



## SUNKIST SPRINT TO CHRISTMAS INVITATIONAL December 11-13, 2015

**Hosted by:** Sunkist Swim Team, [www.sunkistswimteam.com](http://www.sunkistswimteam.com).

**Sanction:** Held under the sanction of USA Swimming and Mississippi Swimming, Inc.  
Meet Sanction: MSI# 1529. Time Trial Sanction: MSI# 1529TT.

**Location:** Flowood YMCA  
690 Liberty Road  
Flowood, MS 39232  
601-664-6814



**Charity:** Sunkist is a proud sponsor of the U.S. Marine Corps Reserve Toys For Tots program. We encourage all participants to help bring a joyful holiday season to kids in need by donating one new, unwrapped toy at the meet. Toys can be dropped off in the lobby of the Flowood YMCA.

**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 per swimmer 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.

**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 December 4th.

**Late Entries:** Late entries may be accepted on a "lane available" basis. No new heats will be created. Late entries will not appear in 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

All 10&under 50 yard events will be scored and awarded 6&under, 8&under and 9-10. All 10&under 100 and 200 yard events will be scored and awarded 8&under and 9-10.

- Awards:** Individual High Point Awards for each age group/gender.  
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](mailto:coachdavidorr@gmail.com)

**Admin Referee:** John Skains  
601-573-2845  
[skainsj@bellsouth.net](mailto:skainsj@bellsouth.net)

**Referee:** Allison Mitchell  
601-750-2584  
[slc3603@bellsouth.net](mailto:slc3603@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](http://www.dogwood-festival.com)

Market Street - Flowood  
[www.marketstreet-flowood.com](http://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

Girls	Event	Boys
1	Open 25 Free	2
3	Open 25 Breast	4
5	Open 25 Back	6
7	Open 25 Fly	8
9	13 & over 50 Free	10

\*\*\* Events 1-8 will be scored and awarded 6&under, 8&under, 9-10, 11-12, 13-14 and 15&over. Events 9 & 10 will be scored and awarded 13-14 and 15&over.

## Saturday AM Session

11	8 & U 100 Med Relay	12
13	10 & U 100 Med Relay	14
15	11-12 200 Med Relay	16
17	10 & U 50 Breast	18
19	11-12 50 Breast	20
21	10 & U 100 Fly	22
23	11-12 100 Fly	24
25	10 & U 50 Back	26
27	11-12 50 Back	28
29	10 & U 100 IM	30
31	11-12 100 IM	32
33	10 & U 200 Free	34
35	11-12 200 Free	36

## Saturday PM Session

37	13 & Over 200 Med Relay	38
39	13-14 50 Back	40
41	15 & Over 50 Back	42
43	13-14 100 Free	44
45	15 & Over 100 Free	46
47	13-14 200 Fly	48
49	15 & Over 200 Fly	50
51	13-14 100 Breast	52
53	15 & Over 100 Breast	54
55	13-14 200 Back	56
57	15 & Over 200 Back	58
59	13-14 50 Fly	60
61	15 & Over 50 Fly	62

### **Sunday AM Session**

63	8 & U 100 Free Relay	64
65	10 & U 100 Free Relay	66
67	11-12 200 Free Relay	68
69	10 & U 50 Fly	70
71	11-12 50 Fly	72
73	10 & U 100 Back	74
75	11-12 100 Back	76
77	10 & U 50 Free	78
79	11-12 50 Free	80
81	10 & U 100 Breast	82
83	11-12 100 Breast	84
85	10 & U 100 Free	86
87	11-12 100 Free	88
89	10 & U 200 IM	90
91	11-12 200 IM	92

### **Sunday PM Session**

93	13 & Over 200 Free Relay	94
95	13-14 200 Free	96
97	15 & over 200 Free	98
99	13-14 100 Fly	100
101	15 & over 100 Fly	102
103	13-14 50 Breast	104
105	15 & over 50 Breast	106
107	13-14 100 Back	108
109	15 & over 100 Back	110
111	13-14 200 Breast	112
113	15 & over 200 Breast	114
115	13-14 100 IM	116
117	15 & over 100 IM	118

\*\*\* Meet management reserves the right to insert breaks 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**