LSA WINTER INVITATIONAL 2016

LAUREL NATATORIUM

JANUARY 15-17, 2016

SANCTION: Held under the sanction of USA Swimming and MSI.

# MSI Sanction #

SPONSOR: LAUREL SWIM ASSOCIATION

LOCATION: Laurel Natatorium

4978 Highway 84 West

Laurel, MS 39443

Tel. 601-428-7665

REFEREE: Kim Orman

521 Service Rd

Laurel, MS 39443

STARTER: Parke Fowler

DIRECTOR Warren Holladay

1022 N 7th Ave

Laurel, MS 39441

601-319-2726

FACILITIES: Indoor 50 meter x 25 yd pool, 8 lanes competition course with warm-up and warm-down available. Daktronics timing with 8 lane scoreboard: HY-TEK program. The competition course has not been certified in accordance with 104.2.2C(4).

**SPECIAL NOTE:**

**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 and out of swim suits other than in locker rooms or other designated areas is prohibited.**

WATER

DEPTH: Minimum water depth for competition course is 5’ and maximum depth depth is 9’. Warm up warm down areas have minimum water depth of 4’6”.

TIME: Friday P.M. Warm-ups: 5:00 P.M.

Competition: 6:00 P.M.

Saturday & Sunday A.M. Warm-ups: 7:45 A.M.

Competition: 9:00 A.M.

RULES: Current USA Swimming Rules will govern the meet.

ELIGIBILITY: The age of the swimmer on January 15, 2016 determines the age of the swimmer. All swimmers must be current USA Swimming registered athletes. The USA numbers must appear on all entry forms (recaps). The person responsible for entering an unregistered swimmer as registered will be subject to a fine of $100.00 per swimmer. This will be enforced by MSI through their Review Section. SWIMMERS WITHOUT USA REGISTRATION NUMBERS WILL BE REJECTED.

COACHES: Coaches must be current USA Swimming Coach Members in order to perform deck duties. If a coach is not certified, he/she may observe the meet as any other spectator, but may not coach or sit in the coaches’ area. COACHES PACKETS WILL BE GIVEN TO THOSE COACHES PRESENTING CREDENTIALS.

ENTRIES: The MEET will be limited to the first 250 swimmers. Each swimmer may swim 2 events on Friday, and is limited to FIVE (5) individual events, plus ONE relay per day for Saturday and Sunday.

The meet host reserves the right to split the meet into two sessions, should entries exceed the entry limit. In the event meet entries exceed the entry limit, all events 12 and younger will swim in a morning session and senior, 13 and older, events in an afternoon session. If equipment and officials are available the host will split the meet into 2 courses using 6-8 lanes per course following the original schedule.

Coaches and unattached swimmers will be notified by phone and email of the changes. Those unable to attend as a result of this change will be given refunds of entry fees.

Please submit entries via email using hy-tek program or something compatible.

# ENTRY FEES: $4.00 per individual event $5.00 facility fee

$5.00 MSI surcharge per swimmer

$8.00 per relay event

Make checks payable to **LAUREL SWIM ASSOCIATION**

ENTRY All Entries must be in the hands of Warren Holladay no later than

DEADLINE **Thursday, January 7, 2016.**

Late entries will be accepted on a lane available basis, and subject to double the entry fees. No swimmer may scratch one event and enter another. Late entries are due by the beginning of each session.

**Mail entries to: Warren Holladay**

**Laurel Swim Association**

**P O Box 1007**

**Laurel, MS 39441**

**601-428-7665 or 601-319-2726**

**OR e-mail to: hwholladay@hotmail.com**

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 coach & 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 BULLPEN.

SEEDING: The meet will be preseeded according to Current USA Swimming Rules for timed finals. Entry forms submitted without times or unreadable times will be seated as No Time (NT). Entry times must be submitted in short course yard times. **All events 400 yards or longer will be deck seeded, POSITIVE CHECK-IN REQUIRED.**

Senior events will be seeded boys and girls together. Scoring will be separate for boys and girls and 14 and younger and 15 and older.

