

**The 2010 ACAC/Dolphin Club Invitational
July 16-18, 2010**

SANCTION: This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction #IN10337.

HOST: East Side Dolphin Club Swim Team, summer division of ACAC

LOCATION: East Side Dolphin Club, 3003 Lindberg Rd, Anderson IN 46012
Locker rooms with showers and restrooms are available. Dolphin Club will not be responsible for any lost, stolen, or damaged items. There is no smoking around the pool area. Glass containers are not allowed around pool area.

**FACILITY/
ADMISSION:** 50 Meter, 9 lane outdoor pool with a warm-down diving well. (Outside lane may be used for cool down if meet is not full.) Pool depth of 5' at the start end. Colorado Timing System will be used. The competition course has not been certified in accordance with 104.2.2C(4).

Bring your own chairs for seating.

Admission is \$1.00 per person, age 13 and over, per session **OR** a weekend pass is \$4.00 per person age 13 and over. Children age 12 and under are **FREE**. **Concessions** will be available throughout the day.

Psych Sheets will be available for purchase at the entrance to the venue. Cost is \$6.00 each.

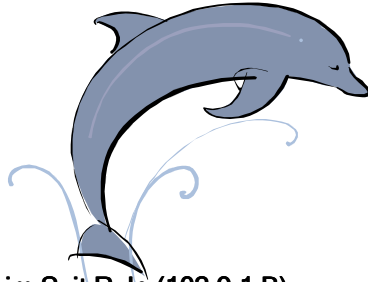
Poco Loco swimwear vendor will be available on Saturday of the meet.

T-shirts will be available for purchase at the entrance to the venue.

There is room to park RV's in the grassy area (no connection available). Please advise host club if any RV's will be coming so that areas will be blocked off from parking. Parking is free.

RULES: Current USA Swimming and Indiana Swimming rules will govern this meet. USA Swimming rules 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet director or Meet Official shall assist the athlete in making arrangements for such supervision. All swimmers must be registered with USA Swimming to be accepted into this meet. Age as of July 16, 2010 shall determine the swimmer's age for the entire meet. Coaches must constantly display their USA Swimming coach credentials to gain access. The meet referee reserves the right to ask for coach credential display and / or deny deck access if coach does not comply.

**MEET
FORMAT:** The meet will be conducted in a Preliminary-Finals format except for Friday night events, 9 -10 events, 8 & under events, 800-meter freestyle, and all relays. 11-12, 13-14, and Open divisions will swim prelims, and finals, with the fastest 9 swimmers returning from each prelim event. All other events will be swum as timed finals.



**Swimsuit
Rule:**

USA Swimming Swim Suit Rule (102.9.1 B):

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in USA Swimming Rule 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the naval nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

**ENTRY
INFO:**

Swimmers will be limited to 3 events per day plus 1 relay, except 9-10 and 8 & under will be limited to 5 events per day. (Please note that an 8 & under swimmer entered in a 10 & under event may not have a full 10 minute rest between events.) If an entry is submitted with an individual entered in more than this rule allows, he/she will be placed in the first events in numerical order. There will be no refunds. Hy-tek Meet Manager e-mailed entries are preferred. Any club with 5 or more swimmers with individual events must submit entries on a disk or pay a \$50.00 data input fee, this also includes lane deck entries. A printed copy of your entry must accompany your disk containing each swimmer with their first and last names, age, and USA number. Use a separate entry form for age group and sex. Enter swimmers using **long course times only, no other times will be accepted.** However the coach may estimate when a current time is not available. Entry fees must accompany the entry.

Deck entries will be accepted at the discretion of the Meet Director at a cost of \$10.00 per prelim/final events and \$8.00 per timed final events. Deck entries of new swimmers will require a current USA Swimmer member card.

**ENTRY
FEES:**

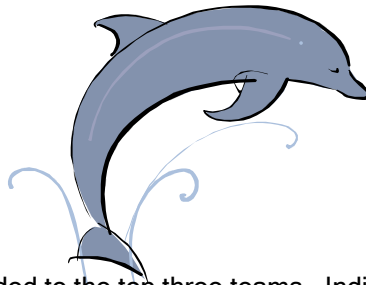
\$5.00 per individual prelim - final event, \$4.00 per timed final event, \$6.00 per relay, and an Indiana Swimming athlete surcharge of \$1.50 per swimmer. Checks for entry fees must be made payable to Dolphin Club Swim Team.

