**2017 IE SAS Summer Solstice Invitational Swim Meet – June 16-18, 2017**

Held under the sanction of USA Swimming and Inland Empire Swimming, Inc.  
Sanction #17-1322, approval of USA Swimming, and sanctioned by Inland Northwest Masters Swimming Committee for USMS, Inc. Sanction xxxxx

*In granting this sanction it is understood and agreed that USA Swimming and Inland Empire Swimming shall be free and held harmless from any liabilities of claims for damages arising by reason of injuries to anyone during the conduct of the event. Use of audio or visual recording devices, including cellphone cameras is not allowed in changing areas, rest rooms or locker rooms. Deck changes are prohibited. Changing into or out of swimsuits other than in the facility locker rooms or other designated area designated by the host facility, is not appropriate, and is prohibited*

**Host**: Spokane Area Swimming (SAS)

Location: Witter Pool, Mission Park, 1400 East Mission, Spokane, WA.

**Facilities**: Witter Pool is an aquatic center opened to the public May 17, 2010. The aquatic center has a competition pool (50 meters x 25 yards-8 lanes). The adjacent warm-up pool (20 yards – 3 lanes), will be available during the duration of the competition. Water depth and starting block height meet the 2014 USA Swimming regulations. The competition course has not been certified in accordance with USA Swimming article 104.2.2C (4). The length of the competition course without a bulkhead is in compliance and on file with U.S. Masters Swimming in accordance with USMS articles 105.1.7 and 107.2.1. The competitive pool water depth varies from 12 feet at the start end to 3.6 feet at the turn end. The 200 meter relays will have the 50m and the 150m exchanges from within the water starts. The aquatic center is wheelchair accessible.

**Parking**: Parking is available in the Witter Pool lot, Mission Park lot (adjacent to pool); please no parking on the Centennial Trail. Parking is also available in the Stevens Elementary parking lot (two blocks east over the bridge, on the right). Street parking is available along the area residential streets. The Avista parking lot is available after 5pm on Friday, and all day Saturday and Sunday. DO NOT ATTEMPT TO PARK IN THE GRAVEL LOT BEFORE 5PM. AVISTA UTILITIES HAVE STRICT SECURITY; CARS MAY BE TOWED WITHOUT NOTICE. No overnight camping (tent or R.V.) is allowed in any lots or City parks. All portable shade and tents must be taken down each evening.

**Meet Schedule**: Official Coaches

Day Session Age Warm-up Start Meeting Meeting

Friday 1 13 & over 8:00 - 8:45 am 9:00 am 8:15 am 7:45 am

Friday 2 All 1:00 - 1:45 pm 2:00 pm 1:15 pm 12:45 pm

Sat/Sun: 3/5 12 & under 7:00 -7:45 am 8:00 am 7:15 am 6:45 am

Sat/Sun: 4/6 13 & over 12:00 -12:45 pm 1:00 pm 12:15 pm 11:45 am

**Eligibility**: Open to all swimmers who are registered with USA Swimming at the time of meet entry or with U.S. Masters Swimming.

**Entries:** All swimmers may enter maximum of (3) events on Friday and a maximum of five (5) events on Saturday and Sunday and may enter one relay per day. Entries will be limited to the team that has the 450th swimmer entered. Date of receiving entries determines the order of entry. Submit long course meter times. No time entries are allowed. **Deck registration and time trials will be allowed at the discretion of the meet referee.**

Positive check in will be required for the 1500 free, 800 free, 400 free and 400 IM. If the projected timeline exceeds USA Swimming or the Inland Empire recommended timeline, entries may be limited in the relays, 1500 Free, 800 Free or the 12 & under 200 events; no-times and slower entries will be deleted first. Entry fees will be refunded for any deleted entries. All teams will be notified by June 12th of any pre-meet scratches.

The 1500 free, 800 free, 400 free and 400 IM will be swum fastest to slowest alternating women and men. Some heats of the 1500 free, 800 free, 400 free and 400 IM may be swum mixed gender. Swimmers must provide their own timers for these events, and 1500 an 800 swimmers must provide their own counters.

**Entry fees**:

$3.00 Individual entry fee per event ($15 per time trial)

$12.00 Relay entry fee per relay ($20 per time trial)

$14.00 Surcharge per swimmer

Make checks payable to Spokane Area Swimming, in US funds.

