

**SDAT Last Chance Meet**  
**Hosted by the South Davis Aquatic Team**  
**March 5-6th, 2010**

**Sanction:** Sanction No. (UT-10-29) Meet held under the sanction of United States Swimming, Inc. In granting this sanction number, it is understood and agreed USA Swimming shall be free and held harmless from any and all liabilities or claims for damages arising by reason of injury 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 proved that the swimmer was not so registered."

**Venue:** South Davis Recreation Center  
550 North 200 West  
Bountiful, UT 84010  
Phone number 801-298-6220

**Course:** 10 lane **25 yard** indoor pool with a 5 lane warm down pool: 6" Competitor Gold Medal non turbulent lane lines, Colorado timing system, horn start and a 10 lane scoreboard.

**Date/Times:** March 5<sup>th</sup> Warm-ups will begin at 4 PM, end at 4:55 PM. Events will begin at 5 PM.  
March 6<sup>th</sup> Warm-ups will begin at 7:30 AM, end at 8:55 AM. The events will begin at 9AM

**Meet Director:** Dale Ralph 801-971-2822 email [sdatchoach@gmail.com](mailto:sdatchoach@gmail.com)

**Meet Referee:** Carri Oviatt 801-785-5505

**Meet Starter:** Barry Hayden 801-546-0540

**Rules:** 2009 USA Swimming rules apply. Utah Swimming warm-up rules will be enforced.

**Eligibility:** This meet is open to all 2010 registered USA Swimming athletes. The swimmer's age as of March 5<sup>th</sup> shall determine the age for the entire meet. No deck registrations will be accepted.

**Meet Format:** This meet will run as timed finals. If a swimmer misses their event they will not be allowed to swim that event, however, they will not be scratched from their next event.

**Check In:** A Negative Check-in is required for all events except the 1650 free. A positive check-in is required for the 1650 free. All swimmers must check in 30 minutes prior to the start of the 1650 free.

**Scratch Procedure:** Scratches are due 30 minutes before the start of the meet. If a swimmer misses an event, they will not be allowed to swim that event. However; the swimmer will not be scratched from the subsequent event. If there are scratches the meet will be run with empty lanes. Meet programs will be printed ahead of time and displayed in the pool areas before the start of the meet.

**Entries:** Please submit all entries either on a disk or by e-mail using Hy-tek software, or use the enclosed entry form. Teams entering on a disk or e-mail must submit a signed hardcopy with verification of times. **A mandatory scratch-down will apply at this meet to keep to a 4 hour time limit. If a scratch-down is needed, swimmers will be reimbursed.**

**A check will be sent to each team needing reimbursement.** Entries will not be accepted without time verification and one uniform entry sheet signed by the person responsible for entry submission. Said person will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers. Teams using the official entry form must make sure that each form is signed and time verification is included on each entry. If sending entries by e-mail, please include all team information and contact information with the e-mail.

**Individual Entries:** Swimmers may enter no more than 3 events on Friday and 3 events on Saturday. **No Times (NT's) will be accepted.** The 1650 free is limited to the first 10 swimmers of each gender. Coaches please use discretion when entering swimmers in the 1650 free.

**Entry Fees:** Surcharge, per participating swimmer: \$3.00  
Surcharge, per participating swimmer entering by paper: \$5.00  
Individual Event Entry: \$2.75  
All fees must accompany entries and are non-refundable. One team check is recommended. **Please make checks payable to the South Davis Recreation Center.**

**Entry Deadline:** All entries must be received by 6 PM Monday March 1st.

Mail or email entries to: Dale Ralph email sdatcoach@gmail.com  
2512 South 450 East  
Bountiful, UT 84010  
801-971-2822

**Concessions:** Concessions will be offered in the pool natatorium.

**Officials:** An official officiating one session will have one swimmer's entry fees waived. Any official officiating 2 sessions will have 2 swimmers entry fees waived. All officials should notify the meet director prior to the entry deadline to waive their swimmer's entry fees.

**Warm-up:** Utah Swimming warm-up procedures will be used. All warm-ups must be done under the supervision of a registered USA Swimming coach. Coaches have responsibility of ensuring that all of their swimmers are instructed in proper warm-up procedures. All swimmers will 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 of the pool will be circle swimming only. Lanes 1-3 is for 10 and under swimmers. Lanes 4-6 will be for 11-12 year olds. Lanes 7-10 will be for all swimmers 13 and over. During the last 25 minutes of warm-up, lanes 2 and 5 and 7 will be open for diving starts. The 5 lane warm down area will also be available during warm-ups.

**Unaccompanied Swimmers:** 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. USA Swimming rule 202.3.2 states that "at a sanctioned event all competitors must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

**Results:** Results will be emailed to all participating teams immediately following the meet.

**Awards:** Ribbons will be awarded for 1<sup>st</sup>-6<sup>th</sup> place.

**Timers:** All teams with more than 10 swimmers will be required to provide 2 timers.

**Time Trials:** Time Trials will be offered immediately following the Saturday AM session.

**SDAT Last Chance Meet**  
 Friday, March 5<sup>th</sup> 2010  
 Warm ups begin at 4 PM. Meet starts at 5 PM

Girls	Event	Boys
1	10 and under 200 free	2
3	11-12 200 free	4
5	13 and over 200 free*	6
7	10 and under 100 fly	8
9	11-12 100 fly	10
11	13 and over 100 fly*	12
13	10 and under 50 backstroke	14
15	11-12 50 backstroke	16
17	Senior 200 backstroke**	18
19	10 and under 50 breaststroke	20
21	11-12 50 breaststroke	22
23	Senior 100 breaststroke**	24
25	10 and under 100 IM	26
27	11-12 100 IM	28
29	Senior 200 IM**	30
31	Senior 500 free**	32

\*Events will be scored as 13-14, and 15 and over age groups.

\*\*Events will be scored as 10 and under, 11-12, 13-14 and 15 and over age groups.

Swimmers will be required to provide their own timers and lap counters for the 500 free.

**SDAT Last Chance Meet**  
 Saturday March 6<sup>th</sup>, 2010  
 Warm ups begin at 7:30 AM. Meet starts at 8:30 AM

Girls	Event	Boys
33	10 and under 100 free	34
35	11-12 100 free	36
37	13 and over 100 free*	38
39	10 and under 100 breast	40
41	11-12 100 breast	42
43	Senior 200 breast**	44
45	10 and under 50 fly	46
47	11-12 50 fly	48
49	Senior 200 fly**	50
51	10 and under 50 free	52
53	11-12 50 free	54
55	13 and over 50 free*	56
57	10 and under 100 back	58
59	11-12 100 back	60
61	13 and over 100 back*	62
63	Senior 400 IM**	64
65	Senior 1650 free**	66

\*Events will be scored as 13-14, and 15 and over age groups

\*\*Events will be scored as 10 and under, 11-12, 13-14, 15 and over age groups.

Swimmers will be required to provide their own timers and counters for the 400 IM and 1650 free

The 1650 free will be limited to the first 10 swimmers in each gender