

Please submit all entries either on a disk or by e-mail using Hy-tek software, or use the enclosed entry form. Teams entering on a disk must submit a signed hard copy with verification of times. Entries will not be accepted without time verification and one uniform entry sheet signed by the person responsible for entry submission. Said person will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers. Teams using the official entry form must make sure that each form is signed and time verification is included on each entry.

Meet Format, Check-in and Scratches:

- This meet will run as timed finals, mixed girls and boys slowest to fastest.
- This meet is a negative check-in.
- Scratches are due to the Clerk of Course 30 minutes before the beginning of each day's session.

Rules, Unaccompanied Athletes & Warm-up Procedures:

- 2010 USA Swimming Rules will apply.
- A mandatory scratch down may apply to this meet if the time line exceeds 4 hours for 12-Under swimmers, subject to the provisions of USA Swimming Rules and Regulations (205.3.1F). If a scratch down is necessary, teams will be reimbursed for said scratched events.
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Unaccompanied athletes: As per USA Swimming rule 202.3.2, all USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. If you do not have a coach with you, please check with the meet director or referee before entering the pool. A coach will be assigned.
- Warm-up: All warm-ups must be done under the supervision of a USA-S official. Coaches have the responsibility of insuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a 3 point sitting position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool. During the last 15 minutes of warm-up lanes 2, and 7 will be opened for diving starts in the competition pool only and lanes 1 and 8 will be cleared for pace lanes under coach's supervision.

Results:

Results will be e-mailed after the completion of the meet and available on team website www.syacswimclub.com.

Scoring:

All events will be swum mixed girls and boys but scored by age and gender: 10 and under, 11-12, 13-14, and 15-up. Overall top performers determined by Power Points will be awarded custom towels to the top 8 swimmers.

Awards:

Individual awards: Ribbons 1st- 8th place

Friday September 17, 2010
Warm-up 2:45pm Meet 3:30pm

Event List

1	Mixed 100 Fly
2	Mixed 50 Back
3	Mixed 200 Back
4	Mixed 50 Free
5	Mixed 100 Breast
6	Mixed 200 Free

Saturday September 18th, 2010
Warm-up 8:15am Meet 9:00am

Event List

7	Mixed 100 Back
8	Mixed 50 Fly
9	Mixed 200 Fly
10	Mixed 100 Free
11	Mixed 50 Breast
12	Mixed 200 Breast
13	Mixed 200 IM
14	Mixed 400 IM