

2011 HLST CAPITAL CITY INVITATIONAL
JULY 9-10, 2011

Sponsored by the Helena Lions Swim Team

APPROVAL: 0826

DATE: July 9-10, 2011

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. **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.**

MEET 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. **Please note that this will be a whistle free meet. All events will be started based on voice commands. Please discuss this with your swimmers prior to the meet.**

SCHEDULE:

Saturday, July 9:	Session 1 Warm-up: 7:30 am Session 2 Open Warm-up: immediately following conclusion of Event 16 (length: 20 minutes)
Sunday, July 10:	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 29th. Phone entries for individuals will be accepted until 7:00pm on Thursday, June 30th. 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, Phil Dolan at spurko@msn.com or (406)202-2367.

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

- ENTRY FEES:** Fees will be \$17.00 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. There will be no refunds.
- 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 and arrange for any needed accommodations by June 30th, 2011. 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 June 30th to allow time for ordering awards.
- 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 9, 2011 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 sixty (60) 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 or through the pool office/locker rooms. Spectators may observe from the deck area of the 50 meter pool; no chairs or 'camping' by swimmers or spectators is allowed on the deck or in the concessions area. No access is allowed to the recreational splash park area prior to public opening at 1:00 each day; access to this area after 1:00 is allowed only with the purchase of a wristband from the pool office. County Health Department regulations limit total capacity of the facility. **Spectators are requested to leave the pool area between races.** If the facility capacity is exceeded, the City reserves the right to close the south gates, and spectators will be asked to leave the deck area in order for the meet to continue on schedule.

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, 11-12, 13-14 and 15& over. Ribbons will be awarded for 1st – 8th place.

CONTACT:

Vickie Murphy	Meet Manager	(406)431-3818	mtjeffco@hughes.net
Phil Dolan	Meet Registrar	(406)227-6081	spurko@msn.com
Randy Vook	Meet Referee	(406)439-0261	rshandyman@msn.com

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ORDER OF EVENTS

Saturday, July 9, 2011 Session 1			Sunday, July 10, 2011 Session 3		
Girls		Boys	Girls		Boys
1	9 & Over Mixed 400 Free <small>note same event number for M and F</small>	1	19	11 & Over Mixed 400 IM <small>note same event number for M and F</small>	19
3	Open 50 Breast	4	21	Open 50 Fly	22
5	11 & Over 200 Back	6	23	Open 200 Free	24
7	Open 100 Fly	8	25	Open 100 Back	26
9	11 & Over 200 Breast	10	27	11 & Over 200 Fly	28
11	Open 100 Free	12	29	Open 100 Breast	30
13	Open 50 Back	14	31	Open 50 Free	32
15	Open 200 IM	16			
Session 2 20 minute warm up			Session 4 20 minute warm up		
17	11 & Over Mixed 1500 Free <small>note same event number for M and F</small>	17	33	11 & Over Mixed 800 Free <small>note same event number for M and F</small>	33

**2011 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 \$17.00 = \$ _____

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 9-10, 2011

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 \$17.00 = _____
 Total Individual Events this sheet: _____ x \$2.00 = _____
Total Due this sheet: \$ _____