

**Siouxland Sharks**  
**First Splash of 2010**  
*January 16-17, 2010*

- SANCTION:** The Meet is held under the sanction of USA Swimming and Midwestern Swimming, Inc.  
Sanction number: MWS10002
- LOCATION:** East High School  
5011 Mayhew Avenue  
Sioux City, IA 51106  
(Enter only through the Northeast doors at the rear of the school.)
- POOL:** Indoor 25-yard pool. Six racing lanes with starting blocks at one end. Daktronic timing system with touch pads and scoreboard. Depth at starting end is 12 feet.
- FACILITY:**
- Water is the only beverage allowed in the pool area. No coolers or food items are allowed in the pool area. All other beverages and foods are available in the concessions area
  - SLS and East High School reserve the right to remove from the premises any individual who might jeopardize safety and facility privileges.
- SCHEDULE:**
- |                  | <b>Warm-ups Start At</b> | <b>Meet Starts At</b> |
|------------------|--------------------------|-----------------------|
| <b>Saturday:</b> | 8:00 a.m.                | 9:00 a.m.             |
| <b>Sunday:</b>   | 8:00 a.m.                | 9:00 a.m.             |
- MEET DIRECTOR:** Ann Cvrk (712) 266-8436 (home) (712) 898-2537 (cell)  
Email: [Cvrkclan@aol.com](mailto:Cvrkclan@aol.com)
- OFFICIALS:** Referee: Greg Rorris  
Marshal: Jim Gobell
- MEET FORMAT:** Age Group – swum together, placed separately; Timed Finals
- DISABILITY SWIMMERS:** Athletes with a disability are welcomed 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 competition.
- RULES:** Current USA Swimming and Midwestern Swimming rules will govern the conduct of the meet.
- CREDENTIALS:**
- Presentation of Coach’s and Officials membership card will be required at 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.
  - The age of the swimmer on January 16, 2010 determines the age of the swimmer for the meet.
  - Late entries and deck entries will require proof of USA Swimming registration.
- EVENT LIMITS:** Swimmers may enter five individual events per day and one relay per day.
- ENTRY FEES:**
- |                                |             |
|--------------------------------|-------------|
| Individual Events:             | \$2.00      |
| Relay events per relay team:   | \$5.00      |
| MW Splash Fee per swimmer:     | \$5.00      |
| Late entries and deck entries: | Double Fees |
- ENTRIES PROCEDURE:**
- Entries may be submitted either in electronic format (Hy-tek meet entry files with hard copy) or on a Meet Entry Form.
  - Check or money order must accompany entries or all fees paid prior to the start of the meet.
  - Make checks payable to **Siouxland Sharks, NO REFUNDS.**
  - Any entries submitted will be verified within 48 hours of receipt.

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- ENTRY DEADLINE:**
- 9:00pm Saturday, January 9, 2010.
  - Pre-registration is strongly encouraged. Late entries may be accepted at the discretion of the Meet Director and will be charged double fees, which must be paid at the time of registration.
- ENTRY CHAIR:**
- Heather Hardy Farris  
PO Box 172.  
Salix, IA 51052  
(712) 899-3006 (cell)  
[SLS\\_swimming@yahoo.com](mailto:SLS_swimming@yahoo.com) (email)
- GENERAL MEET CONDUCT:**
- All events will be timed finals.
  - All events are pre-seeded.
  - Swimmers 19 and over will be seeded with the 18 and under swimmers but will be scored separately.
  - If possible, report all scratches ahead of time.
  - Each swimmer shall report promptly to his/her assigned lane prior to the start of each race in which he/she is entered.
  - Fly-over starts may be used.
  - 1000 will be deck-seeded. Positive check-in is required. Events will be swum fastest to slowest, alternating girls and boys. Swimmers who fail to check in will be scratched from the event.
  - Starts will be off blocks in the deep end of the pool. Any shallow end start will be in the water.
- WARM-UP PROCEDURES:**
- MWS Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.
  - Each team will be assigned lanes for warm-ups. No starts will be allowed for the first 30 minutes of warm-ups.
  - Swimmers are to sit and slide entering the water.
  - During the last 30 minutes of warm-ups, all lanes will be used for sprints and starts. Swimmers may swim in one direction only from deep to shallow.
- TEAM SUPERVISION:**
- Only registered coaches, swimmers, and officials will be allowed on the pool deck.
  - Each team must provide a responsible adult with current USA Swimming non-athlete card to supervise its swimmers at all times.
- SCORING:**
- Meet will use 6-place scoring for high-point purposes.
  - No team score will be kept.
- AWARDS:**
- Ribbons will be awarded for individual events 1<sup>st</sup> through 6<sup>th</sup> place in each event.
  - Ribbons are awarded for 1<sup>st</sup> through 3<sup>rd</sup> place relays.
  - Results of open events will be broken down into 8 & Under, 9-10, 11-12, 13-14, and 15-18.
  - A first place high-point award will be given for each identified age group.
  - Trophies will be awarded to high-point recipients.
  - 19 & Over will not receive any awards.
- MEET RESULTS:**
- Meet results will be available at the end of the meet - bring your own media.
  - Results will be posted on the MW website at [www.mwswim.org](http://www.mwswim.org)
  - Hard copy will be sent to the club within 10 days after the meet if requested.
- CONCESSIONS:**
- Meet programs and food items will be available at the concession stand.
  - Coaches' packets will be available.
  - Action Accents will be at the meet selling swim apparel.

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### **ORDER OF EVENTS**

<b>SATURDAY</b>		<b>Warm-up: 8:00 am</b>	<b>Meet Starts: 9:00 am</b>
<u><b>GIRLS</b></u>	<u><b>AGES</b></u>	<u><b>NAME OF EVENT</b></u>	<u><b>BOYS</b></u>
1	8 & U	25 yd Free	2
3	Open	200 yd Free	4
5	8 & U	25 yd Back	6
7	Open	100 yd Back	8
9	12 & U	50 yd Breast	10
11	Open	100 yd Fly	12
13	11 & O	400 yd IM	14
15	Open	50 yd Free	16
17	8 & U	25 yd Fly	18
19	12 & U	200 yd Medley Relay - Coed	
21	13 & O	200 yd Medley Relay - Coed	
23	11 & O	200 yd Breast	24
25	12 & U	50 yd Back	26
27	11 & O	200 yd Back	28
29	11 & O	1650 yd Free	30

Positive Check-in required. Swum fastest to slowest alternating girls and boys.

<b>SUNDAY</b>		<b>Warm-up: 8:00 am</b>	<b>Meet Starts: 9:00am</b>
31	12 & U	50 yd Fly	32
33	Open	100 yd Free	34
35	Open	200 yd IM	36
37	8 & U	25 yd Breast	38
39	11 & O	200 yd Fly	40
41	Open	100 yd Breast	42
43	12 & U	100 yd IM	44
45	12 & U	200 yd Free Relay - Coed	
47	13 & O	200 yd Free Relay - Coed	
49	9 & O	500 yd Free	50