

**Los Alamos Aquatomics
Winter High Altitude Invitational
January 18, 19 and 20, 2008
Larry R. Walkup Aquatic Center
2760 Canyon Rd.
Los Alamos, NM 87544
(505) 662-8170**

- Sponsor: Los Alamos Aquatomics Swim Team (LAA)
- Location: Larry R. Walkup Aquatic Center; 2760 Canyon Rd. (at Central Ave.); Los Alamos, NM 87544
(505) 662-8170
- Elevation: 7227 ft.
- Sanction #: Held under sanction of USA Swimming, Inc. and New Mexico Swimming, Inc.
Sanction #: **NMS08I 09**
- Format: 1) The Winter High Altitude Invitational is a timed final pre-seeded short course (25Y) meet, with no time standard requirements.
2) Lanes will be pre-assigned and published in the meet program, except for the events listed below.
3) At the discretion of the officiating staff, fly over starts may be used in the operation of this meet.
4) Participants of events **7, 8, 9,10** (400 IM),**15, 16, 17, 18** (1650 Free), **38, 70, 71, 72, 73, 74** (500 Free),**131, 132, 133, 134** (1000 Free) will be listed in the meet program as psych sheets, then seeded based on a required positive check-in.
- Disclaimer: USA Swimming, Inc., New Mexico Swimming, Inc., The Los Alamos Aquatomics Swim Team, The County of Los Alamos, The Larry Walkup Aquatic Center and all meet officials shall be held free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.
- Venue: The Winter High Altitude Invitational will be held within the walled confines of the Larry R. Walkup Aquatic Center. There are separate male and female locker rooms with rest room facilities. The venue is handicap accessible. The following equipment and areas are strictly off limits: diving boards, slides, recreational equipment, the therapy pool and the unisex locker room adjacent to the therapy pool.
- Facility: Indoor, 8 lane, 25 yard pool with contiguous dressing rooms, and a Colorado Timing/Starting system with an eight lane scoreboard display. A limited number of warm up and warm down lanes will be available on the other side of the bulk head.
- Directions: Going west into Los Alamos on NM 502, take the right fork at the Best Western Hilltop House Hotel onto Central Avenue. Continue on Central Avenue until it intersects with Canyon Road. The Larry Walkup Aquatic Center is the large green roof facility on the north-west side of the junction between Central Avenue and Canyon Road.
- Parking: Parking is available in the Larry R. Walkup Aquatic Center parking lot. **PARKING IS NOT ALLOWED ON CANYON ROAD OR OBSTRUCTING THE DRIVEWAY TO THE WEST OF THE AQUATIC CENTER PARKING LOT. CARS PARKED IN THESE AREAS WILL BE TICKETED AND TOWED.** Overflow parking is provided on Friday and Saturday in the United Church parking lot to the east on Canyon Road. **DO NOT USE THE CHURCH LOT ON SUNDAY.** Overflow parking is available at a nearby business lot on Sunday. **TEAM BUSES OR OVERSIZED VEHICLES ARE REQUESTED TO NOT USE THE AQUATIC CENTER**

PARKING LOT. AMPLE PARKING AND MANEUVERING SPACE IS AVAILABLE AT THE HIGH SCHOOL PARKING LOTS THREE BLOCKS WEST OF THE AQUATIC CENTER.

Meet Director: Robert Putnam, 4770 Esperanza; Los Alamos, NM 87544 (505) 663-1066, rputnam@lanl.gov or rputnam@los-alamos.net

Meet Referee: Robert Putnam, 4770 Esperanza; Los Alamos, NM 87544 (505) 663-1066,

Eligibility: Competitors must be current registered (2008) members of USA Swimming. Swimmers are restricted to Five (5) individual events and One (1) relay per day. Any violation of these entry limit restrictions will result in disqualification from the meet and forfeiture of all awards. Swimmers may swim in only one age group per event. Swimmer's age as of January 18, 2008 shall be used to determine the age group for competition. Swimmers should be prepared to provide proof of valid USA Swimming membership as a registered athlete if required. It is a violation of USA Swimming rules to enter an unregistered swimmer and such an entry could result in a fine. A USA Swimming membership affidavit MUST BE SIGNED by the athlete or their representative coach AND RETURNED ALONG WITH TEAM ENTRIES.

