

FCAT WINTER INVITATIONAL
January 30-February 1, 2009

- SANCTION:** This meet is held under sanction of USA Swimming, Inc., and New Mexico Swimming, Inc. Current 2008 USA Swimming and NMS rules will govern the conduct of this meet. **NMS Sanction #:** NMS09I13
- LOCATION:** Farmington Aquatic Center, Farmington, NM
- DIRECTIONS:** Farmington City Government: Aquatic Center-Year Round
1151 Sullivan Ave, Farmington, NM 87401
- FACILITY:** The pool is 8 lanes by 50 meters, equipped with non-turbulent lane lines and Colorado Timing System.
- LIABILITY:** New Mexico Swimming, Inc., USA Swimming, Inc., Four Corners Aquatic Team, the Farmington Aquatic Center, all meet sponsors, and all meet officials shall be held free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.
- ELIGIBILITY:** Open to all 2008 USA Swimming registered athletes. All participating teams must sign and return, with their entries, the team registration form that attests to swimmers current USA Swimming registration. **All registrations will be verified.** The swimmers age as of June 6 shall be used to determine competition age group. **No on deck USA Swimming registrations will be accepted.**
- FORMAT:** The FCAT Winter Invitational will be a five-session event. This is a timed final long course meters meet consisting of competition in the 10 & U, 11-12, and Open age groups. Events will be preseeded with the exception of the 400 IM's, 500 Freestyles and the 1000 Freestyle. These events will require positive check-in, from the start of warm-up and will close 30 minutes prior to the end of the warm-up session. The 1000 Freestyles will be swum fastest to slowest, alternating women and men. Whistle starts will be used. No Recall False Starts will be in effect.
- ENTRIES:** Swimmers may swim a **maximum of 5 individual events and 1 relay per day.** Swimmers may swim in only one age group per event. Relays may be pre-entered or deck entered, 30 minutes prior to the close of the warm-up session. Swimmers in the 800 and the 15 00 Freestyle must provide two timers and a counter for their event. Please submit all entries on Hy-Tek disk, with hard copy, or on the attached individual entry form. Hy-Tek entries may also be e-mailed. **Entries will be limited to the first 500 swimmers. If the total entries received on any given date cause the meet to exceed 500 swimmers, all entries received that day will be accepted. Any entries received after that day will be returned to the submitting team(s).**
- DEADLINE:** Entries and Entry Fees must be received no later than **Friday, January 23, 2009** If you send by overnight mail, please sign to allow drop-off if no one is home. Make team checks payable to "Four Corners Aquatic Team." Send entries and fees to:
- Natalie Riley/Four Corners Aquatic Team
604 Cerrillos Drive
Farmington, NM 87401
E-mail Address: natalie@rileyindustrial.com
- FEES:** Individual Event: \$2.50 per event
Relays: \$7.00 per relay
NMS Surcharge: \$2.00 per swimmer
Pool Surcharge: \$5.00 per swimmer
- DECK ENTRIES:** Deck entries will be accepted up to 30 minutes prior to the start of each session and charged \$5.00 per event plus surcharge if the swimmer is not already entered in the meet. Deck entries will be placed into available lanes without regard to seed times. New heats will not be created. **Deck entries must show proof of 2008 USA Swimming registration.**

- WARM-UP:** NMS meet warm-up procedures will be followed. All swimmers must be under the supervision of a coach who is registered with USA Swimming during all warm-up sessions.
- COACHES:** There will be a coaches meeting approximately 10 minutes to the start of each session, if required. All coaches must display their current USA Swimming Coaches' card while on deck at the meet.
- AWARDS:** Awards will be given to 1st HIGH POINT winners in the 8 & U, 9-10, 11-12, 13-14, and 15 & Over age groups. Ribbons will be awarded to the 1st through 8th place finishers in individual events for 8 & U, 9-10, and 11-12.
- SCORING:** 10 & Under swimmers will be scored as 8 & Under and 9-10.
11-12 swimmers competing in the 200 Fly, 200 Breast, and the 200 Back, will be scored relative to their finish with other 11-12 swimmers in those events.
13 & Older swimmers will be scored as 13-14 and 15 & Over in events 3-4, 37-46, and 77-88.
The 1000 Freestyle swimmers will receive points based on their overall finish.
- CONCESSIONS:** A concession outlet will be available throughout the meet. A Team Merchandise shop will be available for swim equipment and apparel sales. A coaches and meet official's hospitality room will be available throughout the meet.
- MEET DIRECTOR:** Natalie Riley (505) 327-5847
E-mail: Natalie@rileyindustrial.com
- MEET REFEREE:** Les Larson

FCAT WINTER INVITE
Session I – Friday, January 30, 2009

Warm-ups: 4:00 p.m.

Start: 5:00 p.m.

