

## **UVRays Heart Attack Invitational February 25th, 26th & 27th, 2010**

**Sanction:** Meet held under the sanction of USA Swimming, Inc., Sanction No.UT 10-20 “In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless 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.

**Location:** Provo City Recreation Center, 1155 North University Avenue, Provo, Utah; 801.852.6610

**Time:** Thursday, February 25th, 2010: Warm-up 6:00 p.m.; Meet Begins at 6:30 p.m.

Friday, February 26th, 2010: Warm-up at 4:00 p.m.; Meet begins at 5:00 p.m.

Saturday, February 27th, 2010: Warm-up at 7:30 a.m.; Meet begins at 8:15 a.m.

**Course:** Indoor, 6-lane, 25-yard pool, with Kiefer Wave-Eater lane lines and a Daktronics Timing system with a horn start.

**Meet Director:** Michelle Anderson, 801.491.9080, [anderson.michelle@gmail.com](mailto:anderson.michelle@gmail.com)

**Meet Referee:** Cathy Vaughan, 801.489.8792, [cathvaughan@gmail.com](mailto:cathvaughan@gmail.com)

**Meet Starters:** Brian Vaughan, 801.489.8792, [bvaughan64@gmail.com](mailto:bvaughan64@gmail.com)

**Rules:** All 2009 USA Swimming rules will be enforced. A copy of said rules will be available at the venue. A mandatory scratch down may apply to this meet, subject to the provisions of USA Swimming Rules and Regulations (205.3.1F). If a scratch down is needed to meet the four-hour time limit, swimmers will be reimbursed. A check will be sent to each team needing reimbursement. In addition to the Mandatory Scratch Down rule, this Invitational will be capped at the first 250 swimmers per session OR per the 4 hour time rule. No team's entries will be split unless otherwise given permission to do so.

**Eligibility:** Open to all registered 2010 USA Swimming athletes. No deck registration will be available. Swimmer's age on February 25th, 2010, will determine age for the meet.

**Timed Finals:** All events will be timed finals. No Times (NT) will be accepted. There will be no time trials for this meet.

**Entries:** Swimmers may enter up to a total of 7 events for the entire meet. Swimmers may swim in one (1) event on Thursday, up to three (3) events on Friday, and up to four (4) events on Saturday. The Total number of events however may only be seven (7) over the space of the whole meet.

**Entry Fees:** \$2.50 per event plus \$5.00 surcharge per swimmer. If submitting a paper entry, the fee is \$6.00 per event. All fees must accompany entries and are not refundable. Please make one team check payable to Utah Valley Aquatics, Inc.

**Officials:** Any Official interested in helping out at the meet should contact the Meet Director immediately. Any official who works at least two sessions will have one of their children's meet fees waived. Officials, who will work the entire meet will have all fees waived.

**Entry Deadline:** All entries must be received by February 20th, 2010, at 8:00 p.m.  
Mail entries to: Nichole Tolley, 1352 S Slate Canyon Dr, Provo UT 84660  
Phone: 801.607.2981; Email: [uvrays.admin@gmail.com](mailto:uvrays.admin@gmail.com)  
Submit all entries via e-mail, a disk using Hy-Tek Software, or using the attached entry form.

**Results:** Results will be emailed following the meet.

**Check-in:** Positive Check-in for all events on Thursday. (400 IM & 1650 Freestyle) Negative check-in for all other events.

**Scratch Procedure:** Please submit scratches 45 minutes before the start of each session or when called for by the clerk of course. Utah scratch procedures will be followed. It says, "If a swimmer fails to scratch properly and doesn't report to the block to swim, that swimmer will be disqualified from that event and scratched from the next individual event for which he/she is entered. If a swimmer misses a second event, he/she will be barred from further competition for the remainder of the meet."

**Combined Events & Heats:** At the Meet Referee's discretion, events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events.

**Concessions:** Concessions will be available.

**On Deck:** Only those with USA Swimming credentials or who are helping to run the meet will be allowed on deck

**Awards: Embroidered Towels** will be given as Individual high-point awards for first through fifth place in each age group. Each participant will receive a Heart Attack cookie as well. We will also award the top girl and top boys swimmers of the meet a special towel.

