



SWIMFEST 2010

HOST TEAM: Paducah Swim Team

SANCTION: Held under the sanction of USA Swimming. Sanction # KY

MEET DIRECTORS: Kim Ashley **ENTRY CHAIR:** Coach Greg Williams
akimberly@bellsouth.net coachgreg@gmail.com
(270) 441-9035 (270) 554-7946
Susan Oatman
iam4ukcats@comcast.net
(270) 554-0692

MEET LOCATION: Murray University
Susan E. Bauernfeind Student Recreation and Wellness Center
1000 Racer Drive
Murray, KY 42071

FACILITIES: 25 yard, 6 lane pool with non-turbulent lane markers, Daktronics/Colorado Time system with display, "Meet Manager" for seeding, scoring, etc.

PARKING: Parking located behind the pool between the Student Recreation and Wellness Center and the Regional Special Events Center with the drive located off of KY 121.

SCHEDULE:

JANUARY 2	SATURDAY MORNING SESSION Warm-ups: 7:00 - 7:45 A.M. Meet Begins: 8:00 A.M.
JANUARY 2	SATURDAY AFTERNOON SESSION Warm-ups: Immediately after A.M. Session Meet Begins: One Hour after A.M. Session (Not before noon)
JANUARY 3	SUNDAY MORNING SESSION Warm-ups: 7:00 - 7:45 A.M. Meet Begins: 8:00 A.M.
JANUARY 3	SUNDAY AFTERNOON SESSION Warm-ups: Immediately after A.M. Session Meet Begins: One Hour after A.M. Session (Not before noon)

COACHES: Please check your meet packet for your lane assignments and times. It is extremely IMPORTANT for you to adhere to this schedule, as warm-up times are very limited.

There will be a coaches' meeting 15 minutes prior to the start of each day's swimming competition. There will be an official's meeting 45 minutes prior to the start of each swimming session.

ELIGIBILITY: All swimmers must be current USA Swimming registered athletes. Age of swimmer on January 2, 2010 will determine age for this meet. A roster of USA

Swimming registration numbers must accompany entries. Coaches must show USA Swimming certification in order to receive their coach's packet, and must wear credentials during the meet.

MEET FORMAT: All events are timed finals. All events will be pre-seeded. Swimmers may enter no more than **four (4)** events per day exclusive of relays.

WARM-UP PROCEDURES:

Please enter the pool at the main starting end only. Feet first entries only. **circle swimming, right to left only**. Coaches should be near the starting end of the pool when swimmers begin sprint or pace work. Coaches should maintain as much contact with their swimmers as possible, both visual and verbal, throughout the warm-up period. Responsibility of swimmers and coaches is the same at the meet as when on deck at practice.

STARTS: In-water starts at the shallow end will be utilized for 8 & Under Swimmers on relay events. Fly-over starts will be used if necessary.

RELAYS: Each team is responsible for delivering their relays to the computer table prior to the beginning of each session. Each relay should indicate, in the appropriate order, the four swimmers who will compete.

CLERK OF COURSE:

There will be a clerk of course for all 8 & Under **individual** events*. Those heats will be lined up and individually processed to the starting blocks. All other swimmers will be responsible to report to their assigned lane.

*8 & Under **Relay teams** should not report to Clerk of Course, Coaches will be responsible for **All Relay** teams reporting to the assigned lane.

OFFICIALS:

Meet Director: Kim Ashley (270) 441-9035 and Susan Oatman (270) 554-0692
Entry Chairperson: Coach Greg Williams (270) 554-7946
Officials Chairperson: Kim Oatman (270) 554-0692
Referee: Kim Oatman
Starter: Sam Leone
Safety Director: Vernon Arboleda

Teams are requested to contact the Officials Chairperson prior to the Meet if they have officials who are willing to work the meet. **ALL teams are expected to provide Timers** and will be assigned lanes.

EXTRAS: A hospitality room for breakfast and lunch will be provided for **coaches and meet officials** on Saturday and Sunday. Concessions will be available. Swimville will operate a swim gear booth. Meet programs will be available for purchase. We are planning on offering a silent auction as well as a raffle.

LIABILITY: U.S.A. Swimming and Paducah Swim Team shall be free of any liabilities or claims for damages arising by reason of injuries to spectators, contestants, or other individuals present during the conduct of this meet.

SWIMMER'S CONDUCT:

Swimmers are expected to maintain appropriate conduct at all times. The Meet Director, Safety Director, and/or Meet Marshals will exclude any swimmer from the meet for unsafe, disruptive, or inappropriate behavior. Swimmers and coaches must at all times obey meet officials. A swimmer, coach, and/or team may be removed from the deck for not abiding by the safety guidelines or meet officials.

AWARDS: Individual Events:
Custom ribbons/medals will be awarded to first through twelfth place in each age group, scoring 7-5-4-3-2-1. **6 & under will not** be scored separately, but will be included in the 8 & under scoring. 8&U will be scored separate when/if included in 10&U events. Heat winner awards will be given.

Relay Events: Ribbons first through sixth, scoring 14-10-8-6-4-2.

High Point Awards will be given in each age group as well as awards to High Point teams.

ENTRY FEES: Individual Events: \$4.00 per event
Relay Events: \$8.00 per event

THERE WILL BE NO DECK ENTRIES

U.S.A. Swimming Surcharge: \$1.50 per swimmer
Facility surcharge: \$ 3.50 per swimmer

PAYMENTS MUST ACCOMPANY ENTRY FORMS

Entries may be e-mailed (preferred) however, entries will only be confirmed when the signed waiver and payment are received. .

