

PST Valentine Invitational

February 3-5 2012

HOST TEAM: Paducah Swim Team

SANCTION: Held under the sanction of USA Swimming. Sanction # KY

MEET DIRECTORS: Kim Oatman
(270)554-0692
iam4ukcats@comcast.net

ENTRY CHAIR: Greg Williams

MEET LOCATION: Paducah Athletic Club
115 Lebanon Church Road
Paducah, KY 42003

FACILITIES: 25 yard, 8 lane pool with non-turbulent lane markers, Daktronics Time system with display, "Meet Manager" for seeding, scoring, etc. Diving side of pool is 5' 8" deep and the shallow side of pool is 4' deep.

SCHEDULE:

February 3	FRIDAY EVENING SESSION Warm-ups: 4:30 P.M. Meet Begins: 5:30 P.M.
February 4	SATURDAY MORNING SESSION Warm-ups: 7:00 A.M. Meet Begins: 8:00 A.M.
February 4	SATURDAY NOON SESSION Warm-ups: Immediately after A.M. Session Meet Begins: One HALF HOUR after A.M. Session (Not before noon)
February 4	SATURDAY AFTERNOON MORNING SESSION Warm-ups: Not before 2:00 P.M. Meet Begins: Not before 3:00 P.M.
February 5	SATURDAY MORNING SESSION Warm-ups: 7:00 A.M. Meet Begins: 8:00 A.M.
February 5	SUNDAY AFTERNOON SESSION Warm-ups: Immediately after A.M. Session Meet Begins: One Hour after A.M. Session (Not before noon)

COACHES: Please check your meet packet for your lane assignments and times. It is extremely IMPORTANT for you to adhere to this schedule, as warm-up times are very limited.

There will be a coach's' meeting 15 minutes prior to the start of each day's swimming competition. There will be an official's meeting 45 minutes prior to the start of each swimming session.

All USA-S Registered Athletes must be under the direct supervision of a currently registered and certified USA-S Coach. Any USA-S swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Coaches must display current USA Swimming Membership Card showing current Certifications. In granting this Approval it is understood and agreed that USA Swimming, Inc. and Kentucky Swimming, Inc. shall be free from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

ELIGIBILITY:

All swimmers must be current USA Swimming registered athletes. A roster of USA Swimming registration numbers must accompany entries. No entrant will be permitted to compete unless the entrant is a member as provided in Article 302 except as provided under article 202.6 or USA Swimming's "open boarder" policy included in its registration manual. Age of swimmer on September 16 will determine age for this meet.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Meet Policy:

All USA Swimming Registered Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.

MEET FORMAT:

All events are timed finals. All events will be pre-seeded. Swimmers may enter no more than **four (4)** events per day exclusive of relays. 6-lanes will be used for competition and 1-lane will be used for cool-down during the meet.

WARM-UP PROCEDURES:

Please enter the pool at the main starting end only. Feet first entries only. **circle swimming, right to left only.** Coaches should be near the starting end of the pool when swimmers begin sprint or pace work. Coaches should maintain as much contact with their swimmers as possible, both visual and verbal, throughout the warm-up period. Responsibility of swimmers and coaches is the same at the meet as when on deck at practice.

STARTS:

Starts for 25-yard events will be at the turn end of the pool off the deck surface (not the gutter). Fly-over starts will be used for all forward start events except 25-yard events and backstroke events.

RELAY CARDS: Relay cards will be distributed to each team. Each team is responsible for delivering their completed relay card to the computer table prior to the beginning of each session. At this time, the relay cards must clearly indicate, in the appropriate order, the four swimmers who will compete.

OFFICIALS: Meet Directors: Kim Oatman
Entry Chairperson: Greg Williams & Susan Oatman
Officials Chairperson: Kim Oatman
Referee: Kim Oatman
Starter: Christina Pitt
Safety Director: Troy Yates

Teams are requested to contact the Officials Chairperson prior to the Meet if they have officials who are willing to work the meet. ALL teams are expected to provide Timers and will be assigned lanes.

PARENTS: Spectator space is limited in the pool area. We recommend bringing chairs and/or blankets.

