

2010 KATS WINTER INVITATIONAL MEET

JANUARY 16-17, 2010

Approval

#0760

The Kalispell Aquatic Team takes pleasure in inviting you to our KATS Winter Invitational Meet. The meet will be held at the Summit Fitness Center located at 205 Sunnyview Lane off HWY 93 North, near the hospital in Kalispell, Montana. Please use the North Entrance as everyone needs to check in and that entrance leads to the front desk.

ELIGIBILITY: All coaches coaching and swimmers competing for a USA Swimming or Swim Canada registered team must have a current 2010 USA Swimming or the FINA equivalent registration card. Masters swimmers are welcome and encouraged to compete at this meet, but do not have to belong to USAS or the FINA equivalent. Age group shall be determined by the swimmer's age on the first day of the meet. No swimmer shall swim outside of the correct age group.

FACILITY: The Summit is a state-of-the-art private fitness center. The pool is a regulation 25-yard six lane pool with non-turbulent lane dividers. There is room on the pool deck and upper level for spectators with access to a comfortable and spacious eating area. A conference room will be provided for swimmers and families to "set up camp".

SANCTION AND RULES: This meet is approved by USA Swimming and Montana Swimming. The 2009-2010 USA Swimming and Montana Swimming rules shall govern the meet. This is a **closed deck meet**, only athletes, certified Coached, USA officials, timers and meet management. **Exception:** One (1) parent of an 8 and under swimmer may be at the start area two (2) heats prior and one (1) heat after the swimmers event. Timing will be by Colorado Timing System with backup timers or manual times. All events will be timed finals.

SAFETY: Montana Swimming warm-up and safety guidelines will be in effect for the duration of the meet. Each coach is responsible for informing the swimmers of the provisions of the safety code before attending the meet. A safety marshal will be on deck during the meet. No diving in the shallow end of the pool.

ENTRIES: Each swimmer may swim a maximum of five (5) individual events and one (1) relay on Saturday January 16th and four (4) individual events and one (1) relay on Sunday January 17th for a total of 9 individual events and two relays. Swimmers will be seeded on the basis of their submitted times. Entrants shall submit their fastest officially recorded times in either yards or converted meters. "No time" entries will be accepted. Please include relay names with your entries. 8 & under swimmers may choose 8&U events and 10&U event.

MEET FORMAT: The 1650 free will be swum combined, fastest to slowest. Positive check in is required for the 1650 by 12:30pm., Saturday. The 1650 freestyle will be deck seeded after positive check in and heat sheets distributed. Swimmers in the 1650 free and 500 free must provide timers and counters. The 500 free will be swum mixed, fastest to slowest. All 25-yard events will start from the blocks. There will be no deck seeding except for the 1650 freestyle.

ENTRY DEADLINE: Entries, completed paperwork, and entry fees must be given to Ellen at the Pool by **Wednesday January 6, 2010.**

E-mail entries for individuals only will be accepted through 7:00 p.m. January 12th by emailing Stacee at Stacee.KATS@gmail.com.

FEES: Entry fees are \$15.00 surcharge per swimmer and \$2.00 for each event. Please make checks payable in US dollars to MAC. There will be no refunds.

SCRATCHES: Swimmers will be scratched at the blocks. Swimmers and their coaches are responsible for the swimmers being at the starting blocks before the start of their race.

SCORING: Individual scoring will be as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

AWARDS: Ribbons will be awarded to the top 16 places in individual events in the following girl and boy age groups: 8&U, 9-10, 11-12, 13-14, 15-19. High Point Awards will be given to the top three swimmers in the age groups listed above. Relays will be awarded first through fourth place in the 10 & under, 11-12, and 13 & over age groups. A club representative should pick up the awards following the conclusion of the meet.

