

Summer Solstice Invitational Swim Meet
June 18-20, 2010

Held under the sanction of USA Swimming and Inland Empire Swimming, Inc.
Sanction #IE1017

In granting this sanction it is understood and agreed that USA Swimming and Inland Empire Swimming shall be free and held harmless from any liabilities of claims for damages arising by reason of injuries to anyone during the conduct of the event.

Host: Spokane Area Swimming (SAS)

Location: Witter Pool, Mission Park, 1400 East Mission, Spokane, WA.

Facilities: Witter Pool is a new aquatic center opened to the public May 17, 2010. The aquatic center has a competition pool (50 meters x 25 yards-8 lanes). The adjacent warm-up pool (20 yards - 3 lanes), will be available during the duration of the competition. Water depth and starting block height meet the 2010 USA Swimming regulations. The competition course has not been certified in accordance with 104.2.2C (4). The competitive pool water depth varies from 12 feet at the start end to 3.6 feet at the turn end. The 12/under 200 meter relays will have the 50m and the 150m exchanges from within the water starts. The aquatic center is wheelchair accessible.

Parking: Parking is available in the Witter pool lot, Mission park lot (adjacent to pool); please no parking on the Centennial trail. Parking is also available in the Stevens elementary parking lot (two blocks east over the bridge, on the right). Street parking is available along the area residential streets. The Avista parking lot is available after 5pm on Friday, and all day Saturday and Sunday. **DO NOT ATTEMPT TO PARK IN THE GRAVEL LOT BEFORE 5PM. AVISTA UTILITIES HAVE STRICT SECURITY; CARS MAY BE TOWED WITHOUT NOTICE.** No overnight camping (tent or R.V.) is allowed in any lots or City parks. All portable shade and tents must be taken down each evening.

Meet Schedule:

Friday:	(Session 1)	9:15am warm-up	10:15 am start 1500 freestyle
	(Session 2)	1:30pm warm-up	2:30pm start
Sat/Sun:	(Session 3/5)	7:00-7:30am warm-up	7:40am start (8/under, 9/10, 11/12 Boys)
	(Session 4/6)	40 minute warm-up immediately following Session 3	(11/12 Girls, 13/over)

Eligibility: Open to all swimmers who are current athlete members of USA Swimming. The USA Swimming numbers must be included with entries. Age on the first day of the meet shall govern the full meet. Coaches must be currently registered with USA Swimming. Athletes with disabilities are welcome and are asked to provide advance notice of necessary accommodations.

Entries: All swimmers may enter maximum of (3) events on Friday and a maximum of four (4) events on Saturday and Sunday and may enter one relay per day. Prioritize each swimmers 4th event by checking the bonus box for that event on the individual entry. If the projected timeline exceeds the Inland Empire recommended timeline, then the 4th priority event will be deleted. If entries are not prioritized then entries will be selected and deleted by the meet director. Entry fees will be refunded for any deleted entries.

Positive check in will be required for the 1500 free, 400 free and 400 IM. Check-in will close one hour before the event is scheduled to begin. These events may be limited if necessary. All teams will be notified by June 16th of any pre-meet scratches. These events will be swum fastest to slowest alternating women and men. The 1500 free may be swum mixed gender if necessary to combine heats. Swimmers must provide their own timers for these events, and 1500 swimmers must provide their own counters.

Entries will be limited to the team that has the 550th swimmer entered. Date of receiving entries determines the order of entry. **Submit long course meter times only.** Converted times and "No Time" entries will be accepted.

Entry fees:

\$3.00 Individual entry fee per event
\$12.00 IES swimmer surcharge per swimmer

Entry Deadlines:

Final entry deadline: June 3, 2010, or until meet closes.

Mail entry fees and Meet Entry fee summary report to:

Please submit your entries and check to Ellen by Thursday June 3rd, by 5:00pm.

Rules: Current USA Swimming rules will govern the meet. The rules and procedures on Inland Empire Swimming will also apply. IES scratch rules will be enforced. The meet referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event shall be directed to the Meet Referee and shall come from the Coach of that team. Swimmers participating in the meet without a coach must report to the meet referee prior to the warm-ups for instructions. Proof a coach's certification must be produced at any time upon request by the meet referee.

Deck Area: The Deck area is considered to be a three foot area from the edge of the pool and all of the area behind the starting blocks. Only swimmers, coaches, officials and meet personnel are permitted in the Deck area. Spectators will not be allowed in the Deck area.

SWIMS: The USA Swimming SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any swimmer data that is NOT correct in the meet database please notify the meet referee as soon as possible. The appropriate changes will be made. The data will be sent to USA Swimming within 3 days of the meet.

Awards: All individual events will score towards high point scoring.
All 13/over events will be separated 13/14 and 15/over for individual scoring and awards.
All 10/under and 11-14 events will not be separated; they will be scored and awarded together.
Ribbons and points will be awarded for individual events 1st through 8th place.
High point awards will be given to the top (3) girls and boys in each age group.
No team scores or awards.

