

**2010 HLST CAPITAL CITY INVITATIONAL**  
**JULY 10-11, 2010**

Sponsored by the Helena Lions Swim Team

**APPROVAL:** #0781

**LOCATION:** Last Chance Splash Waterpark and Pool, located at 1203 Last Chance Gulch, Helena, MT. This facility is an 8-lane, 50 meter outdoor pool equipped with non-turbulent lane ropes.

**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. The 400 Free, 400 IM, 800 Free, and 1500 Free will be swum fastest to slowest, mixed heats. Some events may be over the top starts. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. **NOTE: The sponsoring team reserves the right to modify the Order of Events to a split meet format if more than 350 swimmers are registered. In the event of a split meet format clubs will be notified by email. Please provide a team email contact with your team entries.**

**SCHEDULE:** Saturday, July 10: Session 1 Warm-up: 7:30 am  
Session 2 Open Warm-up: immediately following conclusion of Event 16 (length: 20 minutes)

Sunday, July 11: Session 3 Warm-up: 7:30 am  
Session 4 Open Warm-up: immediately following completion of Event 32 (length: 20 minutes)

Warm up lane assignments and meet start time will be posted after entries are received. Coaches and Officials meetings will be held prior to the start of Sessions 1 and 3.

**ENTRY DEADLINE:** Team entries must be received no later than Wednesday, June 30<sup>th</sup>. Phone entries for individuals will be accepted until 7:00pm on Thursday, July 1<sup>st</sup>. All entries must be submitted by either e-mail (preferred) 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 backup. 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. E-mail and phone entries should be submitted to the meet registrar, Cindy Shull at [bccabsinc@aol.com](mailto:bccabsinc@aol.com) or (406)459-7830.

Mail entries and payments to: Helena Lions Swim Team  
PO Box 936  
Helena, MT 59624

**ENTRY FEES:** Fees will be \$15.00 per swimmer and \$2.00 per event. Entry fees must accompany entries and checks should be made payable to Helena Lions Swim Team (HLST). One check per team please.

**LIMITATIONS:** Swimmers may swim a maximum of ten (10) individual events with a maximum of five (5) events per day. Disabled swimmers are welcome. Disabled swimmers must contact the meet referee, Randy Vook, (406) 439-0261, [rshandyman@msn.com](mailto:rshandyman@msn.com) and arrange for any needed accommodations by July 1<sup>st</sup>, 2010. 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 Manager on or before July 1<sup>st</sup> to allow time for ordering awards.

**ELIGIBILITY:** All swimmers must have a current USA Swimming, FINA equivalent registration card of 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 10, 2010 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.

**LIGHTENING POLICY:** Montana Swimming follows guidelines set forth by the facility standard or the American Red Cross, whichever is more stringent, will be governing rule.

- I Swimmers are pulled from the pool at the first sign of lightning or thunder
- II Swimmers are not allowed back in the pool for thirty (30) minutes after the last sign of lightning.

**TIMING:** Electronic timing and two manual stop watches. All events will be timed finals. **Swimmers entered in the 400 Free, 400 IM, 1500 Free, and 800 Free must provide their own timers and counters.**

**OFFICIALS:** To the greatest extent possible, teams will be expected to provide timers. Timer signup sheets will be available at the meet. We also appreciate the help of all Certified Officials from other clubs. Training time for new officials will be available.

**SHOWERS:** All swimmers **MUST** shower before entering the swimming pool, per the Department of Health and City of Helena regulations.

**FACILITY INFO:** Access to the pool deck may be gained through the south gates until 11:30 each day (30 minutes prior to public opening). After that all swimmers, spectators, etc. must enter through the pool office/locker rooms. The Splash deck area will be available for spectators until 11:30. After 11:30 spectators may observe from the designated observation area on the 50 meter pool deck. According to County Health Department regulations, the number of spectators and participants allowed in the facility may be limited in order to comply with pool capacity limits. Splash Park wristbands may be purchased from the pool office.

Umbrellas, tarps, and canopies for swimmers and spectators will not be allowed inside the fence and on the pool deck, but will be allowed in the adjacent Memorial Park area during the meet. Due to underground watering lines, do not use stakes to secure umbrellas, tarps, canopies or tents in the park. There is no overnight camping allowed in Memorial Park.

**CONCESSIONS:** Concessions will be provided by the HLST and the City of Helena in the pool concession stand.

**AWARDS:** Individual awards will be presented by age group, 8&U, 9-10, and 11-12. There will be no awards for swimmers age 13 and over. Ribbons will be awarded for 1<sup>st</sup> – 8<sup>th</sup> place.

