

2010 Great Northern Swim Meet & Technique Camp
June 19 & 20, 2010
Havre, Montana

The Havre Lions Swim Team extends an invitation for you to participate in the Great Northern Swim Meet & Technique Camp. The technique camp will be led by Lev Bates of Great Falls, Montana. Assisting Lev will be Havre Lions head coach Chris Inman. Swimmers registered for the swim meet may participate in the swim camp.

LOCATION: The Havre Community Pool is located at 420 6th Avenue. The pool is a six lane, 25 meter regulation short course (meter) pool equipped with non-turbulent lane lines. The pool phone number is (406) 265-8161.

SANCTION AND RULES: The meet is approved by Montana Swimming. (Approval # 0780). The 2010 USA Swimming and Montana Swimming rules will govern the conduct of meet.

TIMING: Timing will be by Colorado time system and/or 2 manual watches. We encourage all parents and volunteers to help with timing. All events will be timed finals.

ENTRIES: Events will be swum 10 & under, 11-12 and 13-99 and will be scored 8 & U, 9-10, 11-12, 13-14, 15-16, 17-19, and masters. They will be awarded, 8 & U, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17 - 19. The 400 IM and the 400 free will be swum 11-99 but awarded according to age groups. Relays may be swum by both boys and girls, or single sex teams within age categories listed. Swimmers shall be seeded on the basis of their submitted times. Entrants shall submit their fastest officially recorded time in short course meters.

Disabled swimmers are welcome. Those swimmers must contact the Meet manager to arrange for any needed accommodations before June 12, 2009. It is at the discretion of the Meet Referee to determine whether the needed accommodations can be met by the meet resources.

Each swimmer may compete in ten (10) individual events for the entire meet with a maximum of five (5) individual events and one (1) relay per day plus the fun relay on Saturday. No swimmer shall be entered outside the appropriate age group. All entries must be made on the enclosed master sheet or by Hy-Tek software entries, e-mail to havrelionsswimteam@yahoo.com with team entry report included. To insure eligibility, please include swimmer's current USA registration number or Canadian equivalent. Age as of the first day of the meet shall determine the division in which the swimmer must compete. "No-Time" entries will be accepted.

FEES: Swimmer surcharge \$7.00; Individual Events \$ 2.00; Relays \$ 5.00

Entry fees must accompany entry forms. Team entries must be submitted as a block with single payment. Make checks payable to: Havre Lions Swim Team. Mail entries & fees to P.O. Box 207, Havre Mt. 59501. All payment are to be in U.S. Dollars. No entries will be accepted without the proper entry fees.

DEADLINE: Entries must be RECEIVED with the accompanying entry fees no later than **June 11, 2010**. Phone entries for individuals (not teams) will be accepted no later than 9:00 p.m. on **June 15, 2010** by contacting Sherry Smith at 406-390-4545 or havrelionsswimteam@yahoo.com.

STARTING TIME: The meet shall commence with warm-ups on Saturday for the 400 Free at **9:00 am**. with the 400 free starting about **9:20 am**. General session warm-ups on Saturday will follow the conclusion of the 400 free. On Sunday warm-ups for the 800 Free will begin at **8:30 am** with the 800 free to start at about **8:50 am**. General session warm-up on Sunday will follow the conclusion of the 800 free. This schedule may be changed by posting at the meet depending on the number of entries. Meet Management may call for a break if necessary.

SAFETY CODE FOR WARM-UPS: Montana Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. No glass containers, tobacco or alcoholic beverages are allowed in the swimming venue. A safety marshal will be on deck.

SCRATCHES: Swimmers will be scratched at the blocks. Swimmers and their coaches are responsible for the swimmers being at the starting blocks before the start of their races.

AWARDS: Scoring will be in accordance with U.S. Swimming 102.7.3 Points will be awarded through sixth place in individual events. Point values will be 7-5-4-3-2-1 for individual events. Ribbons will be awarded for the first through twelfth place and for the first six places in the relays. Each team will designate a responsible adult to pick up the ribbons at the conclusion of the meet. High point awards will be awarded to the top three swimmers with the highest accumulation of points in each age group. 8 & U, 9 -10, 11-12, 13-14, 15 -16, 17-19.

