



## SUNKIST SPRINT TO CHRISTMAS INVITATIONAL December 15-17, 2017

**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# 1738. Time Trial Sanction: MSI# 1738TT.

**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.

**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. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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. Swimmer's age on first day of meet will determine his or her age for entire meet. All athletes must be USA Swimming registered swimmers and registration number must accompany entries for consideration. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, MS Swimming will impose a fine of \$100.00 per event against the individual, member coach or member club submitting the entry.

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 ten (10) minute break. Requests for time trials will be accepted by Admin Referee up until 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 8th.**

**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. 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
- 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. It is the responsibility of coaches and swimmers to see that the swimmer reports to his/her assigned lane at the proper time. No 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:** Swim and Tri to offer swim wear and equipment.

**Broadcast Rights:** Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of Sunkist Swim Team.

**Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Sunkist Swim Team under the conditions authored by Sunkist Swim Team, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in Sunkist Swim Team competitions from promotion, marketing and publicity purposes. All participants agree not to use awards or photos, or portraits or films with the awards, which are received for performances in this competition, for the purpose of trade.

**Officials:** Certified officials of teams invited to the meet who 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)

**Referee:** Todd Bertolet  
(601) 954-7401  
[toddbertolet@bellsouth.net](mailto:toddbertolet@bellsouth.net)

**Admin Referee:** John Skains  
601-573-2845  
[skainsj@bellsouth.net](mailto:skainsj@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 Back	4
5	Open 25 Breast	6
7	Open 25 Fly	8

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

## Saturday AM Session

9	8 & U 100 Med Relay	10
11	10 & U 100 Med Relay	12
13	8 & U 50 Back	14
15	9-10 50 Back	16
17	8 & U 100 Breast	18
19	9-10 100 Breast	20
21	8 & U 50 Fly	22
23	9-10 50 Fly	24
25	8 & U 100 Free	26
27	9-10 100 Free	28
29	8 & U 200 IM	30
31	9-10 200 IM	32

## Saturday PM Session

33	11-12 200 Med Relay	34
35	13 & Over 200 Med Relay	36
37	11-12 50 Back	38
39	13-14 50 Back	40
41	15 & Over 50 Back	42
43	11-12 100 Breast	44
45	13-14 100 Breast	46
47	15 & Over 100 Breast	48
49	11-12 50 Fly	50
51	13-14 50 Fly	52
53	15 & Over 50 Fly	54
55	11-12 100 Free	56
57	13-14 100 Free	58
59	15 & Over 100 Free	60
61	11-12 200 IM	62
63	13-14 200 IM	64
65	15& Over 200 IM	66

### **Sunday AM Session**

67	8 & U 100 Free Relay	68
69	10 & U 100 Free Relay	70
71	8 & U 100 IM	72
73	9-10 100 IM	74
75	8 & U 50 Breast	76
77	9-10 50 Breast	78
79	8 & U 100 Fly	80
81	9-10 100 Fly	82
83	8 & U 50 Free	84
85	9-10 50 Free	86
87	8 & U 100 Back	88
89	9-10 100 Back	90
91	8 & U 200 Free	92
93	9-10 200 Free	94

### **Sunday PM Session**

95	11-12 200 Free Relay	96
97	13 & Over 200 Free Relay	98
99	11-12 100 IM	100
101	13-14 100 IM	102
103	15 & over 100 IM	104
105	11-12 50 Breast	106
107	13-14 50 Breast	108
109	15 & over 50 Breast	110
111	11-12 100 Fly	112
113	13-14 100 Fly	114
115	15 & over 100 Fly	116
117	11-12 50 Free	118
119	13 & 14 50 Free	120
121	15 & over 50 Free	122
123	11-12 100 Back	124
125	13-14 100 Back	126
127	15 & over 100 Back	128
129	11-12 200 Free	130
131	13-14 200 Free	132
133	15 & over 200 Free	134

\*\*\* Meet management reserves the right to insert breaks to insure there is enough time for swimmers between events.

**Mississippi Swimming, Inc.**

**INFORMATION FORM FOR DISABLED SWIMMERS**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

AGE: \_\_\_\_ BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ (MM/DD/YY)

EVENTS TO BE SWAM

\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_

TYPE OF DISABILITY:

BLIND \_\_\_\_ MENTALLY RETARDED \_\_\_\_ DEAF \_\_\_\_ PHYSICAL \_\_\_\_

OTHER \_\_\_\_\_

EXTENT OF DISABILITY: Be specific (i.e. 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: \_\_\_\_\_

ATHLETE'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/she should not participate in United States Swimming Competition.

\_\_\_\_\_

Physician's Signature and Date

**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**