RESULTS: Meet results will be posted on the Montana Swimming web site <http://montana.usswim.net> and on <http://swimconnection.com/mt>

STARTING TIMES: Open warm-up shall begin on Saturday, January 16th at 7:15 a.m. for the 500 Free; racing will start at 7:45 a.m. General Warm-ups will be held directly after the 500 Free Saturday January 16th. On Sunday warm-ups will begin at 7:30 a.m., with the first events starting at 9.00 a.m. KATS will have first warm-ups both days. There will be officials meetings Saturday and Sunday at 8:30 a.m. Coaches meeting will be immediately after the conclusion of warm ups both Saturday and Sunday.

OFFICIALS: The help of all USA Certified Officials would be greatly appreciated.

CONACTS:
Meet Manager - Shannon Scroggs (406)270-9954 or Scroggology@gmail.com
Meet Referee - Susan Hucceby (406)723-4800 or shucceby@msm.com
Meet Registrar - Stacey Proctor (406)212-4461 or Stacey.KATS@gmail.com
Meet Safety Marshal - Mark Walters

CONCESSIONS: Concessions will be available each day.

THE SUMMIT: The Summit is a private club with rules for all swimmers to follow. Please note especially that no one under the ages of 13 is allowed in the adult locker rooms. There are boys' and girls' locker rooms and family locker rooms available. We ask that the hot tub not be used until the end of each day. There will be no eating allowed in the pool area or on the lower level of the Summit. Beverages will be allowed on the pool deck in plastic or paper containers, absolutely no glass will be allowed. Since this is a private club, only members are allowed to use the facilities. The Summit will offer a ½ price daily use fee of \$6.00 for visiting adults who would like to have a workout during the meet.

MOTELS AVAILABLE FOR MEET:

| | |
|---------------------|----------------|
| La Quinta | (406) 257-5255 |
| Holiday Inn Express | (406) 755-7405 |
| Travel Lodge | (406) 755-6123 |
| Super 8 | (406) 755-1888 |
| Hampton Inn | (406) 755-7900 |
| Red Lion | (406) 751-5050 |
| Outlaw Inn | (406) 755-6100 |

We look forward to seeing you at our 2010 KATS Winter Invitational Meet.

KATS 2010 Winter Invitational

SATURDAY'S EVENTS

| GIRLS | | | BOYS |
|--|-----------|------------------------|------|
| 1 | 9 & Over | Mixed 500 Free | |
| (General Session Warm-ups to follow 500 Free) | | | |
| 3 | Open | 100 IM | 4 |
| 5 | Open | 100 Fly | 6 |
| 7 | 8 & Under | 25 Back | 8 |
| 9 | 11 & Over | 200 Back | 10 |
| 11 | Open | 50 Breast | 12 |
| 13 | Open | 100 Free | 14 |
| 15 | Open | 50 Back | 16 |
| 17 | 11 & Over | 200 Breast | 18 |
| 19 | 8 & Under | 25 Breast | 20 |
| 21 | 9 & Over | 200 IM | 22 |
| | | | |
| 23 | 8 & Under | 100 Mixed Medley Relay | |
| 24 | 9-10 | 200 Mixed Medley Relay | |
| 25 | 11-12 | 200 Mixed Medley Relay | |
| 26 | 13 & Over | 200 Mixed Medley Relay | |
| | | | |
| 27 | 11 & Over | 1650 Mixed Free | |

SUNDAY'S EVENTS

| GIRLS | | | BOYS |
|-------|-----------|----------------------|------|
| 28 | 11 & Over | Mixed 400 IM | |
| 29 | 8 & Under | 25 Free | 30 |
| 31 | 9 & Over | 200 Free | 32 |
| 33 | Open | 50 Fly | 34 |
| 35 | Open | 100 Back | 36 |
| 37 | Open | 100 Breast | 38 |
| 39 | Open | 50 Free | 40 |
| 41 | 8 & Under | 25 Fly | 42 |
| 43 | 11 & Over | 200 Fly | 44 |
| | | | |
| 45 | 8 & Under | 100 Mixed Free Relay | |
| 46 | 9-10 | 200 Mixed Free Relay | |
| 47 | 11-12 | 200 Mixed Free Relay | |
| 48 | 13 & Over | 200 Mixed Free Relay | |