****	***************************************
⊼ ☆	
☆ ☆	
☆	2008 HLST Winter Pentathlon
☆	December 7 th , 2008
☆ _	Sponsored by the Helena Lions Swim Team
☆ ☆ ☆ ☆	
	Approval #0724 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, 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. Sunday, December 7, 2008
Approval:	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,
$\stackrel{\leftrightarrow}{}$	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.
Å ☆ ☆ ☆ Date:	
★ Date:	Sunday, December 7, 2008
X	
	The pool is located in the PE Center on the north end of the Carroll College
☆ ☆ ☆	Campus at 1601 Benton Ave. The pool is a regulation 25-yard pool, 6 lanes requipped with non-turbulent lane ropes.
*	★ · · · ·
☆ ☆ Time:	Warm-ups will begin at 9:00am with the meet starting at 10:00. A warm-up
☆	schedule/lane assignment will be sent to the coaches prior to the meet.
☆ ☆	
☆ Timing:	Electronic timing and two manual stop watches will be used. To the greatest *
$\overset{\frown}{}$	extent possible, teams will be expected to provide timers. Timer sign-up sheets $\frac{1}{2}$
☆ ☆ ☆	will be available at the meet.
☆ ⊏ !!!!. !!!!	
🔆 Eligibility:	All swimmers must have a current USA Swimming, FINA equivalent registration
☆ ☆	card or a Masters Swimming registration card. To insure eligibility, please $\frac{2}{3}$ include each swimmer's current USA/FINA/Masters registration number. The $\frac{2}{3}$
*	swimmer's registration numbers will be verified with the MT Swimming
☆ ☆	Registration Chairperson. Swimmers age as of December 7, 2008 will determine $\frac{1}{2}$
*	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 $\frac{4}{5}$
*	deck.
× ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★	<u> </u>
Ameet 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&U, 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, or \star
☆	on the enclosed master sheet. If using Hy-tek, please send a paper copy of the $\frac{1}{2}$
☆ ~	"Team Entry Report" as a back up. 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
☆	
$\begin{array}{c} \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\$	
$\stackrel{\sim}{\star}$	
☆	
× ☆	
☆ ☆	

☆	****	***************************************
$\begin{array}{c} \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\$	MAIL ENTRIES TO: Helena Lions Swim Team P.O. Box 936, Helena, MT 59624	EMAIL/PHONE ENTRIES TO:
☆ Entry Fees: ☆ ☆ ☆	· ·	nters the swimmer in all five events. Entry checks should be made payable to Helena
☆ Deadline: ☆ ☆ ☆ ☆	All entries and fees must be receive 2008 .Phone entries for individuals on Sunday, November 30, 2008	ed no later than Saturday, November 29, ly will be accepted until 7:00 p.m. MDT on
 ★ 	referee Randy Vook (406) 495-0026 referee Randy Vook (406) 495-0026 referee to determine whether the need	led accommodations can be met by the \Rightarrow nust also contact the Awards Chair or Meet $\frac{1}{4}$
☆ Awards: ☆ ☆	High Point awards will be given for awards will be given to the 8-U age gr	1 st -5 th place in each age group. Individual $\stackrel{\bigstar}{}_{\bigstar}$ oup only.
☆ Scoring: ☆ ☆ ☆	The swimmer completing all five event number of points shall place first, etc. 15-14-13-12-11-9-7-6-5-4-3-2-1	ts in his/her age group with the highest Scoring will be as follows: 20-17-16- ☆
☆ Safety: ☆ ☆	Montana Swimming safety guidelines and strictly enforced. A safety marsha	and warm-up procedures will be in effect ☆ will be on deck at all times.
★ Scratches: ★ ★	Scratches will be made at the blocks. the blocks on time.	Swimmers are responsible for reporting to
☆ ☆ Concessions: ☆	Helena Lions Swim Team will be oper	ating a simple snack bar.
☆ Hospitality: ☆	A light lunch will be provided for the co	aches and officials $\overset{\bigstar}{\star}$
☆ Officials: ☆ ☆		es the help of certified officials from other $\frac{4}{4}$ cials will be available to the greatest extent $\frac{4}{4}$
☆ Final Results: ☆	Meet results will be posted to the Mon <u>http://montana.usswim.net</u> .	tana Swimming website at
 ★ Meet Registrar: ★ Meet Manager: ★ ★<th>Darcie Conquergood (406) 202-2367 Candice Stout (406) 459-3615 <u>cstout</u></th><th></th>	Darcie Conquergood (406) 202-2367 Candice Stout (406) 459-3615 <u>cstout</u>	

ORDER OF EVENTS **2008 HLST WINTER PENTATHLON December 7, 2008**

		-
Girls	Events	Boys
1	8-U 25 Free	2
3	9-12 50 Free	4
5	13+O 100 Free	6
7	8-U 25 Breast	8
9	9-12 50 Breast	10
11	13+O 100 Breast	12
13	8-U 25 Back	14
15	9-12 50 Back	16
17	13+O 100 Back	18
19	8-U25 Fly	20
21	9-12 50 Fly	22
23	13+O 100 Fly	24
25	8-U 25 100 IM	26
27	9-12 100 IM	28
29	13+O 200 IM	30

★ 2008 HLST WINTER PENTATHLON ☆ **ACCOUNTING AND WAIVER SHEET**

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

 \star Please enclose this accounting sheet with your entries.

