



2010 Four Corners Aquatic Team LCM Summer Invitational

June 25-27, Farmington, NM

www.fourcornersaquaticteam.org

Held under USA Swimming and New Mexico Swimming Sanction # NMS10I20

- 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 2010 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, the City of Farmington, 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 Prelim/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 referee 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 six-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. ALL RELAYS and the 1500 will be swum as timed finals only during each session. The fastest heat of 1500, boys and girls, will be swum in the Finals on Friday. All other heats will swim in the prelim session. 1500 will be scored accordingly, fastest to slowest, regardless of heat. All Finals will consist of 2 heats, one Consolation Final and one Final. Events will be scored 1-8 and 9-16 regardless of time achieved. There will only be 1 Final heat of 400 IM, 400 Free and 1500 Free. All 10 and Unders will swim timed finals only in the morning sessions.
- Rules:** 2010 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:** **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. No fasteners, other than drawstrings are allowed.**

Meet Directors: Karen King, karenkingbiernacki@gmail.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 Tuesday June 15th, 2010.

Please send electronic entries to: Trever Gray, trevergray@gmail.com, or mail with payment to:

Four Corners Aquatic Team/2010 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: 1) Preferred Method: Email the Hy-Tek entries file as an attachment to Trever Gray, 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 Tuesday, June 15th, 2010.

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 \$12.00 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: Joe Rhoades

Warm-Up Procedures:

Friday: **Prelim warm-up at 10:30 am, Meet at 12:00 pm. Final warm up at 4:30, Meet at 6 pm**

Saturday: **Prelim warm-up at 7:30am, Meet at 9:00am. Finals warm-up at 3:30. Meet at 5 pm.**

Sunday: **Prelim warm-up at 7:30am, Meet at 9:00am. Final warm up at 2:30, Meet at 4 pm**

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: Ribbons will be awarded to the 1st through 8th place finishers in individual events for 8 & U, 9-10, 11-12 and 13-14.

Programs/Results:

Programs will be available at a one time charge of \$5.00. Final results will be posted on the New Mexico Swimming website: www.nmswim.org and 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 25th Prelim warm-up at 10:30 am, Meet at 12:00 pm. Final warm up at 4:30, Meet at 6 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 26th Prelim warm-up at 7:30am Meet at 9:00am. Finals warm-up at 3:30. Meet at 5 pm

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 27th Prelim warm-up at 7:30am Meet at 9:00am. Final warm up at 2:30,
Meet at 4 pm**

GIRLS EVENT #	DESCRIPTION	BOYS EVENT #
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

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SWIMMER'S NAME _____

(Last)

(First)

(Middle)

USA SWIMMING # _____

D.O.B ____/____/____

TEAM _____

SEX ____

AGE _____

EVENT #

DISTANCE

STROKE

ENTRY TIME

_____ 25 50 100 200 FR BK BR FL IM _____

_____ 25 50 100 200 FR BK BR FL IM _____

_____ 25 50 100 200 FR BK BR FL IM _____

_____ 25 50 100 200 FR BK BR FL IM _____

_____ 25 50 100 200 FR BK BR FL IM _____

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_____ 25 50 100 200 FR BK BR FL IM _____

_____ 25 50 100 200 FR BK BR FL IM _____

_____ 25 50 100 200 FR BK BR FL IM _____

_____ 25 50 100 200 FR BK BR FL IM _____

Swimmers may enter up to 5 individual events each day, plus one relay each day.

EACH ATHLETE (\$2.50/event)

SURCHARGE (NMS & Pool)

\$ _____

+ \$ 5.00

TOTAL FEE

\$ _____

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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.**