**Submitting entries by June 9, 2017:**

USMS swimmers: Please register online only at [www.inlandnwmasters.org](http://www.inlandnwmasters.org)

USA Swimming: Please submit the following to Andy Law by email at [sasalaw@comcast.net](mailto:sasalaw@comcast.net)

1. .zip entry file from Team Manager

2. Print to file (Word or PDF format) of team individual & relay entries

3. Print to file (Word or PDF format) of meet fees due

**Entry Deadlines**:

Priority deadline for Inland Empire Teams: **Friday, June 2, 2017**

Final entry deadline: **June 9, 2017**.

Due to the high interest in this meet, it is strongly recommended for IE teams to get your team entries in by the June 2nd priority deadline. We will notify IE teams of their acceptance as we receive your submitted entries; we will notify all outside IE teams of their acceptance starting on June 5th.

**Mail entry fees and Meet Entry fee summary report to**:

Spokane Area Swimming

P.O. Box 9920

Spokane, WA 99209-0920.

**Rules**: Current United States Swimming rules will govern the dual-sanctioned meet as a Combined Meet. The rules and procedures of Inland Empire Swimming will also apply. Masters athletes must be currently registered with USMS. The meet referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event shall be directed to the Meet Referee and shall come from a coach. USA swimmers participating in the meet without a coach must report to the meet referee prior to the warm-ups for instructions. Coaches must be current USA Swimming certified. Proof of coach’s certification must be produced at any time upon request by the meet referee. Any swimmer entered in the meet 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. When unaccompanied by a member coach then it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

**Deck Area**: The Deck area is considered to be a three foot area from the edge of the pool and all of the area behind the starting blocks. Only swimmers, coaches, officials and meet personnel are permitted in the Deck area. Spectators will not be allowed in the Deck area.

**Drones**: Unless approved in writing in advance of the competition by the Vice President of Program Operations, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools athlete/coach areas, spectator areas and open ceiling locker rooms (any time athletes, coaches, officials and/or spectators are present.

**SWIMS**: The USA Swimming SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any swimmer data that is NOT correct in the meet database please notify the meet referee as soon as possible. The appropriate changes will be made. The data will be sent to USA Swimming within 3 days of the meet.

**Awards:**  USA Swimmers placing 1st through 8th in individual events will receive ribbons. Relays placing 1st through 5th will be awarded ribbons. All multi-age group events will be awarded as 8 & Under, 9‑10, 11-12, 13-14 and 15-24, 25-29, 30-34, 35-39 … 105-109. Individual and team scores will not be recorded. Each team should have a representative to pick up awards at the end of the meet. Awards will not be mailed to teams that fail to pick up their awards at the end of the meet. USMS swimmers will be scored as a separate division and ribbons for 1st through 3rd place will be available upon request from the office.

**Officials:**

Meet Director: Tim Lewis

Meet Referee: Liz Law

Starter: Chris Moon

Stroke & Turn: Jennifer Hughes, Michelle St. Laurent,   
Lissa Donohue, Paige Buehler (VAN)

Office: Andy Law (AO) & Casi Russert (AO in training)

Visiting Officials are welcome and encouraged to help. Please bring current certifications and USA Swimming registration cards; these will be verified by the meet referee before deck assignments are made.

**Warm-up procedures:** Meet marshals will be on deck as safety observers during the warm-up period. Deck marshals have the authority to remove, with concurrence of the meet referee, any swimmer, coach, or club from the warm-up or the meet who do not follow safety rules. Certified coaches must be on the deck during warm-ups.

**Timing**: Colorado Timing System with touch pads at both ends will be used. The head timer will assign two timers to each lane. Any assistance with timing assignments is appreciated.

**Miscellaneous**: Concessions will be available during the duration of the meet. Hospitality will be provided for coaches and officials. No smoking, glass containers, or alcoholic beverages are allowed within the Aquatic Center facility property or adjacent Mission park. Barbeque cooking is not allowed within the Witter Aquatic Center property. It is allowed in Mission Park.

Swimwear vendor: Swim2000

T-shirt vendor: Fine designs, Leon Dovmat

**Directions**: From I-90 take the Hamilton street exit-travel north on Hamilton to Mission Street, turn right. Travel east on Mission Street approximately ½ miles, Witter Aquatic Center will be on the right side just past the railroad track crossing.

