



**Mississippi Swimming, Inc.**  
**2016 Charlene Craddock DAC Invitational**  
**January 29-31<sup>st</sup>**

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- Sanction:** Held under the sanction of United States Swimming and Mississippi Swimming, Inc.  
**Sanction MSI# 1603**
- Sponsor:** **Delta Aquatic Club** [www.deltaducks.org](http://www.deltaducks.org)  
**Meet Page** posted on the DAC Team Website
- Location:** Delta State Aquatic Center (**GOOGLE MAP address – use 101 Yazoo Street**)  
Delta State University, Cleveland, MS 38733, 662.846.4730
- Facilities:** Indoor 50 meter by 25 yard competition pool. The short course venue for this meet will include 8 lanes (9ft wide), 6” Competitor lane lines, 7’ minimum depth, with 1 moveable Stark Bulkhead. The timing will be run on Colorado Time System Myriad Full Matrix LED scoreboard with Hy-Tek Meet Manager. Equipment includes paragon Track start competitor starting blocks with electronic relay takeoff equipment. Building is designed with 800 permanent seats and temporary tip and roll bleachers for 600. Continuous warm down area is available. **There will be no smoking or alcohol around the pool, deck, patio, or anywhere swimmers are present. Only swimmers, coaches, and meet officials allowed on pool deck.**
- Rules:** Current United States swimming Rules will govern the conduct of the meet.
- Eligibility:** The meet is open to all USS registered swimmers. The person responsible for entering an unregistered swimmer as registered will be subject to a fine of \$100 per swimmer. Swimmers without USS registration numbers will be rejected. **Age of the Swimmer as of January 29<sup>th</sup>, 2016**, will determine the age for the duration of the meet.
- Coaches:** Coaches must be current USS Coach Members in order to perform on deck duties. If a coach is not currently certified, he/she may observe as any observer, but may not perform coaching duties or sit in the coach’s area. Coaches’ packet will be given only to those coaches presenting credentials.
- Seeding:** Seeding will be according to Article 102.5 of USS Rules and Regulations.
- Conduct of Meet:** All events will be conducted in short course yards and will swim as timed finals.  
**Friday events and 500 Freestyles will be swum alternating fastest heat of girls, then guys.**  
**On Friday** the 12 and under events will be scored separately as 10 and under, and 11-12. Also, the Senior events will be scored separately for 13-14 and Senior.  
**On Saturday and Sunday** All events will be swum during the morning session
- Positive check-in is required for these events 30 minutes prior to the end of warm-ups on Friday. The end of positive check in will be promptly at 5:05pm on Friday.**

- Swim Wear:** Swim Wear will be according to the current USA Swimming Rules and Regulations guidelines under Article 102.8.
- Pool Certification:** The Competition course has not been certified in accordance with 104.2.2C (4).
- Event Limit:** On Friday, swimmers may enter **two (2) events**. On Saturday and Sunday swimmers may enter **four (4) individual events** and one **(1) relay per day**.
- Schedule:**
- |                  |   |
|------------------|---|
| Friday Evening   | Warm-ups: 4:45 - 5:35pm<br>Meet Starts: 5:45pm  |
| Saturday Morning | Warm-ups: 9:00 – 9:50am<br>Meet Starts: 10:00am |
| Sunday Morning   | Warm-ups: 9:00 – 9:50am<br>Meet Starts: 10:00am |
- 4 Hour Rule:** If an age group event for swimmers 12 years old and under is swum after the session has been running for four hours, each individual swimmer has the option of either swimming that event or receiving a refund for that event. A swimmer desiring a refund for that event must declare his/her intent to the Meet director before the event is swum. There will be no refunds for swimmers who are not in attendance.
- Entry Fees:** \$5.00 per swimmer for MSI surcharge, \$10.00 per swimmer for Facility Charge, \$4.00 per individual event, \$8.00 per relay
- Heat Sheets:** **Heat Sheets will be available for download on the Craddock Meet Page by Wednesday, January 27<sup>th</sup>, 2016. Each Session will be posted separately. Each Session of the HEAT SHEET will be posted in the spectator seating upstairs, for those to follow along with the meet.**
- Entry Deadline:** **Make all checks payable to DAC.**  
Mail checks with entries, recap sheet, and signed release form to:  
  
Coach Jake Blegen  
Phone: 832 477-5253  
jake\_blegen@yahoo.com  
  
Delta Aquatic Club  
PO Box 3286  
Cleveland, MS 38733
- If you are sending entries via USPO, FEDEX or UPS please WAVE SIGNATURE. **Emailed entries are preferred. Entry Deadline is Friday, January 22<sup>nd</sup>, 2016.** Entry form included. If available please use Hy-Tek. Send hard copies for verification by using a word file for “Meet Entries” report as an attachment in your email. Complete entries should include swimmer’s first and last name, age, events, entry time **in yards**, and USS number. Late entries will be accepted when lanes are available but will be charged double entry fee. No swimmer may scratch one event and enter another. Late entries are due by the beginning of each session.
- Timers:** Each participating team will be assigned timing assignments according to the size of the team.
- Racing Start Cert:** Any swimmer entered in the meet 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. 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.

