

♥ VALENTINE INVITATIONAL ♥

February 07-08, 2014

Sanction: Held under USA Swimming through Arkansas Swimming Inc. Sanction Number: 14AR0208.

Host: Arkansas Dolphin-Laser Swim Team

Place: University of Arkansas At Little Rock
Donaghey Student Center
2801 South University
Little Rock, AR 72204

Facilities: Eight lane x 25 yard pool with 9 foot lanes with Keifer Competitor lane lines and non-skid starting blocks. Colorado timing system and touch pads will be used with an 8 lane scoreboard. Warm up and warm down area is available. The competition course has not been certified in accordance with Article 104.2.21C(4). The minimum water depth measured in accordance with Article 202.3.4D is 7',0" at the start end and 8',0" at the turn end.

Eligibility: All USA Swimming registered swimmers are eligible. 2013 rules will govern the meet. Entrant's age as of February 07, 2014 will determine age for the duration of the meet.

Attending Coaches: Under ASI rules, each team must provide a copy of each attending coach's USA membership card. Attending coaches should be prepared to show proof of their USS registration and valid certification in CPR, First Aid, and Coaches Safety Training if requested.

Events: All events will be **TIMED FINALS**. Submit contestant's best short course yard times to ensure proper seeding. All events will be pre-seeded except the 500 freestyle. The senior 500 free will be limited to the fastest 40 swimmers male and female based on entry times. Coaches will be notified of any swimmers not making the top 40. Check in for the 500 Freestyle is due by 5:00 p.m. Friday.

Entry Limit: Each swimmer may enter five (5) individual events per day.

SCHEDULE:

Friday p.m.	Warm up: 4:00p.m.	Meet starts: 5:00 p.m.
Sat. a.m.	Warm up: 8:30 a.m.	Meet starts: 9:30 a.m.
Sat. p.m.	Warm up: 12:30 p.m.	Meet starts: 1:30 p.m.

Warm-up: The warm-up guidelines set forth by ASI will be in effect. In the competition end of the pool the first 40 minutes of each warm-up period will be general warm-up in all lanes. The last 20 minutes of each warm-up period will be specific warm-up: Lanes 1 & 8 pace 50's or 100's, Lanes 2, 3, 6 & 7 race starts only, swim one length only, Lanes 4, 5, general warm-up. The warm up end of the pool will be general warm up.

Awards and Scoring: Custom medals for 1st, 2nd and 3rd place and ribbons 4th-8th place in individual and relay events in 8 & Under, 10 & Under, and 11-12 age groups. 8 & Under will not score in the 10 & Under or 12 & Under events. 12 & Under events will be broken down into 11-12 and 10 & Under. There will be no scoring or awards for the Senior Division. High point awards will be given for girls and boys in 8&Under, 10&Under, and 11-12 age groups.

Scoring: Individual events: 9-7-6-5-4-3-2-1. Relays: 18-14-12-10-8-6-4-2.

Entry Fees: Individual events \$2.50 each. Relays \$5.00 each. No fees will be refunded for scratches.

Surcharge: \$10.50 (\$3.00 ASI, \$7.50 UALR) per swimmer.

Deck Entries: **DECK ENTRIES WILL BE ACCEPTED WHERE SPACE IS AVAILABLE.** Deck entry fee is \$5.00 per individual event and \$10.00 per relay. In addition swimmers not already entered in the meet must pay the surcharge.

USA Swimming #'s: Please remember that no entries will be accepted without current USA Swimming registration number. Swimmers who enter as pending or applied for must send their Athlete Registration application and payment with the team entries or register on deck and be charged deck entry fees. Athlete registration will be allowed on deck. If you have already sent the registration and fee to ASI, please send a copy of the registration form.

Meet Limit: The meet will be limited to the first 400 swimmers entered in the meet. If a team's entry exceeds the 400 swimmer limit, all of that team's all of that team's entries will be accepted.

Entry Forms: We prefer that all teams enter using Hy-Tek or the equivalent. All teams must use the enclosed summary form.

Entry Deadline: Make checks payable to Dolphin-Laser Booster Club. Entries must be received by Wednesday, January 29, 2014. Enclosed entry form must be filled out and returned with entry fee to:

Arkansas Dolphin-Laser Swim Team

#1 Huntington Road

Little Rock, AR 72227

Phone and Fax: (501) 225-5711

E-mail: coachkeith@dolphin-laser.com

Make checks payable to: Dolphin-Laser Booster Association.