Please consider the Hotel RL (formerly the Red Lion Inn at the Park) in downtown Spokane for your 2017 Summer Solstice lodging. SAS and Hotel RL are offering this excellent property within walking distance to downtown attractions for $119 per night. This outstanding rate includes a 2 queen bed room, wi-fi, parking and breakfast. Please visit the link for booking information.

<https://www.redlion.com/park-spokane>

**Summer Solstice Swim Meet**

**Order of Events**

|  |  |  |
| --- | --- | --- |
| Friday | | |
| Session 1: 8:15 am warm-up & 9:00 am start | | |
| Girls Event # | Event | Boys Event # |
| 1 | 13 & over 1500 free | 2 |
| 3 | 13 & over 800 free | 4 |
| Positive check-in for morning session closes at 8:30 am | | |
|  | | |
| Session 2: Warm-up 1:00 pm & Start at 2:00 pm | | |
| 5 | 12 & under 200 IM | 6 |
| 7 | 13 & over 200 IM | 8 |
| 9 | 12 & under 200 Free | 10 |
| 11 | 13 & over 200 Free | 12 |
| 13 | 11/12 800 Free | 14 |
| Positive check in for 11/12 800 Free closes at 3:00 am | | |

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| Saturday | | |
| Session 3: 7:00 am warm-up & 8:00 am start | | |
| Girls Event # | Event | Boys Event # |
| 15 | 11/12 200 Back | 16 |
| 17 | 10 & under 100 Breast | 18 |
| 19 | 11/12 100 Breast | 20 |
|  | 2 minute Break |  |
| 21 | 10 & under 50 Fly | 22 |
| 23 | 11/12 50 Fly | 24 |
| 25 | 10 & under 50 Free | 26 |
| 27 | 11/12 50 Free | 28 |
|  | 2 minute Break |  |
| 29 | 12 & under 200 Medley Relay | 30 |
| 31 | 10 & under 100 Back | 32 |
| 33 | 11/12 100 Back | 34 |
| 35 | 11/12 200 Fly | 36 |
|  | | |
| Session 4: 12:00 pm warm-up & 1:00 pm start | | |
| Girls Event # | Event | Boys Event # |
| 37 | 13 & over 200 Back | 38 |
| 39 | 13 & over 50 Breast | 40 |
|  | 2 minute Break |  |
| 41 | 13 & over 100 Fly | 42 |
| 43 | 13/14 over 400 Medley Relay | 44 |
| 45 | 15 & over 400 Medley Relay | 46 |
| 47 | 13 & over 50 Fly | 48 |
|  | 2 minute Break |  |
| 49 | 13 & over 200 Breast | 50 |
| 51 | 13 & over 100 Free | 52 |
| 53 | 13 & over 400 IM | 54 |
| Positive Check-in for 400 IM closes at 2:00 pm | | |

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| Sunday | | |
| Session 5: 7:00 am warm-up & 8:00 am start | | |
| Girls Event # | Event | Boys Event # |
| 55 | 11/12 200 Breast | 56 |
|  | 2 minute Break |  |
| 57 | 10 & under 50 Back | 58 |
| 59 | 11/12 50 Back | 60 |
| 61 | 10 & under 50 Breast | 62 |
| 63 | 11/12 50 Breast | 64 |
|  | 2 minute Break |  |
| 65 | 10 & under 100 Fly | 66 |
| 67 | 11/12 100 Fly | 68 |
| 69 | 12 & under 200 Free Relay | 70 |
| 71 | 10 & under 100 Free | 72 |
| 73 | 11/12 100 Free | 74 |
|  | | |
| Session 6: 12:00 pm warm-up & 1:00 pm start | | |
| Girls Event # | Event | Boys Event # |
| 75 | 13 & over 200 Fly | 76 |
| 77 | 13 & over 50 Free | 78 |
|  | 2 minute Break |  |
| 79 | 13 & over 100 Back | 80 |
| 81 | 13/14 400 Free Relay | 82 |
| 83 | 15 & over 400 Free Relay | 84 |
| 85 | 13 & over 50 Back | 86 |
|  | 2 minute Break |  |
| 87 | 13 & over 100 Breast | 88 |
| 89 | 13 & over 400 Free | 90 |
| Positive Check-in for 400 Free closes at 2:00 pm | | |