



COMMITTED TO EXCELLENCE

Good Fun – Fast Swimming – Good Citizens – Great Family Activity

ANNUAL FATHERS DAY INVITATIONAL MEET June 26, 27, 28, 2009

- Host:** The Desert Sharks Swim Club
- Sanction:** Held under the sanction of USA Swimming, Inc., Sanction #BD-0908
- Location:** Ysleta Del Sur Pueblo Wellness Center
11200 Santos Sanchez
El Paso, Texas 79927
Phone (915) 858-8639
- Facilities:** The Ysleta del Sur Wellness and Recreation Center is a state of the art facility (8 lane 50Mx25Y pool). *7 lanes will be used for competition and 1 lane will be open for continuous warm up and warm down in which standard warm up/warm down procedures will apply.* Colorado 6000 electronic timing and HY-Tek Meet Management 2 will be used. Sloped starting blocks and turn flags are in place. Separate dressing rooms, showers and lavatories for men and women, with limited seating on deck of the pool with a mezzanine for clear view of the entire pool. Concessions with food and drink will be available with full meals for sale by Tigua Indian owned and operated restaurants.
- Directions:** Directions to the pool using I-10:
Take I-10 East to the Americas Ave Exit (Loop 375). Exit I-10 and enter Loop 375 going south. Exit at Socorro Rd. Turn left onto Socorro Rd. Proceed approximately 4 miles and turn right toward the Running Bear Convenience Store. The Wellness Center entrance is past the store on the left. Please obey all posted speed limits.
- Directions to the pool using the Border Highway:
Take the Border Highway east. Eventually it becomes Americas Ave (Loop 375 North). Exit Loop 375 North at Socorro Rd. Turn right onto Socorro Rd. Proceed approximately 4 miles and turn right toward the Running Bear Convenience Store. The Wellness Center entrance is past the store on the left. Please obey all posted speed limits.
- Liability:** In granting this sanction it is understood and agreed that USA Swimming, Border Swimming, Inc., The Tigua Indian Tribe of the Ysleta del Sur Pueblo, Desert Sharks Swim Club, and any sponsors 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 in accordance with USA Swimming, Inc., Rules and Regulations.
- Meet Director:** Angela Noriega,
- Meet Referee:** Jim Holcomb
- Safety Marshall:** Joe Gomez
- Rules:** Unless otherwise noted herein, this meet shall be conducted in accordance with the 2009 USA Swimming Rules and Regulations. The USA whistle start and no

recall procedure will be used throughout the meet. **Coaches and officials will be required to display their 2009 registration cards.**

Swimwear: Swimsuits worn by males in all 14 and under age group competition shall not extend above the waist nor extend further down the legs than the top of the kneecap (patella). Swimsuits worn by females in all 14 and under age group competition shall not extend past the top of the shoulder, cannot cover any part of the arms nor extend further down the torso than the buttocks. This rule also applies to the 14 and under swimming in the 13 and over events. For example, a 15 year old may wear a Lazar suit in the 13 and over 200 freestyle, but a 14 year old may not. Suits for both genders (14 and under) may not contain non-permeable panels. Moreover, swimmers may wear only one suit in competition (FINA GR 5.3). The Referee shall have the authority to bar offenders from the competition until they comply with the rule (102.9.1C).

Meet Eligibility/Proof Of Registration:

This meet is open to all currently registered USA/FINA/Federacion Mexicana de Natacion swimmers. The attached membership certification affidavit must be submitted with each team's entries. All FINA/Federacion Mexicana de Natacion entries must include a birth date for each swimmer. Swimmers not able to demonstrate current registration will not be allowed to compete. Falsification of eligibility could result in fines up to \$200.00 (two hundred US dollars). Under no circumstances will teams be allowed to merge at this event. The swimmer's age as of June 26, 2009, will be used to determine the age group for competition.

Events:

Swimmers will be restricted to 2 individual events and 1 relay on Friday and 4 individual events and 1 scored relay per day Saturday and Sunday. Events 1-10 and 48-49 will be swum fastest to slowest and scored by age group. In addition, events 7-8 and 48-49 will be swum alternating heats of women and men fastest to slowest. For events 9-10 (Open 800 Free Relay), swimmers must be at least 11 years old to compete. Swimmers must have at least a B time to enter events of 200 meters and BB times to enter events 400 and longer. Swimmers may enter using yards times, but will be seeded last. Use actual 500 free time for the 400 Free, 1000 free time for the 800 Free, and 1650 free time for 1500 Free.

