

## 2008 HLST CAPITAL CITY INVITATIONAL

July 12 & 13, 2008

Sponsored by the Helena Lions Swim Team

- Approval:** #0713 This meet is approved by Montana Swimming and USA Swimming. The 2007-2008 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. Restrooms will be available both in the park adjacent to the pool and in the pool locker rooms. Spectators will be allowed on deck for use of these facilities.
- Dates:** Saturday and Sunday July 12 & 13, 2008
- Location:** Memorial Park pool located on Last Chance Gulch in Helena, MT just north of Hwy 12. This facility is an 8-lane, 50-meter outdoor pool equipped with non-turbulent lane ropes.
- Time:** Saturday warm-ups will begin at 7:00 a.m. with session 1 beginning at 8:00. There will also be a 20 minute open warm up immediately following Event #10 for those swimming the 400 Free. A 1 hour warm-up will follow Event 11 for swimmers in Session 3.
- Sunday warm-ups will begin at 7:00 a.m. with the meet beginning at 8:00 a.m. There will be a 1 hour warm-up after Event# 36 for swimmers in session 5. Dependent upon time, there may be a 15 minute warm up immediately following Event #48 for the 400IM – Swimmers in the 400IM are encouraged to use the warm up pool before event 49.
- Warm up times and lane assignments will be announced once entries are received. There will be an officials meeting and a coaches meeting prior to the start of the meet each day.
- Timing:** Electronic timing or three manual stop watches. All events will be timed finals.
- 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 July 12, 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 by will be scored 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. Swimmers in the 400 Free and 400 IM must provide their own timers. The 400 Free and 400 IM will be swum fastest to slowest, mixed heats.

**Entry Deadline:** Team entries must be received no later than Thursday.,July 3, 2008. Phone entries for individuals only will be accepted until 7:00 p.m. MDT on Saturday July 5, 2008. Phone and email entries can be made with the Meet Registrar, at (406)202-2367 or [bdconquer@msn.com](mailto:bdconquer@msn.com).

**Entries:** All entries must be submitted on either e-mail (preferred method) 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 long course meter 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

**Limitations:** Swimmers may swim a maximum of eight individual events with a maximum of five individual events per day. Disabled swimmers are welcome. Disabled swimmers must contact the meet referee Susan Hucceby (406) 723-4800 [shucceby@msn.com](mailto:shucceby@msn.com) to arrange for any needed accommodations by July 3, 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 July 3, 2008 to allow time for the ordering of awards.

**Entry Fees:** Fees will be \$10.00 per swimmer and \$2.00 per event. Entry fees must accompany the entries and checks should be made payable to Helena Lions Swim Team (HLST). One check per team please!

**Awards:** Participation awards will be given. There will be no awards for individual events.

**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. Umbrellas, tarps, and canopies for swimmers will not be allowed on deck, but will be allowed in the adjacent park during the meet. Please do not use stakes to secure any umbrellas, canopies or sun shelters. Use of these sharp stakes could puncture the parks drip systems. Please bring a sun hat and sunscreen. Coolers of water will be on deck to ensure hydration of swimmers.

- Lightning Policy:** Montana Swimming follows guidelines set forth by the facility standard or the American Red Cross whichever is more stringent will be the governing rule.  
i. Swimmers are pulled from the pool at first sign's of lightning or thunder.  
ii. Swimmers are not allowed back in the pool for thirty minutes after the last signs of lightning.
- Scratches:** Scratches will be made at the blocks. Swimmers are responsible for reporting to the blocks on time.
- Hotels:** Attached is a list of hotels offering swim meet specials.
- Concessions:** Helena Lions Swim Team will be operating concessions with a wide variety of food items and will also provide a swim shop.
- Officials:** To the greatest extent possible, teams will be expected to provide timers. Timer sign up sheets will be available at the meet. 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 Directors:** Darlene Rushing (406) 442-1759 [rrckng4r@aol.com](mailto:rrckng4r@aol.com)  
& Jennifer Bauer (406) 846-9527 [ljbauer@hughes.net](mailto:ljbauer@hughes.net)
- Meet Registrar:** Darcie Conquergood (406)202-2367 [bdconquer@msn.com](mailto:bdconquer@msn.com)
- Awards:** Emmie Klepilid (406) 443-6045
- Meet Referee:** Susan Huckeby (406) 723-4800 [shuckeby@msn.com](mailto:shuckeby@msn.com)
- Safety Marshal:**

