

Poco Loco Swim Shop

Presents the
43rd Annual

Kearns Holiday Open

Invitational & C Meet

December 29-30, 2008

Sanctioned by: USA Swimming. Utah Swimming, Inc. sanction #'s:
Invitational – UT08-88 C Meet – UT08-87

Disclaimer: Conduct of this sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming. In granting this sanction it is understood and agreed that USA Swimming shall be free from any 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.

Sponsors: Kearns Oquirrh Park Fitness Center, KYAT, Poco Loco Swim Shop and other vendors.

Location: Kearns Oquirrh Park Fitness Center
5624 South 4800 West
Kearns, Utah 84118 Phone: 801- 966-5555

Meet Director: Brad Peercy 801- 966-5555, ext. 142 or bpeercy@kopfc.com

Referees: Invite – Chanin Gammill
C Meet – Carri Oviatt

Starters: Invite – Kyle Westra
C Meet– Roger Roth

Course: 25 Yard Pool, 6 Lanes, Competitor Gold Medal lane lines, Paragon starting blocks, separate warm up/down area, Colorado Timing System, Horn Start, Electronic 9 line Scoreboard.

Meet Format: All events are timed finals. Events 500 and longer will be seeded together/scored separate.

Starting Times: C Meet Session 1 – Monday, December 29
 Warm ups 7:00-7:50 AM Meet 8:00 AM
 Session 2 – Tuesday, December 30
 Warm ups 7:00-7:50 AM Meet 8:00 AM
 Invitational Session 1 – Monday, December 29
 Warm ups 12:30-1:20 PM Meet 1:30 PM
 Session 2 – Monday, December 29
 Warm ups 6:00-6:40 PM Meet 6:45 PM
 Session 3 - Tuesday, December 30
 Warm ups 12:30-1:20 PM Meet 1:30 PM

Rules: 2008 USA Swimming Rules will govern. Utah Swimming Warm up, Scratch, and Safety Procedures will be used. Warm ups will be general circle swimming in all 6 lanes during the first 30 minutes, and will continue in lanes 1, 3, 4, & 6 during the rest of the warm up time. Diving lanes will be opened in lanes 2 and 5 for the last 20 minutes of the warm up period.

Eligibility: All swimmers must be currently 2008 registered with USA Swimming. USA Swimming registrations will **NOT** be taken on deck. Swimmers from out of the Utah LSC must submit a photocopy of their USA Swimming card or supply proof of registration at the meet. Swimmers age as of December 29, 2008 will determine age for the entire meet. Swimmers must have achieved qualifying times for Invitational portion.

Qualifying Times:

Invitational	2005-2008 National “B” or better times, except the distance events on Monday night, where times slower than B Times are allowed if the swimmer is entered in at least one other event in the Invitational.
C Meet	A swimmer may swim in any event in which they have not achieved a National “B” or better time. NT’s are allowed.

Entry Limit:

Invitational	Session 1 – Four (4) events Session 2 – One (1) event Session 3 – Four (4) events
C Meet	Four (4) events per day.

- ***THE INVITATIONAL MEET AND THE C MEET WILL EACH BE LIMITED TO THE FIRST 225 SWIMMERS AND WILL BE SUBJECT TO THE FOUR HOUR RULE. ENTRIES WILL BE ACCEPTED ON A FIRST COME/FIRST SERVE BASIS UNDER THESE CRITERIA.***
- **SWIMMERS ENTERING BOTH THE INVITATIONAL AND THE C MEET ON THE SAME DAY CAN NOT ENTER MORE THAN FIVE (5) EVENTS PER DAY COMBINED.**

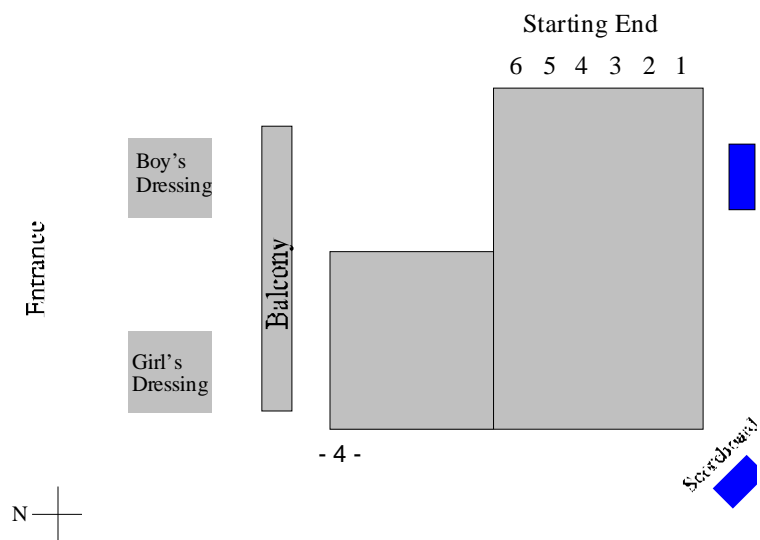
Relay Entries: The best time (either composite or aggregate) of each relay team shall be submitted on the Master Entry and no change in time will be permitted. The eligible relay participants must be listed with the relay entries. The actual relay contestants need not be declared until requested by the clerk of course.

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 before entering the pool. A coach will be assigned to you.

Four Hour Rule: A mandatory scratch down may apply at this meet, subject to the provisions of USA Swimming Rules and Regulations (205.3.1F). Refunds will be issued if necessary.

Special Events: Coaches 100 yard Individual Medley (no charge).

