

2010 POLAR BEAR PLUNGE

Three Rivers Aquatic Club

February 13 & 14, 2010

Sanction: This meet is sanctioned by USA Swimming and Indiana Swimming. Sanction # IN10006

Location: South Side High School Brown Natatorium: 3601 South Calhoun St. Fort Wayne, IN, 46807

Host: Three Rivers Aquatic Club (TRAC)

Facility: 25 yard by 50 meter indoor pool. Minimum diving depth is 5'-0". Daktronics timing system with 10 lane alpha scoreboard. Seating for over 700 spectators, with ample deck seating for swimmers, coaches, and deck officials. Free parking is adjacent to the building.

Meet Times: A.M. Warm-ups: 7:15 11 & 12, 8 & Under
8:15 Clear Pool
8:30 Meet Starts

Mid-day Warm-ups to start not before 10:45

P.M. Warm-ups: Start not before 12:30 13 & Over, 9 & 10
Meet Start not before 1:45

Warm-up/warm-down area will be available for swimmers entered in the meet only. Teams must supervise their own swimmers. **NO DIVING**, except in open sprint lanes to be announced at the meet.

Meet Format: All events will be timed finals. Swimmers may compete in a maximum of five (5) individual events per day and two relays. There will be no refunds for scratches. Late/deck entries will be accepted only at the discretion of the meet director.

Check-In: **Positive sign-in is required for each session.** Sign-in sheets will be available on deck, and will be collected forty-five (45) minutes before the scheduled start of each session. Any swimmer not signed-in when the sheets are collected will be scratched.

Entry Fees: \$4.00 per individual event, \$6.00 per relay, \$1.50 Indiana Swimming Surcharge per swimmer.

Entry Format: Submit times in SCY. TRAC will run the meet using HY-TEK Meet Manager for Windows. Diskette entries or e-mail entries will be accepted. Meet results will be provided to each team by email. Results will be emailed the address provided on the Summary of Entries. A check for fees, Volunteer form and Summary of Entries form must be received before the start of the meet. If you use HY-TEK Team Manager, and would like to receive a file containing the events, visit the "Meet Information" page at www.inswimming.org.

Please send entry, forms, fee payment and summary sheet to:

Scott Black
Three Rivers Aquatic Club, Inc.
9135 Brockport Run
Fort Wayne, IN 46835

Phone: (260) 485-1813

E-mail: scott.black@verizon.net

Meet Director: Wendy Polderman, 260-749-1028, Polderman82@msn.com

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- Deadline:** Entries will be accepted starting January 8, 2010 and must be postmarked no later than Friday January 29, 2010. If the meet overfills, teams with volunteer timers and officials will be given preference.
- Rules:** In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.
- Concessions:** Concessions will be sold throughout the meet.
- Awards:** Awards will consist of medals for 1st through 3rd, 8 & under only, ribbons 4th through 16th. Ribbons 1st-16th, ages 9 & over. Relays will award ribbons for places 1st through 8th. First and second place age group high point trophies will be awarded for 8 & under through 13-14 age groups. No awards for 15 & over swimmers.
- Scoring:** Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay events: 18-14-12-10-8-6-4-2
- Heat Sheets:** Heat sheets will be sold at the door.
- Admission:** There will be a \$2.00 fee per adult per day.
- Final Results:** Each team will receive one final result. Additional final results may be purchased for \$5.00 at the scoring table.

SPECIAL CONSIDERATIONS

- Open Events:** We will score and award 13-14 swimmers and 15 and older swimmers separately for all open events. Points will be awarded for 11-12 swimmers in the open 500 Free as well. 10 & under will not be awarded points for open events.
- 500 Free/
400 IM/
1650 Free** **Each entrant must provide counter and timers for these events.**
The meet director reserves the right to limit the number of entries for the 500 Free, 400 IM and the 1650 Free. We will issue a refund to swimmers not accepted in these events. **See order of events for 500 Free/400 IM mid-day warm-up instructions.**
- Restrictions:** Swimmers will be limited to "On-Deck" bleachers seating. Please do not bring sleeping bags. **No coolers or chairs** will be permitted in the building. Swimmers should not "camp" in the spectator stands. **No balls or throwing of objects of any kind will be permitted in the facility. NO FOOD OR DRINKS EXCEPT WATER ARE PERMITTED ON DECK.**
- Volunteers:** Officials and timers are always needed. Please return the volunteer sheet with your entry so we may contact your officials for scheduling purposes. **Teams with timers and officials will be given priority** if the entries received exceed the four-hour time limit.

