

2010 FAST Snowflake Open

October 22-23-24, 2010

Hosted by *Falls Aquatic Swim Team* - #0790

<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. 2010 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 23rd, 2010 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 15, 2010** 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 16, 2010

E-Mail entries to: prbrennan@bresnan.net or mail entries and paper work to: **FAST, PO Box 1504 Great Falls, MT 59403.**

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 5:00 PM Saturday, October 16, 2010. Phone entries to Roxanne Brennan at 406-452-1835. 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 nine (9) individual events total, four (4) maximum per day, plus one maximum relay per day. There will be no minimum waiting period between events.

Relay teams can be single sex or mixed within the event age range.

The 1650-yard freestyle, 1000-yard freestyle, and 500-yard freestyle will be deck seeded after positive check in. Positive check in for the 1000 and 500 Freestyles is at the start of warm-ups and the 1650 Freestyle prior to event 31. These events will be swum as a mixed sex and combined event, seeded by entry time only, and will be scored by age group and female/male. There will be a fifteen minute warm prior to the start of 1650 Freestyle. The 1650 freestyle 1000 freestyle and 500 freestyle will be swum fastest to slowest. All swimmers in the 1650, 1000, 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 scored 8&U, 9-10, 11-12, 13-14, and 15-16. Swimmers 17-21, and 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: Individual Participation Awards. Heat Winner Awards will be given out. No points or awards will be awarded for relays. Top three high point awards will be awarded in 8 & Under, 9-10, 11-12, 13-14, & 15-16. All awards 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:

Friday Session:	Warm-ups:	3:30 pm
	Meet Starts	4:00 pm
Saturday Session:	Warm-ups:	7:30 am
	Meet starts:	9:00 am
Sunday Session:	500 Free warm-ups:	7:30 am
	Meet starts:	8:30 am
Team warm-ups:	After 500 Freestyle, but not earlier then 8:30am	
	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@msn.com , 727-2724
Meet Director: Susie Thompson, trstamp@hotmail.com , 899-0502
Meet Registrar: Roxanne Brennan prbrennan@bresnan.net, 452-1835
Safety Marshal: Casey Cummings and Crew

WE LOOK FORWARD TO SEEING YOU!!

Snowflake Open – Oct. 22-23-24, 2010

Falls Aquatic Swim Team, Great Falls, MT

Friday Oct 22nd 2010

- 1 (mixed) 11 & Over 1000 Free
- 3 Girls 9 & Over 200 IM
- 4 Boys 9 & Over 200 IM

Saturday 23rd

Sunday 24th

Girls		Boys	
5	11&Over 200 Fly	6	39 (mixed) 9&Over 500 Free
7	8&U 25 Free	8	-General Warm-ups
9	10&U 200 Free	10	
11	11&Over 200 Free	12	41 11&Over 200 Breast 42
13	10&U 50 Fly	14	43 8&U 25 Back 44
15	11&Over 50 Fly	16	45 10&U 100 Back 46
			47 11&Over 100 Back 48
17	10&U 50 Back	18	
19	11&Over50 Back	20	49 10&U 50 Breast 50
			51 11&Over 50 Breast 52
21	8&U 25 Breast	22	
23	10&U 100 Breast	24	53 8&U 25 Fly 54
25	11&Over 100 Breast	26	55 10&U 100 Fly 56
			57 11&Over 100 Fly 58
27	10&U 50 Free	28	
29	11&Over 50 Free	30	59 10&U 100 Free 60
			61 11&Over 100 Free 62
31	11&Over 200 Back	32	
			63 12&U 100 IM 64
33	8&U 100 Medley Relay		65 11&Over 400 IM 66
34	10&U 200 Medley Relay		
35	11-12 200 Medley Relay		67 8&U 100 Free Relay
36	13&Over 200 Medley Relay		68 10&U 200 Free Relay
			69 11-12 200 Free Relay
	- 15 Minute Warm-up		
			70 13&Over 200 Free Relay
37	(mixed) 11&Over 1650 Free		

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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 22-23-24, 2010
Location: Great Falls High School Bison Pool

Host Team: Falls Aquatic Swim Team – FAST Sharks