

Arkansas AAU

Fitter Faster Sprint Invitational

May 18, 2019

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aasports.org to obtain their membership

Olympic Swimmer Christopher Reid will have a Camp May 18th – 19th.

For more information or to register see the link below.

<https://fitterandfaster.com/swim-clinics/comprehensive-backstroke-racing-camp-el-dorado-ar/>

STARTING TIMES: Saturday Warm-ups 4:00pm Meet starts: 5:00pm

Warm-up Lanes and Times will be assigned.

Stroke & Turn Officials Meeting 4:30 pm in storage room

Timers Meeting 4:50 pm on deck by Starter

Coaches Meeting 4:50 pm in storage room

LOCATION: HealthWorks Fitness Center

(Home of the HealthWorks Hurricanes)

304 N Madison

El Dorado AR 71730

FACILITY: Six lane pool with Colorado Timing Touchpads and Display Board. All spectators must sit in the designated areas, only coaches, swimmers and meet officials will be allowed on deck.

CONCESSIONS: Concessions will be available in the Juice Bar.

HEAT SHEET: Official Heat Sheets will be \$5.00 in the entrance lobby

SEEDING: This is a pre-seeded meet. All events will be timed finals. Submit Swimmers best short course yards times to ensure proper seeding.

ENTRY LIMIT: Swimmers may enter a maximum of 5 individual events and 2 relays. Athlete's age on the first day of the meet shall determine the age division of the swimmer.

ENTRY FEES: \$35.00 per swimmer. Fee includes Pool Surcharge and all individual events.

AWARDS: Ribbons will be given for places 1-8. High Point Awards will go to the top 3 swimmers in each age group. (6&Under, 7 + 8, 9 + 10, 11 + 12, 13 + 14, 15 – 18). Various ages will swim together but scored and placed in proper age group.

SCORING: 9,7,6,5,4,3,2,1

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

DECK ENTRIES: Deck Entries may be made if the swimmer is already entered in the meet. If there is an open lane in the event but, NO new heat will be made.

ATTENDING COACHES: Must also be registered through AAU as a coach member.

ENTRY FORMS: All teams are encouraged to enter the meet with Hy-Tek. If a team does not have Hy Tek please call Coach Farrin 870-862-5442 ext 13 or 40 for assistance.

ENTRY: Entries must be received by **5:00 pm Thursday, May 9, 2019.** All entries need to be sent to mking@sharefoundation.com Verification will be sent as soon as your entries are received.

All Fees are due by the beginning of the meet

Entry Fees may be mailed to;
Attn. Coach Farrin
HealthWorks Fitness Center
304 N Madison
El Dorado, AR 71730

FACILITY & AAU RULES: Prohibit smoking and use of other tobacco products or alcohol. No camera or camera phones are allowed in the dressing rooms

<u>LODGING:</u> Holiday Inn Express 1819 Junction City Road El Dorado, AR 71730 (870)-881-8900	Country Inn & Suites 2413 West Hillsboro St. El Dorado, AR 71730 (870)-881-0455	Candlewood Suites El Dorado 2210 Junction City Hwy El Dorado, AR 71730 870-677-3939
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QUESTIONS: Contact Coach Farrin (870)-862-5442 ext. 13 or 40 or e-mail to fcain@sharefoundation.com

Each attending team is encouraged to provide volunteers for timing or officiating

EVENTS:

GIRLS	AGE	DISTANCE	STROKE	BOYS
1	11&Over	200	Medley Relay	2
3	10&Under	100	Medley Relay	4
5	Open	200	Fly	6
7	Open	100	Fly	8
9	Open	50	Fly	10
11	8&Under	25	Fly	12
13	Open	200	Back	14
15	Open	100	Back	16
17	Open	50	Back	18
19	8&Under	25	Back	20
21	Open	200	Breast	22
23	Open	100	Breast	24
25	Open	50	Breast	26
27	8&Under	25	Breast	28
29	Open	200	Free	30
31	Open	100	Free	32
33	Open	50	Free	34
35	8&Under	25	Free	36
37	Open	200	Medley	38
39	Open	100	Medley	40
41	11&Over	200	Free Relay	42
43	10&Under	100	Free Relay	44