

Swim-a-Claus Meet

Saturday, December 13, 2014

SPONSORS	The Lava Hot Springs Foundation and Lava Heat Aquatics																	
SANCTION	This meet is held under approval of USA Swimming and Snake River Swimming, Inc., Sanction 14-XX and United States Masters Swimming Sanction #_____. In granting this approval, it is understood and agreed that USA Swimming and United States Masters Swimming shall be free from any liabilities or claims for damages arising due to injuries to anyone during the conduct of the event.																	
DATES	Saturday, December 13, 2014																	
LOCATION	Lava Hot Springs' Indoor Aquatic Center 195 N. Center Street, Lava Hot Springs, ID 83246 www.LavaHotSprings.com																	
TYPE & FORMAT	Time achievement, timed finals																	
REFEREE	Jerry Homstad (208) 604-0015 / ghomstad@cableone.net																	
DIRECTORS	Karen Bartlett / snoozymoose@gmail.com Karen Homstad / karen.homstad@lava.idaho.gov (208) 251-5230																	
SCHEDULE	<table><tr><td>Coaches' meeting</td><td>TBD</td></tr><tr><td>Officials meeting</td><td>TBD</td></tr><tr><td>Warmups for 1650</td><td>7:00-7:30am</td></tr><tr><td>1650 heats start</td><td>7:40am</td></tr><tr><td>Warmups, Ages 11 & Up</td><td>9:10-9:35am</td></tr><tr><td>Warmups, Ages 10 & Under</td><td>9:35-9:55am</td></tr><tr><td>Meet start</td><td>10:00am</td></tr><tr><td>Meet end</td><td>12:00pm</td></tr></table>	Coaches' meeting	TBD	Officials meeting	TBD	Warmups for 1650	7:00-7:30am	1650 heats start	7:40am	Warmups, Ages 11 & Up	9:10-9:35am	Warmups, Ages 10 & Under	9:35-9:55am	Meet start	10:00am	Meet end	12:00pm	
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Meet end	12:00pm																	
COURSE	6 lane 25 yard indoor pool. Water depth measured in accordance with Article 103.2.3 is 3.5' minimum and 12.0' maximum. KDI Paragon starting blocks. Equipped with backstroke flags and antiwave lane lines. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).																	
TIMING	This is a 3 stopwatch hand timed (manual) event.																	
FEES	\$16 per swimmer surcharge, which includes the \$4.00 Snake River Fee. Payable to Lava HEAT Aquatics. Due by the start of the meet. Team payment (lump sum) should be sent to PO Box 669, Lava Hot Springs, ID 83246.																	
ELIGIBILITY	All swimmers must hold current USA Swimming or USMS cards. Any swimmer entered who is not registered will be subject to a \$50 fine. Swimmer's age group will be determined by his/her age the first day of the meet.																	

ENTRIES

Swimmers may enter 3 individual events. Deck registration will not be provided. Events will be pre-seeded. If time permits, we will host a Fun Relay (format TBD) at the end of the meet. Sign up for the fun relay at the meet.

Times to be submitted SCY. No time (NT) is acceptable.

Entries into the 1650 will be limited to the first 18 entrants who will race in three (3) mixed gender heats. Please note that we are limiting each heat of the mile to 30 minutes. This means that in order to enter the 1650 your average pace time should be less than 2:00 per 100 yards.

This meet is limited to the first 100 registrants, but teams will not be split.

Teams should use a Hy-Tek program and email their meet entry file to karen.homstad@Lava.idaho.gov.

You will receive email confirmation of receipt of entries within 24 hours. If you haven't received this confirmation, call (208) 251-5230.

DEADLINE

ENTRIES MUST BE RECEIVED BY SUNDAY, DECEMBER 6, by 8pm.

SCORING

This meet will not be scored.

AWARDS

Swimmers will receive a swim cap for their participation. Ribbons will be awarded through 20th place. Meet participants can also Stay & Play after the meet on Saturday for free. (One free admission ticket per participant for the Indoor Aquatic Center to be redeemed December 13, 2014). Non-participants who want to open swim after the meet may do so for \$5.00 (ages 12+), \$4.50 (ages 3-11), and \$1.50 (under age 2) each.

