11	12 & U 50 FLY	12
13	MIXED 8 & U FLY	
15	11 & O 200 BACK	16
17	9 & O 100 BACK	18
19	12 & U 50 BACK	20
21	MIXED 8 & U BACK	
23	11 & O 200 BREAST	24
25	9 & O 100 BREAST	26
27	12 & U 50 BREAST	28
29	MIXED 8 & U 25 BREAST	
31	9 & O 200 FREE	32
33	9 & O 100 FREE	34
35	OPEN 50 FREE	36
37	MIXED 8 & U FREE	

**2009 HLST TIME CHALLENGE
ACCOUNTING AND WAIVER SHEET**

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

Please enclose this accounting sheet with your entries.

TEAM _____

Total # swimmers at US\$18.00= _____

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 Time Challenge Swim Meet, Carroll College, Carroll College Pool Montana 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: 2009 HLST Time Challenge

Meet Date: Saturday, January 10 2009

Location: Carroll College PE Center, Helena, MT

Host Club: Helena Lions Swim Team