

# Mary Grace Tucker Memorial Swim Meet

**July 10-12, 2009**

**Sanction: # 09AR0711**

---

- Sanction:** Held under USA Swimming (USS) through Arkansas Swimming Inc. Sanction # 09AR0711
- Hosted by:** Arkansas Dolphin -Laser Swim Team
- Location & Contact:** Little Rock Racquet Club, #1 Huntington Road, Little Rock, AR 72227  
Karen Musick, Meet Director (501) 240-9680 [swimoffice@dolphin-laser.com](mailto:swimoffice@dolphin-laser.com)
- Facility:** 50 Meter, 8-lane, outdoor pool with non-turbulent lane lines. Colorado timing system and touchpad's with single lane scoreboard. A 25-yard outdoor pool will be available for continuous warm-up and swim-down.
- Directions:** I 430 to Cantrell Exit east. Turn left off Cantrell onto Foxcroft. First Street on Left is Huntington. Turn left immediately to the Little Rock Racquet Club.
- Attending Coaches:** Attending coaches should be prepared to show proof of their USA Swimming registration and valid certification in CPR, and First Aid, and Safety Training, if requested.
- Awards:** Medals 1<sup>st</sup>- 3<sup>rd</sup>, ribbons 4<sup>th</sup>- 8<sup>th</sup>; Relays – ribbons 1<sup>st</sup> - 8<sup>th</sup>. Open events will only score for 13-14 and 15-18. 12 & under events will be scored for 8 & under, 9-10, and 11-12.
- Scoring:** Individuals events: 9, 7, 6, 5, 4, 3, 2, 1. High point awards will be given to the highest individual scores in the following age groups: 8 & under, 9-10, 11-12, 13-14, 15-18. Open events will only score for 13-14 and 15-18.
- Entry Limit:** Each swimmer may enter a maximum of five (5) individual events per day. This meet will be limited to the first 450 swimmers that enter. Entries will be accepted in the order that they are received. A team will be accepted or rejected as a unit. Teams entries not accepted will be notified by phone when entries are received, and fees will be returned.
- Entry Fees:** \$2.50 for individual events, \$3.00 ASI surcharge. \$5.00 per relay. Deck entries are double.
- Deck Entries:** **DECK ENTRIES WILL BE ACCEPTED WHERE SPACE IS AVAILABLE.** Deck entry fee is \$5.00 per individual event and \$10.00 per relay. Deck entries will be accepted up until 30 minutes prior to the start of the session in which that event will be swum.
- Entry Deadline:** All entries must be received by Wednesday, July 1, 2009 whether emailed, mailed or delivered. Mail to Dolphin-Laser Swim Team #1 Huntington Road, Little Rock, AR 72227. Email to [coachkeith@dolphin-laser.com](mailto:coachkeith@dolphin-laser.com).
- Entry Forms:** All teams should enter using HY-TEK Software. Email entries to [coachkeith@dolphin-laser.com](mailto:coachkeith@dolphin-laser.com). When you email the entries, also attach a Word document or a pdf document of the entries (by swimmer). Alternatively, you can submit a diskette and hard copies of your teams' entries (by swimmer). All entries must include the Meet Summary form, copy of Coaches USA Swimming membership card, and payment.
- Eligibility:** This meet is open to all 2009 USA Swimming registered swimmers. Swimmers who enter as "pending" or "applied for" must send copies of their Athlete Registration Application

# Mary Grace Tucker Memorial Swim Meet

## July 10-12, 2009

**Sanction: # 09AR0711**

---

with the team entries, or register on deck and be charged deck entry fees. Athlete registration will be allowed on deck. Swimmers age as of July 10, 2009 will determine age for the duration of the meet.

**Events:** All events will be timed finals. Submit swimmers best long course times to ensure proper seeding. This meet will be pre-seeded except for the 400's and 800's which will be deck seeded. Positive check in with the Clerk of Course will be required for the 400 IM, 400 Freestyle and the 800 Freestyle. Swimmer must check in 30 minutes prior to start of the session. The 800 free and 400 IM will be limited to the top 24 swimmers of each gender. The 400 free will be limited to the top 40 swimmers of each gender. Additional heats may be accepted for the 400's and the 800 if the meet director determines that the session can be conducted in less than 4 hours. Coaches will be notified regarding any entries unable to swim. Swimmers in the 400 and 800 free must provide their own timers. 400 and 800 freestyle will be swum fastest to slowest, alternating girls to boys.

