



**2nd Annual
SUNKIST SHORT COURSE CLASSIC
September 16-18, 2011**

- Hosted by:** Sunkist Swim Team, www.sunkistswimteam.com.
- Sanction:** Held under the sanction of USA Swimming and Mississippi Swimming, Inc. Sanction: MSI# PENDING.
- Location:** Flowood YMCA
690 Liberty Road
Flowood, MS 39232
(601) 664-6814
- Facilities:** Indoor 25 yard pool; 8 lanes using non-turbulent lane lines; Colorado Timing System, touch pads at one end with backup; 8 line scoreboard and computer interface with Hy-Tek Meet Manager; Paragon starting blocks on both ends. There will be no tobacco products or alcohol on the pool deck or any area frequented by swimmers. Concessions will be available, ample deck space, bleachers, First Aid and Life Guards on duty. Parking is available adjacent to YMCA. No foods or drinks permitted around deck. Food and drinks will be allowed around concession area of natatorium.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Average water depth, measured in accordance with 202.3.7 is 4.5 feet at the start end and 4.5 feet at the turn end.
- Eligibility:** The meet is open to registered USA Swimming athletes. The athlete's registration number must accompany entries for consideration. Any person who enters an unregistered swimmer is subject to a \$100 fine per event entered. The age of the swimmer on September 16, 2011, determines the age of the swimmer.
- Any swimmer entered in the meet must be certified by a USA Swimming coach member as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Coaches:** An individual must be a current coach member of USA Swimming to perform coaching duties. Coach's packets are provided for coach

members only. Non-certified coaches may observe the meet, but should not sit in coach's area.

- Meet Format:** All events will be conducted in short course yards and scored as timed finals in accordance with the rules of USA Swimming.
- Limit of Events:** Swimmers are limited to four (4) individual events and one (1) relay per day.
- Entries:** Please use Hy-Tek software for entries. All entries must include: first and last name, age, USA number, events and best times in SCY (Short Course Yards) for the events entered.
- Entry Deadline:** Entries must be received **via EMAIL by 5pm CST on September 9th.**
- Late Entries:** Late entries may be accepted on a "lane available" basis. No new heats will be created. Late entries will not appear in the heat sheet.
- Entry Fees:** \$3.00 per individual event
\$3.00 facility surcharge per swimmer
\$5.00 MSI surcharge per swimmer
\$8.00 per relay event
- Payment:** Make checks payable to SUNKIST SWIM TEAM.
- Email Entries to:** coachdavidorr@gmail.com
- Mail Payment to:** Coach David Orr
Sunkist Swim Team
690 Liberty Road
Flowood MS, 39232
601-664-6814
- Scoring:** Individual Events: 9, 7, 6, 5, 4, 3, 2, 1
Relays: 18, 14, 12, 10, 8, 6, 4, 2
- Awards:** Individual High Point Awards for each age group/gender.
Medals 1st – 3rd, ribbons 4th–8th
- Swimwear:** Swimwear will be according to Article 102.9 of USA Swimming Rules and Regulations. 102.9 Swimwear, .1 Design, A. Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee.
- Warm-Up:** MSI safety guidelines and procedures are in effect for this meet. Diving is not allowed in lanes with two way traffic. Diving is permitted only with the direct supervision of a USA Swimming member coach.
- Schedule:** Friday Evening Warm-ups: 4:00 – 4:50pm
Competition Starts: 5:00pm

Saturday Morning Warm-ups: 8:00 – 8:50am
Competition Starts: 9:00am

Saturday Afternoon Warm-ups: not before 11:30am
Competition Starts: not before 12:30pm

Sunday Morning Warm-ups: 8:00 – 8:50am
Competition Starts: 9:00am

Sunday Afternoon Warm-ups: not before 11:30am
Competition Starts: not before 12:30pm

Seeding: The meet will be pre-seeded according to current USA Swimming rules for timed finals. Entries submitted without times or unreadable times will be seeded at NT (No Time). Events 3 and 4 will require positive check-in and will be deck seeded.

Reporting: Swimmers in all events will report directly to the starting blocks. All entry cards, except for relays, will be at the appropriate lane according to the heat sheet. It is the responsibility of the coaches and the swimmers to see that the swimmer reports to his/her assigned lane at the proper time. There will not be a clerk of course or bull pen.

Scratches: USA-Swimming scratch rules for timed finals will be in effect. No swimmer may scratch from an entered event and then enter another event. No swimmer may enter a later event to make up for a missed event.

