

**CVM Invitational
Saturday, December 10, 2011
Hosted by Cache Valley Marlins**

Sanction No. UT11-84

Meet held under the sanction of United States Swimming, Inc. In granting this sanction, it is understood USA Swimming and Utah Swimming, Inc. shall be free and held harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter, whether the swimmer, coach, parent or team representative, certifies that the swimmer is a registered member of USA Swimming and that all times stated in/on the entry are true and correct. The submitter further assumes responsibility for any false or incorrect times, and understands that all listed entry times are subject to Utah Swimming Time Verification Procedures, and that a fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected before the entry deadline. It is understood that an automatic call before the review section shall be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry upon it being proven that the swimmer was not so registered.

Sponsored by: Cache Valley Marlins

Location: Mountain Crest Pool (Stang Aquatic Center) 255 S. 800 E., Hyrum, Utah 84319

Date: Saturday, December 10, 2011

Time: Warm up at 8:00 a.m. Meet starts at 9:00 a.m.

Course: Six (6) Lane 25-yard indoor pool, with non-turbulent lane lines, water depth measured for a distance of 4 feet 0 inches (1.2 meters) to 5 feet 6 inches (1.6 meters) from both end walls. This competition course has not been certified in accordance with USA Swimming requirements under 104.2.2C(4).

Timing: Colorado Timing System.

Meet Director: Yolanda Bates: 435-753-3508, **E-mail:** yolbates1977@gmail.com

Host Coach: Yolanda Bates

Meet Referee: Laura Clayton: 435-752-6386

Meet Starter: Chanin Gammill: 435-752-2574

Rules: 2011 USA rules will be enforced. All swimmers must be USA registered prior to the meet.

Age: Swimmer's age as of Saturday, December 10, 2011 shall determine age for the entire meet.

Eligibility: Open to all 2011 USA Swimming registered swimmers.

Entries: **Entries accepted only on disks using Hy-Tek Software.** Meet will be limited to first 200 swimmers. Teams will not be split. A mandatory scratch-down will apply at this meet, subject to the provisions of USA Swimming Rules and Regulations (205.3.1F). If a scratch-down is needed to meet the four (4) hour time limit, swimmers will be reimbursed. A check will be sent to each team needing reimbursement.

Individual Entries: Each swimmer may swim up to **five** events. **"No Times" will be accepted.**

Meet Format: This meet will run as timed finals. There will be a heat sheet printed ahead of time. In the event of scratches, there will be empty lanes. No time trials will be offered. If a swimmer misses his or her event, he or she will not be allowed to swim that event; however, he or she will not be scratched from his or her subsequent events.

*****The 500 will be limited to the first 12 swimmers.*****

*****The 1000 will be limited to the first 12 swimmers.*****

Entry Fees: \$3.00 per individual event, \$6.00 surcharge per swimmer. All fees must accompany entries and are not refundable. Please make one check payable to Cache Valley Marlins (CVM).

Entry Deadline: All entries need to be postmarked by Saturday, December 3, 2011. Hand delivered or e-mailed by 6:00 p.m. Monday, December 5, 2011. **Deck entries will not be accepted.**

Mail or deliver entries to:

Yolanda M. Bates E-mail: yolbates1977@gmail.com
40 South 300 East
Logan, Utah 84321

Check In: Negative check in will be in effect (only scratches).

Scratch Procedure: Scratches should be declared 30 minutes prior to the start of the meet, absolute latest.

Awards: Ribbons 1st through 6th per individual event and according to age group. In the designated senior events, the awards will be given out as follows: *10&U, 11-12, 13-14, 15&0. There will be prizes for those achieving best times.

Unaccompanied Swimmers: As per USA Swimming rule 202.3.2, all USA swimming athletes must be under the supervision of a USA Swimming member coach during warm up, competition, and warm down. If you do not have a coach with you, please check in with the meet director or referee before entering the pool. A coach will be assigned to you. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Safety Rules: Utah Swimming Safety and Warm-up Procedures will be in effect.

Warm-Up: Utah Swimming warm-up procedures will be used. All warm-ups must be under the supervision of a registered USA coach or official. Coaches have the responsibility of ensuring that all their swimmers are instructed in proper warm-up procedures. All swimmers must enter the pool from a 3-point sitting position. There will be no pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool. All lanes are circle swimming, except during the last 15 minutes of warm-up. During the last 15 minutes, lanes 3 and 5 are sprint lanes with dive start only. Swimmers may use the diving area adjacent to the competition pool for warming up and down.

Results: Results will be given by hard copy or back-up file upon request.

EACH PARTICIPATING TEAM IS RESPONSIBLE FOR TWO TIMERS PLEASE.

EVENT # FEMALE	EVENT LIST, CVM INVITATIONAL SATURDAY, DECEMBER 10, 2011 WARM-UP: (8:00 A.M.) MEET STARTS: (9:00 A.M.)	EVENT # MALE
1	Senior 500 Free*	2
3	Senior 100 Back*	4
5	10 & U 50 Back	6
7	11-12 50 Back	8
9	Senior 200 Back*	10
11	10 & U 50 Free	12
13	11-12 50 Free	14
15	Senior 50 Free	16
17	Senior 400 IM*	18
19	10 & U 100 IM	20
21	11-12 100 IM	22
23	Senior 200 IM*	24
25	Senior 200 Fly*	26
27	10 & U 50 Fly	28
29	11-12 50 Fly	30
31	Senior 100 Fly*	32
33	Senior 200 Breast*	34
35	10 & U 50 Breast	36
37	11-12 50 Breast	38
39	Senior 100 Breast*	40
41	Senior 100 Free	42
43	10 & U 100 Free	44
45	11-12 100 Free	46
47	Senior 200 Free*	48
TEN MINUTE BREAK		
49	Senior 1000 Free*	50
<i>* Ribbons will be awarded to these age groups: 10 & Under, 11-12, 13-14, and 15 & Over.</i>		

For Events 49 and 50, a swimmer may request the 500 split time but he/she must complete the 1000 Free race.