



SUNKIST WINTER BLAST INVITATIONAL
January 29-31, 2016

- Hosted by:** Sunkist Swim Team, www.sunkistswimteam.com.
- Sanction:** Held under the sanction of USA Swimming and Mississippi Swimming, Inc. Meet Sanction: MSI# 1604. Time Trial Sanction: MSI# 1604TT.
- 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 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.
Mixed gender relays must consist of two (2) males and two (2) females.

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 January 22nd.**

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 8&under events will be scored 6&under and 7-8.

All 12&under events will be scored 8&under, 9-10 and 11-12. 6&under points in 12&under events will not count for 6&under high point.

All 13&over events will be scored 13-14 and 15&over.

All Open events will be scored 6&u, 8&u, 9-10, 11-12, 13-14, 15&o.

- 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. Deck changes are 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

Sunday Morning Warm-ups: 8:00 – 8:50am
Competition Starts: 9:00am
- 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 before the end of the session. 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 swim wear 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: Allison Mitchell
601-750-2584
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

Market Street - Flowood
www.marketstreet-flowood.com

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

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

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Friday Evening

Warm-ups 4:00-4:50pm, Start 5:00pm

Girls	Event	Boys
1	Open 50 Free	2
3	Open 50 Breast	4
5	Open 50 Back	6
7	Open 50 Fly	8

Saturday Morning

Warm ups 8-8:50am, Start 9:00am

9	8 & U 100 Free Relay	10
11	12 & U 100 Free Relay	12
13	<i>13 & O Mixed 200 Free Relay</i>	13
15	8 & Under 25 Free	16
17	12 & Under 100 Free	18
19	13 & Over 100 Free	20
21	8 & Under 25 Back	22
23	12 & Under 200 Back	24
25	13 & Over 200 Back	26
27	8 & Under 100 IM	28
29	12 & Under 200 IM	30
31	13 & Over 200 IM	32
33	8 & Under 100 Free	34
35	12 & Under 100 Fly	36
37	13 & Over 100 Fly	38
39	8 & Under 100 Breast	40
41	12 & Under 200 Breast	42
43	13 & Over 200 Breast	44

Sunday Morning

Warm ups 8-8:50am, Start 9:00am

45	8 & U 100 Medley Relay	46
47	12 & U 100 Medley Relay	48
49	<i>13 & O Mixed 200 Medley Relay</i>	49
51	8 & Under 25 Breast	52
53	12 & Under 100 Breast	54
55	13 & Over 100 Breast	56
57	8 & Under 25 Fly	58
59	12 & Under 200 Fly	60
61	13 & Over 200 Fly	62
63	8 & Under 100 Back	64
65	12 & Under 100 Back	66
67	13 & Over 100 Back	68
69	8 & Under 100 Fly	70

71	12 & Under 200 Free	72
73	13 & Over 200 Free	74
75	8 & Under 200 IM	76
77	12 & Under 400 IM	78
79	13 & Over 400 IM	80

Time trials may start 10 minutes after the end of each session.

Meet Director and Meet Referee may 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 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