

2009 HLST CAPITAL CITY INVITATIONAL

July 11 & 12, 2009

Sponsored by the Helena Lions Swim Team

Approval:

#0746: This meet is approved by Montana Swimming and USA Swimming. The 2009-2010 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. This will be strictly enforced. Please check the Montana Swimming website for updates prior to the meet: <http://montana.usswim.net>.

Coaches, there are some changes in this meet; please let your swimmers and parents know of these changes.

Due to Lewis & Clark County's Health Department's limit on the number of people in the pool facility at any one time, only parents and spectators (including children not swimming) who purchase a pool pass will be allowed in the pool area. There will be a small dedicated watching area for parents (who do not purchase a pool pass) to watch their swimmer's event, and then leave the pool area. Restrooms in the pool area are only available to swimmers and people who purchase a pool pass. Other restrooms will be available in the park adjacent to the pool (by the band shell). Spectators who do not purchase a pool pass will **not** be allowed to use the restroom or locker-room facilities attached to the pool.

Determined by the City of Helena, all spectators who want access to the pool areas must purchase a pool pass. This pass will allow them access to the on pool deck, restrooms and the splash park. Cost of the pass will be posted on the website once determined by the City of Helena Parks Department.

According to Lewis & Clark County Health Department regulations, the pool has a maximum number of spectators. Depending on the number of swimmers, the number of officials and coaches, on deck at any one time, could be limited.

Discussions and negotiations with the City of Helena regarding the pool and water park's traffic flow and relate health regulations are ongoing. Please check the website for updated information prior to the meet.

No overnight camping is allowed at the Last Chance Splash park area.

Dates:

Saturday and Sunday July 11 & 12, 2009

Location:

Last Chance Splash 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 8:00 a.m. with the meet beginning at 9:00.

Sunday warm-ups will begin at 7:00 a.m. with the meet beginning at 8:00 a.m. If additional warm up times are determined, it will be posted on the website. Warm up times and lane assignments will be announced once entries are received.

Meetings: There will be an officials meeting and a coaches meeting prior to the start of the meet each day.

Timing: Electronic timing and two 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 11, 2009 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 and 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 timed 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. Some events may be over the top starts, depending on the number of swimmers.

Entry Deadline: Team entries must be received no later than Thursday, July 2 2009. Phone entries for individuals only will be accepted until 7:00 p.m. MDT on Friday July 3, 2009. Phone and email entries can be made with the Meet Registrar, Cindy Shull, at (406)459-7830 or bccabsinc@aol.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 Randy Vook (406) 439-0261 rshandyman@msn.com and arrange for any needed accommodations by July 3, 2009. 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 2, 2009 to allow time for the ordering of awards.

Entry Fees: Fees will be \$20.00 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! Entry fees are reflective of the pool rental fees charged by the City of Helena.

Awards: Awards will be given in each event up to 8th place.

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.

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.

Concessions: The City of Helena will operate a limited concessions stand. HLST will not have a concession stand.

Swim Shop: HLST will provide a swim shop.

Showers: All swimmers **MUST** shower before entering the swimming pool, per the Department of Health and City of Helena regulations. **COACHES:** Please instruct your swimmers (and their parents) on the importance of showers before entering the pool.

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 and as numbers are allowed on deck.

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

Meet Directors: Sharon Hardwick (406) 449-1278 or 439-3153 hardwick@bresnan.net

Meet Registrar: Cindy Shull (406)459-7830 bccabsinc@aol.com

Awards: Emmie Kleppelid (406) 227-0128

Meet Referee: Randy Vook (406) 439-0261 rshandyman@msn.com

Safety Marshal: (TBD) (s)

**HELENA LIONS SWIM TEAM
2009 HLST CAPITAL CITY INVITATIONAL
JULY 11 & 12, 2009**

ORDER OF EVENTS

Girls	SATURDAY	Boys		Girls	SUNDAY	Boys
	Session 1				Session 2	
1	9&O Mixed 400 FR	2		17	11&O 400 IM	18
3	Open 50 Breast	4		19	Open 50 Fly	20
5	11&O 200 Back	6		21	Open 200 Free	22
7	Open 100 Fly	8		23	Open 100 Back	24
9	11&O 200 Breast	10		25	11&O 200 Fly	26
11	Open 100 Free	12		27	Open 100 Breast	28
13	Open 50 Back	14		29	Open 50 Free	30
15	Open 200 IM	16				

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ACCOUNTING AND WAIVER SHEET

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

Please enclose this accounting sheet with your entries.

TEAM _____

Total # swimmers at \$20.00=_____ + \$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: 2009 HLST Capital City Invitational

Meet Date(s): July 11-12, 2009

Location: Last Chance Splash, Helena, MT

Host Club: Helena Lions Swim Team (HLST)