Entries: Please submit all entries on the entry forms attached. One form is required for each participating swimmer. One team entry form is required for all participating teams. All teams submitting more than 8 individual entries must additionally provide entries on HYTEK entry CD (email preferred) or pay a surcharge of \$25.00. As a backup – hard copy of the meet entry should also be mailed to the contact representative noted below by the date and time indicated for meet entries to be guaranteed included. Teams with less than 8 entries may request that entries be entered manually. If possible, send the entries as an email attachment to the "Mail Entry" person listed on the next page. All entered times should be "sea level" equivalent. Times achieved at altitudes listed below should be adjusted (i.e. lowered) according to the following guidance:

Distance	-	3000 - 4250 Ft.	4251 - 6500 Ft.	Above 6500 Ft.
200	-	.50 seconds	1.20 seconds	1.60 seconds
400	-	2.5 seconds	5.0 seconds	7.0 seconds
800	-	5.0seconds	10.0 seconds	15.0 seconds
1500	-	11.0 seconds	23.0 seconds	32.5 seconds

Entry Limit: The number of swimmers in the meet will be limited to the first 400 entries received. However, the team that causes the number of entries to exceed 400 will be allowed to enter all of it's swimmers.

Entry Fees: Individual events: \$2.50 per event
Relays: \$8.00 per relay
NMS Surcharge: \$2.00 per swimmer
Pool Surcharge: \$6.00 per swimmer

Deck Entries: \$5.00 per individual event. Deck entries must adhere to a swimmer's number of individual events restrictions. Deck entries will be accepted on a first come first served basis. Deck entries will only be accepted where empty lanes are available in an event. New heats will not be created for deck entries. Deck entries for the next future session must be completed 30 minutes prior to the start of that session. Deck entries will be accepted at all future sessions on a first come first serve basis through the clerk of course.

If a swimmer has not entered the meet prior to deck entry,
1) a valid USA Swimming registration must be presented to Clerk of Course,
2) all meet fees must be paid in addition to any applicable deck entry fees (\$2.00 NM surcharge and \$6.00 pool surcharge)

\$8 per relay event. All swimmers on a relay must adhere to a swimmer's number of relay events restrictions. Relay deck entries will be accepted on a first come first served basis. Relay deck entries will only be accepted when there are open lanes in an event. New heats will not be created for late deck entries. Relays must be paid for by the end of event Number 92 in order to receive awards. Relay deck entries must be completed 30 minutes prior to the start of each session.

If a relay swimmer has not entered the meet prior to deck entry.

- 1) a valid USA Swimming registration must be presented to the Clerk of Course,
- 2) all meet fees must be paid in addition to any applicable deck entry fees (\$2.00 NM surcharge and \$6.00 pool surcharge)

Exhibition relays (mixed team or mixed age group swimmers) will be accommodated in empty lanes as available but will not scored. The relay entry must clearly identify the relay team as an EXHIBITION team.

