

SWIMMING

Directors: Roy and Carol Stephen

Assistants: Rhonda Ferguson and Kelly Humphreys

Officials: Carolyn Burt and Jan Beutler

Events: 50M, 100M, 200M Backstroke
50M, 100M, 200M Breaststroke
50M, 100M, 200M Butterfly
50M, 100M, 200M, 400M, 800M, 1500M Freestyle
100M, 200M, 400M Individual Medley
Relays

Schedule: Wednesday, Oct. 8 – Friday, Oct. 10
8:00 am – 4:00 pm daily

Venue: Sand Hollow Aquatic Center

Divisions: 5-Year Age Brackets (see Page 7)

Sport Fee: \$5 Per Event

REGISTRATION RULES

- Swimmer's Age Division for competition will be determined by their age on December 31, 2008. National records will be based on swimmer's age according to the requirements of the national organization for a short course meters event (December 31, 2008—Article 102.2.2-Age Determining Date).
- Participants may enter a maximum of 9 events, excluding relays. No changes will be accepted after September 1.
- Only USMS members will be eligible to be listed in the USMS top ten. They must include their USMS membership number on their registration form.

FORMAT / RULES

- Event is USMS "Recognized" (Article 202.2). World records are not recognized. Relays are not sanctioned.
- Pool is indoor with 8 lanes (25 meter) and has a computerized timing system and starting blocks.
- There will be scheduled warm-up time each day.
- Veteran swimmer, Lynne Lund, will provide a class on pool protocol for first-time competitors. All swimmers are welcome to attend. Check Swimming Sport Board at the Dixie Center for additional information.
- Participants may start in the pool instead of diving.
- For all events except "distance" events, all women will compete first, by age division, then all men will compete, by age division.
- Participants must present their HWSG ID Badge at the venue check-in desk 30 minutes prior to each event except the 800 and 1500 Freestyle. For the 800 and 1500 Freestyle events, on-deck check-in is required by 10:00 am the morning of the event. Seeding for these "distance events" will be completed after check-in time.
- Pool will be available for practice time on Monday and Tuesday until 3:00 pm. There will be no fee for participants who present a HWSG ID Badge.

Relays:

- Relays will be organized at poolside.
- Relays do not need to be indicated on the registration form. There will be no additional charge for relays.
- Relays will have aggregate age groups comprised of the combined ages of the four relay members (i.e., 200-223, 224-247, 248-271 and 272+ years).

FORMAT / RULES (continued)

“Distance” Events:

- On-deck check-in is required for 800M and 1500M Freestyle events by 10:00 am the morning of the event.
- Distance events will begin 30 minutes after relays.
- **400M Freestyle and 400M Individual Medley:**
 - 1) Men and women will be separated.
 - 2) Heats will be seeded by time and scored by age division.
- **800M Freestyle:**
 - 1) Event will be run as a combined men’s and women’s event, seeded by time and scored by age division.
 - 2) The maximum time for this event is 22 minutes. Participants not finished after 22 minutes will be disqualified and must exit the pool immediately.
 - 3) To enter this event, participants must indicate their qualifying time in the space provided on the registration form.
- **1500M Freestyle:**
 - 1) Event will be run as a combined men’s and women’s event, seeded by time and scored by age division.
 - 2) The maximum time for this event is 48 minutes. Participants not finished after 48 minutes will be disqualified and must exit the pool immediately.
 - 3) To enter this event, participants must indicate their qualifying time in the space provided on the registration form.

EVENT SCHEDULE

	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7 am	Warm-Up	Warm-Up	Warm-Up
8 am	100M Free	200M Fly	200M IM
	200M Breast	100M Back	50M Breast
	50M Back	200M Free	200M Back
	100M Fly	100M Breast	50M Free
	100M IM	50M Fly	Relays
	Relays	400M Free	Warm-Up
	Warm-Up	Relays	1500M Free
	800M Free	Warm-Up	
		400M IM	

MEDALS

Gold, Silver and Bronze medals will be awarded in each event for each age division. Medals will be awarded at the Sport Sponsor Social. Ribbons will be awarded to the 1st, 2nd and 3rd place finishers for relays. Ribbons will be awarded daily at poolside.

SPORT SPONSOR SOCIAL (Ticket Required)

Date: Friday, Oct. 10
Time: 5:30 pm
Location: 86 Main Street – 3rd Floor