

SDAT Last Chance Time Trials

Date March 6, 2010

Sponsored by: South Davis Aquatic Team

Sanction No: (UT 10-30) In granting this sanction, it is understood that *USA Swimming* shall be free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Location: South Davis Recreation Center

Dates/Times: Saturday March 6, 2010 at the conclusion of the Saturday AM session

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

Meet Director: Dale Ralph

Meet Referee: Carri Oviatt

Meet Starter: Barry Hayden

Rules: 2009 Official *USA Swimming* rules will govern the meet.

Eligibility: The meet is open to all 2004 registered *USA Swimming* athletes participating in the SDAT Last Chance Meet.

Timing: 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.

Meet Format: The Time Trials will be run as timed finals.

Entries: Entries will be limited to 2 event(s). Swimmers may not participate in more than five events per day including those events swum in the meet. Swimmers must sign up with the Clerk of Course when entries are called for.

Entry Fee: \$5 per time trial due at time of entry.

Events: Any event may be swum as a time trial. (The 1650 free will not be offered as a time trial event. Swimmers must provide their own timers and lap counters.

Results: Teams submitting entries on a disk will receive results on the submitted disk. Results will be emailed out to participating teams at the conclusion of the meet.

Awards: No awards will be given. Times only!

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.