Officials:

Co-Meet Directors: Art Shervan artsmoble@yahoo.com
Todd Marsh fishmarsh@comcast.net

Meet Referee: Joe Nuess jnuess@hei.net
Starter: Fred Lind, Vicki Marsh
Stroke & Turn: Ron Renzini, Kyle Goodwin, Lou Sowers, Jesse Wittrock,
Sue Lovell, Liz Law, Laurie Wittrock

Visiting Officials are welcome and encouraged to help. Please bring current certifications and USA Swimming registration cards; these will be verified by the meet referee before deck assignments are made.

Warm-up procedures: Meet marshals will be on deck as safety observers during the warm-up period. Deck marshals have the authority to remove, with concurrence of the meet referee, any swimmer, coach, or club from the warm-up or the meet who do not follow safety rules.

Certified coaches must be on the deck during warm-ups. Swimmers who participate without their USA Swimming certified coach present must notify the Meet Referee prior to the warm-up. The swimmer(s) will be assigned a designated coach.

Timing: Colorado Timing System with touch pads at both ends will be used. The head timer will assign two timers to each lane. Any assistance with timing assignments is appreciated.

Miscellaneous:

Concessions will be available during the duration of the meet.

Hospitality will be provided for coaches and officials.

No smoking, glass containers, or alcoholic beverages are allowed within the Aquatic Center facility property or adjacent Mission park.

Barbeque cooking is not allowed within the Witter Aquatic Center property. It is allowed in Mission Park.

Swimwear vendor: Sylvia's Swimwear
T-shirt vendor: Anne North-Jones

Additional information: Contact Todd Marsh fishmarsh@comcast.net

Directions: From I-90 take the Hamilton street exit-travel north on Hamilton to Mission Street, turn right. Travel east on Mission Street approximately $\frac{1}{2}$ miles, Witter Aquatic Center will be on the right side just past the railroad track crossing.

**Summer Solstice Invitational Swim Meet
Order of Events**

Friday, June 18		
Session 1: Warm-up 9:15am-1500 starts 10:15am		
Girls Event #	Event	Boys Event #
1	13/over 1500 free	2
Session 2: Warm-up 1:30pm-Start at 2:30 pm		
3	10/under 200 IM	4
5	11/12 200 IM	6
7	13/over 200 IM	8
9	10/under 200 Free	10
11	11/12 200 Free	12
13	13/over 200 Free	14

Saturday, June 19		
Session 3: Warm-up 7:00 am-7:30am Start 7:40am		
Girls Event #	Event	Boys Event #
15	8/under 50 Fly	16
17	9/10 50 Fly	18
	11/12 Boy 50 Fly	19
20	8/under 50 Free	21
22	9/10 50 Free	23
	11/12 Boy 50 Free	24
25	10/U 200 Medley Relay	26
	12/U Boy 200 Medley Relay	27
28	8/under 50 Breast	29
30	10/under 100 Breast	31
	11/12 Boy 100 Breast	32
33	10/under 100 Back	34
	11/12 Boy 100 Back	35

Saturday, June 19		
Session 4: Warm-up TBA immediately following Session 3 (40minute warm-up)		
Girls Event #	Event	Boys Event #
36	11/12 Girl 100 Fly	
37	13/over 100 Fly	38
39	11/12 Girl 50 Free	
40	13/over 50 Free	41
42	11/12 Girl 200 Medley Relay	
43	13/over 400 Medley Relay	44

45	11/12 Girl 50 Breast	
46	13/over 50 Breast	47
48	11-14 200 Breast	49
50	13/over 200 Breast	51
52	11/12 Girl 100 Back	
53	13/over 100 Back	54
	10 minute Break	
55	13/over 400 Free	56

Sunday, June 20		
Session 5: Warm-up 7am-7:30am, Start 7:40am		
57	8/under 50 Back	58
59	9/10 50 Back	60
	11/12 Boy 50 Back	61
62	8/under 100 Free	63
64	9/10 100 Free	65
	11/12 Boy 100 Free	66
67	10/under 200 Free Relay	68
	12/U Boy 200 Free Relay	69
70	9/10 50 Breast	71
	11/12 Boy 50 Breast	72
73	10/under 100 Fly	74
	11/12 Boy 100 Fly	75

Session 6: Warm-up immediately following session 5 (40 minute warm-up)		
76	11/12 Girl 50 Back	
77	13/over 50 Back	78
79	11-14 200 Back	80
81	13/over 200 Back	82
83	11/12 Girl 100 Breast	
84	13/over 100 Breast	85
86	11/12 Girl 200 Free Relay	
87	13/over 400 Free Relay	88
89	11/12 Girl 50 Fly	
90	11-14 200 Fly	91
92	13/over 200 Fly	93
94	11/12 Girl 100 Free	
95	13/over 100 Free	96
97	13/over 400 IM	98