

2010 JAMIE TURNER MEMORIAL MEET: SPLIT MEET

February 19, 20, & 21, 2009

Sponsored by the Helena Lions Swim Team

- Sanction:** #0773. This meet is sanctioned by Montana Swimming and USA Swimming. The 2009-2010 rules of Montana Swimming and USA Swimming will govern the conduct of the meet. This is a closed deck meet. Only athletes, certified coaches, officials, timers, and meet management may be on deck, except that one parent of 8&U swimmers may accompany swimmers to the start area and may be on deck two heats prior and one heat after that event.
- Dates:** Friday, Saturday, and Sunday February 19 - 21, 2009
- Location:** The pool is located in the PE Center on the north end of the Carroll College Campus at 1601 Benton Ave. It is a regulation short course 25-yard pool, 6 lanes, with non-turbulent lane markers. Parking is available and the area is close to many hotels. Walking / running routes are easily accessible from the PE Center.
- Space Limitations:** The PE center lobby and some of the balcony areas must be vacated by all swimmers and spectators by 4:00 p.m. Saturday. There is a CC basketball game Sat and there will be minimal space for spectators and swimmers. It is possible there may be space in a balcony in the gym. There are also viewing bleachers above the pool.
- Concessions:** HLST will operate a concession and a swim shop during the meet. Swimmers and spectators are encouraged to support the HLST concessions stand.
- Time:** The meet will begin Friday, February 19 with the 1650 Free at 5:00 p.m. A 30 minute warm up for the 1650 will start at 4:30. Warm ups will begin at 7:30 a.m. on Saturday and Sunday for Sessions 2 and 5. The meet will begin at 8:45 a.m. each day. There will also be a 20 minute warm up immediately following Event #16 and Event #48 for those swimming the 500 Free and 400 IM. Warm ups for Sessions 4 & 7 will start immediately following Event #17 and Event # 49. Warm up times and lane assignments will be announced once entries are received. There will be an officials meeting and a coaches meeting prior to the start of the meet each day.
- Tips for meet:** We will use over the top starts. **COACHES** – make sure your swimmers understand over the top starts.
- Meet Sponsor:** The Hampton Inn Helena is a sponsor of the Helena Lions and is offering a discounted rate to families of swimmers attending the February meet. The hotel is “team friendly” with an indoor swimming pool and a hot breakfast daily. With prior notice, they also can host group dinners for your team. You may book

online at www.helena.hamptoninn.com and use the group code HLS or call the toll free reservation number at 1-800-HAMPTON or the hotel directly at 406-443-5800.

Timing: Electronic timing and two manual stop watches will be used. To the greatest extent possible, teams will be expected to provide timers. Timer sign-up sheets will be available at the meet. Swimmer entered in the 1650 Free, 400 IM and 500 Free are expected to provide counters and timers.

Eligibility: All swimmers must have a current USA Swimming or FINA equivalent registration card. To insure eligibility, please include each swimmer's current USA/FINA registration number. The swimmer's registration numbers will be verified with the MT Swimming Registration Chairperson. Swimmers age as of February 19, 2009 will determine the age for the meet. Swimmers must swim in their proper age group. **Coaches must have current certification and must have their cards visible while on deck.**

Meet Format: Events will be swum as noted on the enclosed Order of Events and will be scored and awarded 8&Under, 9-10, 11-12, 13-14 and 15&Over. Swimmers over the age of 19 are welcome to join us but there will be no awards or points earned for this age group. No relays will be offered at this meet. All events will be times finals. Swimmers entering the 1650 Free and 400 IM will be swum as seeded in the program mixed, fastest to slowest. Swimmers entering the 500 free will be swum as seeded in the program mixed, slowest to fastest. **The 500 Free will be limited to 10 heats, unless additional heats are decided by the meet referee once entries are received.**

Entry Deadline: Phone entries for individuals only will be accepted until 5:00 p.m. MDT on Thursday February 11th to Ellen at the Grizzly Pool. Please make checks payable to MAC. There are no refunds.

