



SUNKIST SHORT COURSE CLASSIC INVITATIONAL September 18-20, 2015

- Hosted by:** Sunkist Swim Team, www.sunkistswimteam.com.
- Sanction:** Held under the sanction of USA Swimming and Mississippi Swimming, Inc. Meet Sanction: MSI# 1526. Time Trial Sanction: MSI# 1526TT.
- Location:** Flowood YMCA
690 Liberty Road
Flowood, MS 39232
601-664-6814
- Facilities:** Indoor 25 yard pool; 8 lanes using non-turbulent lane lines; Colorado Timing System, touch pads at one end with backup; 8 line scoreboard and computer interface with Hy-Tek Meet Manager; Paragon starting blocks on both ends. There will be no tobacco products or alcohol on the pool deck or any area frequented by swimmers. Concessions will be available, ample deck space, bleachers, First Aid and Life Guards on duty. Parking is available adjacent to YMCA. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Average water depth, measured in accordance with 202.3.7 is 4.5 feet at the start end and 4.5 feet at the turn end.
- Eligibility:** Invited teams and swimmers only. All athletes must be USA Swimming registered swimmers and registration number must accompany entries for consideration. Any person who enters an unregistered swimmer is subject to a \$100 fine as required by Mississippi Swimming. Swimmer's age on first day of meet will determine his or her age for entire meet.
- Any swimmer entered in the meet must be certified by a USA Swimming coach member as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Coaches:** Only current coach members of USA Swimming with swimmers in the meet may perform coaching duties and have access to areas restricted for certified swimmers, coaches and officials. Coach packets are provided to current coach members only. Non-certified assistants and parents of unattached swimmers may observe the meet, but may not occupy areas restricted for certified swimmers, coaches and officials.

- Meet Format:** All events will be conducted in short course yards and scored as timed finals in accordance with the rules of USA Swimming. Meet Director and Meet Referee reserve the right to adjust event limits, if necessary, based upon the number of entries received. This may include combining heats and events, and/or splitting up sessions, which actions may require reseeding. All events will be pre-seeded.
- Time Trials:** Time trials may be held at the end of each session for invited teams and swimmers only and will commence after a 10 minute break. Requests for time trials will be accepted by the Admin Referee up until the deadline which is two hours from the start of each session. Payment for any requested time trial must accompany the request. Requested time trials for swimmers not entered in the meet must be accompanied by proof of current USA Swimming registration.
- Meet Format:** All events will be conducted in short course yards and scored as timed finals in accordance with the rules of USA Swimming.
- Limit of Events:** Four (4) individual events and one (1) relay per day, exclusive of time trials.
One (1) individual and (1) relay per time trial session per day.
- Entries:** Please use Hy-Tek software for entries. All entries must include: first and last name, age, USA number, events and best times in SCY (Short Course Yards) for events entered. Meet host reserves the right to limit entries should total meet entries exceed expectations.
- Entry Deadline:** Entries must be received **via EMAIL by 5pm CST on September 11th.**
- Late Entries:** Late entries may be accepted on a "lane available" basis. No new heats will be created. Late entries will not appear in the heat sheet.
- Entry Fees:** \$5.00 per individual event \$5.00 MSI surcharge per swimmer
\$10.00 per relay event \$5.00 facility surcharge per swimmer
\$10.00 per time trial event
- Time trial only and relay only swimmers must pay all surcharges.
- Payment:** Make checks payable to: **SUNKIST SWIM TEAM.**
- Email Entries to:** coachdavidorr@gmail.com
- Scoring:** Individual Events: 9, 7, 6, 5, 4, 3, 2, 1
Relays: 18, 14, 12, 10, 8, 6, 4, 2
- Awards:** Individual High Point Awards for each age group/gender. 6&under high point awarded for 6&under events only. Medals 1st – 3rd, ribbons 4th–8th
- Swimwear:** Swimwear will be according to Article 102.8 of USA Swimming Rules and Regulations. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