FUN RELAY

If time permits, we will host a Fun Relay (format TBD) at the end of the meet. Sign up for the fun relay at the meet.

CONDUCT

Current USA Swimming and USMS rules will apply.

Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations.

Snake River Swimming, Inc. safety guidelines and warm-up procedures will be followed. A copy of the guidelines will be included in the heat sheets and posted at the pool.

Use of audio or video recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Except when venue facilities require otherwise, changing in to or out of swim suits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

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.

103.2.2 Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

MISCELLANEOUS

Coaches should report all event scratches prior to the start of the meet.

Volunteer timers will be needed from participating teams.

Marshals and officials who are current members of USA Swimming to be provided by the participating teams.

CONCESSIONS

Meet programs (heat sheets) will be available at the meet for \$5.

Drinks and snacks will be for sale in the lobby during the meet.

Aquaholics swimming merchandise also for sale at the meet.

ACCOMODATIONS

For information about local hotels, campgrounds, and attractions, visit www.LavaHotSprings.org

TOYS FOR TOTS DRIVE

Meet participants are encouraged to bring a new unwrapped toy, suggested value of at least \$5, to donate to the US Marine Corps Reserve Toys for Tots drive. Any person who donates a new, unwrapped toy will receive free entry to Open Swim at the Indoor Aquatic Center on Saturday, Dec 13. In addition, meet participants who donate a toy will receive a ticket into a raffle drawn prize of immense awesomeness.

HOLIDAY SPIRIT AWARD

Tis the Season! The team who displays the most holiday spirit at the meet will receive a prize of immense awesomeness.

SWIM WITH SANTA

Santa will be in the lobby after the meet to receive toy requests from good boys and girls who race hard and try their best.

EVENTS

Saturday Morning			
MIXED EVENT #	AGE	DISTANCE	STROKE
1*	13 & Up	1650 yard	freestyle
2	10 & Under	100 yard	freestyle
3	11 & Up	100 yard	freestyle
4	8 & Under	25 yard	backstroke
5	Open	50 yard	backstroke
6	Open	100 yard	backstroke
7	8 & Under	25 yard	butterfly
8	Open	50 yard	butterfly
9	Open	100 yard	butterfly
10	8 & Under	25 yard	breaststroke
11	Open	50 yard	breaststroke
12	Open	100 yard	breaststroke
13	12 & Under	100 yard	Individual Medley (IM)
14	10 & Up	200 yard	Individual Medley (IM)
16	8 & Under	25 yard	freestyle
17	Open	50 yard	freestyle
18	Open	100 yard	Fun Relay (TBD)

*Entries into the 1650 will be limited to the first 18 entrants who will race in three (3) mixed gender heats. Please note that we are limiting each heat of the mile to around 30 minutes. This means that in order to enter the 1650 your average pace time should be less than 2:00 per 100 yards.

Individual MASTERS entries can be submitted using this form.

Times achieved at this competition will not be submitted for USMS Top Ten or record consideration.

This meet is sanctioned by Snake River LMSC for USMS Swimming, Inc. Sanction # _____.

Name: _____ Age _____

Email: _____ Phone: _____

USMS Registration Number (required): _____ *You can obtain your USMS registration number at <http://www.usms.org>. Sign in, click on "My USMS". Click on "Retrieve a copy of your current USMS card". Deck registration will not be allowed.*

Entrants may race in three (3) individual events.

MIXED EVENT #	AGE	DISTANCE	STROKE	Time (NT is acceptable)
1*	13 & Up	1650 yard	freestyle	
3	11 & Up	100 yard	freestyle	
5	Open	50 yard	backstroke	
6	Open	100 yard	backstroke	
8	Open	50 yard	butterfly	
9	Open	100 yard	butterfly	
11	Open	50 yard	breaststroke	
12	Open	100 yard	breaststroke	
14	10 & Up	200 yard	Individual Medley (IM)	
17	Open	50 yard	freestyle	

If entering using this form, the \$16 per swimmer entry fee and form must be received by Dec 6, 2014. Mail to Lava Heat Aquatics, PO Box 669, Lava Hot Springs, ID 83246. Or scan/email to karen.homstad@Lava.idaho.gov

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by my physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule book article 204.1)

Your submission of this entry form indicates your agreement with the above statement. Paper entries must be signed and dated.

Signature

Date