Scratch Rules: The scratch rules adopted by Arkansas Swimming will be in effect. Swimmers will report directly to the blocks for all events.

Smoking: Smoking and use of other tobacco products are prohibited on the deck, in bleachers, locker rooms, or other areas designed as swimmer rest area.

Food: Food concessions will be not by available. **NO GLASS CONTAINERS OR FOOD WILL BE ALLOWED ON THE POOL DECK.**

Rules and Safety: The 2013 USA Swimming/ASI official rules shall govern the meet, and all technical and administrative rules of USA Swimming will apply.

Use of audio or video recording devices, including cell phone devices with such capability is absolutely prohibited in all dressing areas, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person so found possessing such devices in these areas will immediately removed from the meet with all fees forfeited, and subject to further LSC and or USA Swimming sanctions and penalties.

Any swimmer who does not enter the pool feet first during any portion of a warm-up/warm-down period which requires feet first entry shall receive a warning for a first offense rather than a disqualification. Disqualifications are automatic for any subsequent violations. In the session in which the penalty is enforced, the swimmer cannot deck enter an event to replace the event from which they were removed.

Every 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, it is the responsibility of the swimmer or the swimmers legal guardian to ensure compliance with this requirement.

Swimmers must use the locker rooms to change. On deck changing is not allowed. Swimmers must dry off before leaving the pool/locker room area.

Facility Rules: The gym, weight rooms, fitness equipment, racquetball courts, classrooms, aerobic rooms and meeting rooms are off limits to swimmers and spectators. No unattended children are allowed in the Donaghey Student Center. The entire UALR campus is "Tobacco Free", smoking or any other use of tobacco is not allowed anywhere on the campus.

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Friday Evening Session

Warm-up: 4:00 p.m.

Meet Starts: 5:00 p.m.

<i>Girls</i>				<i>Boys</i>
1	12 & under	200	Free	2
3	Senior	500	Free	4
5	10 & Under	200	I.M.	6
7	Senior	400	I.M.	8

Saturday Morning Session

Warm-up: 8:30 a.m.

Meet Starts: 9:30 a.m.

<i>Girls</i>				<i>Boys</i>
9	10 & under	200	Free Relay	10
11	8 & under	25	Free	12
13	10 & under	50	Free	14
15	8 & under	25	Back	16
17	10 & under	50	Back	18
19	8 & under	25	Breast	20
21	10 & under	50	Breast	22
23	8 & under	25	Fly	24
25	10 & under	50	Fly	26
27	8 & under	100	I.M.	28
29	10 & under	100	I.M.	30

Saturday Afternoon Session

Warm-up: 12:30 p.m.

Meet Starts: 1:30 p.m.

<i>Girls</i>				<i>Boys</i>
31	Senior	200	Free	32
33	11-12	100	Back	34
35	Senior	100	Back	36
37	11-12	50	Free	38
39	Senior	50	Free	40
41	11-12	200	I.M.	42
43	Senior	200	I.M.	44
45	11-12	100	Fly	46
47	Senior	100	Fly	48
49	11-12	100	Breast	50
51	Senior	100	Breast	52
53	11-12	100	Free	54
55	Senior	100	Free	56

Arkansas Dolphin-Laser Swim Team
Valentine Invitational Swim Meet
February 07-08, 2014
Summary Sheet

Name of Club: _____ Club Code: _____

Attending Coaches' Names: _____

Number of individual entries	_____	@	\$2.50	_____
Number of relay entries	_____	@	\$5.00	_____
Number of swimmers (UALR Surcharge)	_____	@	\$7.50	_____
Number of swimmers (ASI Surcharge)	_____	@	\$3.00	_____

Total enclosed _____

Team Address: _____

Telephone: (_____) _____

E-mail: _____

Hotel where you will be staying _____

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USAS, ASI, the host club, and officials.

Signature of coach or club representative: _____

Please send entries to: Arkansas Dolphin-Laser Swim Team
#1 Huntington Road
Little Rock, AR 72227
Phone and Fax: (501) 225-5711
E-mail: coachkeith@dolphin-laser.com

Make checks payable to: Dolphin-Laser Booster Club