

2019 HealthWorks Swim Club Friday Night Distance, Saturday Morning Sprint February 1 – 2, 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.ausports.org to obtain their membership

STARTING TIMES: *Friday Night, Warm-ups 6:00pm Meet starts: 6:30pm*

Warm-up lanes and Timers will be assigned.

Stroke & Turn Officials Meeting 6:00pm in storage room
Timers Meeting 6:20pm on deck by Starter
Coaches Meeting 6:20pm in storage room

Saturday, Warm-ups 9:00am Meet starts: 10:10am

Warm-up lanes and Timers will be assigned.

Stroke & Turn Officials Meeting 9:30am in storage room
Timers Meeting 10:00am on deck by Starter
Coaches Meeting 10:00am 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. Heat sheets will also be sold in the front lobby for \$5.00

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 3 individual events on Friday Night. 5 individual events and 2 relay events on Saturday. 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, all individual events, and relays.

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

SCORING: 7,5,4,3,2,1 relays are doubled.

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.

ENTRY: Entries must be received by **5:00pm Thursday, January 24, 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 aquatics.hfc@gmail.com

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

EVENTS:

GIRLS	AGE	DISTANCE	STROKE	BOYS
Friday Night				
1	OPEN	500	Free	2
3	OPEN	400	IM	4
6	OPEN	1650	Free	6
Saturday				
7	OPEN	200	Medley Relay	8
9	OPEN	200	Free	10
11	8 & U	25	Butterfly	12
13	OPEN	50	Butterfly	14
15	OPEN	100	Butterfly	16
17	8 & U	25	Back	18
19	OPEN	50	Back	20
21	OPEN	100	Back	22
23	OPEN	200	Free Relay	24
25	8 & U	25	Breast	26
27	OPEN	50	Breast	28
29	OPEN	100	Breast	30
31	8 & U	25	Free	32
33	OPEN	100	Free	34
35	OPEN	100	IM	36
37	OPEN	50	Free	38

Various ages will swim together but scored and placed in proper age group.