- Warm-Up:** MSI safety guidelines and procedures are in effect for this meet. Diving is not allowed in lanes with two way traffic. Diving is permitted only with the direct supervision of a USA Swimming member coach.
- Schedule:** Friday Evening Warm-ups: 4:00 – 4:50pm
Competition Starts: 5:00pm
- Saturday Morning Warm-ups: 8:00 – 8:50am
Competition Starts: 9:00am
- Saturday Afternoon Warm-ups: not before 11:30am
Competition Starts: not before 12:30pm
- Sunday Morning Warm-ups: 8:00 – 8:50am
Competition Starts: 9:00am
- Sunday Afternoon Warm-ups: not before 11:30am
Competition Starts: not before 12:30pm
- Seeding:** The meet will be pre-seeded according to current USA Swimming rules for timed finals. Entries submitted without times will be seeded as NT (No Time).
- Reporting:** Swimmers in all events will report directly to the starting blocks. All entry cards, except for relays, will be at the appropriate lane according to the heat sheet. It is the responsibility of the coaches and the swimmers to see that the swimmer reports to his/her assigned lane at the proper time. There will not be a clerk of course or bull pen.
- Scratches:** USA Swimming scratch rules for timed finals will be in effect. No swimmer may scratch from an entered event and then enter another event. No swimmer may enter a later event to make up for a missed event.
- Four Hour Rule:** If an age group event for swimmers 12 years old and under is swum after the session has been running four (4) hours, each involved swimmer has the option of either swimming that event or receiving a refund for that event. A swimmer desiring the refund must declare his/her intent to the Meet Director. There will be no refund for swimmers not in attendance.
- Heat Sheets:** Heat sheets will be provided for free online on the Sunkist website.
- Hospitality:** Hospitality room provided for registered coaches and meet officials.
- Vendor:** All-American Swim Supply to offer swimwear and equipment.
- Officials:** Certified officials of teams invited to the meet who are members of USA Swimming and are available to work the meet are asked to notify the Meet Referee by email.
- Meet Director:** David Orr
818-640-5897
coachdavidorr@gmail.com

Admin Referee: John Skains
601-573-2845
skainsj@bellsouth.net

Referee: Karen Dierolf
601-573-5538
dierolfk@bellsouth.net

Hotels: There are numerous hotels near the pool and in the Jackson Metro Area.

Dining & Retail: Jackson Metro Area is home to many wonderful restaurants and shopping opportunities, from large department stores and unique boutiques, to specialty shops and the new Outlets Of Mississippi.

Dogwood Festival Market & Promenade
www.dogwood-festival.com

Market Street - Flowood
www.marketstreet-flowood.com

Outlets of Mississippi
<http://www.outletsofms.com/>

Renaissance at Colony Park
<http://www.renaissanceatcolonypark.com/>

ORDER OF EVENTS

Friday PM Session

| <u>Event</u> <u>Girls</u> | <u>Age</u> <u>Group</u> | <u>Distance/</u> <u>Stroke</u> | <u>Event</u> <u>Boys</u> |
|------------------------------|----------------------------|-----------------------------------|-----------------------------|
| 1 | 10 & Under | 200 IM | 2 |
| 3 | 11 & Over | 400 IM | 4 |

*** Events 1 and 2 will be scored and awarded 8&under, 9-10.
Events 3 and 4 will be swum fastest to slowest alternating girls and boys heats.
Events 3 and 4 will be scored and awarded 11-12, 13-14, 15&over.
These events require positive check in by 4:45p.m. ***

Saturday AM Session

| <u>Event</u> <u>Girls</u> | <u>Age</u> <u>Group</u> | <u>Distance/</u> <u>Stroke</u> | <u>Event</u> <u>Boys</u> |
|------------------------------|----------------------------|-----------------------------------|-----------------------------|
| 5 | 8 & Under | 100 Free Relay | 6 |
| 7 | 10 & Under | 100 Free Relay | 8 |
| 9 | 6-U | 25 Free | 10 |
| 11 | 7-8 | 25 Free | 12 |
| 13 | 9-10 | 50 Free | 14 |
| 15 | 8-U | 50 Breast | 16 |
| 17 | 9-10 | 100 Breast | 18 |
| 19 | 6-U | 50 Free | 20 |
| 21 | 7-8 | 50 Free | 22 |
| 23 | 9-10 | 100 Free | 24 |
| 25 | 6-U | 25 Fly | 26 |
| 27 | 7-8 | 25 Fly | 28 |
| 29 | 9-10 | 50 Fly | 30 |
| 31 | 8-U | 100 IM | 32 |
| 33 | 9-10 | 100 IM | 34 |