Venue Diagram:



43rd Kearns Holiday Open INVITATIONAL

Session 1

Monday, December 29, 2008

Warm Ups 12:30 to 1:20 PM Meet 1:30 PM

Girls		Event Description	Boys
1	10 & under	200 Medley Relay	2
3	11 & 12	200 Medley Relay	4
5	13 & 14	200 Medley Relay	6
7	10 & under	100 Butterfly	8
9	11 & 12	100 Butterfly	10
11	13 & 14	200 Butterfly	12
13	15 & older	200 Butterfly	14
15	10 & under	50 Breaststroke	16
17	11 & 12	50 Breaststroke	18
19	13 & 14	100 Breaststroke	20
21	15 & older	100 Breaststroke	22
23	10 & under	50 Freestyle	24
25	11 & 12	50 Freestyle	26
27	13 & 14	50 Freestyle	28
29	15 & older	50 Freestyle	30
31	10 & under	50 Backstroke	32
33	11 & 12	50 Backstroke	34
35	13 & 14	100 Backstroke	36
37	15 & older	100 Backstroke	38
39	10 & under	200 Individual Medley	40
41	11 & 12	200 Individual Medley	42
43	13 & 14	400 Individual Medley	44
45	15 & older	400 Individual Medley	46
47	10 & under	200 Freestyle	48
49	11 & 12	200 Freestyle	50
51	13 & 14	200 Freestyle	52
53	15 & older	200 Freestyle	54

All entry times must be USA Swimming 2005-2008 National B times or faster.

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INVITATIONAL

Session 2

Monday, December 29, 2008

Warm Ups 6:00 to 6:40 PM Meet 6:45 PM

Girls		Event Description	Boys
55	10 & U	500 Freestyle	56
57	11 & 12	1000 Freestyle	58
59	13 & 14	1000 Freestyle	60
61	15 & older	1000 Freestyle	62

* For swimmers who have not achieved a verifiable time that is a B or faster time for these events, times slower than B times are allowed for these events as long as the swimmer is entered in the Invitational portion in at least one individual event.

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INVITATIONAL

Session 3

Tuesday, December 30, 2008

Warm Ups 12:30 to 1:20 PM Meet 1:30 PM

Girls		Event Description	Boys
63	10 & under	200 Freestyle Relay	64
65	11 & 12	200 Freestyle Relay	66
67	13 & 14	200 Freestyle Relay	68
69	10 & under	100 Individual Medley	70
71	11 & 12	100 Individual Medley	72
73	13 & 14	200 Individual Medley	74
75	15 & older	200 Individual Medley	76
77	10 & under	50 Butterfly	78
79	11 & 12	50 Butterfly	80
81	13 & 14	100 Butterfly	82
83	15 & older	100 Butterfly	84
85	10 & under	100 Freestyle	86
87	11 & 12	100 Freestyle	88
89	13 & 14	100 Freestyle	90
91	15 & older	100 Freestyle	92
		Coaches 100 Individual Medley	
93	10 & under	100 Breaststroke	94
95	11 & 12	100 Breaststroke	96
97	13 & 14	200 Breaststroke	98
99	15 & older	200 Breaststroke	100
101	10 & under	100 Backstroke	102
103	11 & 12	100 Backstroke	104
105	13 & 14	200 Backstroke	106
107	15 & older	200 Backstroke	108

All entry times must be USA Swimming 2005-2008 National B times or faster.

43rd Kearns Holiday Open

C Meet

Monday, December 29, 2008

Warm Ups 7:00 to 7:50 AM Meet 8:00 AM

Girls		Event Description	Boys
1	8 & under	50 Backstroke	2
3	9 & 10	50 Backstroke	4
5	11 & 12	50 Backstroke	6
7	13 & 14	100 Backstroke	8
9	15 & older	100 Backstroke	10
11	8 & under	100 Breaststroke	12
13	9 & 10	100 Breaststroke	14
15	11 & 12	100 Breaststroke	16
17	13 & 14	200 Breaststroke	18
19	15 & older	200 Breaststroke	20
21	8 & under	50 Butterfly	22
23	9 & 10	50 Butterfly	24
25	11 & 12	50 Butterfly	26
27	13 & 14	100 Butterfly	28
29	15 & older	100 Butterfly	30
31	8 & under	100 Freestyle	32
33	9 & 10	100 Freestyle	34
35	11 & 12	100 Freestyle	36
37	13 & 14	100 Freestyle	38
39	15 & older	100 Freestyle	40
41	8 & under	100 Individual Medley	42
43	9 & 10	100 Individual Medley	44
45	11 & 12	100 Individual Medley	46
47	13 & 14	200 Individual Medley	48
49	15 & older	200 Individual Medley	50

43rd Kearns Holiday Open

C Meet

Tuesday, December 30, 2008

Warm Ups 7:00 to 7:50 AM Meet 8:00 AM

Girls		Event Description	Boys
51	8 & under	50 Breaststroke	52
53	9 & 10	50 Breaststroke	54
55	11 & 12	50 Breaststroke	56
57	13 & 14	100 Breaststroke	58
59	15 & older	100 Breaststroke	60
61	8 & under	50 Freestyle	62
63	9 & 10	50 Freestyle	64
65	11 & 12	50 Freestyle	66
67	13 & 14	50 Freestyle	68
69	15 & older	50 Freestyle	70
71	8 & under	100 Butterfly	72
73	9 & 10	100 Butterfly	74
75	11 & 12	100 Butterfly	76
77	13 & 14	200 Butterfly	78
79	15 & older	200 Butterfly	80
81	8 & under	100 Backstroke	82
83	9 & 10	100 Backstroke	84
85	11 & 12	100 Backstroke	86
87	13 & 14	200 Backstroke	88
89	15 & older	200 Backstroke	90
91	8 & under	200 Freestyle	92
93	9 & 10	200 Freestyle	94
95	11 & 12	200 Freestyle	96
97	13 & 14	200 Freestyle	98
99	15 & older	200 Freestyle	100