- Bathroom Policy:** **Absolutely NO cell phones or camera's** are allowed in the boys and girls bathrooms in the Aquatic Center or in any of the surrounding bathrooms in DSU buildings. Also, Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Officiating:** DAC would greatly appreciate help from visiting teams. **Please contact the Meet Director if you have officials that can help.** As a matter of USA Swimming insurance coverage, official's certification card must be carried on person. We also ask for a list of officials willing to work for any session when emailing your entries.
- Warm-Ups:** Mississippi Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. The first 30 minutes will be general warm-ups, NO Diving. In the last 20 minutes, the two outside lanes, 1 and 8, will be for pace, all swimmers leaving the wall from a push. Lanes 2 and 7 are for dives off the blocks with one way traffic. The remaining lanes are for general warm-up, NO DIVING.
- Scoring:** Individual Events: 9, 7, 6, 5, 4, 3, 2, 1  
Relays: Double points
- Awards:** Individual High Point Awards for each age group/sex.  
Ribbons: 1<sup>st</sup>– 8<sup>th</sup> for 8 & Under, 9-10 and 11-12  
Medals: 1<sup>st</sup> – 3<sup>rd</sup> for 13 and over  
Team Trophies: 1<sup>st</sup> – 3<sup>rd</sup>
- Reporting:** Swimmers in all events will report directly to the starting blocks. It is the responsibility of the swimmer and the coach to see that the swimmer reports to the assigned lane at the proper time. There will be no clerk of course.
- Hospitality:** Hospitality will be located on deck. It is available to all coaches and meet officials in the Ready Room.
- Concessions:** Concessions will be available in the lobby of the DSU Aquatic Center.
- Meet Referee:** Teri Lane  
(662) 379 3169  
terri.k.lane@gmail.com
- Meet Director:** Kevin Cox  
P.O. Box 780  
Cleveland, MS 38732  
Home 662.843.1666  
Cell 662.719.6074  
Work 662.843.4091 ext.11  
Email: [kwc514@yahoo.com](mailto:kwc514@yahoo.com)
- DAC Coaches:** Coach Jake Blegen  
Phone: 832 477-5253  
jake\_blegen@yahoo.com  
  
Coach Chet Oguz  
Phone: 662 402-0379

**Session: 1 Friday Night**

**Day of Meet: 1 Starts at 05:45 PM Heat Interval: 30 Seconds / Back +45 Seconds**

Finals IM	1 Girls 12 & Under 200	Finals	2 Boys 12 & Under 200 IM
Finals Freestyle	3 Girls 500	Finals	4 Boys 500 Freestyle

**Session: 2 Saturday**

**Day of Meet: 2 Starts at 10:00 AM Heat Interval: 30 Seconds / Back +15 Seconds**

Finals Freestyle	5 Girls 13 & Over 100	Finals	6 Boys 13 & Over 100 Freestyle
Finals Freestyle	7 Girls 11-12 100	Finals	8 Boys 11-12 100 Freestyle
Finals Freestyle	9 Girls 9-10 100	Finals	10 Boys 9-10 100 Freestyle
Finals Freestyle	11 Girls 8 & Under 50	Finals Freestyle	12 Boys 8 & Under 50
Finals Butterfly	13 Girls 13 & Over 200	Finals Butterfly	14 Boys 13 & Over 200
Finals Butterfly	15 Girls 11-12 100	Finals	16 Boys 11-12 100 Butterfly
Finals Butterfly	17 Girls 9-10 100	Finals	18 Boys 9-10 100 Butterfly
Finals Butterfly	19 Girls 8 & Under 25	Finals	20 Boys 8 & Under 25 Butterfly
Finals Backstroke	21 Girls 13 & Over 100	Finals	22 Boys 13 & Over 100 Backstroke
Finals Backstroke	23 Girls 11-12 50	Finals	24 Boys 11-12 50 Backstroke
Finals Backstroke	25 Girls 9-10 50	Finals	26 Boys 9-10 50 Backstroke
Finals Backstroke	27 Girls 8 & Under 50	Finals	28 Boys 8 & Under 50 Backstroke
Finals Breaststroke	29 Girls 13 & Over 200	Finals	30 Boys 13 & Over 200 Breaststroke
Finals Breaststroke	31 Girls 11-12 100	Finals	32 Boys 11-12 100 Breaststroke
Finals Breaststroke	33 Girls 9-10 100	Finals	34 Boys 9-10 100 Breaststroke
Finals Breaststroke	35 Girls 8 & Under 25	Finals Breaststroke	36 Boys 8 & Under 25
Finals IM	37 Girls 13 & Over 200	Finals	38 Boys 13 & Over 200 IM
Finals IM	39 Girls 11-12 100	Finals	40 Boys 11-12 100 IM