**HELENA LIONS SWIM TEAM  
2008 HLST CAPITAL CITY INVITATIONAL  
JULY 12 & 13, 2008**

**ORDER OF EVENTS**

Girls	<b>SATURDAY</b>	Boys		Girls	<b>SUNDAY</b>	Boys
	<b>Session 1</b>				<b>Session 4</b>	
<b>1</b>	10&U 100 Free	<b>2</b>		<b>27</b>	10&U 100 Breast	<b>28</b>
<b>3</b>	10&U 50 Breast	<b>4</b>		<b>29</b>	10&U 50 Free	<b>30</b>
<b>5</b>	10&U 100 Fly	<b>6</b>		<b>31</b>	10&U 100Back	<b>32</b>
<b>7</b>	10&U 50 Back	<b>8</b>		<b>33</b>	10&U 50 Fly	<b>34</b>
<b>9</b>	9-10 200 IM	<b>10</b>		<b>35</b>	9-10 200 Free	<b>36</b>
	<b>Session 2</b>				<b>Session 5</b>	
<b>11</b>	9&O Mixed 400 FR	<b>11</b>		<b>37</b>	11&O 200 Back	<b>38</b>
				<b>39</b>	11&O 50 Breast	<b>40</b>
				<b>41</b>	11&O 100 Fly	<b>42</b>
	<b>Session 3</b>			<b>43</b>	11&O 100 Free	<b>44</b>
<b>13</b>	11&O 200 Fly	<b>14</b>		<b>45</b>	11&O 50 Back	<b>46</b>
<b>15</b>	11&O 50 Free	<b>16</b>		<b>47</b>	11&O 200 Breast	<b>48</b>
<b>17</b>	11&O 100 Back	<b>18</b>				
<b>19</b>	11&O 100 Breast	<b>20</b>		<b>49</b>	11&O 400 IM	<b>49</b>
<b>21</b>	11&O 200 IM	<b>22</b>				
<b>23</b>	11&O 50 Fly	<b>24</b>				
<b>25</b>	11&O 200 Free	<b>26</b>				



**2008 HLST Capital City Invitational**

**ACCOUNTING AND WAIVER SHEET**

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

Please enclose this accounting sheet with your entries.

TEAM \_\_\_\_\_

Total # swimmers at \$10.00=\_\_\_\_\_ + \$2.00 per event/ per swimmer=\_\_\_\_\_

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, Capital City Invitational Swim Meet, Memorial Pool, Helena Parks and Recreation Department, 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 Capital City Invitational

Meet Date(s): July 12-13 , 2008

Location: Memorial Pool, Helena, MT

Host Club: Helena Lions Swim Team

## **Hotels offering Swimmer Packages**

### **BEST WESTERN HELENA GREAT NORTHERN HOTEL**

Located at 835 Great Northern Blvd.

406-457-5500

Contact person: Carol Eichler

ask for "Lions Swim Team" group rate

( pool, hot tub, fitness room, deluxe continental breakfast, small pets only, 100% non-smoking)

*-reserve early if planning on attending the Capital City Invitational in July!!*

### **RED LION COLONIAL HOTEL**

Located at 2301 Colonial Drive

406-443-2100 or 1-800-733-5466

Contact person: Crystal Kelly

Ask for "Lions Swim Meet" rate

(pool, hot tub, fitness room, pets, free continental breakfast)

### **THE PARK PLAZA HOTEL**

Located at 22 North Last Chance Gulch Street

406-443-2200 or 1-877-774-3536

Contact person: Cherry Beatty

Ask for "Helena Lions Swim Team" rate

(pool, hot tub, fitness room, pets, on-site restaurant)

### **WINGATE BY WYNDHAM**

Located at 2007 North Oakes behind Perkins

406-449-3000 or 1-866-300-7100

Contact person: Donna Graveley

Ask for "Team Rates- Swim Meets"

(pool, hot tub, fitness room, pets, free hot breakfast buffet )

### **HAMPTON INN**

Located at 3000 Hwy 12 E. near Walmart

406-443-5800

Contact person is; Jena Sabatini

Ask for "Helena Lions Swim Meet" rate

( pool, fitness room, free hot breakfast)