



## Ocean Spray Crave the Wave "A-B-C" Invitational November 30 – December 2, 2007

**Sanctioned By:** USA Swimming, Inc. (USA-S) through Arkansas Swimming, Inc. (ASI).

**Sanction #:** 07AR1201

**Sponsored By:** Razorback Aquatic Club & Ocean Spray

**Location:** Jones Center for Families - Corner of Emma St. & Route 265, Springdale, AR. Enter the building from the back parking lot, as the building is not open except for the swim meet this early.

| <b>Starting Times:</b> | Warm-ups  | Meet starts |
|------------------------|-----------|-------------|
| Friday                 | 4:30 p.m. | 5:30 p.m.   |
| Saturday & Sunday      |           |             |
| Morning Sessions       | 7:30 a.m. | 8:45 a.m.   |
| Afternoon Sessions     | *         | *           |
| Saturday Evening       | *         | *           |

\*Warm-ups will begin after the end of the morning session but not before 11:30 a.m. Split sessions will be used if necessary. Warm-ups will last for one hour unless split warm-ups are necessary, in which case they will be extended by 30 minutes. Teams will be notified only if split sessions are required. Afternoon session starting time will be after the end of warm-ups but not before 12:45 p.m. Warm-ups for the Saturday evening session will begin immediately after the end of the afternoon session and will last for 20 minutes.

**Facility:** 11 lane, 25 yard indoor pool; only 8 lanes will be used for competition; a warm-up lane will be available during each session. Daktronics timing system and touchpads with multi-line scoreboard. **The meet will be run with a closed deck.** Only swimmers, certified coaches and meet personnel will be allowed on deck. **NO FOOD ON DECK.** Spectator seating will be available in the natatorium balcony area. Swimmers leaving the pool area must wear a shirt, pants and shoes.

**Eligibility:** All USA-S registered swimmers are eligible. **On-deck registration will not be permitted.** Swimmers should be prepared to show proof of their USA-S registration if requested. Swimmer's age on the first day of the meet (November 30, 2007) will determine their age group for the meet. 2007 USA-S and ASI rules will govern the meet.

**Seeding:** This is a pre-seeded meet except for the 1000 free. All events will be timed finals. Submit contestant's best short course yard times to ensure proper seeding.

**Entry Limits:** Swimmers may enter a maximum of four (4) individual events plus one (1) relay per day. The meet may be limited to the first 450 swimmers. If a team's entries exceed this limit, all of this team's entries will be accepted. Entries will be accepted in the order they are received. If the entry limit is exceeded, then teams will be rejected in reverse order of receipt. Teams not accepted will be notified and entry fees will be returned.

Friday evening's events may be limited to the first 24 (3 heats) of each gender submitted. The host club reserves the right to add additional heats at the entry deadline. Saturday evening's 1000 free may be limited to the first 16 (2 heats) of each gender submitted. Coaches will be contacted regarding entries which do not make a heat limited event.

**Entry Fees:** \$3.00 surcharge for each swimmer; \$2.50 for each individual event entered; \$5.00 for each relay team.

**Deck Entries:** Deck entries will be accepted by the Clerk of Course up to 30 minutes before the published starting time of each session (for 1000 free, see below). Cost is \$5.00 per individual event and \$10.00 per relay -- **cash or team check only, no personal checks.** A swimmer who is not previously entered in the meet must also pay the \$3.00 surcharge and show proof of USA Swimming Membership.

Deck entries for each event will be placed in open lanes in existing heats in the order in which they are received by the Clerk of Course. New heats will not be created. There is no guarantee that a deck entry will get to swim the event and there will be no refund of entry fees. No event will be reseeded to accommodate a deck entry. **A swimmer who scratches one event and enters another event to replace it will be charged deck entry fees.**



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**Scratches:** No money will be refunded for scratches. A swimmer who does not report by the final call will be scratched from that event.

**Scratch Rules:** Pre-seeded, timed final scratch rules adopted by ASI will be in effect. All swimmers in 8 & Under events shall report promptly to the bullpen area when their event is called. Swimmers in all other events shall report promptly to the starting blocks. Any swimmer or relay team not reporting for or competing in any event except the 1000 free (see below) shall not be penalized.

