

2009 JAMIE TURNER MEMORIAL MEET
February 20, 21 & 22, 2009
Sponsored by the Helena Lions Swim Team

- Approval:** #0734. 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.
- Dates:** Friday, Saturday, and Sunday February 20 - 22, 2009
- Location:** The pool is located in the PE Center on the north end of the Carroll College Campus at 1601 Benton Ave. It is a regulation short course 25-yard pool, 6 lanes, with non-turbulent lane markers. Parking is available and the area is close to many hotels. Walking / running routes are easily accessible from the PE Center.
- One balcony of the gym will be available for swimmer seating. There are also viewing bleachers above the pool. There will be a basketball tournament held at the PE Center on Friday and Saturday; therefore, swimmers are encouraged to sit in the gym balcony and the pool viewing area – not in the lobby. HLST will operate concessions tables in the PE Center lobby and a swim shop in a room adjacent to the lobby. The basketball tournament will operate their concessions in the lobby as well (from the permanent stand). Swimmers are encouraged to support the HLST concessions stand.
- Time:** The meet will begin Friday, February 20 with the 1650 Free at 5:00 p.m. A 30 minute warm up for the 1650 will start at 4:30. Warm ups will begin at 7:30 a.m. on Saturday and Sunday for Sessions 2 and 5. The meet will begin at 8:45 a.m. each day. There will also be a 20 minute warm up immediately following Event #16 and Event #48 for those swimming the 500 Free and 400 IM. Warm ups for Sessions 4 & 7 will start immediately following Event #17 and 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 and two manual stop watches will be used. To the greatest extent possible, teams will be expected to provide timers. Timer sign-up sheets will be available at the meet. Swimmer entered in the 1650 Free, 400 IM and 500 Free are expected to provide counters and timers.
- Eligibility:** All swimmers must have a current USA Swimming or FINA equivalent registration card. To insure eligibility, please include each swimmer's current

USA/FINA registration number. The swimmer's registration numbers will be verified with the MT Swimming Registration Chairperson. Swimmers age as of February 20, 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 and awarded 8&Under, 9-10, 11-12, 13-14 and 15&Over. Swimmers over the age of 19 are welcome to join us but there will be no awards or points earned for this age group. No relays will be offered at this meet. All events will be times finals. Swimmers entering the 1650 Free and 400 IM will be swum as seeded in the program mixed, fastest to slowest. Swimmers entering the 500 free will be swum as seeded in the program mixed, slowest to fastest. **The 500 Free will be limited to 10 heats.**

Entry Deadline: Team entries must be received no later than Saturday, February 14. Phone entries for individuals only will be accepted until 7:00 p.m. MDT on Sunday February 15. Phone and email entries can be made with the meet registrar, Darcie Conquergood at (406)202-2367 or bdconquer@msn.com.

Entries: All entries must be submitted on either e-mail (preferred method) using Hy-tek software, on a 3-1/2" formatted disk. Please send a copy of the "Team Entry Report" as a back up. USA/FINA numbers must be used with either format. Please submit fastest times in yards format.

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. **The 500 Free will be limited to 10 heats.** Disabled swimmers are welcome. Disabled swimmers must contact the meet referee to arrange for any needed accommodations by February 6, 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 Meet Director on or before February 6, 2009 to allow time for the ordering of awards.

Entry Fees: Fees will be \$12.00 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: Awards will be given in the following age groups: 8 & Under, 9-10, 11-12, 13-14 and 15&Over. There will be no awards for swimmers ages 20 and over. Awards will be delivered to the coaches at the State meet in Butte, MT.

Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 points 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. Coolers of water will be on deck to ensure hydration of swimmers. Carroll College requires that **NO FOOD, COOLERS OR BEVERAGES OTHER THAN WATER BE ALLOWED IN THE POOL AREA.** Please help us comply with this regulation. No areas of the PE Center should be considered secure. The HLST and Carroll College will not be held responsible for loss of or damage to any items.

Scratches: There will be no clerk of course. Heat and lane assignments will appear in the program. Swimmers are responsible for taking their position behind the blocks. Coaches shall report scratches on the scratch sheet or to the meet referee prior to the start of the meet both days.

Concessions: Helena Lions Swim Team will be operating concessions and will also provide a swim shop.

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

Officials: 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.

Meet Director/Registrar: Darcie Conquergood (406) 202-2367 bdconquer@msn.com

Meet Referee: Randy Vook (406) 495-0026 rshandyman@msn.com

2009 HLST Jamie Turner Memorial Meet
Order of Events

Friday – Session I

4:30 PM - Warm-up

- 1 Mixed 11 & O 1650 Free
-

Saturday - Session 2

7:30 AM Warm-up

- | | | |
|----|----------------|----|
| 3 | 10&U 50 BACK | 4 |
| 5 | 10&U 100 FREE | 6 |
| 7 | 10&U 50 BREAST | 8 |
| 9 | 8&U 25 FLY | 10 |
| 11 | 9-10 100 FLY | 12 |
| 13 | 8&U 25 FREE | 14 |
| 15 | 10&U 200 IM | 16 |

Sunday - Session 5

7:30 AM Warm-up

- | | | |
|----|-----------------|----|
| 33 | 10&U 100 IM | 34 |
| 35 | 10&U 50 FREE | 36 |
| 37 | 8&U 25 BREAST | 38 |
| 39 | 9-10 100 BREAST | 40 |
| 41 | 10&U 50 FLY | 42 |
| 43 | 8&U 25 BACK | 44 |
| 45 | 9-10 100 BACK | 46 |
| 47 | 10&U 200 FREE | 48 |
-

Saturday - Session 3

20 Minute Warm-up

- 17 MIXED 9&O 500 FREE

Sunday - Session 6

20 Minute Warm-up

- 49 MIXED 11&O 400 IM
-

Saturday - Session 4

Warm-up to be posted

- | | | |
|----|-----------------|----|
| 19 | 11&O 50 BREAST | 20 |
| 21 | 11&O 100 FLY | 22 |
| 23 | 11&O 200 BACK | 24 |
| 25 | 11&O 100 FREE | 26 |
| 27 | 11&O 200 BREAST | 28 |
| 29 | 11&O 50 BACK | 30 |
| 31 | 11&O 200 IM | 32 |

Sunday - Session 7

Warm-up to be posted

- | | | |
|----|-----------------|----|
| 51 | 11&O 100 BACK | 52 |
| 53 | 11&O 50 FLY | 54 |
| 55 | 11&O 200 FREE | 56 |
| 57 | 11&O 100 IM | 58 |
| 59 | 11&O 200 FLY | 60 |
| 61 | 11&O 50 FREE | 62 |
| 63 | 11&O 100 BREAST | 64 |

**2009 HLST JAMIE TURNER MEMORIAL MEET
ACCOUNTING AND WAIVER SHEET**

Please enclose this accounting sheet with your entries.

TEAM _____

Total # swimmers at \$12.00=_____

Total # entries at \$2.00 = _____

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:

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, Jamie Turner Memorial Swim Meet, Carroll College, 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 Jamie Turner Memorial Swim Meet

Meet Date(s): Friday, Saturday, and Sunday February 20-22, 2009

Location: Carroll College PE Center, Helena, MT

Host Club: Helena Lions Swim Team