**CONTACT:**

Sharon Hardwick	Meet Manager	(406)449-1278	<a href="mailto:hardwick@bresnan.net">hardwick@bresnan.net</a>
Cindy Shull	Meet Registrar	(406)459-7830	<a href="mailto:bccabsinc@aol.com">bccabsinc@aol.com</a>
Randy Vook	Meet Referee	(406)439-0261	<a href="mailto:rshandyman@msn.com">rshandyman@msn.com</a>
Dan Butkay	Safety Marshal		

**HOTEL INFO:** The Hampton Inn of Helena is an HLST sponsor. There is a limited number of rooms available at a special group rate. Mention the HLST swim meet when booking.  
(406) 443-5800

**2010 HLST CAPITAL CITY INVITATIONAL  
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**ORDER OF EVENTS**

<b>Saturday, July 10, 2010 Session 1</b>			<b>Sunday, July 11, 2010 Session 3</b>		
<b>Girls</b>		<b>Boys</b>	<b>Girls</b>		<b>Boys</b>
<b>1</b>	<b>9 &amp; Over Mixed 400 Free</b> note same event number for M and F	<b>1</b>	<b>19</b>	<b>11 &amp; Over Mixed 400 IM</b> note same event number for M and F	<b>19</b>
<b>3</b>	<b>Open 50 Breast</b>	<b>4</b>	<b>21</b>	<b>Open 50 Fly</b>	<b>22</b>
<b>5</b>	<b>11 &amp; Over 200 Back</b>	<b>6</b>	<b>23</b>	<b>Open 200 Free</b>	<b>24</b>
<b>7</b>	<b>Open 100 Fly</b>	<b>8</b>	<b>25</b>	<b>Open 100 Back</b>	<b>26</b>
<b>9</b>	<b>11 &amp; Over 200 Breast</b>	<b>10</b>	<b>27</b>	<b>11 &amp; Over 200 Fly</b>	<b>28</b>
<b>11</b>	<b>Open 100 Free</b>	<b>12</b>	<b>29</b>	<b>Open 100 Breast</b>	<b>30</b>
<b>13</b>	<b>Open 50 Back</b>	<b>14</b>	<b>31</b>	<b>Open 50 Free</b>	<b>32</b>
<b>15</b>	<b>Open 200 IM</b>	<b>16</b>			
<b>Session 2</b> 20 minute warm up			<b>Session 4</b> 20 minute warm up		
<b>17</b>	<b>11 &amp; Over Mixed 1500 Free</b> note same event number for M and F	<b>17</b>	<b>33</b>	<b>11 &amp; Over Mixed 800 Free</b> note same event number for M and F	<b>33</b>

**2010 HLST Capital City Invitational  
Accounting Sheet**

Helena Lions Swim Team, PO Box 936, Helena, MT 59624

Please enclose this accounting sheet with your entries.

Team: \_\_\_\_\_ Coach: \_\_\_\_\_

Number of swimmers: \_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_

Number of Events: \_\_\_\_\_ x \$ 2.00 = \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

Name, address, and phone number of person who may be contacted concerning these entries:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**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. Clubs sending swimmers without a coach should notify the meet registrar when entering swimmers. Swimmers without a coach present will be assigned to warm-up with another coach present at the meet. We further verify that all our entered swimmers are registered athlete members of USA Swimming or the Canadian equivalent for the current year.

Coach Name: \_\_\_\_\_ Coach Name: \_\_\_\_\_

Coach Name: \_\_\_\_\_ Coach Name: \_\_\_\_\_

**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, Last Chance Splash Waterpark and 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: \_\_\_\_\_ Date: \_\_\_\_\_

**MASTER ENTRY FORM  
HLST CAPITAL CITY INVITATIONAL  
JULY 10-11, 2010**

Club: \_\_\_\_\_ Coach: \_\_\_\_\_ e-mail: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State/Prov.: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Name	Age	Sex	USA #	Event#	Event#	Event#	Event#	Event#	Event#	Event#	Event#	Fees
				Time	Time	Time	Time	Time	Time	Time		

Total Swimmers this sheet: \_\_\_\_\_ x \$15.00 = \_\_\_\_\_  
 Total Individual Events this sheet: \_\_\_\_\_ x \$2.00 = \_\_\_\_\_  
**Total Due this sheet:           \$ \_\_\_\_\_**