2010 NLU Sprint Decathlon

Saturday & Sunday September 25-26, 2010

TYPE OF MEET: Decathlon Swim Meet: Timed Finals

SANCTION: Missouri Valley Swimming on Behalf of USA Swimming

Sanction # MV-10-98

OFFICIALS: Meet Directors: Adona Guardado

aguardado@kc.rr.com

816.739.5023

Entries Chair: Brian Timpe

btimpe@kc.rr.com 816.392.4532

Referee: Mike Asbury

NLU HEAD COACH: Brian Timpe btimpe@kc.rr.com

POOL LOCATION: Park Hill Aquatic Center, 8152 N. Congress, KC, MO,

64152 Phone: (816) 359-4080

FACILITY: Six Lane 25-yard pool and Diving Well with bulkhead:

Colorado Timing System with six lane score board: Kicker McNeil flow through lane lines: Warm-up/Warm-Down

Pool available

RULES: Current USA Swimming Rules and Regulations &

Missouri Valley Swimming Rules govern the meet. MVS Safety Guidelines and Warm-up Procedures will be in effect. MVS Scratch Rule will apply. All deck officials must be able to prove to the satisfaction of the referee that they hold a current USA Swimming official membership.

ELIGIBILITY: All swimmers must be registered as a 2010 athlete member

of USA Swimming. The age of the swimmer as the first day of the meet will determine their age for the entire meet.

SEEDING: Meet will be pre-seeded.

ENTRY LIMIT: All swimmers can swim all 5 events each day.

CLERK OF THE

COURSE: For 8 & Under events only.

ENTRIES: All entries must be submitted electronically using Hy-Tek

software and accompanied by a Team Manager Entry summary printout with payment of fees. All entries must include each swimmer's USA Swimming registration number. Also include a contact person with phone number

and email address.

ENTRY FEES: \$3.50 per individual event.

LATE/DECK FEES: Late/Deck entries will be accepted at the discretion of the

meet referee and meet directors if there is room in the

event. \$3.50 per individual event.

PAYMENT: Team payment must accompany entries. Please do not send

individual checks.

Please make checks payable to: Northland United Swim Team

DEADLINE: Entries must be received by **Sunday**, **Sept. 19, 2010**

By 5 pm.

ENTRIES CHAIR: Please send entries and fees, along with the names and

phone numbers of the team coach and entries chair, to:

Northland United Swim Team

Attention Entry Chair: Brian Timpe

8246 NW Waukomis Dr.

Kansas City, MO 64151

(816) 734.5240 btimpe@kc.rr.com

AWARDS:

• Ribbons for 1st-8th Place in each individual event.

• 8 & Under will have an award for the top 3 swimmers (lowest cumulative time) in a pentathlon on Sunday (25 free, 25 fly, 25 back, 25 breast, 100 IM). The 8 & under swimmers must swim all 5 events on Sunday to qualify for the award.

• 9-10,11-12,13-14,15& Over will have awards for the top 3 Swimmers (lowest cumulative time) for all 10 events. The Swimmer must swim all 10 events for the 9 & older age groups to qualify for the award.

• Any disqualification in an event will add 10 seconds to the swimmers cumulative time

START TIMES: Saturday Session 1: Warm Up: not before 11:30AM

Start Time: 12:30PM

Saturday Session 2: Warm Up: Not before 2:30PM

Start Time: 3:30PM

Sunday One Session: Warm Up: 7:30AM Start Time 8:30AM

WARM-UP LANES:Prior to the meet, teams will be notified as to their warm-up lanes.

Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up.

COACHES: Each coach must be able to prove, to the satisfaction of the referee,

that they hold a current USA Swimming coach membership. Packet will be available at start of the meet provided all fees have been paid. Hospitality room is provided. **All scratches are**

requested 45 minutes before the session start time.

TIMERS/JUDGES: Participating clubs may be asked to provide back-up timers during

the meet. Visiting teams are encouraged to provide certified stroke and turn judges. Persons willing to help judge should contact the

Head Referee.

CONCESSIONS: Full Concessions available.

FINAL RESULTS Final Results will be posted on the Missouri Valley website and

may include the swimmer's name, age, times and USA Swimming

number.

Order of Events Saturday September 25, 2010

Mixed	<u>Session I</u>
1	12 & Under 100 Fly
2	12 & Under 100 Back
3	12 & Under 100 Breast
4	12 & Under 100 Free
5	12 & Under 200 IM

Mixed	Session II
6	8 & Under Mixed 50 Fly
7	13 & Over Mixed 100 Fly
8	8 & Under Mixed 50 Back
9	13 & Over Mixed 100 Back
10	8 & Under Mixed 50 Breast
11	13 & Over Mixed 100 Breast
12	8 & Under Mixed 50 Free
13	13 & Over Mixed 100 Free
14	8 & Under Mixed 100 Free
15	13 & Over Mixed 200 IM

Sunday September 26, 2010

Mixed	<u>Session III</u>
16	8 & Mixed Under 25 Fly
17	Mixed 50 Fly
18	8 & Under Mixed 25 Back
19	Mixed 50 Back
20	8 & Under Mixed 25 Breast
21	Mixed 50 Breast
22	8 & Under Mixed 25 Free
23	Mixed 50 Free
24	Mixed 100 IM