- Entry Deadline: Individual entry forms and/or a HY-TEK entry CD with printed hard copy, Team Entry Form, USA Swimming Membership Affidavit and entry fees must be postmarked by Tuesday, January 12, 2007. Please make team checks payable to LAA
- Mail Entries: Robert Putnam, 4770 Esperanza; Los Alamos, NM 87544 (505) 663-1066, rputnam@los-alamos.net
- Scoring: Awards will be given to age groups 8&Under, 9-10, and 11-12 only as follows:
Individual events: Ribbons: 1st - 8th. Points: 9-7-6-5-4-3-2-1
Relays: Ribbons: 1st - 8th. Points: 18-14-12-10-8-6-4-2
1) Points scored in the Open or Senior events will not be counted toward an age group high point award.
2) 8 & Under swimmers competing in 10 & Under events (**3, 4, 25, 29, 30, 32, 33, 35, 36, 80, 81, 85, 86, 88, 89, 91, 92, 94, 95**) will be scored separately with applicable award points contributing to their respective age group High Point awards.
- Awards: Individual High Point for age groups 8&Under, 9-10, 11-12. 1st, 2nd and 3rd place.
- Check-In: A positive check in is required 30 minutes prior to the start of;
Ssession I for events **7, 8, 9, 10**. (400 IM) and **15, 16, 17, 18** (1650 Freestyle).
By the end of event 30 (session II) for the following event **38**. (500 Freestyle)
By the end of event 58 (session III) for the following events **70, 71, 72, 73, 74**. (500 Freestyle)
By the end of event 116 (session V) for the following events **131, 132, 133, 134**. (1000 Freestyle)
- Scratches: Swimmers are not required to scratch from an event in which they are entered, but do not intend to compete.
- Rules: Current USA Swimming and NMS rules will govern this meet.
- Warm-up: NMS mandatory warm-up procedures will be in effect during warm-up times. All swimmers must be supervised by a coach member of USA Swimming during all warm-up sessions. Swimmers without a USA Swimming certified coach need to report to the meet referee.
- Restrictions: The City of Los Alamos, The County of Los Alamos prohibits smoking or use of other tobacco products on the pool deck, in the changing rooms, in spectator seating and in all areas used by swimmers during the course of this meet. No glass containers will be allowed anywhere inside the Larry R. Walkup Aquatic Center.
- Concessions: Concessions and swim gear will be available throughout the meet.

Officials: Referees, starters and stroke & turn officials will be USA registered and certified. Any additional volunteer workers will be welcomed -- please contact the meet referee Robert Putnam, 4770 Esperanza; Los Alamos, NM 87544 (505) 663-1066, rputnam@los-alamos.net

Special Note: 1) Swimmers are required to provide timers and counters for the following events: **15, 16, 17, 18** (1650 Yard Freestyle) and **131, 132, 133, 134** (1000 Freestyle). These events will be functionally seeded from FASTEST to SLOWEST alternating male and female heats.
2) A brief coaches meeting will be held 10 minutes prior to the start of session I and may be held as determined by the meet referee if needed 10 minutes prior to the start of each succeeding session.
3) Current coaching credentials must be displayed at all times.

*******Please Note: 11-12 girls events have been moved to the afternoons*******

Session I - Friday, January 18, 2008

Warm-ups: 4:15 - 5:15 p.m.

Meet start time: 5:15 p.m.

Girls	Event Name, SC Yards	Boys
1	13 and Over 100 IM	2
3	10 & Under 200 IM	4
5	11-12 200 IM	6
7	13-14 400 IM	8
9	Open 400 IM	10
11	10 & Under 200 Freestyle	12
13	11-12 200 Freestyle	14
15	13-14 1650 Freestyle	16
17	Open 1650 Freestyle	18

All swimmers must check in 30 minutes before the start of Session for the 400 Yard IM, and the 1650 Yard Freestyle. Swimmers must provide their own timers and counters for the 1650 yd Freestyle.

Session II - Saturday, January 19, 2008

Warm-ups: 8:30 a.m. – 9:30 a.m.

Meet start time: 9:30 a.m.

Girls	Event Name, SC Yards	Boys
19	10 & Under 200 Medley Relay	20
	11-12 200 Medley Relay	21
22	8 & Under 25 Breaststroke	23
24	10 & Under 50 Freestyle	25
	11-12 50 Freestyle	26
27	8 & Under 25 Freestyle	28
29	10 & Under 50 Breaststroke	30
	11-12 50 Breaststroke	31
32	10 & Under 100 Backstroke	33
	11-12 100 Backstroke	34
35	10 & Under 100 Butterfly	36
	11-12 100 Butterfly	37
	11-12 500 Freestyle	38

All swimmers must check in by the end of event 30 for the 500 Yard Freestyle. Swimmers must provide their own timers and counters for the 500 Yard Freestyle.

******Please Note: 11-12 girls events have been moved to the afternoons******

Session III - Saturday, January 19, 2008

Warm-ups: 1:00 p.m.

Meet start time: 2:00 p.m.