OFFICIALS: To the extent possible, each team will be expected to provide persons to manually time. We would appreciate the help of all certified officials from other clubs. Officials meeting will be 30 minutes prior to the beginning of meet.

SWIM CAMP: The camp will begin following the conclusion of the meet on Saturday and continue until the evening BBQ and pool party that night.

CONCESSIONS: The Havre Lions Swim Team will have for sale a selection of nutritious snacks, meals and drinks.

SWIM SHOP: We will have a variety of swim supplies from Action Accents for sale.

Meet Referee: Merle Gunderson (406) 727-2724 or mtgunders@worldnet.att.net
Meet Manager: Sherry Smith (406) 390-4545 or havrelionsswimteam@yahoo.com
Meet Registrar: Sherry Smith (406) 390-4545 or havrelionsswimteam@yahoo.com
Meet Safety Marshal: Sally Porter

We look forward to seeing you in June.

Cordially,
Sherry Smith, President

ENTRY SUMMARY AND WAIVER

2010 Great Northern Swim Meet & Technique Camp

This summary entry form must be completed and returned with all entries. Please mail entry forms, this form, and your check to: Havre Lions Swim Team, PO Box 207, Havre, MT 59501

Team Name: _____

Team Representative: Phone number and best time to call: _____

Total number Swimmers x \$7.00 (surcharge) \$ _____

Total number of entries x \$2.00 \$ _____

Total number of Relays x \$5.00 each \$ _____

Total \$ _____

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 Great Northern Invitational Swim Meet, Havre Lions Swim Team, Havre City Pool, 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 member of the team.

Signature of Club Official, Parent, Guardian or Coach Affiliation of Club

Address Date

MONTANA SWIMMING -- USA REGISTRATION CONFIRMATION

We hereby submit our team's entry sheets and fees for the 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, with Red Cross Safety Training for Swim Coaches or Lifeguard Training, First Aid, and Cardiopulmonary Resuscitation. Clubs sending swimmers without a coach will notify the meet registrar when submitting entries. Swimmers without a coach in attendance will be assigned to a coach at the meet for warm-ups and supervision during the meet. Teams may request that swimmers without a coach be assigned to a specific coach/team when submitting entries.

Coach Name: _____

Coach Name: _____

We further verify that our swimmers are registered athlete members of USA Swimming for the current year (or the Canadian equivalent).

Signature: _____

Name: _____

Club Position or Title: _____

Phone: E-mail address of team representative: _____

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

Meet Name: 2010 Great Northern Invitational

Meet Date: June 19 and 20, 2010

Location: Havre Community Pool, Havre MT 59501

Host Team: Havre Lions Swim Team

Saturday Event List

Round Event

Warm-ups for the 400 free begin at **9:00** am with the race starting at **9:20** am.

Finals 1 Girls 9 & Over 400 Freestyle

Finals 2 Boys 9 & Over 400 Freestyle

General warm-ups begin after the conclusion of the 400 free.

