

Spokane Area Swimming
Summer Solstice Invitational Swim Meet
June 20-22, 2008

Held under the sanction of United States Swimming, Inc. Inland Empire Swimming Inc. In granting this sanction it is understood and agreed that USA Swimming and Inland Empire Swimming Shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Format: Timed Finals

Host: Spokane Area Swimming

Course Location and Description: Witter Pool, Mission Park, 1400 East Mission, Spokane, WA. This is an outdoor, 9-lane, 50 meter course, with turbulence control racing lanes. The pool meets USA Swimming water depth and starting depth height requirements at the start end. The 200 meter relays will have the 50m and 150m exchanges from within the water starts. The pool is accessible to the handicapped.

Eligibility: All contestants must be 2008 registrants with USA Swimming. Registration numbers must be included with their entries. Swimmers must compete in their respective age groups. Age on the first day of the meet shall govern the full meet. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

Entries: All swimmers, including 8 & U may enter maximum of three (3) events on Friday, and a maximum of four (4) events on Saturday and Sunday and may enter one relay per day. Please prioritize 4th event each day.

The IES priority system is in effect! Place a 4th priority on the Team Manager "Individual Meet Entries" report next to each swimmers entries for Saturday and Sunday. If the projected timeline exceeds USA-S regulations for meet regulation, then the 4th priority events will be deleted. Entry fees will be refunded for deleted entries.

Positive check-in will be required for all events 400 meters and longer and will close one hour before the event is scheduled to begin. **IES scratch rules for Deck seeded events will be enforced.** Any swimmer entered in an individual event that is seeded on deck, in whole or in part, who has checked in for that event, must swim in the event unless he notifies the clerk of course/or designee or the referee before the seeding for the event that he wishes to scratch has begun. Failure to scratch prior to the seeding and not swimming the event will result in the swimmer being barred from the next individual event in which he/she is entered on that day or the next day of the meet day, whichever is first.

The 400 IM and 400 free events may be limited to 4 heats each. These events will be swum fastest to slowest, alternating women and men. Swimmers must provide their own

timers for these events. The 1500 Free will be limited to 6 heats total and will be swum mixed gender and seeded fastest to slowest. Swimmers must provide their own counters and timers for this event.

Relays for 12/under swimmers will be mixed gender. Any combination of gender is allowed. Relays for 13/over will be separated Girls and Boys. Relays will not be scored.

Entry Fee: The entry fee will be \$2.25 for each individual event and \$9.00 per relay. There will be a \$10.00 surcharge for each swimmer.

Entry Deadline: Sign up through DirectAthletics by 11:59pm Friday, May 30, 2008.

Awards: All individual events will score.
All 10 & under, 11-14 and 13 & over events will be scored and awarded together, not by age group.
The 1500 will be swum combined but awarded as 11-14 and 15 & over.
The 400 IM and the 400 free will be swum combined 11 & over but scored 11-12, 13-14 and 15 & over.
There will be no A/B distinction for scoring or awards.
Ribbons and points will be awarded for individual events 1st through 8th place.
Trophies will be awarded for girls & boys top 8 High point in each age group.
High point calculations will be based on swimmers' age groups, not event age groups, so points earned in combined events will be added into the calculation for each swimmer.
"A" certificates will be awarded to all IES B swimmers achieving the A time.
No team scores or awards, or relay awards will be given.

Rules: Current 2007 USA Swimming Rules and the rules and procedures of Inland Empire Swimming will govern. IES scratch rules will be enforced. Also, because of USA Swimming Insurance requirements, only swimmers, officials and meet workers are permitted on deck. Spectators will not be allowed on deck without proof of USA Swimming membership. The deck area is considered to be a 3-foot area from the edge of the pool and the area behind the start platforms up to the timer chairs. **There will be no swimming in the dive tank except for swimmers to warm-up prior to and after events.**

Timing: Colorado Timing System with touch pads at both ends interfaced with Hy-tek Meet Manager software. Volunteer lane timers from visiting teams are appreciated.

