

2009 FAST Snowflake Open

October 24 & 25, 2009

Hosted by *Falls Aquatic Swim Team* - #0750

<http://fast.usswim.net>

The Falls Aquatic Swim Team invites you to participate in the Snowflake Open Swim Meet.

LOCATION: The meet will be held at the **Great Falls High School Bison Pool**. This pool is a 6 lane, 25-yard indoor pool with an adjacent warm-up pool. The High School is located on 19th St. So. and 5th Ave. So. (from 10th Ave. So. – turn No. on 19th St. So. and go 6 blocks to 5th.)

SANCTION and RULES: This meet is approved by USA Swimming and Montana Swimming. 2008-09 USA Swimming and MT Swimming Rules will govern the meet.

ELIGIBILITY: The meet is open to all swimmers who are current members of USA Swimming or the FINA equivalent and Montana Masters. Timing will be by Colorado Timing System with backup timers or by three manual times. All events will be timed finals. The age of the swimmer on October 24th determines the age group.

ENTRY FEES: A swimmer surcharge of \$15.00 and \$2.00 per event will be charged. Relay entries are \$8.00 per team. Entry fees must accompany the entries. Please send one check only payable to FAST. No entries will be accepted without payment of fees. There will be no refunds.

DEADLINES: Entries must be received by **Friday, October 16, 2009** either by e-mail (preferred) or by mail. If entries are e-mailed, paperwork and entry fees must be received no later than Saturday, October 17th.

E-Mail entries to: jstreeve@q.com or mail entries and paper work to: **FAST/ co Sheila Reeve, 124 24th Avenue South, Great Falls, MT 59405.**

Entries are to be submitted in SC yards. Submit your team's entries using Hy-Tek software to include a team entry report sorted by athlete name and a relay report from Team Manager. If e-mailing, please include these reports in Word or RTF. "No Time" entries will be accepted. The Entry Summary, Waiver, and USA Swimming Registration Confirmation Sheet must be filled out, signed and returned with the entries and reports.

Phone entries will be accepted until 9:00 PM Friday, October 17, 2009. Phone entries to Sheila Reeve at 406-452-7159. If there is no answer by phone, please leave your name and number and your call will be returned. Entry fees for phone entries must be received prior to the start of the meet.

ENTRIES: Each swimmer will be seeded according to their submitted fastest yard times. All swimmers must swim in their respective age groups. 8&Unders may choose 8& Under events and 10&Under events. Each swimmer may compete in eight (8) individual events total, four (4) maximum per day, plus one maximum relay per day. There will be no minimum waiting period between events. There will be no deck entries or deck seeding other than the 1650 and 500 Freestyle events.

The 1650-yard freestyle and the 500-yard freestyle will be deck seeded after positive check in. These events will be swum as a mixed sex and combined event, seeded by entry time only, and will be scored and awarded by age group and female/male. The 1650 freestyle and 500 freestyle will be swum fastest to slowest. All swimmers in the 1650 and 500 must supply their own timers and counter.

Events will be swum as combined age groups as designated on the Events List. Events will be awarded 8&U, 9-10, 11-12, 13-14, and 15-16 and 17-21.. Master swimmers are welcome to compete but will receive no awards.

CLERK OF COURSE: There will be no Clerk of Course.

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 be scored 1st-8th for overall team points but no awards will be given for them. Relay points: 40, 34, 32, 30, 28, 26, 24, 22.

AWARDS: Overall high point trophies will be awarded in each age group to all swimmers competing. Each swimmer that is registered by the entry deadline will receive a trophy. Trophies not claimed by swimmers will be given after the meet to the team's coach or team representative.

SAFETY: 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. The warm-up pool may only be used by swimmers for warm-up and cool-down. **9& Under swimmers will not be allowed in the warm-up pool unless directly supervised by a certified coach.**

OFFICIALS AND TIMERS: To the extent possible, teams are asked to provide certified officials and timers. There will be a sign up sheet posted at the meet. Thank you.

CONCESSIONS AND SWIM SHOP: FAST parents will be operating a concessions stand with nutritious snacks and drinks. There will also be a swim shop set up for any shopping needs.

PROTESTS: Protests of any kind will only be accepted by the Meet Referee from the team's coach if in attendance.

SCHEDULE:	Saturday Session:	Warm-ups:	7:30am
		Meet starts:	9:00am
	Sunday Session:	500 Free warm-ups:	7:00am
		Meet starts:	7:30am
		Team warm-ups:	After 500 Freestyle, but not earlier then 8:00am
		Meet resumes:	@ approx. 1 hour after team warm-ups begin

Team Registrar's: Be sure to include your e-mail address with your entries and we will send you the final warm-up schedule before the meet as well as posting it on our website.

The meet referee may take a break at any time he/she sees necessary during the meet.

MEET OFFICIAL: Meet Referee: Merle L. Gunderson, mtgunders@msa.com , 727-2724
Meet Director: Allen Shaw, shawlee4@bresnan.net, 727-0417
Co-Meet Director Susie Thompson, trstamp@hotmail.com , 727-5474
Meet Registrar: Sheila Reeve jstireeve@q.com 452-7159
Safety Marshal: JoAnn Shaw

WE LOOK FORWARD TO SEEING YOU!!

Snowflake Open – Oct. 24 & 25, 2009

Falls Aquatic Swim Team, Great Falls, MT

Saturday			Sunday		
Girls		Boys	Girls		Boys
1	11&Over 200 Fly	2	38	(mixed) 9&Over 500 Free	
3	8&U 25 Free	4		-General Warm-ups	
5	10&U 200 Free	6			
7	11&Over 200 Free	8	39	11&Over 200 Breast	40
9	10&U 50 Fly	10	41	8&U 25 Back	42
11	11&Over 50 Fly	12	43	10&U 100 Back	44
			45	11&Over 100 Back	46
13	10&U 200 IM	14			
15	11&Over 200 IM	16	47	10&U 50 Breast	48
			49	11&Over 50 Breast	50
17	10&U 50 Back	18			
19	11&Over 50 Back	20	51	8&U 25 Fly	52
			53	10&U 100 Fly	54
21	8&U 25 Breast	22	55	11&Over 100 Fly	56
23	10&U 100 Breast	24			
25	11&Over 100 Breast	26	57	10&U 100 Free	58
			59	11&Over 100 Free	60
27	10&U 50 Free	28			
29	11&Over 50 Free	30	61	12&U 100 IM	62
			63	11&Over 400 IM	64
31	11&Over 200 Back	32			
			65	8&U 100 Free Relay	
33	8&U 100 Medley Relay		66	10&U 200 Free Relay	
34	10&U 200 Medley Relay		67	11-12 200 Free Relay	
35	11-12 200 Medley Relay		68	13&Over 200 Free Relay	
36	13&Over 200 Medley Relay				
37	(mixed) 11&Over 1650 Free				

FAST Snowflake Open

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Entry Summary & Waiver

Team Name _____

Team Representative _____ Phone# - Best time to call _____

E-mail address _____

Number of swimmers entered: _____ x \$15.00= _____

Number of individual entries: _____ x \$2.00 = _____

Number of relay entries: _____ x \$8.00 = _____

Total Enclosed: _____

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, Snowflake Open. 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, First Aid (or the approved equivalent) 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: Snowflake Open
Meet Date: October 24 & 25 2009
Location: Great Falls High School Bison Pool

Host Team: Falls Aquatic Swim Team – FAST Sharks