Finals 3 Girls 11 & Over 50 Backstroke

Finals 4 Boys 11 & Over 50 Backstroke

Finals 5 Girls 10 & Under 50 Backstroke

Finals 6 Boys 10 & Under 50 Backstroke

Finals 7 Girls 11 & Over 200 Backstroke

Finals 8 Boys 11 & Over 200 Backstroke

Finals 9 Girls 10 & Under 100 Breaststroke

Finals 10 Boys 10 & Under 100 Breaststroke

Finals 11 Girls 11-12 100 Breaststroke

Finals 12 Boys 11-12 100 Breaststroke

Finals 13 Girls 13 & Over 100 Breaststroke

Finals 14 Boys 13 & Over 100 Breaststroke

Finals 15 Girls 10 & Under 50 Freestyle

Finals 16 Boys 10 & Under 50 Freestyle

Finals 17 Girls 11-12 50 Freestyle

Finals 18 Boys 11-12 50 Freestyle

Finals 19 Girls 13 & Over 50 Freestyle

Finals 20 Boys 13 & Over 50 Freestyle

Finals 21 Girls 10 & Under 100 Butterfly

Finals 22 Boys 10 & Under 100 Butterfly

Finals 23 Girls 11-12 100 Butterfly

Finals 24 Boys 11-12 100 Butterfly

Finals 25 Girls 13 & Over 100 Butterfly

Finals 26 Boys 13 & Over 100 Butterfly

Finals 27 Girls 10 & Under 200 Freestyle

Finals 28 Boys 10 & Under 200 Freestyle

Finals 29 Girls 11-12 200 Freestyle

Finals 30 Boys 11-12 200 Freestyle

Finals 31 Girls 13 & Over 200 Freestyle

Finals 32 Boys 13 & Over 200 Freestyle

Finals 33 Girls 9 & Over 400 IM

Finals 34 Boys 9 & Over 400 IM

Finals 35 Mixed 10 & Under 200 Freestyle Relay

Finals 36 Mixed 11-12 200 Freestyle Relay

Finals 37 Mixed 13 & Over 200 Freestyle Relay

Finals 38 Mixed Open Fun Relay

Sunday Event List

Round Event

Warm-ups for the 800 free begin at **8:30** am. with the race starting at **8:50** am.

Finals 39 Girls 9 & Over 800 Freestyle

Finals 40 Boys 9 & Over 800 Freestyle

General Warm-ups begin after the conclusion of the 800 Free.

Finals 41 Girls 11 & Over 50 Butterfly

Finals 42 Boys 11 & Over 50 Butterfly

Finals 43 Girls 10 & Under 50 Butterfly

Finals 44 Boys 10 & Under 50 Butterfly

Finals 45 Girls 11 & Over 200 Butterfly

Finals 46 Boys 11 & Over 200 Butterfly

Finals 47 Girls 10 & Under 100 Freestyle

Finals 48 Boys 10 & Under 100 Freestyle

Finals 49 Girls 11-12 100 Freestyle

Finals 50 Boys 11-12 100 Freestyle

Finals 51 Girls 13 & Over 100 Freestyle

Finals 52 Boys 13 & Over 100 Freestyle

Finals 53 Girls 10 & Under 200 IM

Finals 54 Boys 10 & Under 200 IM

Finals 55 Girls 11-12 200 IM

Finals 56 Boys 11-12 200 IM

Finals 57 Girls 13 & Over 200 IM

Finals 58 Boys 13 & Over 200 IM

Finals 59 Girls 11 & Over 50 Breaststroke

Finals 60 Boys 11 & Over 50 Breaststroke

Finals 61 Girls 10 & Under 50 Breaststroke

Finals 62 Boys 10 & Under 50 Breaststroke

Finals 63 Girls 11 & Over 200 Breaststroke

Finals 64 Boys 11 & Over 200 Breaststroke

Finals 65 Girls 10 & Under 100 Backstroke

Finals 66 Boys 10 & Under 100 Backstroke

Finals 67 Girls 11-12 100 Backstroke

Finals 68 Boys 11-12 100 Backstroke

Finals 69 Girls 13 & Over 100 Backstroke

Finals 70 Boys 13 & Over 100 Backstroke

Finals 71 Mixed 10 & Under 200 Medley Relay

Finals 72 Mixed 11-12 200 Medley Relay

Finals 73 Mixed 13 & Over 200 Medley Relay

MASTER ENTRY FORM

2010 Great Northern Swim Meet & Technique Camp

Name: _____ Date: June 19-20, 2010 Team Abbreviation: _____

Club: _____ Coach: _____

Address: _____ Phone: _____ E-mail: _____

Name	Age	Sex	USAS #	Event# Time	Event# Time	Event# Time	Event# Time	Event# Time	Event# Time	Event# Time	Event# Time	Fees

Total Swimmers this sheet: _____ x \$6.00 = _____

Total Events this sheet: _____ x \$2.00 = _____

Total Relays this sheet: _____ x \$5.00 = _____

Total Due this sheet: _____