**1000 Free:** The 1000 free may be limited to the first 16 (2 heats) of each gender submitted. Heats will be swum fastest to slowest, alternating girls and boys. It will be deck seeded, with positive check-in before the start of the afternoon session. Any swimmer who has checked-in (and not scratched prior to the check-in deadline) and fails to swim shall be barred from his/her next individual event. **Each swimmer will be required to provide one timer for their heat and a lap counter.**

**Scoring and Awards:** 1<sup>st</sup> through 8<sup>th</sup> place for individual events and relays - 9-7-6-5-4-3-2-1 for each individual event, double for relays. The Senior Events will be separated into 13/14 & 15/18 age groups. No awards for swimmers 19 & over. “A-B-C” awards will be given for first through eighth places in individual events and relays. High point awards will be given in each of the following age groups (8 & U, 9/10, 11/12, 13/14, 15/18). Individual points will be earned only for events swum in that age group.

**Attending Coaches:** Attending coaches should be prepared to show proof of their USA-S registration and valid certification in CPR, First Aid, and Safety Training if requested.

**Entry Forms:** A complete entry packet must include (1) a HYTEK file or printed entries on the enclosed entry form, (2) a printed list of all entries including relays, sorted by swimmer, (3) a completed, signed meet summary form, and (4) a check payable to Razorback Aquatic Club to cover the cost of the entries.

**Entry Deadline:** Entries must be received by Wednesday, November 21, 2007 (the day before Thanksgiving). Entries received after this date may be returned. Send all items in the entry packet to:

David McDevitt - 1883 Green Meadows Ave., Springdale AR 72764

Teams may send the first two items (HYTEK file and printed list of entries) as attached files via e-mail to [swimcoachdjm@yahoo.com](mailto:swimcoachdjm@yahoo.com). The remaining items must be received at the address listed above by the deadline for receipt of entries. A team will not be accepted into the meet without a completed, signed meet summary form and check. **Entries which require a signature for receipt will not be accepted.** Telephone entries and changes may not be accepted.

**Concessions:** A concession stand will be available during the meet.

**Smoking:** USA-S rules prohibit smoking and use of other tobacco products on the pool deck, in locker rooms, and swimmer rest areas. Jones Center rules prohibit the use of tobacco products in all areas within the Jones Center and on the surrounding Center grounds.

**Warm-up Guidelines:** Warm-up guidelines adopted by ASI will be in effect. Warm-up lanes will be assigned to teams. The first half of warm-ups 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. Any swimmer who does not enter the pool feet first during any portion of a warm-up/warmdown 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. Lane use for the last half will be divided into starts, general warm-up, and pace work. Split warm-ups will be used if necessary. Teams will be notified if split sessions are required.

**Locker Rooms:** No cameras or camera phones are allowed in the dressing rooms

**Additional Information:** Contact David McDevitt 479-927-2054 or [swimcoachdjm@yahoo.com](mailto:swimcoachdjm@yahoo.com)



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**Friday Evening Session, November 30, 2007**

Warm-ups 4:30 p.m.; Deck entries close 5:00 p.m.  
Session starts 5:30 p.m.

| GIRLS | EVENT             | BOYS |
|-------|-------------------|------|
| 1     | 10 & Under 200 IM | 2    |
| 3     | 11 - 12 200 IM    | 4    |
| 5     | Senior 400 IM     | 6    |
| 7     | 11 - 12 500 Free  | 8    |
| 9     | Senior 500 Free   | 10   |

Friday events may be limited to the first 24 of each gender and age group submitted

**Saturday Morning Session, December 1, 2007**

Warm-ups 7:30 a.m.; Deck entries close 8:15 a.m.  
Session starts 8:45 a.m.

| GIRLS | EVENT                     | BOYS |
|-------|---------------------------|------|
| 11    | 8 & Under 100 Free Relay  | 12   |
| 13    | 10 & Under 200 Free Relay | 14   |
| 15    | 6 & Under 25 Free         | 16   |
| 17    | 7 - 8 25 Free             | 18   |
| 19    | 9 - 10 50 Free            | 20   |
| 21    | 8 & Under 50 Breast       | 22   |
| 23    | 10 & Under 100 Breast     | 24   |
| 25    | 6 & Under 25 Back         | 26   |
| 27    | 7 - 8 25 Back             | 28   |
| 29    | 10 & Under 50 Back        | 30   |
| 31    | 8 & Under 50 Fly          | 32   |
| 33    | 10 & Under 100 Fly        | 34   |
| 35    | 8 & Under 100 IM          | 36   |
| 37    | 10 & Under 100 IM         | 38   |

