

FAST 2010 Valentines Invitational Time Trials

February 19-21, 2010

At the conclusion of the Friday, Saturday and Sunday finals sessions

This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction number #IN10034

Location: Fishers HS, 13000 Promise Road, Fishers, Indiana 46038

Liability: In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., Indiana Swimming, Inc and FAST Tigers (FAST), and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

USA

Swimming

Registration:

1. All swimmers, coaches, and officials participating in this competition must be currently registered with USA Swimming. All should also be prepared to present their USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time
2. Swimmers who 1) choose to enter time trials, 2) late enter when possible, or 3) need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card or accomplish a USA Swimming Registration Form and pay the necessary fees prior to being allowed to compete
3. Please refer to the Entry Deadline section below

Schedule: At the conclusion of the Friday timed finals session and Saturday and Sunday finals sessions

Rules: Current USA Swimming and Indiana Swimming rules will govern this meet.

USA Swimming Rules 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.

The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of February 19, 2010 shall determine the swimmer's age for the entire meet.

Coaches **MUST** constantly display their current USA Swimming coach credential to gain deck access. The meet referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current.

Please note that in a Prelims & Finals meet the event limitation is **3 events per day**. I.E. If an athlete competes in 3 events in one session of the P & F meet they would not be allowed to participate in the time trial. If they are in timed final events, USA Swimming rules **limit events to 5 per day**.

Scoring

& Awards: There will be no scoring or awards.

Eligibility: The meet is open to currently registered USA Swimming swimmers **THAT HAVE TEAMS ALREADY ENTERED INTO THE 2010 VALENTINES INVITATIONAL MEET.**

Entry

Limits: One event per session.

Entry

Fees: \$5.00 per individual event, \$10.00 per relay
\$1.50 per swimmer Indiana Swimming Surcharge (Swimmers already entered in the 2010 FAST Valentines Invitational do not have to pay this fee)
Make checks payable to: **"FAST Tigers" and it is due before first swim**

Entry

Deadline: •Entries will be accepted on deck until the end of finals
•Swimmers entering on deck must present their USA Swimming ID Cards and be prepared to pay the entry fees

Format:

- Events with dissimilar strokes but like distances may be combined
- Swimmers will be seeded by time if provided, otherwise by lot
- The meet director reserves the right to limit time trials to a time period of no more than 30 minutes.

Administration:

Entries & Meet Director: Ken Stopkotte 317-664-1608
Meet Referee: Clay Summers (csummers@iquest.net)

**USA SWIMMING
SUIT RULES:**

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

**Timers
and Lap**

Counters: Competitors must provide their own timers and lap counters

Order of Events – Distances are in yards

- 1. Mixed 50 Freestyle**
- 2. Mixed 400 Individual Medley**
- 3. Mixed 500 Freestyle**
- 4. Mixed 200 Breaststroke**
- 5. Mixed 50 Breaststroke**
- 6. Mixed 100 Backstroke**
- 7. Mixed 200 Freestyle**
- 8. Mixed 100 Butterfly**
- 9. Mixed 200 Medley Relay**
- 10. Mixed 400 Medley Relay**
- 11. Mixed 1650 Freestyle**
- 12. Mixed 1000 Freestyle**
- 13. Mixed 200 IM**
- 14. Mixed 50 Butterfly**
- 15. Mixed 200 Butterfly**
- 16. Mixed 100 Breaststroke**
- 17. Mixed 100 Freestyle**
- 18. Mixed 50 Backstroke**
- 19. Mixed 200 Backstroke**
- 20. Mixed 200 Freestyle Relay**
- 21. Mixed 400 Freestyle Relay**