



**SUNKIST 2011
SPRINT TO CHRISTMAS INVITATIONAL
December 10, 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



Charity: Sunkist Swim Team is a proud sponsor of the U.S. Marine Corps Reserve Toys For Tots program. We encourage every swimmer to help bring a joyful holiday season to kids in need by donating one new, unwrapped toy. Toys can be dropped off at the meet in the lobby of the Flowood YMCA.

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 December 10, 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 five (5) individual events and two (2) relays.
- 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 December 2nd.
- 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
6 & Under and 7-8 scored separately for 25s and 50 free.
- Awards:** Individual High Point Awards for each age group/gender.
Medals 1st – 3rd, ribbons 4th–8th.

- Swim Wear:** Swim Wear 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 registered coach.
- Schedule:** Warm-ups: 9:00 – 9:50am Officials Meeting: 9:15am
Competition starts: 10:00am Coaches Meeting: 9:50am
- 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).
- 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 \$5.00 MSI surcharge and \$3.00 facility surcharge in order to be assigned a computer number.
- Hospitality:** Hospitality room provided for registered coaches and meet officials.
- Vendors:** All-American Swim Supply to offer swim wear and equipment.
- Meet Director:** Karen Dierolf
601-573-5538
karen.dierolf@mmns.state.ms.us
- Referee:** Allison Mitchell
601-750-2584
slc3603@bellsouth.net

ORDER OF EVENTS

Saturday Morning Session

Event Girls	Age Group	Distance/ Stroke	Event Boys
1	8-U	100 Medley Relay	2
3	9-10	100 Medley Relay	4
5	11-12	200 Medley Relay	6
7	8-U	25 Free	8
9	9-10	50 Free	10
11	11-12	100 Free	12
13	8-U	25 Breast	14
15	9-10	50 Breast	16
17	11-12	100 Breast	18
19	8-U	25 back	20
21	9-10	50 Back	22
23	11-12	100 Back	24
25	8-U	50 Free	26
27	9-10	100 Free	28
29	11-12	50 Free	30
31	8-U	50 Breast	32
33	9-10	100 Breast	34
35	11-12	50 Breast	36
37	8-U	25 Fly	38
39	9-10	100 Fly	40
41	11-12	50 Fly	42
43	8-U	50 Back	44
45	9-10	100 Back	46
47	11-12	50 Back	48
49	8-U	100 IM	50
51	9-10	100 IM	52
53	11-12	100 IM	54
55	8-U	50 Fly	56
57	9-10	50 Fly	58
59	11-12	100 Fly	60
61	8-U	100 Free Relay	62
63	9-10	100 Free Relay	64
65	11-12	200 Free Relay	66

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

Mississippi Swimming, Inc.

INFORMATION FORM FOR DISABLED SWIMMERS

NAME: _____

ADDRESS: _____

AGE: _____ BIRTHDATE: ____/____/____ (MM/DD/YY)

EVENTS TO BE SWAM

____/____/____/____/____/____/____/____/____/____/____/____/____/

TYPE OF DISABILITY:

BLIND _____ MENTALLY RETARDED _____ DEAF _____ PHYSICAL _____

OTHER _____

EXTENT OF DISABILITY: Be specific e.g. totally or partially blind totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

THE FOLLOWING PERSON (S) WILL ACCOMPANY THE SWIMMER FOR ANY
NEEDED ASSISTANCE: _____

TYPE OF MEDICATION: _____

PURPOSE OF MEDICATION: _____

PARENT'S OR GUARDIAN'S NAME: _____

PARENT'S OR GUARDIAN'S SIGNATURE: _____

ATHLETE'S SIGNATURE: _____

PHYSICIAN'S NAME (PLEASE PRINT): _____

PHYSICIAN'S ADDRESS: _____

PHYSICIAN'S PHONE NUMBER: _____

I have examined the above Entrant and, in my opinion, there is no mental or physical reason why he/she should not participate in United States Swimming Competition.

Physician's Signature and Date

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