

**2010 State Fair Invitational**  
**Hosted by Northern Lights Swim Club Polar Bears Boosters**  
**Palmer High Pool\***  
**August 28, 2010**

SANCTION: Under sanction by USA Swimming and Alaska Swimming, Inc. (ASI). Masters swimmers desiring to compete must have current USA Swimming registration.

FACILITY: 25 yard competition pool with 6 lanes, divided by Kiefer/Flo-thru lane lines. A Colorado Timing System will be used, with 6-lane display, lane touch pads, 1 button manual back-up, and horn/strobe start.

TIMES:	Start of Warm-Ups	8:00 AM
	Clerk of Course Deadline	8:30 AM
	Officials Meeting	8:45 AM
	Timers Meeting	9:00 AM
	End of Warm-Ups/Coaches Meeting	9:00 AM
	Meet Starts	9:15 AM

**Warm-ups** will be conducted in accordance with USA Swimming and ASI warm-up/warm-down procedures. Consistent with ASI rules, warm ups are intended to last one hour, but can be extended at the discretion of the Meet Referee.

ELIGIBILITY: Open to all swimmers currently registered with USA Swimming.  
Note: per ASI rules, swimmers will not be allowed to swim in the meet unless a signed coach's verification form has been received (available on the ASI website [HYPERLINK "http://www.akswimming.org"](http://www.akswimming.org) [www.akswimming.org](http://www.akswimming.org)).

- ENTRIES: 1. Each swimmer may swim up to a maximum of four(4) individual events per day (including time trials), in addition to relays.  
Entries, **including all relay entries**, must be submitted by Hy-Tek COMMLINK file, (sent either by disk or via email)
3. Relay Entries: Clubs entering two or more relay teams in an event shall designate them on the entry as Team A, Team B, etc.
4. A pre-built .HYV file for this meet is available on the ASI website or by email request to the Meet Entries volunteer (see below).

**A current USA Swimming registration number must be provided with all entries.**

All teams must submit the following with entries.  
Hy-tek meet individual & relay meet entry reports  
Hy-tek team entry fee report  
Swimmer/Coach USA Swimming Membership Verification form

ADAPTIVE SWIMMERS

Disabled swimmers are encouraged to participate. Coaches should include with the team entries a copy of the **Information Form For Disabled Swimmers** (also available on the ASI website), specifying the special needs of any adaptive swimmer(s), as well as requests for non-standard entries (for example, entries in other age groups). Coaches need to contact the meet director and referee to let them know of any special needs swimmers and what accommodations they are requesting. Questions regarding final assignment within specific heats should be brought to the attention of the Meet Referee.

**RULES:**

1. Current USA Swimming and ASI rules govern this meet and take precedence over any item in this invitation.

All events will be swum as timed finals.

Coaches will check in each day with the Clerk-of-Course before the times designated above to scratch or add swimmers for events for that day. Fees for adding swimmers will be billed to the teams after the meet. There are no refunds for scratching swimmers from events.

There will be no guaranteed twenty-minute break between individual swims, however, the Meet Referee may schedule breaks between events if needed.

Events may be combined and/or reseeded at the discretion of the Meet Referee.

ENTRY FEES:	Entry Fee	\$3.00	per swimmer
	Facility Charge	\$5.00	per swimmer
	Individual Event Fee	\$2.25	per event
	Relay Event Fee	\$5.00	per relay team entry
	Late Fee	\$5.00	per swimmer (up to a team maximum of \$50)

**Please make checks payable to: NLPB or Northern Lights Swim Club Polar Bear Boosters**

**PAYMENT IN FULL MUST BE MAILED SO THAT IT IS POSTMARKED OR E-MAILED BY THE DEADLINES OUTLINED BELOW. ENTRIES RECEIVED AFTER THE DEADLINES WILL BE SUBJECT TO THE ABOVE LATE ENTRY FEES.**

Mail entries to the following address:

Meet Entries/NLPB

Julie Sullivan

1021 Acorn Street

Palmer, AK 99645

Email entries to the following address:

[sulli@mtaonline.net](mailto:sulli@mtaonline.net)

**PAYMENT MUST BE MADE BY DELIVERY TO A MEET DIRECTOR PRIOR TO ANY OF THE TEAM'S SWIMMERS PARTICIPATING IN COMPETITION.**

ENTRY DEADLINE: Mailed entries must be postmarked by **FRIDAY, AUGUST 13, 2010** or emailed by **6pm FRIDAY, AUGUST 20, 2010**.

