

## **2010 JAMIE TURNER MEMORIAL MEET: SPLIT MEET**

February 19, 20, & 21, 2009

Sponsored by the Helena Lions Swim Team

**(CORRECTED 2/10/10)**

- Sanction:** #0773. This meet is sanctioned 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, 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 19 - 21, 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.
- Space Limitations:** The PE center lobby and some of the balcony areas must be vacated by all swimmers and spectators by 4:00 p.m. Saturday. There is a CC basketball game Sat and there will be minimal space for spectators and swimmers. It is possible there may be space in a balcony in the gym. There are also viewing bleachers above the pool.
- Concessions:** HLST will operate a concession and a swim shop during the meet. Swimmers and spectators are encouraged to support the HLST concessions stand.
- Time:** The meet will begin Friday, February 19 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 #30 and Event #62 for those swimming the 500 Free and 400 IM. Warm ups for Sessions 3 & 6 will start immediately following Event #16 and Event # 48. 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.
- Tips for meet:** We will use over the top starts. **COACHES** – make sure your swimmers understand over the top starts.
- Meet Sponsor:** The Hampton Inn Helena is a sponsor of the Helena Lions and is offering a discounted rate to families of swimmers attending the February meet. The hotel is “team friendly” with an indoor swimming pool and a hot breakfast daily. With prior notice, they also can host group dinners for your team. You may book

online at [www.helena.hamptoninn.com](http://www.helena.hamptoninn.com) and use the group code HLS or call the toll free reservation number at 1-800-HAMPTON or the hotel directly at 406-443-5800.

**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 19, 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, fastest to slowest. **The 500 Free will be limited to 10 heats, unless additional heats are decided by the meet referee once entries are received.**

**Entry Deadline:** Team entries must be received no later than Saturday, February 13. Phone entries for individuals only will be accepted until 7:00 p.m. MDT on Sunday February 14. Phone and email entries can be made with the meet registrar, Cindy Shull at (406)439-7830 or [bccabsinc@aol.com](mailto:bccabsinc@aol.com).

**Entries:** All entries must be submitted on either e-mail (preferred method) using Hy-tek software. 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 , unless additional heats are decided by the meet referee once entries are received.** 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 10, 2009 to allow time for the ordering of awards.

**Entry Fees:** Fees will be \$15.00 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:** Individual high point awards will be given for the top three places in each age group. 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 Directors:** Shannon Hall (406) 431-4348, [hallfam@bresnan.net](mailto:hallfam@bresnan.net)  
Jayme Carlson (406) 442-2717, [jaymecarlson@bresnan.net](mailto:jaymecarlson@bresnan.net)

**Meet Registrar:** Cindy Shull: (406) 459-7830, [bccabsinc@aol.com](mailto:bccabsinc@aol.com)

**Meet Referee:** Randy Vook (406) 495-0026, [rshandyman@msn.com](mailto:rshandyman@msn.com)

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2010 HLST Jamie Turner Memorial Meet  
Order of Events

**Friday – Session I**

4:30 PM - Warm-up

- 1 Mixed 11 & O 1650 Free
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**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 |
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**Saturday - Session 3**

Warm-up to be posted

- |    |                 |    |
|----|-----------------|----|
| 17 | 11&O 50 BREAST  | 18 |
| 19 | 11&O 100 FLY    | 20 |
| 21 | 11&O 200 BACK   | 22 |
| 23 | 11&O 100 FREE   | 24 |
| 25 | 11&O 200 BREAST | 26 |
| 27 | 11&O 50 BACK    | 28 |
| 29 | 11&O 200 IM     | 30 |

**Sunday - Session 6**

Warm-up to be posted

- |    |                 |    |
|----|-----------------|----|
| 49 | 11&O 100 BACK   | 50 |
| 51 | 11&O 50 FLY     | 52 |
| 53 | 11&O 200 FREE   | 54 |
| 55 | 11&O 100 IM     | 56 |
| 57 | 11&O 200 FLY    | 58 |
| 59 | 11&O 50 FREE    | 60 |
| 61 | 11&O 100 BREAST | 62 |
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**Saturday - Session 4**

20 Minute Warm-up

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|----|--------------------|--|
| 31 | MIXED 9&O 500 FREE |  |
|----|--------------------|--|

**Sunday - Session 7**

20 Minute Warm-up

- |    |             |    |
|----|-------------|----|
| 63 | 11&O 400 IM | 64 |
|----|-------------|----|

**2010 HLST JAMIE TURNER MEMORIAL MEET  
ACCOUNTING AND WAIVER SHEET**

Please enclose this accounting sheet with your entries.

TEAM \_\_\_\_\_

Total # swimmers at \$15.00= \_\_\_\_\_

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: 2010 HLST Jamie Turner Memorial Swim Meet

Meet Date(s): Friday, Saturday, and Sunday February 19-21, 2010

Location: Carroll College PE Center, Helena, MT

Host Club: Helena Lions Swim Team