



# 2009 Four Corners Aquatic Team LCM Summer Invitational

June 26-28, Farmington, NM

[www.fourcornersaquaticteam.org](http://www.fourcornersaquaticteam.org)

Held under USA Swimming and New Mexico Swimming Sanction # NMS09I23

**Facility:** Located at the Farmington Aquatic Center, 1151 Sullivan Ave, Farmington, NM 87401. The pool is 8 lanes by 50 meters, equipped with non-turbulent lane lines and Colorado Timing System, cool down will be provided in a shallow water aquatic playpool. Please instruct your athletes this pool is for warm-up and cool-down only.

**Eligibility:** The meet will be open to all swimmers who are 2009 USA Swimming registered athletes. Participating teams must return the attached certification of USA Swimming registration signed with their entries. Proof of current registration may be required at any time by meet officials. **There will not be an opportunity to obtain a valid USA Swimming number or registration at the competition.** The swimmers age on the first day of the meet shall be used to determine competition age group. USA Swimming Athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.

**Liability:** New Mexico Swimming, USA Swimming, Four Corners Aquatic Team, the Farmington Aquatic Center, all meet sponsors, and all meet officials shall be held free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

**Format:** This is a timed final long course meters meet consisting of competition in the 10 & U, 11-12, 13-14 and Open age groups. All events will be pre-seeded from slowest to fastest. However, the meet director retains an option to combine age group and gender events where appropriate. Whistle starts will be used. No Recall False Starts will be in effect. Fly-over starts may be used to control the timeline, if it is deemed necessary to complete the session within the requirements of New Mexico Swimming rules. The FCAT Summer Invitational will be a three-session event. Events will be pre-seeded with the exception of the 400 IM's, 400 Freestyles and the 1500 Freestyle. These events will require positive check-in, from the start of warm-up and will close 30 minutes prior to the end of the warm-up session. The 1500 Freestyles will be swum fastest to slowest, alternating women and men. If the Meet Referee deems it necessary, he will combine men's and women's heat's and split the lanes for the 1500 with men on the right side and women on the left side of the lane. Whistle starts will be used. No Recall False Starts will be in effect.

**Rules:** 2009 USA Swimming Rules and Regulations govern this meet, except as noted in this flyer. See order of events for the list of events and their schedule.

**Coaches:** There will be a coaches meeting approximately 10 minutes prior to the start of each morning, if needed. All coaches must display their current USA Swimming Coaches' card while on deck at the meet.

**Swimwear:** New Mexico Swimming adopted the following ruling effective 10/11/08 which passed the USA Swimming House of Delegates on Sept. 27, 2008.

102.9 SWIMWEAR

102.9.1 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.

B. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.

C. The referee shall have the authority to bar offenders from competition until they comply with the rule.

**Meet Directors:** Natalie Riley, 505-320-0521, [natalie@rileyindustrial.com](mailto:natalie@rileyindustrial.com)

**Entries:** All swimmers may swim a maximum of 5 individual events per day and 2 relays per day.

**Entry Fees:** Entry fees are \$2.50 per event.  
\$3.00 New Mexico Swimming Surcharge  
\$5.00 facility charge will be added for each swimmer.  
Relay entry fees are \$6.00 per relay.

**Entry Deadline: All entries must be received by Wednesday June 17<sup>th</sup>, 2009.**

Please send electronic entries to: Trever Gray, [trevergray@gmail.com](mailto:trevergray@gmail.com), or mail with payment to:  
Four Corners Aquatic Team/2009 Summer Invite  
PO Box 3531  
Farmington, NM 87499

**Make checks payable to: Four Corners Aquatic Team or FCAT will suffice**

**PLEASE INCLUDE THE NAME, EMAIL ADDRESS AND PHONE NUMBER OF THE PERSON WHO PREPARED THE ENTRIES IN CASE CLARIFICATION IS NEEDED.**

**Entry Process:** Teams may choose one of the following entry methods:

1) Preferred Method: Email the Hy-Tek entries file as an attachment to Trever Gray, [trevergray@gmail.com](mailto:trevergray@gmail.com). Please attach a meet entries report by name in Word format. Full payment can be mailed to the address noted above, to be received no later than Thursday, June 17<sup>th</sup>, 2009.

2. Mail Hy-Tek entries file on diskette accompanied by a hard copy meet entries printout by name with full payment, to the address noted above. Individual entries for each swimmer must be entered on the attached entry forms if a Hy-Tek entries file is not sent.

**Deck Entries:** Deck entries will be accepted up to 30 minutes prior to the start of each session and charged at \$4.00 per event – plus a \$8.00 surcharge (\$3.00 for New Mexico Swimming and \$5.00 pool usage). Late entries are discouraged for this pre-seeded meet, and will be placed into available lanes without regard to seed times. New heats may be created at the sole discretion of the meet director. **Swimmers entering late will be required to present their current USA Swimming registration card.**

**Meet Referee: Les Larson**

**Warm-Up Procedures:**

Friday: Warm-up in the competition pool- 2:30pm - 3:50

Saturday: Warm-up in the competition pool will be from 9:30am – 10:50am.

Sunday: Warm-up in the competition pool will be from 8:00am – 9:20am.

Continuous warm-up/cool-down will be available in the separate, shallow play pool. There are no lanes in this play pool. Of Course, NO DIVING!!

**Scoring:** Scoring will be on a sixteen (16) place basis per age group (10 and unders, 11-12, 13-14, 15 and over). Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.

**Awards:** Awards will be given to 1<sup>st</sup> HIGH POINT winners in the 8 & U, 9-10, 11-12, 13-14, and 15 & Over age groups. Ribbons will be awarded to the 1<sup>st</sup> through 8<sup>th</sup> place finishers in individual events for 8 & U, 9-10, and 11-12.

