

2011 Fast January Frost Swim Meet

January 22nd 2011

SANCTIONING: The meet is sanctioned #0808 by Montana Swimming. Current USA Swimming Rules and the rules of Montana Swimming will govern the conduct of the meet. Timing will be by Colorado Timing System with backup timers or three manual times. All events will be timed finals.

LOCATION: The meet will be held at the Great Falls High School Pool. This is a 6 lane, 25 yard pool. The pool is located on the corner of 5th Ave. So. and 19th St. So.

SCHEDULE: Warm-ups for the 500 free will begin at 8:00am and 500 free will start at 8:30 am. General Warm-ups will begin immediately following the 500. 500 Freestyle will be swum fastest to slowest. All swimmers in the 500 must supply their own timers and counter. Lane assignment will be posted online prior to the meet @ <http://montana.usswim.net>. Meet will begin no earlier than 10:00 a.m. **Once entries are received, warm up and start times, subject to change will be posted on the website and emailed to coaches prior to the meet.** Relay will be offered, if time allows. Coaches should enter the relay as an optional event and they will be notified if the time line does not allow for them to be run.

ELIGIBILITY: The age of the swimmer on January 22nd, 2011 determines age group. All swimmers entered in the meet must be current athlete members of USA Swimming or the FINA equivalent.

ENTRY FEES: An entry fee of \$20.00 will be charged for each swimmer participating in the meet. There will be no charge for relays. Entry fees must accompany entries. Please send one check payable to FAST, PO Box 1504, Great Falls MT 59403. There will be no refunds.

DEADLINES: Entries must be received by **January 19th 2011**. Mail entries to: FAST, P.O. Box 1504, Great Falls, MT 59401-1504 or **e-mail** (preferred) to fiddlinmama@live.com. Phone entries deadline is January 20th @ 7:00 PM to Tobi Magruder at 268-0462.

ENTRIES: Maximum of five events, do not include relay. Events will be swum open as noted on the enclosed order of events, and scored as 8&U, 9-10, 11-12, 13-14, and 15&O. All combined and mixed events will be awarded and scored separately by age group and male/female. Submit all swimmers times in SC yards. "No Time" entries will be accepted.

SAFETY REGULATIONS: Montana Swimming safety guidelines and warm-up procedures will be in effect, each coach is responsible for informing swimmers of the provisions of the safety code before attending the meet. A safety marshal will be on deck during the meet. No glass containers are allowed on the deck or in the locker rooms. The adjacent warm-up pool may only be used for warm-up or warm-down. All swimmers must be under the supervision of a USAS member coach during warm-up, competition, and warm-down. Swimmers competing at the meet without their coach in attendance will be assigned to a coach in attendance at the meet or the swimmer may ask when entering to be assigned to a specific coach. There is no diving allowed in the warm-up pool.

RACING STARTS: *"Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."*

DISABLED SWIMMERS: Disabled swimmers are welcome. Please notify the meet referee and the meet manager if you have any special needs by the meet entry deadline. The disabled swimmers will be seeded with the able bodied swimmers and will be accommodated for special requests in seeding if desired.

SCRATCHES: Swimmers are responsible for being behind the blocks on time. Swimmers will be scratched at the blocks.

SCORING: The meet will be scored and awarded individual points to 16th place. Individual points: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relays will not be scored.

AWARDS: All swimmers will receive heat winner awards. Top five will receive participation award, which will be sent home with coaches.

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

OFFICIALS AND TIMERS: To the extent possible, teams are asked to provide timers and meet officials.

CONCESSIONS: There will be limited food and drink concessions provided.

MEET MANAGER: Sussie Thompson trstamp@hotmail.com 899-0502

REGISTRAR: Tobi Magruder fiddlinmama@live.com 268-0462

MEET REFEREE: Merle Gunderson mtgunders@msn.com 727-2724

SAFETY MARSHAL: Casey Cummings & Crew

**Come and have frosty fun with the
*FAST Sharks!~!~!***

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January 22nd, 2011

Event #	EVENTS
1	9&O MIXED 500 yd FREE
3	8&O MIXED 50 yd BREAST
5	9&O MIXED 100 yd FLY
7	9&O MIXED 200 yd BACK
9	8&O MIXED 100yd FREE
11	9&O MIXED 200 yd BREAST
13	8&O MIXED 50 yd BACK
15	9&O MIXED 200 yd IM
17	9&O MIXED 100 yd BACK
19	8& O MIXED 50 yd FLY
21	9&O MIXED 200 yd FREE
23	8&O MIXED 100 yd IM
25	9&O MIXED 200 yd FLY
27	8&O MIXED 50 yd FREE
29	9&O MIXED 100 yd BREAST
31	9&O MIXED 400 yd IM
33	10&U MIXED 200 yd FREE RELAY
34	11&O MIXED 200 yd FREE RELAY

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Entry Summary & Waiver

Team Name _____

Team Representative _____ Phone # - Best time to call _____

E-mail _____

_____ Total # of swimmers at \$20.00 _____

Grand 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 have against the Falls Aquatic Swim Team, Banana Split Meet., Montana Swimming, USA Swimming, their agents, representatives, successors or assigns for any or all injuries arising of our 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(s) of Club Official, Parent, Guardian, or Coach

Street Address City State

Affiliation to Club Date

Montana Swimming USA 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: Red Cross Safety Training for Swim Coaches or Lifeguard Training, First Aid and CPR.

Coach's Name _____

Coach's Name _____

We further verify that all our entered swimmers are registered athlete members of USA Swimming for the current year.

Signature _____

Name _____

Club Position
Or Title _____

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

Meet Name: 2011 Fast January Frost Swim Meet
Meet Date: January 22nd 2011
Location: Great Falls High School Pool
Host Team: Falls Aquatic Swim Team – FAST Sharks