WARMUP: Warm-up procedures will follow the MSI guidelines. The first 35 minutes will be general warm-ups, NO DIVING. In the last 20 minutes, the two outside lanes will be for pace, all swimmers leaving the wall from a push. Lanes 2 & 7 are for dives off blocks with one way traffic. The remaining lanes are for general warm-up. NO DIVING.

4 HOUR RULE If an age group event for 12 and younger swimmers 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 or the meet director's designee. There will be no refund for swimmers not in attendance.

SCORING: Individual events: 9-7-6-5-4-3-2-1

Relay events: No points kept for relays

AWARDS: Individual events ages 14 and under; First through sixteenth Ribbons

Relays 12 and under first through eighth ribbons

Individual High point trophy will be awarded to each boy/girl age group

Senior events are swum together male/female and scored separately male/female 14 and younger 15 and older.

Timers &

Officials Each participating team will be given lane timing assignments proportional to the size of the team. LSA request a list of visiting officials, who are willing to help officiate the meet.

**Swimmers must provide their own timer for events swum Friday January 15, 2016.**

DIRECTIONS: **Please note some internet maps will lead you in the wrong direction.**

From highway 49, take highway 84 east from Collins to Laurel. The pool is part of the Laurel Sportplex approximately 25 miles east of Collins on the right.

From Interstate 59, take exit 95A from the south, or exit 95B from the north onto 16th Ave Highway 15 North. Drive approximately ½ mile turn left onto Highway 84 towards Collins. The pool is on your left about 2 miles and is part of the Laurel Sportsplex.

ADDITIONAL

INFORMATION Any swimmer who is NOT swimming an individual event, but is on a relay must pay the $5.00 MSI surcharge and $5.00 facility fee in order to be assigned a computer number. There will be **NO SMOKING** around the pool, deck, or where swimmers are present, such as bathrooms, or immediately outside the doors. NO GLASS containers on the pool deck.

Supervision: A USA swimming member coach must supervise swimmers during warm-ups, competition and warm-down. 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.

Swimwear

Restrictions:Swimwear worn at MSI meets must conform to USA Swimming Rules & Regulations (Art. 102.8 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmer’s religious beliefs or medical condition.

HOSPITALITY

CONCESSIONS: Hospitality will be available for coaches and officials throughout the meet. Laurel Swim Association will provide a concession stand that will include healthy lunch and snack items. Competitive swim wear and equipment will be available from All-American Swim Supply.

LSA WINTER INVITATIONAL 2016

JANUARY 15-17, 2016

FRIDAY EVENING

WARM UP 5:00PM

COMPETITION 6:00PM

GIRLS AGE GROUP BOYS

EVENT # EVENT DESCRIPTION EVENT #

1 MIXED 400 IM\* 1

2 12 & UNDER MIXED 200 IM 2

3 MIXED 1650 FREE\* 3

\* BOTH THE 400 IM AND 1650 EVENTS ARE DECK SEEDED. POSITIVE CHECK REQUIRED, BEFORE 5:00PM. BOYS AND GIRLS ARE SEEDED TOGETHER AND SCORED SEPARATELY. AGE GROUPS FOR THE 200 IM ARE 10 & UNDER AND 11-12. THE 1650 & 400 IM WILL BE DIVIDED INTO 12 & UNDER, 13-14, AND 15 AND OLDER AGE GROUPS. ALL FRIDAY EVENTS WILL BE SWUM FASTEST TO SLOWEST. SWIMMERS MUST PROVIDE THEIR OWN TIMER FOR FRIDAY EVENING EVENTS. THIS INCLUDES 12 & UNDER 200 IM.

