

**Mississippi Swimming, Inc.**

**2016 DAC Long Course Invitational**

**May 21-22nd**

**Sanction:** Held under the sanction of United States Swimming and Mississippi Swimming, Inc.

**Sanction MSI# 1617 & 1617TT**

**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 long 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. 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 May 21st,**

**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:** The meet will be pre-seeded according to Current USA Swimming Rules for timed finals.

**Conduct** All events will be conducted in long course meters and will swim as timed finals.

**of Meet:**  **On Saturday and Sunday** 8&U, 9-10, 11-12, 13-14, and Senior events.

Internet connection will be available in the Aquatic Center.

***Wifi ID: deltaducks Pasword: goducksgo***

**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 Saturday and Sunday swimmers may enter **four (4) individual events** and one **(1) relay per day**.

**Schedule:**

Coaches Meeting: 8:50-9:00am

Saturday Morning Warm-ups 9:00 – 10:00am

Meet Starts: 10:00am

Sunday Morning Warm-ups: 8:30 – 9:20am

Meet Starts: 9:30am

**Time Trails:**  Time trails will be swum at the end of each session. Time Trails Entries must be in by *Event 34* on Saturday and by *Event 82* on Sunday.

**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 involved 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.

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**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, $5.00 per time trial events

**Entries:** The meet host reserves the right to combine the meet into a single-session if the combined timeline is equal or less than four hours.

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 Deadline: Make all checks payable to DAC.**

Mail checks with entries, recap sheet, and signed release form to:

*Mail entries* to

Delta Aquatic Club

PO Box 3286

Cleveland, MS 38733

OR e-mail to:

Coach Jake Blegen

Phone: 832 477-5253

jake\_blegen@yahoo.com

If you are sending entries via USPO, FEDEX or UPS please WAVE SIGNATURE. **Emailed entries are preferred. Entry Deadline is Saturday, May 14th, 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, 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

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. Deck change are 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 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/gender.

Ribbons: 1st – 8th for 11-12 and younger.

Ribbons: 1st – 8th for 13 and over

Team Trophies: 1st – 3rd

**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

**SATURDAY MORNING**

**Female Male**

1 10-Under 200 Freestyle Relay 2

3 11-12 200 Freestyle Relay 4

5 13-14 200 Freestyle Relay 6

7 Senior 200 Freestyle Relay 8

**-----------------------------------5 Minute Break---------------------------------------------**

9 12-Under 200 Individual Medley 10

11 13-14 200 Individual Medley 12

13 Senior 200 Individual Medley 14

15 8-Under 50 Backstroke 16

17 9-10 50 Backstroke 18

19 11-12 50 Backstroke 20

21 13-14 100 Backstroke 22

23 Senior 100 Backstroke 24

25 8-Under 100 Freestyle 26

27 9-10 100 Freestyle 28

29 11-12 100 Freestyle 30

31 13-14 100 Freestyle 32

33 Senior 100 Freestyle 34

35 8-U 50 Breaststroke 36

37 9-10 50 Breaststroke 38

39 11-12 50 Breaststroke 40

41 13-14 200 Breaststroke 42

43 Senior 200 Breaststroke 44

45 8-U 50 Butterfly 46

47 9-10 50 Butterfly 48

49 11-12 50 Butterfly 50

51 13-14 100 Butterfly 52

53 Senior 100 Butterfly 54

**-----------------------------------Ten-Minute Break---------------------------------------------**

55 12-Under 400 Freestyle 56

57 13-Over 400 Freestyle 58

107 Time Trails 108

\*Events 57-60 will be swum fastest to slowest alternating by gender. Events will be scored separately 8-Under, 9-10, 11-12, 13-14, and Senior.

**SUNDAY MORNING**

59 10-Under 200 Medley Relay 60

61 11-12 200 Medley Relay 62

63 13-14 200 Medley Relay 64

65 Senior 200 Medley Relay 66

**-----------------------------------5 Minute Break---------------------------------------------**

67 10-Under 200 Freestyle 68

69 11-12 200 Freestyle 70

71 13-14 200 Freestyle 72

73 Senior 200 Freestyle 74

75 10-Under 100 Backstroke 76

77 11-12 100 Backstroke 78

79 13-14 200 Backstroke 80

81 Senior 200 Backstroke 82

83 10-Under 100 Breaststroke 84

85 11-12 100 Breaststroke 86

87 13-14 100 Breaststroke 88

89 Senior 100 Breaststroke 90

91 10-Under 50 Freestyle 92

93 11-12 50 Freestyle 94

95 13-14 50 Freestyle 96

97 Senior 50 Freestyle 98

99 10-Under 100 Butterfly 100

101 11-12 100 Butterfly 102

103 13-14 200 Butterfly 104

105 Senior 200 Butterfly 106

109 Time Trails 110

**Team Recap Sheet**

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

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

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

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

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

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

**NUMBER OF TOTAL ATHLETES \_\_\_\_\_\_\_\_\_\_@$15.00/ENTRY=$\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, WE WAIVE ANY AND ALL CLAIM AGAINST USA OR MS SWIMMING, Delta Aquatic Club, and the county of Bolivar.**

**SIGNATURE OF COACH OR CLUB REPRESENTATIVE:**

**INFORMATION FORM FOR DISABLED SWIMMERS**

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

TYPE OF DISABILITY

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

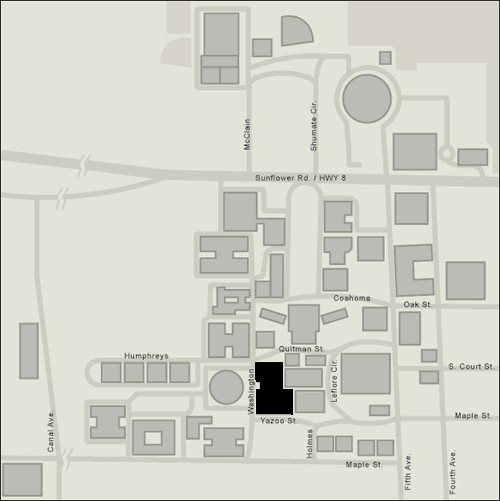
I have examined the above Entrant and, in my opinion, there is no mental of physical reason why he or she should not participate in USA Swimming competition.

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Physician’s signature Date

**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**