ENTRIES: Entries **must** be received by **December 21, 2009**. Entries should include swimmers' names, U.S.A. Swimming numbers, entries, times, waiver sheet, and payment. Times should be submitted in YARD times. If a swimmer does not have a seed time available, coaches should submit an estimated time. (All entries should have a seed time submitted.) Entries should be e-mailed. **INCLUDE A PRINTOUT OF ENTRIES.**

SEND ENTRIES TO: E-mail: coachgreg@gmail.com

Direct inquiries regarding team entries to Coach Greg Williams (270) 554-7946.

SWIMFEST 2010 ORDER OF EVENTS

SATURDAY MORNING SESSION

Warm-ups: 7:00 - 7:45 A.M.

<u>Girls</u>		<u>Boys</u>	<u>Girls</u>
1	9-10 100 BACKSTROKE	2	59
3	11-12 100 BACKSTROKE	4	61
5	9-10 50 FREESTYLE	6	63
7	11-12 50 FREESTYLE	8	65
9	9-10 50 BREASTSTROKE	10	67
11	11-12 50 BREASTSTROKE	12	69
13	9-10 100 BUTTERFLY	14	71
15	11-12 100 BUTTERFLY	16	73
17	9-10 200 FREESTYLE	18	75
19	11-12 200 FREESTYLE	20	77
21	9-10 200 MEDLEY RELAY	22	79
23	11-12 200 MEDLEY RELAY	24	81

SUNDAY MORNING SESSION

Warm-ups: 7:00 - 7:45 A.M.

<u>Boys</u>	<u>Girls</u>	<u>Boys</u>
60	9-10 100 FREESTYLE	60
62	11-12 100 FREESTYLE	62
64	9-10 50 BACKSTROKE	64
66	11-12 50 BACKSTROKE	66
68	9-10 100 BREASTSTROKE	68
70	11-12 100 BREASTSTROKE	70
72	9-10 50 BUTTERFLY	72
74	11-12 50 BUTTERFLY	74
76	9-10 200 INDIVIDUAL MEDLEY	76
78	11-12 200 INDIVIDUAL MEDLEY	78
80	9-10 200 FREESTYLE RELAY	80
82	11-12 200 FREESTYLE RELAY	82

SATURDAY AFTERNOON SESSION

Warm-ups: Immediately after A.M. Session
(Not before noon)

<u>Girls</u>		<u>Boys</u>	<u>Girls</u>
25	8 & UNDER 50 BACKSTROKE	26	83
27	13-14 100 BACKSTROKE	28	85
29	OPEN 100 BACKSTROKE	30	87
31	8 & UNDER 25 FREESTYLE	32	89
33	13-14 100 FREESTYLE	34	91
35	OPEN 100 FREESTYLE	36	93
37	8 & UNDER 25 BREASTSTROKE	38	95
39	13-14 200 BREASTSTROKE	40	97
41	OPEN 200 BREASTSTROKE	42	99
43	13-14 100 BUTTERFLY	44	101
45	OPEN 100 BUTTERFLY	46	103
47	8 & UNDER 100 FREESTYLE	48	105
49	13-14 200 FREESTYLE	50	107
51	OPEN 200 FREESTYLE	52	109
53	8 & UNDER 100 MEDLEY RELAY	54	111
55	13-14 200 MEDLEY RELAY	56	113
57	OPEN 200 MEDLEY RELAY	58	

SATURDAY AFTERNOON SESSION

Warm-ups: Immediately after A.M. Session
(Not before noon)

<u>Boys</u>	<u>Girls</u>	<u>Boys</u>
84	8 & UNDER 50 FREESTYLE	84
86	13-14 50 FREESTYLE	86
88	OPEN 50 FREESTYLE	88
90	8 & UNDER 25 BACKSTROKE	90
92	13-14 200 BACKSTROKE	92
94	OPEN 200 BACKSTROKE	94
96	13-14 100 BREASTSTROKE	96
98	OPEN 100 BREASTSTROKE	98
100	8 & UNDER 25 BUTTERFLY	100
102	13-14 200 BUTTERFLY	102
104	OPEN 200 BUTTERFLY	104
106	13-14 200 INDIVIDUAL MEDLEY	106
108	OPEN 200 INDIVIDUAL MEDLEY	108
110	8 & UNDER 100 FREESTYLE RELAY	110
112	13-14 200 FREESTYLE RELAY	112
114	OPEN 200 FREESTYLE RELAY	114

PADUCAH SWIMFEST 2010 WAIVER

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against United States Swimming, the Kentucky Swim Association of the USS, the Paducah Swim Team, and Murray State University for injuries and/or expense incurred by me/us at the meet, or while on the road to and from the meet. I/we are bonafide amateur athletes and are eligible to compete in all events I/we have entered.

CLUB

CLUB OFFICIAL'S SIGNATURE

DATE

USA SWIMMING TEAM CODE

CLUB ADDRESS

CLUB PHONE NUMBER

CLUB E-MAIL ADDRESS

COACH'S NAME FOR MEET PROGRAM

RECAP OF ENTRIES

Remember to double check entries as there will be NO Deck Entries

_____ \$4.00 Individual Events = \$ _____

_____ \$8.00 Relay Events = \$ _____

_____ \$1.50 USA Swimmer Surcharge = \$ _____

_____ \$3.50 Facility Surcharge = \$ _____

_____ \$25 (processing fee for manual entries,
if applicable) = \$ _____

Total = \$ _____

MAKE CHECKS PAYABLE TO PADUCAH SWIM TEAM

Mail Final Results to: _____ email address: _____