SATURDAY MORNING

WARM UP 7:45AM

COMPETITION 9:00AM

4 MIXED 200 MEDLEY RELAY 4

5 12 & UNDER 200 MEDLEY RELAY 5

6 8 & UNDER 100 MEDLEY RELAY 6

7 MIXED 100 FREE 7

8 11-12 100 FREE 9

10 10 & UNDER 100 FREE 11

12 8 & UNDER 50 FREE 13

14 MIXED 200 FLY 14

15 11-12 100 FLY 16

17 10 & UNDER 100 FLY 18

19 8 & UNDER 25 FLY 20

21 MIXED 100 BACK 21

22 11-12 50 BACK 23

24 10 & UNDER 50 BACK 25

26 8 & UNDER 50 BACK 27

28 MIXED 200 BREAST 28

29 11-12 100 BREAST 30

31 10 & UNDER 100 BREAST 32

33 8 & UNDER 25 BREAST 34

35 MIXED 200 IM 35

36 11-12 100 IM 37

38 10 & UNDER 100 IM 39

40 8 & UNDER 100 IM 41

**10 MINUTE BREAK!**

42 MIXED 500 FREE\* 42

\* THE 500 FREE IS A DECK SEEDED EVENT. POSITIVE CHECK IN IS REQUIRED AT THE END OF WARM UP. BOYS AND GIRLS AND ALL AGES ARE SEEDED TOGETHER AND SCORED SEPARATELY. AGE GROUPS ARE 10 & UNDER, 11-12, 13-14 15 AND OLDER. HEATS ARE SWUM FASTEST TO SLOWEST.

!THE 10 MINUTE BREAK MAY BE ELIMINATED AT THE DISCREATION OF THE REFEREE WITH THE AGREEMENT OF COACHES WITH SWIMMERS INVOLVED

SUNDAY MORNING

WARM UP 7:45AM

COMPETITION 9:00AM

43 MIXED 200 FREE RELAY 43

44 12 & UNDER 200 FREE RELAY 44

45 8 & UNDER 100 FREE RELAY 45

46 MIXED 200 FREE 46

47 11-12 200 FREE 48

49 10 & UNDER 200 FREE 50

51 8 & UNDER 100 FREE 52

53 MIXED 100 BREASTSTROKE 53

54 11-12 50 BREAST 55

56 10 & UNDER 50 BREAST 57

58 8 & UNDER 50 BREAST 59

60 MIXED 200 BACKSTROKE 60

61 11-12 100 BACK 62

63 10 & UNDER 100 BACK 64

65 8 & UNDER 25 BACK 66

67 MIXED 100 FLY 67

68 11-12 50 FLY 69

70 10 & UNDER 50 FLY 71

72 8 & UNDER 50 FLY 73

74 MIXED 50 FREE 74

75 11-12 50 FREE 76

77 10 & UNDER 50 FREE 78

79 8 & UNDER 25 FREE 80

**10 MINUTE BREAK!**

81 MIXED 1000 FREE\* 81

\* THE 1000 FREE IS A DECK SEEDED EVENT. POSITIVE CHECK IN IS REQUIRED AT THE END OF WARM UP. BOYS AND GIRLS AND ALL AGES ARE SEEDED TOGETHER AND SCORED SEPARATELY. AGE GROUPS ARE 10 & UNDER, 11-12, 13-14 15 AND OLDER. HEATS ARE SWUM FASTEST TO SLOWEST.

!THE 10 MINUTE BREAK MAY BE ELIMINATED AT THE DISCREATION OF THE REFEREE WITH THE AGREEMENT OF COACHES WITH SWIMMERS INVOLVED

**LAUREL SWIM ASSOCIATION Winter Invitational 2016**

**January 15-17, 2016**

**CLUB NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ABBREVIATION\_\_\_\_\_\_\_\_**

**COACHES:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**TEAM ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NUMBER OF INDIVIDUAL ENTRIES \_\_\_\_\_\_\_@$4.00/ENTRY=$\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NUMBER OF RELAY ENTRIES \_\_\_\_\_\_\_\_\_@$8.00/RELAY=$\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NUMBER OF TOTAL ATHLETES \_\_\_\_\_\_\_\_\_\_@$10.00/ENTRY=$\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TOTAL AMOUNT OF FEES ENCLOSED =$\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, WE WAIVE ANY AND ALL CLAIM AGAINST USA OR MS SWIMMING, THE LAUREL SWIM ASSOCIATION, THE CITY OF LAUREL, AND THE CITY OF LAUREL RECREATION DEPARTMENT.**

**SIGNATURE OF COACH OR CLUB REPRESENTATIVE:**

**Mail entries to : LAUREL SWIM ASSOCIATION**

**P O BOX 1007**

**LAUREL, MS 39441**

**EMAIL**

**PREFERRED hwholladay@hotmail.com**

**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.

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

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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 of physical reason why he or she should not participate in USA Swimming competition.

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Physician’s signature Date