HAND-DELIVERED ENTRIES WILL NOT BE ACCEPTED

\*\*NLPB will make every effort to acknowledge receipt of entries with the team coach or person submitting the entries. However, it is ultimately the responsibility of the Team Coach to confirm receipt of their team's entries by the Entries Volunteer. Coaches whose teams have not received confirmation by the deadline should contact the Entries Volunteer to verify receipt of the entries before the deadline\*\*

ALL LATE ENTRIES WILL BE MADE ON A "FIRST COME, FIRST SERVE" BASIS, AS SPACE IN THE EVENT ALLOWS. NO HEATS WILL BE ADDED TO ACCOMMODATE SWIMMERS WISHING TO BE ADDED.

SCORING: No individual or team points will be recorded.

AWARDS: A ticket for State Fair rides will be awarded for each heat winner.  
Ribbons will be awarded for places 1 through 6 in each individual event.  
Ribbons will be awarded for places 1 through 3 in each relay event.

- TIME TRIALS:** Swimmers may request to swim time trials at the end of the Saturday session, subject to approval by the Meet Referee, and must not exceed the maximum number of individual swims per day allowed. The swimmers are responsible for providing timers. All swimmers participating in the time trails, including those swimming as “pacers”, will be charged an event entry fee (which will be billed to the swim team after the meet). “Pace” swimmers are also subject to the restriction on maximum number of swims daily.
- TIMERS:** A MINIMUM OF 12 TIMERS WILL BE NEEDED THROUGHOUT THE MEET, AND WE ASK THAT THIS RESPONSIBILITY BE SHARED WITH ALL PARTICIPATING TEAMS. PLEASE PROVIDE AT LEAST 1 LANE TIMER FROM YOUR TEAM FOR EACH 10 SWIMMERS ENTERED IN THE MEET.
- CONCESSIONS:** A variety of nutritious foods will be provided at the concession stand on Saturday.
- HOSPITALITY ROOM:** Hospitality will be provided for coaches, officials, timers and all other volunteer workers on deck.
- HOUSING:** None provided.
- POOL REMINDERS:** NO GLASS ON DECK AT ANY TIME.  
NO SHAVING ALLOWED ON SITE.  
Per USA Swimming regulations, no smoking or other use of tobacco products are permitted during the meet in any area on the deck, in the pool building, or outside adjacent to the pool building prior to, during or after the meet
- NOTE TO COACHES:** PLEASE BE CERTAIN THAT YOUR TEAM HAS CLEANED UP YOUR AREA OF ALL DEBRIS AND PERSONAL BELONGINGS PRIOR TO LEAVING THE POOL.
- MEET DIRECTORS:** Diane Jobin-Vig and Contessa Gossett  
messa@gci.net
- MEET REFEREE:** Paula Smith
- SAFETY MARSHALL:** Julie Sullivan

\*This pool is not currently certified by USAS.

**2010 State Fair Invitational  
ORDER OF EVENTS**

Sanction #

Palmer High Pool, August 28, 2010

**(8:00 a.m. Warm up Saturday; Meet starts 9:15 a.m.)**

<b>Girls</b>	<b>Aug 28, 2010</b>	<b>Boys</b>
<b>1</b>	<b>Open 200 Free Relay</b>	<b>2</b>
<b>3</b>	<b>11/12 200 Free Relay</b>	<b>4</b>
<b>5</b>	<b>10 &amp; Under 200 Free Relay</b>	<b>6</b>
<b>7</b>	<b>8 &amp; Under 100 Free Relay</b>	<b>8</b>
<b>9</b>	<b>Open 50 Back</b>	<b>10</b>
<b>11</b>	<b>11/12 50 Back</b>	<b>12</b>
<b>13</b>	<b>10 &amp; Under 50 Back</b>	<b>14</b>
<b>15</b>	<b>8 &amp; Under 25 Back</b>	<b>16</b>
<b>17</b>	<b>Open 50 Breast</b>	<b>18</b>
<b>19</b>	<b>11/12 50 Breast</b>	<b>20</b>
<b>21</b>	<b>10 &amp; Under 50 Breast</b>	<b>22</b>
<b>23</b>	<b>8 &amp; Under 25 Breast</b>	<b>24</b>
<b>25</b>	<b>Open 50 Fly</b>	<b>26</b>
<b>27</b>	<b>11/12 50 Fly</b>	<b>28</b>
<b>29</b>	<b>10 &amp; Under 50 Fly</b>	<b>30</b>
<b>31</b>	<b>8 &amp; Under 25 Fly</b>	<b>32</b>
<b>33</b>	<b>Open 50 Free</b>	<b>34</b>
<b>35</b>	<b>11/12 50 Free</b>	<b>36</b>
<b>37</b>	<b>10 &amp; Under 50 Free</b>	<b>38</b>
<b>39</b>	<b>8 &amp; Under 25 Free</b>	<b>40</b>