**Programs/Results:**

Programs will be available at a one time charge of \$3.00. Final results will be posted on the New Mexico Swimming website: [www.nmswim.org](http://www.nmswim.org) and [www.fourcornersaquaticteam.org](http://www.fourcornersaquaticteam.org)

**Hospitality and Concessions:**

Food concessions will be available at the meet. Officials and coaches will be provided with good meals and refreshments in the hospitality area. PLEASE CLEAN UP AFTER YOURSELVES.

**Officials and Timers:**

Volunteer timers and officials are NEEDED from every team so we can start on time.

**Safety Guidelines:**

USA Swimming certified Coaches shall direct their swimmers regarding the safety guidelines and warm-up procedures. All swimmers must be supervised by a certified USA Swimming Coach throughout the warm-up session.

## ORDER OF EVENTS

### FRIDAY, JUNE 26<sup>th</sup> Warm-up at 2:30 PM, Meet at 4:00 PM

GIRLS EVENT #	DESCRIPTION	BOYS EVENT #
1	OPEN 800 FREE RELAY	2
3	OPEN 1500 FREE	4
5	10 & UN 50 FREE	6
7	11-12 50 FREE	8
9	13-14 50 FREE	10
11	15 AND OVER 50 FREE	12
13	10 & UN 200 IM	14
15	11-12 200 IM	16
17	13-14 200 IM	18
19	15 AND OVER 200 IM	20

### SATURDAY, JUNE 27<sup>th</sup> Warm-up at 9:30am Meet at 11:00am

GIRLS EVENT #	DESCRIPTION	BOYS EVENT #
21	10 & UN 400 MEDLEY RELAY	22
23	11 – 12 400 MEDLEY RELAY	24
25	13-14 400 MEDLEY RELAY	26
27	15 AND OVER 400 MEDLEY RELAY	28
29	OPEN 400 IM	30
31	10 & UN 100 FREE	32
33	11 – 12 100 FREE	34
35	13-14 100 FREE	36
37	15 AND OVER 100 FREE	38
39	11 – 12 200 BACK	40
41	13-14 200 BACK	42
43	15 AND OVER 200 BACK	44
45	10 & UN 100 BREAST	46
47	11 – 12 100 BREAST	48
49	13-14 100 BREAST	50
51	15 AND OVER 100 BREAST	52
53	11 – 12 200 FLY	54
55	13-14 200 FLY	56
57	15 AND OVER 200 FLY	58

59	10 & UN 200 FREE RELAY	60
61	11 – 12 200 FREE RELAY	62
63	13-14 200 FREE RELAY	64
65	15 AND OVER 200 FREE RELAY	66

**SUNDAY, JUNE 28<sup>th</sup> Warm-up at 8:00am Meet at 9:30am**

<b>GIRLS EVENT #</b>	<b>DESCRIPTION</b>	<b>BOYS EVENT #</b>
67	10 & UN 400 FREE RELAY	68
69	11 – 12 400 FREE RELAY	70
71	13-14 400 FREE RELAY	72
73	15 AND OVER 400 FREE RELAY	74
75	OPEN 400 FREE	76
77	10 & UN 100 BACK	78
79	11 – 12 100 BACK	80
81	13-14 100 BACK	82
83	15 AND OVER 100 BACK	84
85	11 – 12 200 BREAST	86
87	13-14 200 BREAST	88
89	15 AND OVER 200 BREAST	90
91	10 & UN 100 FLY	92
93	11 – 12 100 FLY	94
95	13-14 100 FLY	96
97	15 AND OVER 100 FLY	98
99	10 & UN 200 FREE	100
101	11 – 12 200 FREE	102
103	13-14 200 FREE	104
105	15 AND OVER 200 FREE	106
107	10 & UN 200 MEDLEY RELAY	108
109	11 – 12 200 MEDLEY RELAY	110
111	13-14 200 MEDLEY RELAY	112
113	15 AND OVER 200 MEDLEY RELAY	114



**2009 FCAT LCM SUMMER Invitational**

**JUNE 26-28, 2009**

**TEAM MASTER ENTRY FORM – ONE PER TEAM**

**TEAM** \_\_\_\_\_ **CLUB CODE** \_\_\_\_\_

**Total Number of Events** \_\_\_\_\_ **X \$2.00 =** \$ \_\_\_\_\_

**Meet Surcharges (NMS + Pool fee)** \_\_\_\_\_ **X \$8.00 =** \$ \_\_\_\_\_  
# of swimmers

**TOTAL FEES FOR TEAM** \$ \_\_\_\_\_

Please send **ONE** Team Check payable to **Four Corners Aquatic Team** or **FCAT** – Thank you.

**\*\*USA SWIMMING REGISTRATION VERIFICATION STATEMENT\*\***

**I CERTIFY THAT ALL SWIMMERS OF** \_\_\_\_\_  
**SWIM TEAM, ENTERED IN THE 2009 FCAT LCM SUMMER Invitational, ARE CURRENTLY REGISTERED MEMBERS OF USA SWIMMING.**

\_\_\_\_\_  
**SIGNATURE**

\_\_\_\_\_  
**DATE**

\_\_\_\_\_  
**PRINTED NAME**

\_\_\_\_\_  
**TEAM POSITION**

**FINAL RESULTS WILL BE POSTED ON THE NEW MEXICO SWIMMING WEB SITE, AS WELL AS EMAILED OUT TO THE PARTICIPATING TEAMS.**

**TEAM NAME:** \_\_\_\_\_

**COACHES:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Email Results to:** \_\_\_\_\_

**\*\* This form must be mailed with Team entries, or turned in to the Meet Director before the meet.**