**ENTRY
DEADLINE:**

Entries will be accepted starting June 11, 2010. Entry deadline will be July 2, 2010. We will extend deadline if meet is not full. All entries must arrive via U.S. Mail or other parcel carrier. You may also submit your entry by E Mail (preferred). Please submit a HyTek Com link file (CL2file) to martom1990@att.net Be sure to include your team name, name of person submitting entry and their phone number or e-mail address. We will notify your entry chairperson once we have received entries and accepted them. We will notify clubs if we cannot accept entries due to the meet being full as soon as such entries are received.

Mail entry forms and check/money order made out to Dolphin Club Swim Team to:

Tommi Lashbrook
430 W. 9th Street
Anderson, IN 46016
martom1990@att.net



AWARDS: Trophies will be awarded to the top three teams. Individual Events and Relays:

Medals- 1st thru 3rd place
Ribbons- 4th thru 9th place

Even though awards will only be given for 1st thru 9th places, we will be running 2 heats in the evening finals on Saturday and Sunday. High point - Trophies for each age group (Points awarded in Open or 10 & under will be added to the high point totals of respective age divisions). 8 & under and 9-10 will be awarded at the conclusion of the Sunday afternoon session. 9-10 and 8 & under points will be calculated from Saturday and Sunday events only. All awards will be given to the coaches of each team after the meet. We will not mail any awards, unless a **SASE** mailer is provided to the ACAC/Dolphin Club Meet Director.

SCORING: Scoring will be as follows:

1st = 11 points
2nd = 8 points
3rd = 7 points
4th = 6 points
5th = 5 points
6th = 4 points
7th = 3 points
8th = 2 points
9th = 1 point

SCHEDULE: Friday evening - Open warm-up 5:00 - 5:35pm
Friday evening session starts at 5:45pm

Saturday & Sunday Morning - Open warm-up 7:00 - 7:50am
Morning sessions start at 8:00am

Saturday & Sunday Afternoon - Open warm-up immediately after morning session, but not before 11:30am. Meet begins immediately following warm - ups but not before 12:30pm

Sat / Sun Finals - Warm-ups 1 hour after afternoon session ends

*** Meet will not resume before 4:00pm**

CHECK-IN: **NOT REQUIRED.** This meet will be pre-seeded.

SCRATCHES: The 30 minute scratch rule applies. This means a swimmer must announce his/her intentions within 30 minutes of the announcement and posting of preliminary results of his / her event. Scratches will be taken at the announcer's table. Failure to comply will result in a disqualification for the remainder of the meet.

**MEET
DIRECTOR:** Tommi Lashbrook
martom1990@att.net

MEET

REFEREE: Doug Roebuck
dougroebuck@comcast.net

COACHES: A complimentary Psych sheet will be provided to each team coach. Heat sheets will be available 15 minutes before the start of each session.

**Dolphin Club Invitational
Schedule of Events**

Friday Evening: Open warm-ups 5:00 - 5:35pm
Meet starts at 5:45pm

GIRLS EVENTS	AGE GROUP	EVENT	BOYS EVENTS
1	Open	400 Free	2
3	11-12	400 Free	4
5	Open	400 IM	6
7	11-12	200 IM	8
9	Open	800 Free Relay	10
11	Open	1500 Free	12

- All Friday events may be limited to the fastest 2 heats.
- All events will be swum as timed finals
- Each swimmer must supply 1 timer and a counter for the 1500 free event
- Refunds will be given if space is limited do to time constraints

Saturday Morning: Open warm-ups 7:00 - 7:50am
Meet starts at 8:00am

GIRLS EVENTS	AGE GROUP	EVENT	BOYS EVENTS
13	Open	100 Breast	14
15	13-14	100 Breast	16
17	11-12	50 Breast	18
19	Open	200 Free	20
21	13-14	200 Free	22
23	11-12	200 Free	24
25	Open	100 Back	26
27	13-14	100 Back	28
29	11-12	50 Back	30
31	Open	200 Butterfly	32
33	13-14	200 Butterfly	34
35	11-12	100 Butterfly	36
37	Open	50 Free	38
39	13-14	50 Free	40
41	11-12	50 Free	42
43	Open	400 Medley Relay *	44
10 Minute Break			
45	Open	800 Free*	46