★ TEAM

☆ ☆

☆

☆ ☆ ☆ ☆ ☆

☆

☆

☆

☆

 \bigstar ☆ ☆ ☆

☆

Meet Referee:

☆ Total # swimmers at \$20.00=

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: ☆

******	***********
*	*
*	*
*	*
☆	☆
*	$\stackrel{\times}{\star}$
🔆 MONTANA SWIMMING - USA SWIMMING RE	EGISTRATION CONFIRMATION
We hereby submit our team's entry sheets and	I fees for your upcoming meet and verify that the below $\stackrel{\bigstar}{\neq}$
$\frac{1}{2}$ named coaches will be in attendance. These c	coaches are current in all the requirements set forth by $\frac{1}{4}$
$\frac{1}{2}$ hamed coaches will be in allendance. These the	Judius Ded Cross Official Training for Quire Cosches or
	luding Red Cross Safety Training for Swim Coaches or 🔆
Lifeguard Training, First Aid, and Cardiopulmor	•
🖕 Coach's Name:	×
☆ Coach's Name:	
Coach's Name:	*
Clubs sending swimmers without a coach shall	I notify the meet registrar when submitting entries. The $\frac{4}{3}$
	ndance at the meet. The swimmer may also request a \star
specific coach to be assigned to for the mee	t. We further verify that all our entered swimmers are $\frac{\star}{4}$
$\frac{2}{3}$ registered athlete members of USA Swimming	for the current year.
*	*
😤 WAIVER	*
	try, I/we, the undersigned parent, guardian, or coach $\frac{\pi}{4}$
•	s, assigns, release and forever discharge any and all
rights and claims for domagon live may have	s, assigns, release and lorever discharge any and an $\hat{\mathbf{x}}$
	against the Helena Lions Swim Team, HLST Winter
	Carroll College, MT Swimming, USA Swimming, their 🔆
😤 agents, representatives, successors or assigns	s for any or all injuries arising out of travel to and from, ${\bigstar}$
$\overset{\scriptstyle <}{\downarrow}$ or participating in said meet. It is agreed that t	he team shall be responsible for any damages caused 🔆
$\frac{1}{2}$ to facilities or equipment by any members of th	e team.
Signature of Club Official, Parent, Guardian, or	Coach Club Position or Title 🔶 🔶 🖈
	Data
Address:	☆
È-mail address:	—— ×
$\hat{\mathbf{A}}$	
★ It is most important that the above informat	ion is completed and this form returned with your 🛛 🖈
😤 entries.	*
& Meet Name: 2008 HLST WinterPentathlon	
☆ Meet Date(s): Sunday December 7 th , 2008	
Lagotion: Corroll College DE Contor Holena	AT 🔶
Location: Carroll College PE Center, Helena, N	// I ☆
A Host Club: Helena Lions Swim Team	*
*	*
🔆 Master Entry Form	*
HLST 2008 Winter Pentathlon	
* December 7, 2008	☆
\mathbf{x}	*
*	*
*	×
☆ ☆	Club:
× ★	Address:
*	City:State:
*	Zin:
*	Zip: Coach:
<u>↓</u>	
☆ ☆	
× ★	× +
*	
<u></u> ★ I	Club:
*	
× ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~	<u>*</u>
~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	*************

Name/USA#	Age/	Event/tim	Event/time	Event/time	Event/tim	Event/time
	Sex	e	L'vent/time	Livent/time	e	
		1	1			1
		1	1	1	1	1
Fotal swimmers this sho	eet x \$20 =		T	otal Due=		_

2	52	57	2	2	Ŵ	7	77	2	X	7	2.	X	7	27	 Z	57	$\overline{\mathbf{x}}$	X	2	77	$\sim$	$\overrightarrow{\mathbf{x}}$	7	32	7.	 N	77	2.	X	2	2	 7	57	Ŵ.	¥	2	22	 X	2	27	 X	7	22	57	2	X	2	\$ 	\$ X	1	2	72	22	2	2	<del>\</del>	2	$\overrightarrow{x}$	1	57	۵
☆	٢																																																												

. . . . .

. .