Entry Deadline:

JUNE 1st; 11:00 AM; 11:00 AM; 11:00 AM; 11:00 AM

Event Seeding:

This is a PRE-SEEDED, timed final, long course, age group meet. All relays will be deck entered and seeded. Positive check in is required for events 400 and longer 30 minutes prior to the start of the session.

Proof of Time: Proof of times must be submitted with the entries and times will be checked using the USA Swimming SWIMS database.

Late Entries: DECK ENTRIES WILL BE ACCEPTED ON A LANE AVAILABILITY BASIS UNTIL 30 MINUTES PRIOR TO THE START OF EACH SESSION. EXTRA HEATS WILL NOT BE CREATED. Late entries will be \$7.50 per event payable 30 minutes prior to the start of each day's session. All swimmers who deck enter will be required to show proof of current USS/FINA/Federacion Mexicana de Natacion registration. There will be no on deck USA Registration.

Age Groups:

The age groups for this meet will be 8 & Under, 9-10, 11-12, 13-14, 15-16, and 17 & Over.

Scoring:

	1st	2nd	3rd	4th	5th	6th	7th	8th
Individual	9	7	6	5	4	3	2	1
Relays	18	14	12	10	8	6	4	2

Relays score only team points, and will not be included in Individual High Point totals.

Awards:

Team Trophies	1st, 2nd, 3rd
Individual Events	1st through 8th
Relay Events	1st through 3rd
High Points*	1st -3rd in each age group – 8 & Under, 9-10, 11-12, 13-14, 15-16, 17 & Over

***Ties for high point will be broken using the Hy-Tek Age Group Point System for 16 and under and FINA point system for 17 and over.**

No competitive contest can be conducted without impartial, competent officials. Officials deserve the respect and support of swimmers, coaches, and spectators. Officials must always be treated in a courteous manner. Likewise, officials must conduct themselves in a professional and courteous manner toward all swimmers, coaches and spectators. On or off-record criticism of officials by coaches directed toward swimmers or spectators shall be considered conduct unworthy of members of the coaching profession. Similarly, comments by officials critical of coaches, whether in public or private, shall be considered unethical behavior.

Warm-ups:

Border mandatory warm up procedures will be enforced. A USA-Swimming/FINA registered coach for each swim team must be present to conduct their team's warm-up sessions. Warm up lane assignments will be posted at the pool behind the starting blocks. In addition, lane assignments are included in the coach's packet.

1. General warm up (initial period)
 - a. All lanes to be used for general warm-up. Circle swimming only.

- b. Swimmers must enter the pool feet first. NO DIVING or JUMPING allowed from the blocks or the edge of the pool.
 - c. No sprinting or pace work allowed during general warm up session.
2. Coach Responsibilities
 - a. Coaches shall instruct their swimmers regarding these safety guidelines and warm up procedures as they apply to conduct at meets and practices.
 - b. Coaches shall supervise and be responsible for the conduct of their swimmers throughout the meet, including the warm-up session.
3. All meet warm ups shall be scheduled for two 30 minute sessions. Teams shall be assigned a warm up session and notified of such session by the meet director. When the number of swimmers does not warrant splitting the sessions, one warm up session may be held.
4. The first twenty (20) minutes of each session shall be designated as a GENERAL WARM UP SESSION. There shall be FEET FIRST ENTRIES ONLY AND AT ALL TIMES during the general warm up session. Lanes may be used for pace, circle, or return swim only. Swimmers shall not mount the starting blocks at any time. The pace shall be carefully controlled by the coaches. Loitering and visiting in the lanes is not allowed.
5. During the last TEN (10) minutes of each warm up session sprint lanes shall be open as follows: the lane you have been assigned for warm-up will be your sprint & return lane. Before using sprint lanes, they must be cleared of all swimmers. There will be NO DIVING at any time. RACING STARTS ONLY will be allowed at the start end, but the swimmers swim back in return lanes.
6. There shall be NO DIVING (only racing starts) at any time during the meet. Swimmers in backstroke events or the backstroke leg of the medley relay, MUST ENTER THE WATER FEET FIRST.
7. Warm up and warm down lanes will operate under the same rules and regulations as general warm up lanes, with the exception that a maximum of 10 swimmers will be allowed in the warm-up/down lane at any one time. Diving and racing starts (backstroke included) are NOT permitted in the warm up/warm down lane.