Meet Schedule: Friday, Session 1: 9:30-10:20am warm-up
Meet starts at 10:30am
Friday, Session 2: 1:00-1:50pm warm-up for 13/over
1:50-2:20pm warm-up for 12/under
Events begin at 2:30 pm
Saturday and Sunday: 7:00-7:50am warm-up 13/over
7:50-8:20am warm-up for 12/under
Meet starts at 8:30 am

There will be 15 minute breaks after event 44 on Saturday and event 93 on Sunday. Pools will be closed during those breaks. The pool will be open during the 10 minute break before Session 5 (400 free events).

Officials:

Co-Meet Directors: Vicki Marsh and Susan Renzini

Meet Referee: Joe Nuess

Starter: Fred Lind

Stroke and Turn: Ron Renzini, Kyle Goodwin, Lou Sowers

Visiting Officials are welcome and encouraged to help. Please bring current certification and USA Swimming registration cards; these will be verified by the meet referee before deck assignments are made.

Camping: **There will be NO overnight tent or RV camping permitted in the park.**

Hotel and Campground Accommodations: see accompanying lists

Parking: We are allowed to park in the lot right in front of the pool, the lot west of the railroad tracks (Please do not park on the centennial trail) and across the street in the Avista lot. Please see attached map for clarification of allowed parking.

Directions to Witter Pool: From I-90, take the Hamilton street exit and follow north to Mission. Go right on Mission. Witter Pool is directly east of Mission Park at 1400 E. Mission. If you are traveling into Spokane from the north via Hwy 2 or Hwy 395, follow Division or Nevada south to Mission and turn left.

Spokane Area Swimming
2008 Summer Solstice
Order of Events

Friday, June 20

Girls Event #	Event Description	Boys Event #
Session #1 9:30 am warm-up 10:30 am start		
Mixed Event # 1	11/over 1500 Free	
Session 2 1:00 pm warm-up 2:30 pm start		
2	10/under 200 IM	3
4	11/12 200 IM	5
6	13/14 200 IM	7
8	15/over 200 IM	9
10	10/under 200 Free	11
12	11/12 200 Free	13
14	13/14 200 Free	15
16	15/over 200 Free	17

Saturday, June 21

Session 3 7:00-8:20 am warm-up 8:30 am start		
Girls event #	Event Description	Boys event #
18	13/over 50 Breast	19
20	8/under 50 Free	21
22	9/10 50 Free	23
24	11/12 50 Free	25
26	13/14 50 Free	27
28	15/over 50 Free	29
30	8/under 50 Fly	31
32	9/10 50 Fly	33
34	11/12 50 Fly	35
36	13/14 100 Fly	37
38	15/over 100 Fly	39
40	12/under 200 Free Relay	41
42	13/over 400 Free Relay	43
15 minute Break		
Session 4		
Girls event #	Event Description	Boys event #
44	10/under 100 Breast	45
46	11/12 100 Breast	47
48	11/14 200 Breast	49
50	15/over 200 Breast	51
52	10/under 100 Back	53
54	11/12 100 Back	55
56	13/14 100 Back	57
58	15/over 100 Back	59
10 minute Break		
Session 5		
60	11/over 400 Free	61

Sunday, June 22

Session 6 7:00-8:20am warm-up 8:30am start

<i>Girls event #</i>	<i>Event Description</i>	<i>Boys event #</i>
62	8/under 100 Free	63
64	11/14 200 Back	65
66	15/over 200 Back	67
68	13/over 50 Back	69
70	9/10 50 Back	71
72	11/12 50 Back	73
74	13/over 50 Fly	75
76	8/under 50 Breast	77
78	9/10 50 Breast	79
80	11/12 50 Breast	81
82	13/14 100 Breast	83
84	15/over 100 Breast	85
86	12/under 200 Medley Relay	87
88	13/over 400 Medley Relay	89
15 minute Break		
Session 7		
<i>Girls event #</i>	<i>Event Description</i>	<i>Boys event #</i>
90	10/under 100 Fly	91
92	11/12 100 Fly	93
94	11/14 200 Fly	95
96	15/over 200 Fly	97
98	9/10 100 Free	99
100	11/12 100 Free	101
102	13/14 100 Free	103
104	15/over 100 Free	105
106	11/over 400 IM	107