

2012 VALENTINES DAY LAST CHANCE INVITATIONAL

Hosted by Northern Lights Swim Club Boosters

Bartlett Pool

February 3-4, 2012

SANCTION: Under sanction # 5612-001 by Alaska Masters Swimming for USMS, Inc. This is a dual-sanctioned meet with Alaska Swimming, inc.

FACILITY: 50 meter pool divided by moveable bulkheads into two 25-yard competition pools, each with 8 lanes, divided by Kiefer/Flo-thru lane lines. An IST Timeware System will be used, with 8-lane display, lane touch pads, 1 button manual back-up, and horn/strobe start.

TIMES:	<u>FRIDAY</u>	<u>SATURDAY</u>
Start of Warm Ups	4:45 PM	8:00 AM
Clerk of Course Deadline	5:15 PM	8:30 AM
Official's Meeting	5:30 PM	8:30 AM
Timer's Meeting		9:00 AM
End of Warm Ups/Coaches Meeting	5:45 PM	9:00 AM
Meet Starts	6:00 PM	9:15 AM

Warm-ups will be conducted in accordance with USA Swimming and ASI warm-up/warm-down procedures(available at http://www.teamunify.com/wzaslsc/_doc_/146527_2_Rules%20and%20Regs%20as%20of%20April%202011.pdf (page 40)). 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 US Masters Swimming. Swimmers will not be allowed to swim in the meet unless a copy of the membership card has been received.

- ENTRIES:**
1. Each swimmer may swim up to a maximum of five (5) individual events per day (including time trials), in addition to relays.
 2. Entries must be submitted on:
 - a. [Preferred] Hy-Tek COMMLINK file, (sent either by disk or via email), or,
 - b. Meet Entry form (attached)
 3. 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).
 4. **A copy of your current USMS registration card and a signed liability release statement must be provided with all entries.**

ADAPTIVE SWIMMERS: Disabled swimmers are encouraged to participate. Coaches should include with the team entries a copy of the **Information Form for Disabled Swimmers** (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). 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. This meet is a USA Swimming-sanctioned event, with a dual sanction for US Masters Swimming.
 2. All events will be swum as timed finals.
 3. All events will be pre-seeded, except for the 500 Free and 400 IM (See #6 below) slowest to fastest by gender and time.

4. Coaches or participants 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 individual or workout group after the meet. There are no refunds for scratching swimmers from events.
5. There will be no guaranteed twenty-minute break between individual swims, however, the Meet Referee may schedule breaks between events if needed.
6. The 500 Free and 400 IM events will be deck seeded with positive check-in with the Clerk of Course (by a time set by the Meet Referee). Swims will be fastest to slowest with all ages and boys and girls combined. Swimmers are responsible for providing their own timers for these events and lap counters (500 free only).
7. Masters may only enter Open events. Events greyed out on the list of events are for youth swimmers only and are shown for reference and planning purposes only.
8. Events may be combined and/or reseeded at the discretion of the Meet Referee.
9. At the Meet Referee's option, competition may be held in both 25-yard pools simultaneously, if available equipment and deck personnel allow. The Meet Referee will determine before the Coach's meeting each day whether that session of the meet will be competed as combined in one pool or split into two pools.

ENTRY FEES:	Entry Fee	\$3.00	per swimmer
	Facility Charge	\$10.00	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: NLSCB or Northern Lights Swim Club Boosters.

PAYMENT IN FULL MUST BE MAILED SO THAT IT IS POSTMARKED BY THE ENTRY DEADLINE BELOW (REGARDLESS OF WHETHER THE ENTRIES WERE SUBMITTED BY US MAIL OR EMAIL)

Mail entries to the following address:
 Terri Wangstrom
 P.O. Box 110971
 Anchorage, AK 99511
 Email entries to Brian Minster at:
 perterri@ak.net

****PAYMENT FOR ENTRIES POSTMARKED AFTER THE DEADLINE OR MADE AFTER THE MEET MUST INCLUDE THE ADDITIONAL LATE ENTRY FEE. THE POSTMARK DATE IS THE ONLY DATE USED TO DETERMINE WHETHER A TEAM'S SUBMITTAL HAS OCCURRED BEFORE THE DEADLINE. IT IS THE SUBMITTING TEAM'S RESPONSIBILITY TO POST ITS ENTRIES AND PAYMENTS SUFFICIENTLY EARLY TO AVOID THE LATE FEE.**

ENTRY DEADLINE: Mailed entries must be postmarked, and emailed entries must be received, no later than **WEDNESDAY JANUARY 25th, 2012**

****NLSCB 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****

ENTRIES RECEIVED BY JANUARY 25, 2012, WILL BE INCLUDED IN THE MEET PROGRAM. 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: Ribbons will be awarded for places 1 through 8 in each individual 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 (5). 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 16 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.

HOSPITALITY ROOM: A hospitality room will be provided on Saturday for coaches, officials, timers and all other volunteer workers on deck.

CONCESSIONS: A variety of nutritious foods will be provided at the concession stand on Saturday. NLSCB is arranging for a concessionaire to sell meet T-shirts, sweatshirts, etc., on Saturday. A concessionaire may also be present for swimsuits, goggles etc...

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 DIRECTOR: Heidi Uselmann
907- 349-1778
heidijo@gci.net

MEET REFEREE: Paula Smith

SAFETY MARSHALL: Don Haas

ATTACHMENTS: (Available on ASI website or by request to the Meet Director or Entries Volunteer)

1. Swimmer/Coach USA Swimming Membership Verification
2. Invitational Meet Recap Sheet and Fee Summary
3. Meet Entry Form
4. Relay Entry Form
5. Information Form for Disabled Swimmers

**2011 VALENTINES DAY LAST CHANCE INVITATIONAL
ORDER OF EVENTS**

Sanction # 201202031

Bartlett Pool / February 3-4, 2012

(4:45 p.m. Warm up Friday; Meet starts 6:00 p.m.)

Girls	Friday, Feb 5th, 2010	Boys
1	Open 500 Free	2

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

Girls	Saturday, Feb 6th, 2010	Boys
3	Open 50 Free	4
5	11/12 50 Free	6
7	10 & Under 50 Free	8
9	8 & Under 25 Free	10
11	Open 200 Breast	12
13	11/12 100 Breast	14
15	10 & Under 100 Breast	16
17	8 & Under 25 Breast	18
19	Open 200 IM	20
21	11/12 100 IM	22
23	10 & Under 100 IM	24
25	Open 100 Back	26
27	11/12 50 Back	28
29	10 & Under 50 Back	30
31	8 & Under 25 Back	32
33	Open 200 Fly	34
35	11/12 100 Fly	36
37	10 & Under 100 Fly	38
39	8 & Under 25 Fly	40
41	Open 100 Free	42