**Saturday Afternoon Session, December 1, 2007**

Warm-ups not before 11:30 a.m.  
Deck entries close 30 minutes after warm-ups begin.  
Session starts not before 12:45 p.m.

| GIRLS | EVENT                  | BOYS |
|-------|------------------------|------|
| 39    | 11 - 12 200 Free Relay | 40   |
| 41    | 13 - 14 200 Free Relay | 42   |
| 43    | Senior 200 Free Relay  | 44   |
| 45    | 11 - 12 200 Free       | 46   |
| 47    | 13 & Over 200 Free     | 48   |
| 49    | 11 - 12 100 Breast     | 50   |
| 51    | 13 & Over 100 Breast   | 52   |
| 53    | 11 - 12 50 Free        | 54   |
| 55    | 13 & Over 50 Free      | 56   |
| 57    | 11 - 12 50 Back        | 58   |
| 59    | Senior 200 Back        | 60   |
| 61    | 11 - 12 100 Fly        | 62   |
| 63    | 13 & Over 100 Fly      | 64   |

**Saturday Evening Session, December 1, 2007**

Warm-ups begin immediately after end of afternoon session. Deck entries close at the same time as for the afternoon session. Positive check-in before the start of the afternoon session. Session starts immediately after the end of warm-ups.

*Each swimmer must provide one timer for their heat.*

| GIRLS | EVENT            | BOYS |
|-------|------------------|------|
| 65    | Senior 1000 Free | 66   |

Events may be limited to the first 16 of each gender submitted.

**Sunday Morning Session, December 2, 2007**

Warm-ups 7:30 a.m.; Deck entries close 8:15 a.m.  
Session starts 8:45 a.m.

| GIRLS | EVENT                       | BOYS |
|-------|-----------------------------|------|
| 67    | 8 & Under 100 Medley Relay  | 68   |
| 69    | 10 & Under 200 Medley Relay | 70   |
| 71    | 8 & Under 50 Free           | 72   |
| 73    | 10 & Under 100 Free         | 74   |
| 75    | 8 & Under 25 Breast         | 76   |
| 77    | 10 & Under 50 Breast        | 78   |
| 79    | 8 & Under 50 Back           | 80   |
| 81    | 10 & Under 100 Back         | 82   |
| 83    | 8 & Under 25 Fly            | 84   |
| 85    | 10 & Under 50 Fly           | 86   |
| 87    | 8 & Under 100 Free          | 88   |
| 89    | 10 & Under 200 Free         | 90   |

**Sunday Afternoon Session, December 2, 2007**

Warm-ups not before 11:30 a.m.  
Deck entries close 30 minutes after warm-ups begin.  
Session starts not before 12:45 p.m.

| GIRLS | EVENT                    | BOYS |
|-------|--------------------------|------|
| 91    | 11 - 12 200 Medley Relay | 92   |
| 93    | 13 - 14 200 Medley Relay | 94   |
| 95    | Senior 200 Medley Relay  | 96   |
| 97    | 11 - 12 100 IM           | 98   |
| 99    | 13 & Over 200 IM         | 100  |
| 101   | 11 - 12 100 Free         | 102  |
| 103   | 13 & Over 100 Free       | 104  |
| 105   | 11 - 12 50 Breast        | 106  |
| 107   | Senior 200 Breast        | 108  |
| 109   | 11 - 12 100 Back         | 110  |
| 111   | 13 & Over 100 Back       | 112  |
| 113   | 11 - 12 50 Fly           | 114  |
| 115   | Senior 200 Fly           | 116  |



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### Summary Sheet

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

Attending Coaches' Names: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Number of individual entries \_\_\_\_\_ @ \$ 2.50 \$ \_\_\_\_\_  
Number of relay entries \_\_\_\_\_ @ \$ 5.00 \$ \_\_\_\_\_  
Number of swimmers (Surcharge) \_\_\_\_\_ @ \$ 3.00 \$ \_\_\_\_\_  
Total enclosed \$ \_\_\_\_\_

Team Address: \_\_\_\_\_ E-mail: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USA Swimming, ASI, the host club, and officials.

Signature of coach or club representative: \_\_\_\_\_

Please make checks payable to: **RAC**

Please send entries to: **Razorback Aquatic Club**  
C/o David McDevitt  
1883 Green Meadows Ave  
Springdale, AR 72764  
Phone: (479) 927-2054  
E-Mail: [swimcoachdjm@yahoo.com](mailto:swimcoachdjm@yahoo.com)