Four Hour Rule: If an age group event for swimmers 12 years old and under is swum after the session has been running four (4) hours, each involved swimmer has the option of either swimming that event or receiving a refund for that event. A swimmer desiring the refund must declare his/her intent to the Meet Director or the meet director's designee. There will be no refund for swimmers not in attendance.

Additional Info: Any swimmer who is NOT swimming an individual event, but is on a relay must pay the \$3.00 surcharge in order to be assigned a computer number.

Hospitality: Hospitality room provided for registered coaches and meet officials.

Vendor: All-American Swim Supply to offer swim wear and equipment.

Meet Director: Karen Dierolf
601-573-5538
karen.dierolf@mmns.state.ms.us

Referee: Terre DeMoss
601-994-3585
tere.demoss@usace.army.mil

ORDER OF EVENTS

Friday PM Session

Event Girls	Age Group	Distance/ Stroke	Event Boys
1	10-U	200 IM	2
3	11 & Over	500 Free	4

*** Event 3 and 4 will be swum fastest to slowest alternating girls and boys heats.
They will be scored and awarded 11-12, 13-14, 15&over.
These events are positive check in by 5:30 p.m. ***

Saturday AM Session

Event Girls	Age Group	Distance/ Stroke	Event Boys
5	6-U	25 Back	6
7	7-8	25 Back	8
9	9-10	50 Back	10
11	8-U	50 Breast	12
13	9-10	100 Breast	14
15	6-U	50 Free	16
17	7-8	50 Free	18
19	9-10	100 Free	20
21	6-U	25 Fly	22
23	7-8	25 Fly	24
25	9-10	50 Fly	26
27	8-U	100 IM	28
29	9-10	100 IM	30
31	8-U	100 Free Relay	32
33	10-U	100 Free Relay	34

Saturday PM Session

35	11-12	50 Back	36
37	13-14	100 Back	38
39	Senior	100 Back	40
41	11-12	100 Breast	42
43	13-14	200 Breast	44
45	Senior	200 Breast	46
47	11-12	100 Free	48
49	13-14	100 Free	50
51	Senior	100 Free	52
53	11-12	50 Fly	54
55	13-14	100 Fly	56
57	Senior	100 Fly	58
59	11-12	100 IM	60
61	13-14	200 IM	62
63	Senior	200 IM	64
65	11-12	200 Free Relay	66

67	13-14	200 Free Relay	68
69	Senior	200 Free Relay	70

Sunday AM Session

Event Girls	Age Group	Distance/ Stroke	Event Boys
71	8-U	100 Free	72
73	9-10	200 Free	74
75	6-U	25 Breast	76
77	7-8	25 Breast	78
79	9-10	50 Breast	80
81	8-U	50 Back	82
83	9-10	100 Back	84
85	6-U	25 Free	86
87	7-8	25 Free	88
89	9-10	50 Free	90
91	8-U	50 Fly	92
93	9-10	100 Fly	94
95	8-U	100 Medley Relay	96
97	10-U	100 Medley Relay	98

Sunday PM Session

Event Girls	Age Group	Distance/ Stroke	Event Boys
99	11-12	200 Free	100
101	13-14	200 Free	102
103	Senior	200 Free	104
105	11-12	50 Breast	106
107	13-14	100 Breast	108
109	Senior	100 Breast	110
111	11-12	100 Back	112
113	13-14	200 Back	114
115	Senior	200 Back	116
117	11-12	50 Free	118
119	13-14	50 Free	120
121	Senior	50 Free	122
123	11-12	100 Fly	124
125	13-14	200 Fly	126
127	Senior	200 Fly	128
129	11-12	200 Medley Relay	130
131	13-14	200 Medley Relay	132
133	Senior	200 Medley Relay	134

*** Meet management reserves the right to insert breaks to insure there is enough time for swimmers between events.

TEAM ENTRY SUMMARY SHEET

CLUB NAME: _____

ABBREVIATION: _____

COACHES: _____

TEAM ADDRESS _____

PHONE: _____

Total Number of Swimmers _____ x **\$5.00** = _____

Total Number of Swimmers _____ x **\$3.00** = _____

Total Number of Individual Entries _____ x **\$3.00** = _____

Total Number of Relay Entries _____ x **\$8.00** = _____

Entry Fees Total Due: _____

RELEASE

On behalf of each of the listed competitors, I understand and agree that USA Swimming, Inc., Mississippi Swimming, Inc., Sunkist Swim Team and the city of Flowood, MS, shall be free of all liabilities or claims for loss of valuables or damages arising by any reason of injuries to anyone during travel to or from this meet or during conduct of this meet or during any social gathering associated with this meet and expressly agree to waive claim as condition of being allowed to enter this meet.

Signed: _____ **Date:** _____
Team Coach or Representative