

Sweetheart in the Tetons
January 30 & 31, 2010
Jackson, WY

Presented by the JACKSON HOLE STINGRAY SWIM TEAM

HELD UNDER SANCTION OF WYOMING SWIMMING, INC. AND USA
SWIMMING, INC. SANCTION # _____ and
COLORADO MASTERS SWIMMING ASSOCIATION FOR U.S. MASTERS
SWIMMING, INC. SANCTION # 32-10-04-S

HOST: Jackson Hole Stingrays Swim Team, P.O. Box 6968, Jackson, WY. 83002

Location: Teton County Parks and Recreation Center, 155 E. Gill, Jackson, WY

Pool: 25 Yard USA Swimming Certified pool (filed 3/13/95), 8 lanes Equipped with non-turbulent lane markers, starting blocks, & backstroke flags. Pool depth minimum is 3.5', maximum pool depth 12'.

Timing: Colorado Timing System, with eight lane scoreboard and semi-automatic backup, and 2 manual back up timers per lane.
With the exception of the 1650, the meet will be swum in 5 lanes. Lane 6 Empty, Lane 7- Masters' Cool Down, Lane 8- USA Cool Down

Meet Director:
Wendy Tarver
P.O. Box 1456
Jackson, WY 83001
e-mail: wtarver@yahoo.com

Meet Referee:
Cindy O'Dwyer
1615 Wyoming Drive
Green River, WY 82935
codwyer10@yahoo.com

Rules: Current USA Swimming rules will govern the meet.

Eligibility: All swimmers must be currently registered with USA Swimming or USMS. USA Swimmer's age will be determined by his/her age on the first day of the meet, January 30, 2010. Masters swimmers age will be determined by the last day of the meet, January 31, 2010.

Entries: All events will be pre-seeded. There will be no on-deck Registration. Each swimmer is limited to a maximum of eight (8) individual events, three (3) on Saturday and (5) events on Sunday and two (2) relays.. All events will be timed finals. Please submit entry times in **YARDS**.

Masters must use Colorado Masters Consolidated Meet Entry Form.
<http://www.comsa.org/leadership/forms-documents/ConsEntry.pdf>

Fees: **A Flat fee of \$30 per swimmer. Of this \$30, \$6 goes towards the Wyoming Swimming Participation Fee and \$5 towards the per person fee charged by JH Rec Center. The remainder helps pay for the additional pool rental fees charged to JH Stingrays for pool rental during the meet.**

On-deck Entries will be accepted only if there is a lane available and swimmer is either already entered in other events or presents his/her USA or Masters registration card.

Entries must be postmarked or emailed by January 20, 2010

Checks for entries payable to: **Jackson Hole Stingrays**

Clubs please pay with one club check. There will be no refunds unless Your entries are not accepted because they exceed the 100 swimmer limit.

Jackson Hole Stingrays

P.O. Box 6968

Jackson, WY 83002

ATTN: Wendy Tarver wtarver@yahoo.com

Compliance: **The USA Registration Compliance form or the Colorado Masters Meet Entry Form MUST be signed by a registered Club Coach or Member or entries will not be accepted.**

Warm Ups: Warm up procedures will comply with USA Swimming and Wyoming Swimming, Inc. Only the last five (5) minutes of each warm up will be used to allow swimmers to use block starts. Swimmers must exit the pool on the end opposite the blocks. **Masters** will warm-up in separate lanes from USA swimmers.

USA Cards: ALL COACHES & MEET OFFICIALS MUST WEAR THEIR USA SWIMMING CARD IN PLAIN VIEW AT ALL TIMES.

Meet Times: Saturday, January 30

Warm-ups begin at 4:00PM

Meet begins at 5:00PM

Officials meeting at 4:30PM

Coaches meeting at 4:50PM

Sunday, January 31

Warm-ups begin at 8:00AM

Meet begins at 9:00AM

Officials meeting at 8:30AM

Coaches meeting at 8:50AM

Awards: A Participaion Award for all swimmers regardless of age.

Ribbons for 12 & Under swimmers 1st through 8th in all events scored in by age groups: 8 & Under, 9-10,11-12.

DUE TO TIME CONSTRAINTS, THE MEET WILL BE LIMITED TO THE FIRST 100 ENTRIES RECEIVED. Team entries will not be split. In the event that a team's entries result in 100+ swimmers, all swimmers from that team will be accepted.

SCHEDULE OF EVENTS
Saturday, January 30
Warm-ups 4:00PM Meet 5:00PM

1	13 & OVER 100 YARD FREE	2
3	12 & UNDER 100 YARD FREE	4
5	COMBINED 13 & OVER- 200 YD FLY	
7	9-12 50 YD FLY	8
9	MASTERS ONLY 50 YD FLY	10
11	9- 12 100 YARD BACK	12
13	13 & OVER 100 YARD BACK	14
15	12 & UNDER 100 YARD IM	16
17	13 & OVER 200 YARD IM	18
19	9-12 100 YARD BREAST	20
21	13 & OVER 100 YARD BREAST	22
23	**COMBINED 13 & OVER 1650 FREE**	

****1650 WILL BE LIMITED TO THE FIRST 16 ENTRIES RECEIVED****

Swimmers in 1650 will be notified by meet director if they are not the first 16 entries and given an opportunity to add another event on Saturday.

Master Swimmers may swim in those events listed as “Masters Only” and in any event for swimmers “13 & Over.”

All events will be swum under USA Swimming rules.

8 & UNDER swimmers may swim in events listed as “8 & UNDER” and in events listed as “12 & UNDER” and will be scored separately as “8 & UNDER.”

10 & UNDER swimmers may swim in events listed as “12 & UNDER” and will be scored separately as “10 & UNDER.”

SCHEDULE OF EVENTS
Sunday, November 15
Warm-ups 8:00 Meet 9:00am

GIRLS	EVENT	BOYS
25	8 & UNDER 25 YD FREE	26
27	9-12 200 YARD FREE	28
29	13 & OVER 200 YARD FREE	30
31	9-12 200 YARD IM	32
33	MASTERS ONLY 100 YARD IM	34
35	8 & UNDER 25 YARD BACK	36
37	MASTERS ONLY – 50 YARD BACK	38
39	9-12 50 YARD BACK	40
41	COMBINED 13 & OVER 200 YARD BACK	
43	8 & UNDER 25 YARD BREAST	44
45	Masters Only 50 YARD BREAST	46
47	12 & UNDER 50 YARD BREAST	48
49	COMBINED 13 & OVER 200 YARD BREAST	
51	MIXED 8 & UNDER 100 FREE RELAY	
53	MIXED 12 & UNDER 200 FREE RELAY	
55	MIXED OPEN 200 MEDLEY RELAY	
57	MIXED MASTERS 200 MEDLEY RELAY	
	BREAK	
59	12 & UNDER 50 YARD FREE	60
61	13 & OVER 50 YARD FREE	62
63	8 & UNDER 25 YARD FLY	64
65	9-12 100 YARD FLY	66
67	13 & OVER 100 YARD FLY	68
71	**COMBINED 9 & OVER 500 YARD FREE**	

Lodging:

The Antler Inn @ 733-2535,
The 49er Inn @ 733-7550,
The Painted Buffalo @ 733-4340,
The Elk Country Inn @ 733-236