**Session: 2 Saturday**

**Day of Meet: 2 Starts at 10:00 AM Heat Interval: 30 Seconds / Back +15 Seconds**

Finals IM	41	Girls 9-10 100	Finals	42	Boys 9-10 100 IM
Finals IM	43	Girls 8 & Under 100	Finals	44	Boys 8 & Under 100 I
Finals Relay	45	Girls 13 & Over 200 Medley	Finals Relay	46	Boys 13 & Over 200 Medley
Finals Relay	47	Girls 12 & Under 200 Medley	Finals	48	Boys 12 & Under 200 Medley Relay
Finals Relay	49	Girls 8 & Under 100 Medley	Finals	50	Boys 8 & Under 100 Medley Relay

**Session: 3 Sunday**

**Day of Meet: 3 Starts at 10:00 AM Heat Interval: 30 Seconds / Back +15 Seconds**

Finals Freestyle	51	Girls 13 & Over 200	Finals  Freestyle	52	Boys 13 & Over 200 Freestyle
Finals	53	Girls 11-12 200	Finals	54	Boys 11-12 200 Freestyle
Finals Freestyle	55	Girls 9-10 200	Finals	56	Boys 9-10 200 Freestyle
Finals Freestyle	57	Girls 8 & Under 100	Finals	58	Boys 8 & Under 100 Freestyle
Finals Breaststroke	59	Girls 13 & Over 100	Finals	60	Boys 13 & Over 100 Breaststroke
Finals Breaststroke	61	Girls 11-12 50	Finals	62	Boys 11-12 50 Breaststroke
Finals Breaststroke	63	Girls 9-10 50	Finals Breaststroke	64	Boys 9-10 50
Finals Breaststroke	65	Girls 8 & Under 50	Finals	66	Boys 8 & Under 50 Breaststroke
Finals	67	Girls 13 & Over 200	Backstroke		

Finals	68	Boys 13 & Over 200 Backstroke		
Finals Backstroke	69	Girls 11-12 100	Finals	70 Boys 11-12 100 Backstroke
Finals Backstroke	71	Girls 9-10 100	Finals	72 Boys 9-10 100 Backstroke
Finals Backstroke	73	Girls 8 & Under 25	Finals Backstroke	74 Boys 8 & Under 25
Finals Butterfly	75	Girls 13 & Over 100	Finals	76 Boys 13 & Over 100 Butterfly
Finals Butterfly	77	Girls 11-12 50	Finals	78 Boys 11-12 50 Butterfly
Finals Butterfly	79	Girls 9-10 50	Finals	80 Boys 9-10 50 Butterfly
Finals Butterfly	81	Girls 8 & Under 50	Finals	82 Boys 8 & Under 50 Butterfl
Finals Freestyle	83	Girls 13 & Over 50	Finals Freestyle	84 Boys 13 & Over 50
Finals Freestyle	85	Girls 11-12 50	Finals Freestyle	86 Boys 11-12 50
Finals Freestyle	87	Girls 9-10 50	Finals	88 Boys 9-10 50 Freestyle
Finals Freestyle	89	Girls 8 & Under 25	Finals	90 Boys 8 & Under 25 Freestyle
Finals Relay	91	Girls 13 & Over 200 Freestyle	Finals	92 Boys 13 & Over 200 Freestyle Rel
Finals Relay	93	Girls 12 & Under 200 Freestyle	Finals Relay	94 Boys 12 & Under 200 Freestyle
Finals Relay	95	Girls 8 & Under 100 Freestyle	Finals	96 Boys 8 & Under 100 Freestyle Relay

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**TEAM ENTRY SUMMARY SHEET**

Club Name: \_\_\_\_\_ Club Code: \_\_\_\_\_

Names of Attending Coaches: \_\_\_\_\_  
\_\_\_\_\_

Number of Swimmers (MSI Surcharge) \_\_\_\_\_ @ \$5.00 = \_\_\_\_\_

Facility Charge \_\_\_\_\_ @ \$10.00 = \_\_\_\_\_

Number Individual Entries \_\_\_\_\_ @ \$4.00 = \_\_\_\_\_

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Number of Relay Entries \_\_\_\_\_ @ \$8.00 =

**Total Entry Fees =** \_\_\_\_\_

Team Address: \_\_\_\_\_

\_\_\_\_\_

Team Email(s): \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USS, MSI, DAC, DSU, and meet officials.

