

SIOUX CITY MARINERS
TRI-STATE SWIM LEAGUE
February 6, 2010

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming Inc.
Sanction: # MWS10014
- LOCATION:** Sioux City North High School
4200 Cheyenne Blvd
Sioux City IA 51104
- POOL:** 25-Yard indoor pool, six racing lanes with starting blocks at deep end, non-turbulent lane dividers, Colorado Timing system with display. Pool depth: 11'9" at deep end, 3'9" at shallow end. 25 yd events will start in deep end.
- FACILITY:** Sioux City Mariners reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.
- SCHEDULE:**
- Warm-ups will begin at **8:00 am**
 - Meet begins at **9:00 am**.
 - Tri-State and MWS safety guidelines will be in effect
- MEET DIRECTOR:** Julie Grijalva, Phone: (605) 422-1593, Email: grijalva@longlines.com
- OFFICIALS:** Referee: Jim Gobell
Meet Marshal: Jackie Barber
- DISABILITY SWIMMERS:** Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the meet director. The athlete (or the athlete's coach) is also responsible for notifying the Deck Referee of any disability prior to the competition.
- RULES:** Current USA Swimming and Midwestern rules will govern this meet.
- CREDENTIALS:**
- Presentation of coach's membership card will be required at coach sign-in. Credentials shall be visible at all times.
 - In accordance with MWS Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- ELIGIBILITY:**
- All swimmers, coaches and clubs must be currently registered with USA Swimming and the Tri-State League.
 - The age of the swimmer on February 6, 2010 will determine age for the meet.
 - Late entries and deck entries will require proof of USA Swimming registration.
- ENTRY LIMITS:**
- Each swimmer may enter up to five individual events.
 - Exhibition Swimming will not be allowed.
- ENTRY FEES:** \$5.00 Midwestern Splash Fee per swimmer
\$1.00 Tri-State League Splash Fee per swimmer
\$4.00 Host Team Facility Fee per swimmer
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-Tek meet entry file with hard copy) or on a Meet Entry Form.
 - Times must be entered as Yard times.
 - A check for the entry fees must accompany entries.
 - Make checks payable to Sioux City Mariners. NO REFUNDS.
- ENTRY DEADLINE:** All entries must be received by: **January 29, 2010 at 8:00pm**
- ENTRY CHAIR:** Jane Merritt
20 W Kings Hwy
Sioux City, IA 51104
Email: jkmerritt@cableone.net
Cell Phone: (712) 253-4698

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**GENERAL CONDUCT
OF MEET:**

- All events will be timed finals.
- The meet will be pre-seeded.
- Swimmers are responsible for being on deck on time or they will be scratched. Programs will indicate swimmers heat and lane.
- Scratch and Add Sheets are to be turned into the Meet Director 30 minutes before the start of the meet. Scratches need not be reported. Adds will be permitted if there are empty lanes. Additional heats may be added at the discretion of the Meet Referee. Positive check-in required for Event 39 & Event 40 - 1650 yd freestyle. Swimmers not checked in will be scratched from the events.
- Fly- over starts may be used.
- Starts will be off blocks in the deep end of the pool. Any shallow end start will be in the water.

**WARM-UP
PROCEDURES:**

- Meet Marshals will be on hand to enforce warm-up procedures.
- Each team will be assigned lanes for warm-ups.
- No starts will be allowed for the first 30 min of warm-ups.
- Swimmers are to sit and slide to enter the water.
- During the last 15 minutes of warm-ups lanes will be open for sprint starts

TEAM SUPERVISION:

- Each team must provide an adult with non-athlete USA Swimming card to supervise the swimmers in the team area at all times.
- Only registered coaches, swimmers and officials will be allowed on deck.

SCORING:

Team Scores will not be kept.

AWARDS:

Individual events: Ribbons 1-6

Results of events will be broken down into 8 & Under, 9-10, 11-12, 13-14, 15-18 and 19 & Over.

MEET RESULTS:

Meet results will be available via email 2 days after the meet or on your disk with a self addressed stamped envelope.

CONCESSIONS:

Concessions and programs will be available.

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ORDER OF EVENTS

GIRLS	AGE	DISTANCE	EVENT	BOYS
1	13 & O	50 yd	Freestyle	2
3	8 & U	25 yd	Butterfly	4
5	12 & U	50 yd	Butterfly	6
7	Open	100 yd	Butterfly	8
9	11 & O	200 yd	Butterfly	10
11	8 & U	25 yd	Backstroke	12
13	12 & U	50 yd	Backstroke	14
15	Open	100 yd	Backstroke	16
17	11 & O	200 yd	Backstroke	18
19	8 & U	25 yd	Freestyle	20
21	12 & U	50 yd	Freestyle	22
23	Open	100 yd	Freestyle	24
25	11 & O	200 yd	Freestyle	26
27	8 & U	25 yd	Breaststroke	28
29	12 & U	50 yd	Breaststroke	30
31	Open	100 yd	Breaststroke	32
33	11 & O	200 yd	Breaststroke	34
35	12 & U	100 yd	I.M.	36
37	Open	200 yd	I.M.	38
39	11 & O	1,650 yd	Freestyle	40

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2009-2010 Tri State League Championship Qualifying Times
 (2009-2012 National B times)

Girls	Event	Boys
	8 & under	
22.39	25 free	21.69
27.79	25 back	27.79
30.49	25 breast	29.89
27.09	25 fly	26.19
2:09.49	100 IM	2:05.19
	10 & Under	
39.79	50 free	38.89
48.79	50 back	49.19
53.59	50 breast	53.59
48.79	50 fly	47.29
1:44.99	100 IM	1:41.29
	11-12	
34.29	50 free	33.39
39.59	50 back	39.49
44.09	50 breast	44.29
37.79	50 fly	38.19
3:03.79	200 IM	3:03.09
	13-14	
33.39	50 free	30.69
1:12.49	100 free	1:06.99
1:29.89	100 back	1:14.89
1:30.59	100 breast	1:24.09
1:19.09	100 fly	1:13.29
2:55.49	200 IM	2:43.69
	15 - 18	
32.69	50 free	29.49
1:10.29	100 free	1:04.59
1:17.69	100 back	1:11.29
1:28.29	100 breast	1:20.39
1:17.39	100 fly	1:10.09
2:51.49	200 IM	2:37.69