Saturday PM Session

| <u>Event</u> <u>Girls</u> | <u>Age</u> <u>Group</u> | <u>Distance/</u> <u>Stroke</u> | <u>Event</u> <u>Boys</u> |
|------------------------------|----------------------------|-----------------------------------|-----------------------------|
| 35 | 11-12 | 200 Free Relay | 36 |
| 37 | 13 & Over | 200 Free Relay | 38 |
| 39 | 11-12 | 50 Back | 40 |
| 41 | 13-14 | 100 Back | 42 |
| 43 | Senior | 100 Back | 44 |
| 45 | 11-12 | 100 Breast | 46 |
| 47 | 13-14 | 200 Breast | 48 |
| 49 | Senior | 200 Breast | 50 |
| 51 | 11-12 | 100 Free | 52 |
| 53 | 13-14 | 100 Free | 54 |
| 55 | Senior | 100 Free | 56 |
| 57 | 11-12 | 50 Fly | 58 |
| 59 | 13-14 | 100 Fly | 60 |
| 61 | Senior | 100 Fly | 62 |

| | | | |
|----|--------|--------|----|
| 63 | 11-12 | 100 IM | 64 |
| 65 | 13-14 | 200 IM | 66 |
| 67 | Senior | 200 IM | 68 |

Sunday AM Session

| <u>Event</u> <u>Girls</u> | <u>Age</u> <u>Group</u> | <u>Distance/</u> <u>Stroke</u> | <u>Event</u> <u>Boys</u> |
|--|--|---|---|
| 69 | 8 & Under | 100 Medley Relay | 70 |
| 71 | 10 & Under | 100 Medley Relay | 72 |
| 73 | 6-U | 25 Back | 74 |
| 75 | 7-8 | 25 Back | 76 |
| 77 | 9-10 | 50 Back | 78 |
| 79 | 8-U | 50 Fly | 80 |
| 81 | 9-10 | 100 Fly | 82 |
| 83 | 6-U | 25 Breast | 84 |
| 85 | 7-8 | 25 Breast | 86 |
| 87 | 9-10 | 50 Breast | 88 |
| 89 | 8-U | 50 Back | 90 |
| 91 | 9-10 | 100 Back | 92 |
| 93 | 8-U | 100 Free | 94 |
| 95 | 9-10 | 200 Free | 96 |

Sunday PM Session

| <u>Event</u> <u>Girls</u> | <u>Age</u> <u>Group</u> | <u>Distance/</u> <u>Stroke</u> | <u>Event</u> <u>Boys</u> |
|--|--|---|---|
| 97 | 11-12 | 200 Medley Relay | 98 |
| 99 | 13 & Over | 200 Medley Relay | 100 |
| 101 | 11-12 | 200 Free | 102 |
| 103 | 13-14 | 200 Free | 104 |
| 105 | Senior | 200 Free | 106 |
| 107 | 11-12 | 50 Breast | 108 |
| 109 | 13-14 | 100 Breast | 110 |
| 111 | Senior | 100 Breast | 112 |
| 113 | 11-12 | 100 Back | 114 |
| 115 | 13-14 | 200 Back | 116 |
| 117 | Senior | 200 Back | 118 |
| 119 | 11-12 | 50 Free | 120 |
| 121 | 13-14 | 50 Free | 122 |
| 123 | Senior | 50 Free | 124 |
| 125 | 11-12 | 100 Fly | 126 |
| 127 | 13-14 | 200 Fly | 128 |
| 129 | Senior | 200 Fly | 130 |

*** Meet management reserves the right to insert breaks as needed to insure there is enough time for swimmers between events.

TEAM ENTRY SUMMARY SHEET

CLUB NAME: _____

ABBREVIATION: _____

COACHES: _____

TEAM ADDRESS _____

PHONE: _____

Total Number of Swimmers (MSI) _____ x \$5.00 = _____

Total Number of Swimmers (Facility) _____ x \$5.00 = _____

Total Number of Individual Entries _____ x \$5.00 = _____

Total Number of Relay Entries _____ x \$10.00 = _____

Entry Fees Total Due: _____

RELEASE

On behalf of each of the listed competitors, I understand and agree that USA Swimming, Inc., Mississippi Swimming, Inc., Sunkist Swim Team, Metro YMCA's of Mississippi, and the City of Flowood, MS, shall be free of all liabilities or claims for loss of valuables or damages arising by any reason of injuries to anyone during travel to or from this meet or during conduct of this meet or during any social gathering associated with this meet and expressly agree to waive claim as condition of being allowed to enter this meet.

Signed: _____ **Date:** _____
Team Coach or Representative