

LIMITATIONS: Swimmers may swim a maximum of ten (10) individual events with a maximum of five (5) events per day. Disabled swimmers are welcome. Disabled swimmers must contact the meet referee, Randy Vook, (406) 439-0261, rshandyman@msn.com and arrange for any needed accommodations by July 1st, 2010. 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 Manager on or before July 1st to allow time for ordering awards.

ELIGIBILITY: All swimmers must have a current USA Swimming, FINA equivalent registration card of a Masters Swimming registration card. To insure eligibility, please include each swimmer's current USA/ FINA/Masters registration number. The swimmer's registration numbers will be verified with the MT Swimming Registration Chairperson. Swimmers age as of July 10, 2010 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.

LIGHTENING POLICY: Montana Swimming follows guidelines set forth by the facility standard or the American Red Cross, whichever is more stringent, will be governing rule.

- I Swimmers are pulled from the pool at the first sign of lightning or thunder
- II Swimmers are not allowed back in the pool for thirty (30) minutes after the last sign of lightning.

TIMING: Electronic timing and two manual stop watches. All events will be timed finals. **Swimmers entered in the 400 Free, 400 IM, 1500 Free, and 800 Free must provide their own timers and counters.**

OFFICIALS: To the greatest extent possible, teams will be expected to provide timers. Timer signup sheets will be available at the meet. We also appreciate the help of all Certified Officials from other clubs. Training time for new officials will be available.

SHOWERS: All swimmers **MUST** shower before entering the swimming pool, per the Department of Health and City of Helena regulations.

FACILITY INFO: Access to the pool deck may be gained through the south gates until 11:30 each day (30 minutes prior to public opening). After that all swimmers, spectators, etc. must enter through the pool office/locker rooms. The Splash deck area will be available for spectators until 11:30. After 11:30 spectators may observe from the designated observation area on the 50 meter pool deck. According to County Health Department regulations, the number of spectators and participants allowed in the facility may be limited in order to comply with pool capacity limits. Splash Park wristbands may be purchased from the pool office.

Umbrellas, tarps, and canopies for swimmers and spectators will not be allowed inside the fence and on the pool deck, but will be allowed in the adjacent Memorial Park area during the meet. Due to underground watering lines, do not use stakes to secure umbrellas, tarps, canopies or tents in the park. There is no overnight camping allowed in Memorial Park.

CONCESSIONS: Concessions will be provided by the HLST and the City of Helena in the pool concession stand.

AWARDS: Individual awards will be presented by age group, 8&U, 9-10, and 11-12. There will be no awards for swimmers age 13 and over. Ribbons will be awarded for 1st – 8th place.

CONTACT:

Sharon Hardwick	Meet Manager	(406)449-1278	hardwick@bresnan.net
Cindy Shull	Meet Registrar	(406)459-7830	bccabsinc@aol.com
Randy Vook	Meet Referee	(406)439-0261	rshandyman@msn.com
Dan Butkay	Safety Marshal		

HOTEL
INFO: The Hampton Inn of Helena is an HLST sponsor. There is a limited number of rooms available at a special group rate. Mention the HLST swim meet when booking.
(406) 443-5800

**2010 HLST CAPITAL CITY INVITATIONAL
JULY 10-11, 2010**

ORDER OF EVENTS

Saturday, July 10, 2010 Session 1			Sunday, July 11, 2010 Session 3		
Girls		Boys	Girls		Boys
1	9 & Over Mixed 400 Free <small>note same event number for M and F</small>	1	19	11 & Over Mixed 400 IM <small>note same event number for M and F</small>	19
3	Open 50 Breast	4	21	Open 50 Fly	22
5	11 & Over 200 Back	6	23	Open 200 Free	24
7	Open 100 Fly	8	25	Open 100 Back	26
9	11 & Over 200 Breast	10	27	11 & Over 200 Fly	28
11	Open 100 Free	12	29	Open 100 Breast	30
13	Open 50 Back	14	31	Open 50 Free	32
15	Open 200 IM	16			
Session 2 20 minute warm up			Session 4 20 minute warm up		
17	11 & Over Mixed 1500 Free <small>note same event number for M and F</small>	17	33	11 & Over Mixed 800 Free <small>note same event number for M and F</small>	33