Limitations: Swimmers may swim a maximum of eight individual events with a maximum of five individual events per day. **The 500 Free will be limited to 10 heats , unless additional heats are decided by the meet referee once entries are received.** Disabled swimmers are welcome. Disabled swimmers must contact the meet referee to arrange for any needed accommodations by February 6, 2009. It is at the discretion of the meet referee to determine whether the needed accommodations can be met by the meet resources. Disabled swimmers must also contact the Meet Director on or before February 10, 2009 to allow time for the ordering of awards.

Entry Fees: Fees will be \$17.00 per swimmer and \$2.00 per event. Please make checks payable to Mac and deliver to Ellen at the Grizzly Pool by 5:00pm Thursday February 11th.

Awards: Individual high point awards will be given for the top three places in each age group. Awards will be delivered to the coaches at the State meet in Butte, MT.

Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 points for individual events.

Safety: Montana Swimming safety guidelines and warm-up procedures will be in effect and strictly enforced. A safety marshal will be on deck at all times. Coolers of water will be on deck to ensure hydration of swimmers. Carroll College requires that **NO FOOD, COOLERS OR BEVERAGES OTHER THAN WATER BE ALLOWED IN THE POOL AREA.** Please help us comply with this regulation. No areas of the PE Center should be considered secure. The HLST and Carroll College will not be held responsible for loss of or damage to any items.

Scratches: There will be no clerk of course. Heat and lane assignments will appear in the program. Swimmers are responsible for taking their position behind the blocks. Coaches shall report scratches on the scratch sheet or to the meet referee prior to the start of the meet both days.

Concessions: Helena Lions Swim Team will be operating concessions and will also provide a swim shop.

Final Results: Meet results will be posted to the Montana Swimming website at <http://montana.usswim.net>.

Officials: Helena Lions Swim Team appreciates the help of certified officials from other clubs. Training assistance for new officials will be available to the greatest extent possible.

Meet Directors: Shannon Hall (406) 431-4348, hallfam@bresnan.net
Jayme Carlson (406) 442-2717, jaymecarlson@bresnan.net

Meet Registrar: Cindy Shull: (406) 459-7830, bccabsinc@aol.com

Meet Referee: Randy Vook (406) 495-0026, rshandyman@msn.com

2010 HLST Jamie Turner Memorial Meet
Order of Events

Friday – Session I

4:30 PM - Warm-up

- 1 Mixed 11 & O 1650 Free

Saturday - Session 2

7:30 AM Warm-up

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| 3 | 10&U 50 BACK | 4 |
| 5 | 10&U 100 FREE | 6 |
| 7 | 10&U 50 BREAST | 8 |
| 9 | 8&U 25 FLY | 10 |
| 11 | 9-10 100 FLY | 12 |
| 13 | 8&U 25 FREE | 14 |
| 15 | 10&U 200 IM | 16 |

Sunday - Session 5

7:30 AM Warm-up

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| 33 | 10&U 100 IM | 34 |
| 35 | 10&U 50 FREE | 36 |
| 37 | 8&U 25 BREAST | 38 |
| 39 | 9-10 100 BREAST | 40 |
| 41 | 10&U 50 FLY | 42 |
| 43 | 8&U 25 BACK | 44 |
| 45 | 9-10 100 BACK | 46 |
| 47 | 10&U 200 FREE | 48 |

Saturday - Session 3

Warm-up to be posted

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|----|-----------------|----|
| 17 | 11&O 50 BREAST | 18 |
| 19 | 11&O 100 FLY | 20 |
| 21 | 11&O 200 BACK | 22 |
| 23 | 11&O 100 FREE | 24 |
| 25 | 11&O 200 BREAST | 26 |
| 27 | 11&O 50 BACK | 28 |
| 29 | 11&O 200 IM | 30 |

Sunday - Session 6

Warm-up to be posted

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| 49 | 11&O 100 BACK | 50 |
| 51 | 11&O 50 FLY | 52 |
| 53 | 11&O 200 FREE | 54 |
| 55 | 11&O 100 IM | 56 |
| 57 | 11&O 200 FLY | 58 |
| 59 | 11&O 50 FREE | 60 |
| 61 | 11&O 100 BREAST | 62 |

Saturday - Session 4

20 Minute Warm-up

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| 31 | MIXED 9&O 500 FREE | 32 |
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Sunday - Session 7

20 Minute Warm-up

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| 63 | 11&O 400 IM | 64 |
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