Girls	Event Name, SC Yards	Boys
39	11-12 400 Freestyle Relay	
40	13-14 400 Freestyle Relay	41
42	Open 400 Freestyle Relay	43
44	11-12 50 Breaststroke	
45	13 and Over 50 Breaststroke	46
47	11-12 100 Backstroke	
48	13-14 100 Backstroke	49
50	Open 100 Backstroke	51
52	11-12 100 Butterfly	
53	13-14 100 Butterfly	54
55	Open 100 Butterfly	56
57	11-12 100 Freestyle	
58	13-14 100 Freestyle	59
60	Open 100 Freestyle	61
62	13-14 200 Breaststroke	63
64	Open 200 Breaststroke	65
66	13-14 200 IM	67
68	Open 200 IM	69
70	11-12 500 Freestyle	
71	13-14 500 Freestyle	72
73	Open 500 Freestyle	74

All swimmers must check in by the end of event 58 for the 500 Yard Freestyle. Swimmers must provide their own timers and counters for the 500 Yard Freestyle.

Session IV - Sunday, January 20, 2008

Warm-ups: 8:30 a.m. - 9:30 a.m.

Meet start time: 9:30 a.m.

Girls	Event Name, SC Yards	Boys
75	10 & Under 200 Freestyle Relay	76
	11-12 400 Freestyle Relay	77
78	8 & Under 25 Butterfly	79
80	10 & Under 50 Backstroke	81
	11-12 50 Backstroke	82
83	8 & Under 25 Backstroke	84
85	10 & Under 50 Butterfly	86
	11-12 50 Butterfly	87
88	10 & Under 100 Freestyle	89
	11-12 100 Freestyle	90
91	10 & Under 100 Breaststroke	92
	11-12 100 Breaststroke	93
94	10 & Under 100 IM	95
	11-12 100 IM	96

*******Please Note: 11-12 girls events have been moved to the afternoons*******

Session V - Sunday, January 20, 2008

Warm-ups: 1:00 p.m.

Meet start time: 2:00 p.m.

Girls	Event Name, SC Yards	Boys
97	11-12 200 Medley Relay	
98	13-14 200 Medley Relay	99
100	Open 200 Medley Relay	101
102	11-12 50 Freestyle	
103	13-14 50 Freestyle	104
105	Open 50 Freestyle	106
107	11-12 50 Butterfly	
108	13 and Over 50 Butterfly	109
110	11-12 100 Breaststroke	
111	13-14 100 Breaststroke	112
113	Open 100 Breaststroke	114
115	11-12 50 Backstroke	
116	13-14 200 Backstroke	117
118	Open 200 Backstroke	119
120	13-14 200 Freestyle	121
122	Open 200 Freestyle	123
124	13-14 200 Butterfly	125
126	Open 200 Butterfly	127
128	13 and Over 50 Backstroke	129
130	11-12 100 IM	
131	13-14 1000 Freestyle	132
133	Open 1000 Freestyle	134

All swimmers must check in by the end of event 116 for the 1000 Yard Freestyle. Swimmers must provide their own timers and counters for the 1000 Yard Freestyle.

*******Please Note: 11-12 girls events have been moved to the afternoons*******

Individual Entry Form

Swimmers Name: _____

Team Name: _____ Code: _____

USA#: _____ Sex: _____ Age: _____

Event #	Circle Event Distance	Circle Stroke	Entry Time
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	
	50 100 200 400 800 1500	Free Back Breast Fly I.M.	

Total Number of Events: _____ x \$2.50 = \$ _____
NMS Surcharge: 2.00 \$2.00
Pool Usage Fee: 6.00 \$6.00

Total Fees due: \$ _____

Team Entry Form

Total Number of Entries _____	x \$2.50	\$ _____
Total Number of Swimmers _____	x \$8.00	\$ _____
Total Number of Relays _____	x \$8.00	\$ _____
Total Amount Due		\$ _____

Please make checks payable to LAA

Team Representative to whom the meet results are to be sent:

Name: _____

Address: _____

Phone No.: _____

Email Address: _____

I, the undersigned, state with this affidavit that all athletes entered in this meet under my team are currently registered with USA Swimming.

(Coach or Team Registrar)

(Date)