Timers and Lap Counters:

Swimmers competing in the 800 free and 1500 free must provide their own lap counters. In addition swimmers in the 1500 free must provide their own timers. No exceptions will be made.

Meetings:

There will be an officials meeting 30 minutes prior to the start of each session and a coaches meeting 15 minutes prior to the start of each session.



2009 Father's Day Invitational Events

Session I - Friday, June 26 2009

Warm-ups: 4:00 PM Meet Starts 5:15 PM

Girls	Age Group	Event	Boys
1	9 & Over	400 Free	2
3	11 & Over	400 IM	4
5	12 & Under	200 Free	6
7	11 & Over	800 Free	8
9	Open (min. age 11)	800 Free Relay	10

Events 1-8 will be swum fastest to slowest. Events 7&8 will alternate heats of women and men.
Events 9 & 10 minimum age is 11.

Session II - Saturday, June 27 2009

Warm-ups: 7:00 AM Meet Starts 8:30 AM

Girls	Age Group	Event	Boys
	11&12	400 Free Relay	11
12	10 & U	200 Free Relay	13
	11&12	200 Fly	14
15	10 & U	100 Fly	16
	11&12	100 Back	17
18	10 & U	100 Back	19
	11&12	50 Breast	20
21	10 & U	50 Breast	22
	11&12	100 Free	23
24	10 & U	200 IM	25
	11&12	200 Breast	26
27	10 & U	50 Free	28
	11&12	50 Fly	29
	11&12	200 IM	30

Session III- Saturday, June 27 2009

Warm-ups: 1:00 PM Meets Starts: 2:30 PM

Girls	Age Group	Event	Boys
31	11&12	50 Fly	
32	13-14	400 Medley Relay	33
34	11&12	400 Medley Relay	
35	15 & O	400 Medley Relay	36
37	11 & Over	200 Fly	
	13 & Over	200 Fly	38
39	11 & Over	100 Back	
	13 & Over	100 Back	40
41	11 & Over	200 IM	
	13 & Over	200 IM	42
43	11 & Over	100 Free	
	13 & Over	100 Free	44
45	11 & Over	200 Breast	
	13 & Over	200 Breast	46
47	11&12	50 Breast	
48	11 & Over	1500 Free	
	11 & Over	1500 Free	49

1500's will be swum fastest to slowest alternating heats of women and men.

Session IV - Sunday, June 28 2009

Warm-ups: 7:00 AM Meet Starts 8:30 AM

Girls	Age Group	Event	Boys
	11&12	400 Medley Relay	50
51	10 & U	200 Medley Relay	52
	11&12	200 Back	53
	11&12	50 Free	54
55	10 & U	50 Back	56
	11&12	100 Breast	57
58	10 & U	100 Breast	59
	11&12	100 Fly	60
61	10 & U	100 Free	62
	11&12	50 Back	63
64	10 & U	50 Fly	65

Session V - Sunday, June 28 2009

Warm-ups Immediately Following Session IV

	Age Group	Event
66	Open	Family 200 Free Relay

Session V - Sunday, June 28 2009

Warm-ups: 1:00 PM Meet Starts: 2:30 PM

Girls	Age	Event	Boys
67	11&12	400 Free Relay	
68	13-14	400 Free Relay	69
70	15 & O	400 Free Relay	71
72	11&12	50 Back	
73	13 & Over	200 Free	74
75	11 & Over	100 Fly	
	13 & Over	100 Fly	76
77	11 & Over	100 Breast	
	13 & Over	100 Breast	78
79	11 & Over	200 Back	
	13 & Over	200 Back	80
81	11 & Over	50 Free	
	13 & Over	50 Free	82