***Timed Finals**

Saturday Afternoon:

Open warm-ups not before 11:30am
 Meet will not start before 12:30pm

GIRLS EVENTS	AGE GROUP	EVENT	BOYS EVENTS
47	9-10	50 Breast	48
49	8 & Under	50 Breast	50
51	10 & Under	200 Free	52
53	9-10	50 Back	54
55	8 & U	50 Back	56
57	10 & Under	100 Butterfly	58
59	8 & U	100 Free	60
61	9-10	100 Free	62

All Timed Finals**Sunday Morning:**

Open warm-ups 7:00 - 7:50
 Meet starts at 8:00am

GIRLS EVENTS	AGE GROUP	EVENT	BOYS EVENTS
63	Open	200 Breast	64
65	13-14	200 Breast	66
67	11-12	100 Breast	68
69	Open	100 Free	70
71	13-14	100 Free	72
73	11-12	100 Free	74
75	Open	200 Back	76
77	13-14	200 Back	78
79	11-12	100 Back	80
81	Open	100 Butterfly	82
83	13-14	100 Butterfly	84
85	11-12	50 Butterfly	86
87	Open	200 IM	88
89	13-14	200 IM	90
91	Open	400 Free Relay *	92
93	13-14	400 Free Relay *	94

***Timed Finals**

Sunday Afternoon: Open warm-ups not before 11:30am
Meet will not start before 12:30 p.m.

GIRLS EVENTS	AGE GROUP	EVENT	BOYS EVENTS
95	10 & Under	100 Breast	96
97	9-10	50 Free	98
99	8 & Under	50 Free	100
101	10 & Under	100 Back	102
103	8 & Under	50 Butterfly	104
105	9-10	50 Butterfly	106
107	10 & Under	200 IM	108

***All Timed Finals**

***SATURDAY AND SUNDAY EVENING FINALS WILL BE SWUM IN THE SAME ORDER AS THE PRELIMINARIES.**

FINALS WILL NOT START BEFORE 4:00pm.

WARM-UPS FOR FINALS WILL BEGIN ONE HOUR AFTER LAST HEAT OF PRELIMINARIES, BUT NOT BEFORE 3:00pm.

SWIMMERS REPORT DIRECTLY TO BLOCKS.

Entry Summary

In addition to returning your completed entry forms, please fill out the requested information below and mail with your check, payable to Dolphin Club Swim Team c/o Tommi Lashbrook, 430 W. 9th Street, Anderson, IN 46016.

Team: _____

Code: _____

Entry Chair: _____

Coaches: _____

Address: _____

Phone: _____

E-mail Address: _____

RELEASE AND HOLD HARMLESS AGREEMENT

In consideration of your acceptance of these entries, I, intending to be legally bound do hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I or my team may have against USA Swimming, and the Indiana Association, thereof, the Anderson Comm. Aquatics Club, East Side Dolphin Club, their successors, representatives and assignees, for any and all injuries suffered by myself or my team at this meet.

Executed _____, 2010

Signature _____

Total Number of Swimmers Entered:	Boys: _____	Girls: _____	
Total Number of Swimmers:	_____	X	\$1.50= _____
Number of Boys Prelim/Final Individual Entries:	_____	X	\$5.00= _____
Number of Girls Prelim/Final Individual Entries:	_____	X	\$5.00= _____
Number of Boys Timed Individual Entries:	_____	X	\$4.00= _____
Number of Girls Timed Individual Entries:	_____	X	\$4.00= _____
Entries for Boys and Girls relays:	_____	X	\$6.00= _____
Total Enclosed:			_____

Results preferences: _____ Hard Copy (snail mail)
 _____ Meet Manager Backup (e-mail)
 _____ Team Manager .cl2 file (e-mail)
 _____ ALL of the above

E-mail address to send results: _____

Please include this sheet as part of your entry.

Officials Sign-up Sheet

In order for our meet to run smoothly as possible, we would like to solicit your help in identifying from your club who might be willing to work at the meet. Please list names, telephone numbers, and e-mails of these officials listed below. We will be contacting them regarding their availability. Thank you for your help.

Club Name: _____

Officials name/Level

Telephone#

E-mail

Please include this sheet as part of your entry.