PARKING Parking is available in the gravel lot on the north and west side of the building. Overflow parking is available in the Community Christian School lot. Parking in front of the Paducah Athletic Club is reserved for members only.

EXTRAS: A hospitality room for breakfast and lunch will be provided for **coaches and meet officials** on Saturday and Sunday. Concessions will be available poolside. Swim gear will be available for sale. Meet programs will be available for purchase.

LIABILITY: U.S.A. Swimming and Paducah Swim Team shall be free of any liabilities or claims for damages arising by reason of injuries to spectators, contestants, or other individuals present during the conduct of this meet.

SWIMMER'S CONDUCT:

Swimmers are expected to maintain appropriate conduct at all times. The Meet Director, Safety Director, and/or Meet Marshals will exclude any swimmer from the meet for unsafe, disruptive, or inappropriate behavior. Swimmers and coaches must at all times obey meet officials. A swimmer, coach, and/or team may be removed from the deck for not abiding by the safety guidelines or meet officials.

AWARDS: Individual Events:
Custom ribbons/medals will be awarded to first through sixth place in each age group, scoring 7-5-4-3-2-1. **6 & under will not** be scored separately, but will be included in the 8 & under scoring. 8&U will be scored separate when included in 10&U events. Heat winner awards will be given.

Relay Events: Ribbons first through sixth, scoring 14-10-8-6-4-2.

High Point Awards will be given in each age group as well as awards to High Point teams.

ENTRY FEES: Individual Events: \$4.25 per event
Relay Events: \$6.00 per event

THERE WILL BE NO DECK ENTRIES

U.S.A. Swimming Surcharge: \$2.50 per swimmer
Facility surcharge: \$ 6.00 per swimmer

PAYMENTS MUST ACCOMPANY ENTRY FORMS

Entries may be e-mailed (preferred) however, entries will only be confirmed when the signed waiver and payment are received.

ENTRIES: Entries will be accepted on a first come basis, but **must** be received by **January 20, 2012**. The meet will be limited to 400 swimmers plus the host team. Entries should include swimmers' names, U.S.A. Swimming numbers, entries, times, waiver sheet, and payment. Times should be submitted in YARD times. If a swimmer does not have a seed time available, coaches should submit an estimated time. (All entries should have a seed time submitted except for All PST Swimmers.) Entries may be e-mailed or submitted on a 3.5 inch diskette utilizing Hy-Tek Team Manager. **INCLUDE A PRINTOUT OF ENTRIES.**

DECK ENTRIES: Deck entries will be accepted at the discretion of the Meet Referee.

SEND ENTRIES TO: E-mail: Greg Williams <coachgreg@gmail.com>

Or: Paducah Swim Team
Attn: Meet Director
115 Lebanon Church Road
Paducah, KY 4200

Direct inquiries regarding team entries to Greg Williams 270-554-SWIM Cell 270-816-3300.

Session: 1 Friday Session**Warm Ups Start at 4:30PM****Meet Starts at 05:30 PM**

Girls	Event	Boys
1	Open 500 Freestyle	2
3	11-12 200 IM	4
5	Open 400 IM	6

Session: 2 Saturday Morning Session**Warm Ups Start at 7:00AM****Meet Starts at 8:00AM**

Girls	Event	Boys
7	11-12 200 Freestyle	8
9	13-14 200 Freestyle	10
11	Open 200 Freestyle	12
13	11-12 50 Backstroke	14
15	13-14 100 Backstroke	16
17	Open 100 Backstroke	18
19	11-12 100 Breaststroke	20
21	13-14 200 Breaststroke	22
23	Open 200 Breaststroke	24
25	11-12 50 Butterfly	26
27	13-14 100 Butterfly	28
29	Open 100 Butterfly	30
31	13-14 200 IM	32
33	Open 200 IM	34
35	11-12 200 Medley Relay	36
37	13-14 200 Medley Relay	38
39	Open 400 Medley Relay	40

Session: 3 Saturday Noon Session

Warm-ups: Immediately after A.M. Session

Meet Begins: One HALF HOUR after A.M. Session
(Not before noon)

