

9th Annual Banana Split Sprint

April 25th, 2009

Please join the Falls Aquatic Swim Team in our **9th Annual Banana Split Sprint Meet**, Saturday, April 25th. This meet will be held in a dual meet format with members of each club team being "**Split**" by a draft. Swimmers' entries should be sent in with their best times in each of the seven individual events. They will then be "**Split**" equally to create two new teams, Red Team and Blue Team. Coaches representing each side will then strategically assign swimmers to seven events (not more than five individual). A running score will be tabulated throughout the meet and we are hoping for a "**Down to the Wire - Banana Split Winning**" result!!

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 will begin at 8:30 am. The Meet begins at 10:00 am.

SANCTIONING: The meet is sanctioned #0739 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.

ELIGIBILITY: The age of the swimmer on April 25th 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. There will be no refunds.

DEADLINES: Entries must be received by **Wednesday, April 15th, 2009**. Mail entries to: FAST, P.O. Box 1504, Great Falls, MT 59401-1504 or **e-mail** (preferred) to mtgunders@worldnet.net. Phone entries deadline is Friday April 17th @ 7:00 PM to Merle Gunderson at 727-2724. **(Please keep in mind, the coaches will need extra time to put this meet together so we will appreciate promptness in submitting entries. Thank you!!)**

ENTRIES: Events will be swum 8&U, and 9&O and scored as 8&U, 9-10, 11-12, 13&O. All combined and mixed events will be awarded and scored separately by age group and male/female. Each swimmer should send in a time for each of the seven individual events, however, the Red Team and Blue Team coaches will make the final decision as to what events the swimmer will swim. The maximum number of swims will be seven (5 individual-2 relays). Remember, this will be a **team scoring** event. The coaches will be lining up

swimmers to help their specific team. Submit all swimmers times in SC yards. "No Time" entries will be accepted. **Coaches: Please note: If your swimmer is looking for a time in a specific event, please let us know and we will be happy to honor your requests. Last chance for zone times in yards!!**

SCORING: Individual Events 1st - 12th : 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1 pt
Relays 1st - 6th : 32, 26, 24, 22, 20, 18 pts

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

ROSTER: The team rosters for **Red Team** and **Blue Team** will be e-mailed to each of the clubs participating prior to the meet. Dress accordingly!!

COACHES: Please let us know if you are planning on attending and if you would be interested in assisting with the drafting of the teams.

AWARDS: All swimmers will receive a colored cap according to their assigned team. There will be no individual awards given. Banana Splits will be given to the winning team. Our goal is to create team spirit and have fun! (Winning team gets to push losing team's coaches in the pool!! Take note, Coaches!!)

RESULTS: All teams will be given an electronic copy of the results within 10 days after the meet.

SAFETY CODE: Montana Swimming warm-up procedures and safety guidelines will be in effect for the duration of the meet. 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.

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

CONCESSIONS: There will be concessions provided.

MEET MANAGER: Allen Shaw shawlee4@bresnan.net
727-0417

REGISTRAR: Merle Gunderson 727-2724
mtgunders@worldnet.net

MEET REFEREE: Merle Gunderson

SAFETY MARSHAL: JoAnn Shaw

Come and have fun with the
FAST Sharks!~!~!
9th ANNUAL BANANA SPLIT SPRINT
April 25th, 2009

GIRLS	EVENTS	BOYS
1	8&U 200yd MIXED MEDLEY RELAY	
2	9-10 200yd MIXED MEDLEY RELAY	
3	11-12 200yd MIXED MEDLEY RELAY	
4	13&O 200yd MIXED MEDLEY RELAY	
5	8&U 25 yd FREE	6
7	9&O 50 yd FREE	8
9	8&U 25 yd FLY	10
11	9&O 50 yd FLY	12
13	8&U 100 yd IM	14
15	9&O 200 yd IM	16
17	8&U 25 yd BACK	18
19	9&O 50 yd BACK	20
21	8&U 50 yd FREE	22
23	9&O 100 yd FREE	24
25	8&U 25 yd BREAST	26
27	9&O 50 yd BREAST	28
29	8&U 50 yd FLY	30
31	9&O 100 yd FLY	32
33	8&U 50 yd BACK	34
35	9&O 100 yd BACK	36
37	8&U 50 yd BREAST	38
39	9&O 100 yd BREAST	40
41	8&U 100 yd FREE	42
43	9&O 200 yd FREE	44
45	8&U 200 yd MIXED FREE RELAY	
46	9-10 200 yd MIXED FREE RELAY	
47	11-12 200 yd MIXED FREE RELAY	
48	13&O 200 yd MIXED 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: 9th Annual Banana Split Sprint
Meet Date: April 25th, 2009
Location: Great Falls High School Pool
Host Team: Falls Aquatic Swim Team – FAST Sharks