

Siouxland Sharks
Tri-State Last Chance Meet
February 13, 2010

- SANCTION:** The Meet is held under the sanction of USA Swimming and Midwestern Swimming, Inc.
Sanction number: MWS10011
- 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:**
- SLS reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.
 - 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.
- SCHEDULE:**
- | | Warm-ups Start At | Meet Starts At |
|------------------|--------------------------|-----------------------|
| Saturday: | 8:00 a.m. | 9:00 a.m. |
- MEET DIRECTOR:** Ann Cvrk Cvrkclan@aol.com (email) 712.266.8436 (home) 712.898.2537 (cell)
- OFFICIALS:** Referee: Greg Rorris
Meet Marshal: Ann Cvrk
- MEET FORMAT:** Closed competition – Tri-State Teams; Age groups; Timed finals
- 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:** The 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 February 13, 2010 determines the age of the swimmer for the meet.
- ENTRY LIMITS:** Swimmers may enter five individual events per day and one relay per day.
- ENTRY FEES:** Host Team Splash fee per swimmer \$4.00
Tri-State Splash Fee per swimmer: \$1.00
MW Splash Fee per swimmer: \$5.00
- ENTRIES 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.
 - A check/money order must accompany the entries, payable to **Siouxland Sharks, NO REFUNDS.**
 - Any entries submitted will be verified within 48 hours of receipt.
- ENTRY DEADLINE:**
- 9:00 PM. Sunday, February 6, 2010.
 - Although pre-registration is strongly encouraged, late entries may be accepted at the discretion of the Meet Director and will incur an additional cost of \$2.00 per event, which must be paid at the time of registration.
 - Late entries must provide proof of USA Swimming registration.
- ENTRY CHAIR:** Heather Hardy Farris
PO Box 172.
Salix, IA 51052
712.899.3006 (cell)
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.

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- Each swimmer shall report promptly to their assigned lane prior to the start of each race in which he/she is entered.
- 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-ups:**
 - 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 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:**
 - 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:**
 - Meet will not be scored.
- AWARDS:**
 - Ribbons will be awarded for individual events 1st through 6th place in each event.
 - Ribbons are awarded for 1st through 3rd place relays.
 - Results of opens will be broken down into 8 & Under, 9-10, 11-12, 13-14, 15-18 and 19 & Over.
- FINAL RESULTS:**
 - Meet results will be available electronically at the end of the meet (provide own media) and posted on the MW website at www.mwswim.org, or as a hard copy 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.

ORDER OF EVENTS

Warm-up: 8:00 am

Meet Starts: 9:00 am

| SATURDAY | ORDER OF EVENTS | | | BOYS |
|-----------------|------------------------|----------------------|--------------|-------------|
| GIRLS | AGES | NAME OF EVENT | | |
| 1 | 11 & O | 400 yd | IM | 2 |
| 3 | Open | 50 yd | Free | 4 |
| 5 | 8 & U | 25 yd | Fly | 6 |
| 7 | 12 & U | 50 yd | Fly | 8 |
| 9 | Open | 100 yd | Fly | 10 |
| 11 | 11 & O | 200 yd | Fly | 12 |
| 13 | 8 & U | 100 yd | Free Relay | 14 |
| 15 | 9-12 | 200 yd | Free Relay | 16 |
| 17 | 13 & O | 200 yd | Free Relay | 18 |
| 19 | Open | 200 yd | Free | 20 |
| 21 | 8 & U | 25 yd | Breast | 22 |
| 23 | 12 & U | 50 yd | Breast | 24 |
| 25 | Open | 100 yd | Breast | 26 |
| 27 | 11 & O | 200 yd | Breast | 28 |
| 29 | 12 & U | 100 yd | IM | 30 |
| 31 | Open | 200 yd | IM | 32 |
| 33 | 8 & U | 25 yd | Back | 34 |
| 35 | 12 & U | 50 yd | Back | 36 |
| 37 | Open | 100 yd | Back | 38 |
| 39 | 11 & O | 200 yd | Back | 40 |
| 41 | 8 & U | 25 yd | Free | 42 |
| 43 | Open | 100 yd | Free | 44 |
| 45 | 10 & U | 100 yd | Medley Relay | 46 |
| 47 | 11 & 12 | 200 yd | Medley Relay | 48 |
| 49 | 13 & O | 200 yd | Medley Relay | 50 |
| 10 min. break | | | | |
| 51 | 9 & O | 500 yd | Free | 52 |

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