Girls	Event	Boys
41	Open 1650 Freestyle	42

Session: 4 Saturday Afternoon Session**Warm- Ups Not before 1:00pm****Meet Starts at Not before 2:00pm**

Girls	Event	Boys
43	8 & Under 25 Freestyle	44
45	9-10 100 Freestyle	46
47	8 & Under 50 Backstroke	48
49	9-10 50 Backstroke	50
51	8 & Under 25 Breaststroke	52
53	9-10 100 Breaststroke	54
55	8 & Under 50 Butterfly	56
57	9-10 50 Butterfly	58
59	8 & Under 100 IM	60
61	9-10 200 IM	62
63	8 & Under 100 Medley Relay	64
65	9-10 200 Medley Relay	66

Session: 5 Sunday Morning Session**Warm Ups Start at 7:00AM****Meet Starts at 8:00AM**

Girls	Event	Boys
67	11-12 100 Freestyle	68
69	13-14 100 Freestyle	70
71	Open 100 Freestyle	72
73	11-12 100 Backstroke	74
75	13-14 200 Backstroke	76
77	Open 200 Backstroke	78
79	11-12 50 Breaststroke	80
81	13-14 100 Breaststroke	82
83	Open 100 Breaststroke	84
85	11-12 100 Butterfly	86
87	13-14 200 Butterfly	88
89	Open 200 Butterfly	90
91	11-12 50 Freestyle	92
93	13-14 50 Freestyle	94
95	Open 50 Freestyle	96
97	11-12 200 Freestyle Relay	98
99	13-14 200 Freestyle Relay	100
101	Open 400 Freestyle Relay	102

Session: 6 Sunday Afternoon Session**Warm Ups Start at 12:00PM****Meet Starts at 1:00PM**

Girls	Event	Boys
103	8 & Under 50 Freestyle	104
105	9-10 50 Freestyle	106
107	8 & Under 25 Backstroke	108
109	9-10 100 Backstroke	110
111	8 & Under 50 Breaststroke	112
113	9-10 50 Breaststroke	114
115	8 & Under 25 Butterfly	116
117	9-10 100 Butterfly	118
119	8 & Under 100 Freestyle	120
121	9-10 200 Freestyle	122
123	8 & Under 100 Freestyle Relay	124
125	9-10 200 Freestyle Relay	126

LIST OF MOTELS:

**Drury Inn
I-24 & US 60
Paducah
270-443-3313**

**Paducah
270-442-8874**

**Holiday Inn Express
3994 Hinkleville Road**

**Candlewood Suites
3940 Coleman Crossing Circle
Paducah
270-442-3969**

SUMMARY/WAIVER FORM

**THIS PAGE MUST BE COMPLETED AND POSTMARKED NO LATER THAN
January 20, 2011 FOR THE TEAM'S ENTRY TO BE ACCEPTED.**

WAIVER: In consideration for the acceptance of this entry, I / We hereby, for myself / ourselves, my / our heirs, administrators, assignees, and swimmers waive and release any and all claims against USA Swimming (USA), the Kentucky Local Swim Committee of USA, the University of Louisville, and the Paducah Swim Team for injuries and / or expense incurred by me / us at the meet or while on the road to and from the meet. I / We are bonafide members of United States Swimming as a team, coach, athlete, or administrator and are eligible to compete in all events I / we have entered.

SIGNATURE _____ **TITLE** _____

Coach's email (required) _____

Team's Entry Chair's email (required) _____

TEAM _____ **CODE** _____ **PHONE** _____

TEAM ADDRESS _____

CITY _____ **STATE** _____ **ZIP CODE** _____

RECAP OF ENTRY FEES

_____ Individual Entries x \$4.25 = \$ _____

_____ Relays x \$6.00 = \$ _____

_____ Facility charge per swimmer x \$6.00 = \$ _____

_____ Swimming charge per swimmer x \$2.50 = \$ _____

TOTAL = \$ _____

Make checks payable to: **Paducah Swim Team** and mail together with this form and a hard copy listing of your team's entries, **postmarked no later than January 20, 2011** to the meet entry chair.