**Scoring:** A 12-place scoring system will be used to determine the individual and team places in the meet. Events will be scored according to the following age groups: 8&U, 9-10, 11-12, 13-14, 15 & over.

The following points will be given:

1st: 16                      7th: 7  
2nd: 13    8th: 5

3rd: 12	9th: 4
4th: 11	10th: 3
5th: 10	11th: 2
6th: 9	12th: 1

**Warm-up:** Utah swimming procedures will be used. All warm-ups must be under the supervision of a USA Swimming official. Coaches have the responsibility of ensuring that all their swimmers are instructed in proper warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. 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. All swimmers will enter the pool from a sitting position. There will be no pushing, splashing, running, or any other general horseplay. Swimmers engaging in such activities will be removed from the meet. All lanes of the pool will be circle swimming only. During the last 15 minutes of warm-up, lanes 2 and 5 will be open for diving starts, and lane 1 will be open for push pace only. There will be warm-up and cool-down area provided in the diving tank.

## Events

Thursday, February 25, 2010

Warm-up at 6:00 p.m.; Meet begins at 6:30 p.m.

Girls	Event Description	Boys
1	11-12 400 IM	2
3	Senior 1650 Freestyle*	4

Positive Check-in for events on this day. Also swimmers must provide their own timers and lap counters for these events. Note: If your swimmer is looking for an official time in the 1000 Yard Freestyle within the 1650 Freestyle, 2 additional watch times are needed. Also Meet Referee needs to be made aware of attempt for an official 1000 yard freestyle time prior to the race being swum.

\*Senior Events are open to all swimmers and will be swum combined but scored separately according to the designated groups in "Scoring" above.

## Events

Friday, February 26, 2010

Warm-up at 4:00 p.m.; Meet begins at 5:00 p.m.

Girls	Event Description	Boys
5	10 & under 200 IM	6
7	11-12 200 IM	8
9	13-14 400 IM	10
11	15 & Over 400 IM	12
13	10 & under 50 Freestyle	14
15	11-12 50 Freestyle	16

17	13-14 50 Freestyle	18
19	15 & Over 50 Freestyle	20
21	10 & Under 100 Butterfly	22
23	11-12 100 Butterfly	24
25	13-14 200 Butterfly	26
27	Senior 200 Butterfly*	28
29	10 & Under 50 Breaststroke	30
31	11-12 50 Breaststroke	32
33	13-14 100 Breaststroke	34
35	15 & Over 100 Breaststroke	36
37	10 & Under 200 Freestyle	38
39	11-12 200 Freestyle	40
41	13-14 200 Freestyle	42
43	15 & Over 200 Freestyle	44
45	10 & Under 50 Backstroke	46
47	11-12 50 Backstroke	48
49	13-14 100 Backstroke	50
51	15 & Over 100 Backstroke	52

\*Senior Events are open to all swimmers and will be swum combined but scored separately according to the designated groups in "Scoring" above.

## Events

Saturday, February 27, 2010

Warm-up at 7:30 a.m.; Meet begins at 8:15 a.m.

Girls	Event Description	Boys
53	10 & under 100 IM	54
55	11-12 100 IM	56
57	13-14 200 IM	58
59	15 & Over 200 IM	60
61	10 & under 50 Butterfly	62
63	11-12 50 Butterfly	64
65	13-14 100 Butterfly	66
67	15 & Over 100 Butterfly	68
69	10 & Under 100 Freestyle	70
71	11-12 100 Freestyle	72
73	13-14 100 Freestyle	74
75	15 & Over 100 Freestyle	76

77	10 & Under 100 Breaststroke	78
79	11-12 100 Breaststroke	80
81	13-14 200 Breaststroke	82
83	Senior 200 Breaststroke*	84
85	10 & Under 100 Backstroke	86
87	11-12 100 Backstroke	88
89	13-14 200 Backstroke	90
91	Senior 200 Backstroke*	92
93	Senior 500 Freestyle**	94

\*Senior Events are open to all swimmers and will be swum combined but scored separately according to the designated groups in “Scoring” above.

\*\*Also those swimming the 500 Freestyle must provide their own timers and Lap counters for that race.