### **Dates & Times:**

**Friday, July 10:** 4:00 pm warm-up, 4:30 pm deck entries close, meet starts at 5:00 pm  
**Saturday, July 11:** 7:30 am warm-up, 8:00 am deck entries close, meet starts at 8:30 am  
**Saturday, July 11:** 12:30 pm warm-up, 1:00 pm deck entries close, meet starts at 1:30 pm  
**Sunday, July 12:** 7:30 am warm-up, 8:00 pm deck entries close, meet starts at 8:30 am

**Warm-up:** Warm-up guidelines adopted by ASI will be in effect. Warm-up lanes will be assigned to teams. The first 30 minutes of pre-meet warm-up will be a general warm-up in all lanes. No diving off the blocks or off the edge of the pool – feet first entry only; no sprints or pace work. Lane usage for the last 30 minutes will be as specified in ASI guidelines.

**Refreshments:** Concession Stand will be available throughout the meet with healthy snacks and ice cold drinks.

**Seating:** Limited bleachers available. Chairs are encouraged. Tree shaded area surrounds the pool providing some shade. Limited deck space.

**Smoking:** Smoking or the use of tobacco products is prohibited on the deck, in bleachers, locker rooms or other areas designated as swimmer rest areas.

**Rules & Safety:** The 2009 USA Swimming and ASI official rules shall govern the meet, and all technical and administrative rules of USA Swimming will apply.

- Possessing a still or video camera or a cell phone is absolutely prohibited in all dressing areas, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person so found possessing such devices in these areas will immediately be removed from the meet with all fees forfeited, and subject to further LSC and/or USA Swimming sanctions and penalties. Non-athletes will be removed from the venue.
- Any swimmer who does not enter the pool feet first during any portion of a warm-up/warm-down period which requires feet first entry shall automatically be removed from their next individual event. If the swimmer does not have an individual event in the session in which the violation occurred, they shall be removed from their first individual event in the next session in which they are entered, be it prelims, finals or timed finals that day or the next day of the meet. This includes the warm-up pool.

# Mary Grace Tucker Memorial Swim Meet

July 10-12, 2009

Sanction: # 09AR0711

---

## Meet Summary Form

Name of Club: \_\_\_\_\_ Club Code: \_\_\_\_\_

Attending Coaches: \_\_\_\_\_

\_\_\_\_\_

Number of Individual entries: \_\_\_\_\_ @ \$2.50 \_\_\_\_\_

Number of Relay entries: \_\_\_\_\_ @ \$5.00 \_\_\_\_\_

Number of Swimmers (Surcharge) \_\_\_\_\_ @ \$3.00 \_\_\_\_\_

**TOTAL ENCLOSED** \_\_\_\_\_

Team Address \_\_\_\_\_ Team Email: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Team Contact \_\_\_\_\_

Contact Email Address (if different) \_\_\_\_\_

Telephone: \_\_\_\_\_

As specified by USA Swimming and ASI, each coach or team representative must certify that all swimmers entered on the entry forms are members of USS or applications for membership (plus fees) are enclosed with the entry forms. In addition, the signature below certifies that each attending coach is a member of USS and has valid certification in CPR, First Aid and Safety Training for the duration of the Meet. In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USA Swimming, ASI, Dolphin-Laser Booster Association, Little Rock Racquet Club, Dolphin Laser Swim Team and officials.

**Signature of Club representative:** \_\_\_\_\_

# Mary Grace Tucker Memorial Swim Meet

July 10-12, 2009

Sanction: # 09AR0711

---

## Order of Events

### Friday, July 10, 2009

*Warm-up: 4:00 pm Competition starts 5:00 pm*

1	Open 50 Free	2
3	# * Open 400 IM	4
5	12 & under 200 IM	6
7	# * Open 800 Free	8

*\*Positive Check in required 30 minutes prior to start of session  
# limited to the fastest 24 of each gender*

*Additional heats may be accepted if the meet director determines that the session can be conducted in less than 4 hours.  
Swimmers in the 800 free must provide their own timers and counters*

### Saturday AM, July 11, 2009

*Warm-up: 7:30 am – Competition starts 8:30 am*

9	Open 200 Fly	10
11	Open 100 Free	12
13	Open 200 IM	14
15	Open 100 Breast	16
17	Open 200 Back	18

### Saturday Afternoon, July 11, 2009

*Warm-up: 12:30pm – Competition starts 1:30pm*

19	12 and Under 100 Free	20
21	12 and Under 50 Breast	22
23	12 and Under 50 Back	24
25	12 and Under 50 Free	26
27	12 and Under 50 Fly	28
29	12 and Under 200 Free	30
31	12 and Under 200 Free Relay	32

### Sunday Morning, July 12, 2009

*Warm-up: 7:30 am – Competition starts 8:30 am*

33	Open 200 Free	34
35	Open 100 Back	36
37	Open 200 Breast	38
39	Open 100 Fly	40
41	# * Open 400 Free	42

*\*Positive Check in required 30 minutes prior to start of session  
# limited to the fastest 40 swimmers of each gender*

*Additional heats may be accepted if the meet director determines that the session can be conducted in less than 4 hours.  
Swimmers in the 400 free must provide their own timers*