Signature of the coach or club representative: \_\_\_\_\_

Please send entries to:

Delta State University - Delta Aquatic Club

[jake\\_blegen@yahoo.com](mailto:jake_blegen@yahoo.com)

PO Box 3286Cleveland,

MS 38733

Email zip file is preferred

**Please make all checks payable to DAC**



# INFORMATION FORM FOR DISABLED SWIMMERS

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_/\_\_\_\_/\_\_\_\_.

EVENTS TO BE SWUM \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_

TYPE OF DISABILITY

Blind \_\_\_\_\_ Mentally Retarded \_\_\_\_\_ Deaf \_\_\_\_\_ Physical \_\_\_\_\_

EXTENT OF DISABILITY: Be specific, e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

THE FOLLOWING PERSON(S) WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:

\_\_\_\_\_

TYPE OF MEDICATION \_\_\_\_\_

PURPOSE OF MEDICATION \_\_\_\_\_

PARENT'S OR GUARDIAN'S NAME \_\_\_\_\_

PARENT'S OR GUARDIAN'S SIGNATURE \_\_\_\_\_

ATHLETES'S SIGNATURE \_\_\_\_\_

\*\*\*\*\*

PHYSICIAN'S NAME (please print) \_\_\_\_\_

PHYSICIAN'S ADDRESS \_\_\_\_\_

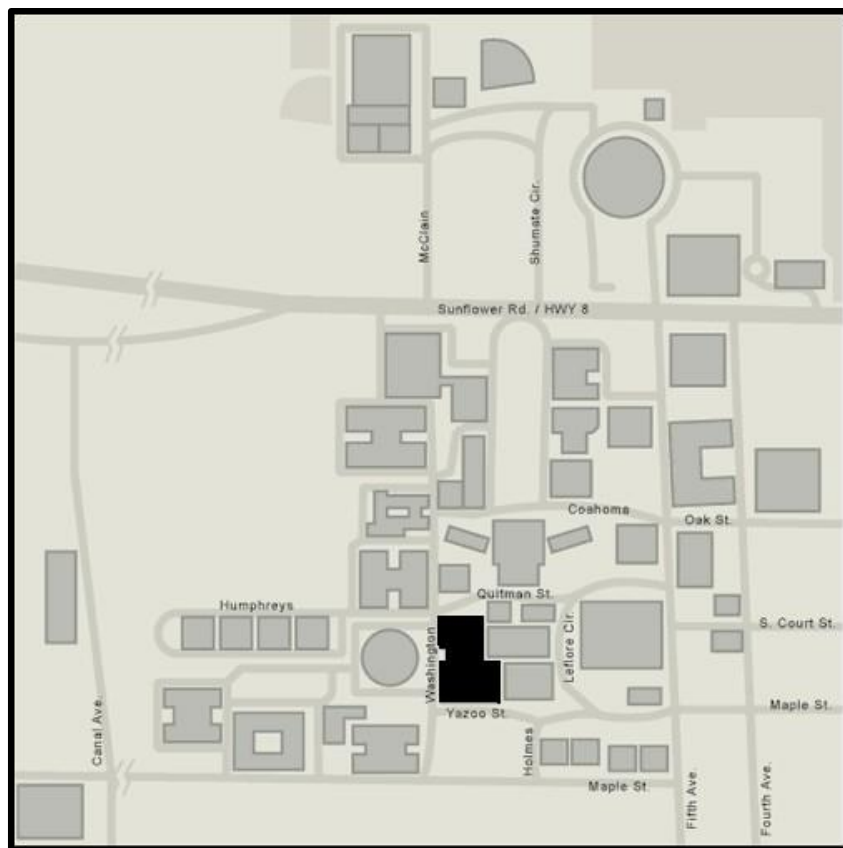
PHYSICIAN'S PHONE NUMBER \_\_\_\_\_

I have examined the above Entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in USA Swimming competition.

\_\_\_\_\_  
Physician's signature

\_\_\_\_\_  
Date

# Directions to the Pool – Delta State University Map



**\* Aquatic Center is darkened**

If traveling onto Highway 8,  
turn at the stoplight on Fifth  
Ave.

Take 5th Ave to stop sign, take  
your first (Right) at stop sign.

Take Leflore towards Campus  
(Right) the Aquatic Center and  
you will see the parking lot  
across from the pool.

**If using GOOGLE MAP or  
a GPS device.**

**Type... 101 Yazoo Street  
Cleveland, MS, 38733**