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ORDER OF EVENTS

SESSION 1

Saturday Morning 2/13/10

Warm-ups Begin: 7:15am

Meet Starts: 8:30am

Girls			Boys
1	11-12	200 IM	2
3	8 & Under	25 Free	4
5	11-12	50 Back	6
7	8 & Under	50 Breast	8
9	11-12	100 Breast	10
11	8 & Under	25 Back	12
13	11-12	50 Fly	14
15	8 & Under	50 Fly	16
17	11-12	100 Free	18
19	8 & Under	100 Free	20
21	11-12	200 Med. Relay	22
23	8 & Under	100 Med. Relay	24

SESSION 2

Saturday Mid-day 2/13/10

Warm-ups Begin: Not Before 10:45am

Session Starts: Not Before 12:00pm

Girls			Boys
25	Open	400 IM	26

SESSION 3

Saturday Afternoon 2/13/10

Warm-ups Begin: Not Before 12:30pm

Session Starts: Not Before 1:45pm

Girls			Boys
27	Open	200 Free	28
29	9-10	200 IM	30
31	Open	100 Back	32
33	9-10	50 Back	34
35	Open	100 Breast	36
37	9-10	100 Breast	38
39	Open	200 Fly	40
41	9-10	50 Fly	42
43	Open	50 Free	44
45	9-10	100 Free	46
47	Open	200 Med. Relay	48
49	9-10	200 Med. Relay	50
51	Open	1650 Free	52

SESSION 4

Sunday Morning 2/14/10

Warm-ups Begin: 7:15am

Meet Starts: 8:30am

Girls			Boys
53	11-12	200 Free	54
55	8 & Under	50 Back	56
57	11-12	100 Back	58
59	8 & Under	25 Fly	60
61	11-12	50 Breast	62
63	8 & Under	25 Breast	64
65	11-12	100 Fly	66
67	8 & Under	50 Free	68
69	11-12	50 Free	70
71	8 & Under	100 IM	72
73	11-12	200 Free Relay	74
75	8 & Under	100 Free Relay	76

SESSION 5

Sunday Mid-day 2/14/10

Warm-ups Begin: Not Before 10:45am

Session Starts: Not Before 11:30am

Girls			Boys
77	Open	500 Free	78

SESSION 6

Sunday Afternoon 2/14/10

Warm-ups Begin: Not Before 12:30pm

Session Starts: Not Before 1:45pm

Girls			Boys
79	Open	200 IM	80
81	9-10	200 Free	82
83	Open	100 Fly	84
85	9-10	100 Back	86
87	Open	200 Back	88
89	9-10	50 Breast	90
91	Open	100 Free	92
93	9-10	100 Fly	94
95	Open	200 Breast	96
97	9-10	50 Free	98
99	Open	200 Free Relay	100
101	9-10	200 Free Relay	102

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SUMMARY OF ENTRIES

Please supply the information requested below, and mail with your entry forms and check to the following address:

Scott Black
Three Rivers Aquatic Club, Inc
9135 Brockport Run
Fort Wayne, IN 46835

Make check payable to: **Three Rivers Aquatic Club, Inc.**

Club Name: _____ Club Code: _____

Number of swimmers entered: BOYS _____ + GIRLS _____ = TOTAL _____

Number of boys' individual entries _____ X \$4.00 = \$ _____

Number of girls' individual entries _____ X \$4.00 = \$ _____

Numbers of relay entries _____ X \$6.00 = \$ _____

Total numbers of swimmers _____ X \$1.50 = \$ _____ Indiana Swimming surcharge

Total amount enclosed \$ _____

CLUB OFFICIAL SUBMITTING ENTRY:

COACHES NAMES:

Name _____

Address _____

City/ST/ZIP _____

Phone _____

E-mail _____

Release and Hold Harmless Agreement

In consideration of your acceptance of this entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release any and all claims for damages we may have against United States Swimming, Inc., Indiana Swimming, Inc., or Three Rivers Aquatic Club, Inc., their representatives, successors, and assignees for any and all injuries to us at this swim meet.

Signature of Club Official or Coach: _____ Date: _____

Did you include:

- _____ Hy-Tek disc or previously e-mailed entry file
- _____ I have read the entry letter and understand it
- _____ Check for fees
- _____ Volunteer form
- _____ This completed form

- _____ Hard Copy (snail mail or .htm file emailed)
- _____ Meet Manager Backup (emailed)
- _____ Team Manager (emailed)
- _____ All of the above

Email Address to send above to _____

List Names of Officials and other Volunteers and return this sheet with the entry forms

Teams with working officials and timers will be given priority if the entries received exceed the four-hour time limit.

Club _____

	Name	Level	Phone/Email
Saturday a.m.	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Saturday p.m.	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Sunday a.m.	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Sunday p.m.	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____