Girls		Event		Boys
1		11-12 400 IM		2
3		OPEN 400 IM		4
5		11-12 500 Free		6
7		OPEN 500 Free		8

Session II – Saturday, January 31, 2009

Warm-ups: 9 a.m.

Start: 10 a.m.

Girls		Event		Boys
9		10 & U 200 Medley Relay		10
11		11-12 200 Medley Relay		12
13		10 & U 200 Free		14
15		11-12 200 Free		16
17		10 & U 50 Fly		18
19		11-12 50 Fly		20
21		10 & U 50 Breast		22
23		11-12 50 Breast		24
25		10 & U 100 Back		26
27		11-12 100 Back		28
29		10 & U 50 Free		30
31		11-12 50 Free		32

Session III – Saturday, June 7, 2008

Warm-ups: 1:00 p.m.

Start: 2:00 p.m.

Girls		Events		Boys
33		OPEN 400 Medley Relay		34
35		13-14 400 Medley Relay		36
37		OPEN 200 Free		38
39		OPEN 100 Breast		40
41		OPEN 200 Fly		42
43		OPEN 100 Back		44
45		OPEN 50 Free		46
47		OPEN 1000 Free		48

**FCAT WINTER INVITATIONAL
Session IV – Sunday, February 1, 2009**

Warm-ups: 9 a.m.

Start: 10 a.m.

Girls		Events		Boys
49		10 & U 200 Free Relay		50
51		11-12 200 Free Relay		52
53		10 & U 200 IM		54
55		11 -12 200 IM		56
57		10 & U 100 Free		58
59		11-12 100 Free		60
61		10 & U 50 Back		62
63		11-12 50 Back		64
65		10 & U 100 Breast		66
67		11-12 100 Breast		68
69		10 & U 100 Fly		70
71		11-12 100 Fly		72

Session V – Sunday, February 1, 2009

Warm-ups: 1:00 p.m.

Start: 2:00 p.m.

Girls		Event		Boys
73		13-14 400 Free Relay		74
75		OPEN 400 Free Relay		76
77		OPEN 200 IM		78
79		OPEN 100 Free		80
81		OPEN 200 Breast		82
83		OPEN 100 Fly		84
85		OPEN 200 Back		86
87		OPEN 400 Free		88

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INDIVIDUAL ENTRY FORM

SWIMMER'S NAME _____

USA REG # _____

TEAM _____ SEX _____ AGE _____

EVENT#	CIRCLE DISTANCE	CIRCLE STROKE	ENTRY TIME
_____	400 800 1500	FREE IM	_____
_____	400 800 1500	FREE IM	_____
_____	400 800 1500	FREE IM	_____
_____	50 100 200 400	FREE BK BR FLY IM	_____
_____	50 100 200 400	FREE BK BR FLY IM	_____
_____	50 100 200 400	FREE BK BR FLY IM	_____
_____	50 100 200 400	FREE BK BR FLY IM	_____
_____	50 100 200 400	FREE BK BR FLY IM	_____
_____	50 100 200 400	FREE BK BR FLY IM	_____
_____	50 100 200 400	FREE BK BR FLY IM	_____
_____	50 100 200 400	FREE BK BR FLY IM	_____
_____	50 100 200 400	FREE BK BR FLY IM	_____
_____	50 100 200 400	FREE BK BR FLY IM	_____

TOTAL NUMBER OF EVENTS _____ X \$2.50 _____

NMS SURCHARGE AND POOL FEE \$ 5.00

TOTAL FEES _____

TEAM MASTER ENTRY FORM – ONE PER TEAM

TEAM _____ CLUB CODE _____

Total Number of Individual Events _____ X \$2.50 = _____

Total Number of Relays _____ X \$7.00 = _____

Meet Surcharges (number of swimmers) _____ X \$5.00 = _____

TOTAL FEES FOR TEAM _____ = _____

Please send ONE Team Check payable to FOUR CORNERS AQUATIC TEAM – Thank You.

USA SWIMMING REGISTRATION VERIFICATION STATEMENT**

I CERTIFY THAT ALL SWIMMERS FROM _____
SWIM TEAM, ENTERED IN THE FCAT WINTER INVITE INVITATIONAL, ARE CURRENTLY
REGISTERED MEMBERS OF USA SWIMMING.

SIGNATURE

DATE

PRINTED NAME

TEAM POSITION

ONE COPY OF FINAL RESULTS WILL BE PROVIDED TO EACH REGISTERED TEAM. PROVIDE
THE NAME AND HOME ADDRESS OR E-MAIL ADDRESS WHERE RESULTS ARE TO BE SENT:

TEAM NAME: _____

COACHES: _____

Send Results to:

E-Mail Address: _____

**This form must either be mailed in with your Team's entries or turned into the Meet Director before the meet.