



DART/SUSA
Long Course Kickoff
& Easter Egg Hunt
April 2-3, 2010



The DART Sharks and SUSA Stingrays invite you to their Long Course Kickoff & Easter Egg Hunt in Cedar City, Utah!

Sanction: **UT10-01** In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liability or claims and held harmless for damages arising by reason of injuries to anyone during the conduct of the event. Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter whether the swimmer, coach, parent, or team representative, certifies that the swimmer is a registered member of USA Swimming and that all times stated in/on the entry are true and correct. The submitter further assumes responsibility for any false or incorrect times, and understands that all listed entry times are subject to Utah Swimming Time Verification Procedures and that a fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected before the entry deadline. It is understood that an automatic call before the review section shall be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.

Locations: J.L. Sorenson Physical Education Building
Southern Utah University Campus
351 Center Street
Cedar City, Utah

Time:	Session #1	Session #2
	Friday, April 2 nd	Friday, April 2 nd
	8:00 a.m. Warm Up	3:00 p.m. Warm Up
	9:00 a.m. Meet Start	4:00 p.m. Meet Start
	Session #3	Session #4
	Saturday, April 3 rd	Saturday, April 3 rd
	7:00 a.m. Warm Up	2:00 p.m. Warm Up
	8:00 a.m. Meet Start	3:00 p.m. Meet Start

Course: Eight (8) lane 50 meter indoor pool with non-turbulent lane lines. Colorado timing system and touch pads will be used. Pool has bleacher seating for spectators.

Meet Director & Contacts:

Suzi Meyer (435) 619-1030
Adam Caldwell (801) 699-3735

Meet Referee: Carri Oviatt (801)785-5505

Meet Starter: Wayne Oviatt (801)785-5505

Rules: All 2009 USA Swimming rules will be enforced.

Eligibility: Open to all swimmers currently 2010 registered with USA Swimming. Swimmer's age on April 2nd will determine age for the meet.

Entries: Each swimmer can swim 5 individual events per day, but cannot swim more than 3 individual events per session. No-times will be accepted. Submit all entries via e-mail, using Hy-Tek software, or using the attached entry form. Deck entries will not be allowed. A mandatory scratch down will apply at this meet, subject to the provisions of USA Swimming Rules and Regulations (205.3.1f). If a scratch-down is needed to meet the four (4) hour time limit, swimmers will be reimbursed. A check will be sent to each team needing reimbursement.

Entry Fees: \$3.00 per event plus \$5.00 surcharge for competitor fee if entering electronically. If entering manually (paper entries) the fee will be \$4.00 per event plus \$5.00 surcharge. Relays are \$8.00 per relay. Make checks payable to: SUSA Stingrays

Entry Deadline: Entries must be received by Monday March 29th at 7:00 p.m.

Mail Entries to: suzi.meyer@suncorut.com Suzi Meyer (SUSA)
3316 East Willow Springs Dr.
Washington, Utah 84780

Meet Format & Results: The meet is a timed finals format. Time trials will not be available. Results will be e-mailed following the meet.

Check in & Scratches: A positive check-in is required for the 400 Free, 400 IM, and 1500 meter events – which are due by the end of warm ups. A Negative check-in for all other events. Scratches should be declared 30 minutes prior to the start of the meet. If a swimmer misses their event they will not be allowed to swim that event. However, they will not be scratched from their subsequent event(s).

Awards: Medals will be awarded to 1st – 3rd place and ribbons will be awarded for 4th to 8th place for each event. The “open” events will be considered one

event, and will not be broken down any further for award purposes. Additionally, the winner of each heat will receive an Easter Egg.

Warm Up: All warm-ups must be under the supervision of a USA coach or official. Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up rules and that swimmers follow all Utah Swimming Rules. Swimmers must enter the water by walking down the steps, or from a sitting position from the ends or sides of the pool. All lanes are circle swimming, except during the last 15 minutes of warm-up. During the last 15 minutes, lanes 2 & 7 will be open for diving starts. Swimmers may use the 3 lanes in the “splash pool” area for warming up and down during the competition - but will have to share these lanes with the general public.

As per USA Swimming rule 202.3.2, all USA swimming athletes must be under the supervision of a USA Swimming member coach. If you do not have a coach with you, please check in with the meet director before entering the pool and a coach will be assigned to you.



DART/SUSA Long Course Kickoff & Easter Egg Hunt Friday, April 2nd



Event # Female	Session 1 Friday, April 2 nd 8:00 a.m. Warm Up 9:00 a.m. Meet Start	Event # Male
1	10 & Under 200 Free	2
3	11-12 200 Free	4
5	13-14 200 Free	6
7	15 & Over 200 Free	8
9	10 & Under 50 Back	10
11	11-12 50 Back	12
13	13-14 100 Back	14
15	15 & Over 100 Back	16
17	10 & Under 100 Breast	18
19	11-12 100 Breast	20
21	13-14 200 Breast	22
23	Open 200 Breast	24
10 Minute Break		
25	Open 1500 Free	26

Event # Female	Session 2 Friday, April 2 nd 3:00 p.m. Warm Up 4:00 p.m. Meet Start	Event # Male
27	10 & Under 200 Free Relay	28
29	11 & 12 200 Free Relay	30
31	13 & 14 200 Free Relay	32
33	Open 200 Free Relay	34
35	10 & Under 100 Fly	36
37	11-12 100 Fly	38
39	13-14 200 Fly	40
41	Open 200 Fly	42
43	10 & Under 200 IM	44
45	11-12 200 IM	46
47	13-14 200 IM	48
49	15 & Over 200 IM	50
51	10 & Under 100 Free	52
53	11-12 100 Free	54
55	13-14 100 Free	56
57	15 & Over 100 Free	58



DART/SUSA Long Course Kickoff & Easter Egg Hunt Saturday, April 3rd



Event # Female	Session 3 Saturday, April 3 rd 7:00 a.m. Warm Up 8:00 a.m. Meet Start	Event # Male
59	10 & U 200 Medley Relay	60
61	11 & 12 200 Medley Relay	62
63	13-14 400 Medley Relay	64
65	Open 400 Medley Relay	66
67	10 & Under 50 Breast	68
69	11-12 50 Breast	70
71	13-14 100 Breast	72
73	15 & Over 100 Breast	74
75	10 & Under 50 Fly	76
77	11-12 50 Fly	78
79	13-14 100 Fly	80
81	15 & Over 100 Fly	82
83	13-14 400 IM	84
85	Open 400 IM	86
Easter Egg Hunts (In Pool & Non-Swimmer)		

Event # Female	Session 4 Saturday, April 3 rd 2:00 p.m. Warm Up 3:00 p.m. Meet Start	Event # Male
87	10 & Under 400 Free Relay	88
89	11-12 400 Free Relay	90
91	13-14 400 Free Relay	92
93	Open 400 Free Relay	94
95	10 & Under 100 Back	96
97	11-12 100 Back	98
99	13-14 200 Back	100
101	Open 200 Back	102
103	10 & Under 50 Free	104
105	11-12 50 Free	106
107	13-14 50 Free	108
109	15 & Over 50 Free	110
111	Open 400 Free	112



Easter Egg Hunt Saturday, April 3rd



“In Pool Egg Hunt” – This Egg Hunt will take place immediately following the Saturday morning session and will be divided into four waves (10 & Under; 11 & 12; 13 & 14; and 15 & Over). Certain eggs will contain a notification that the swimmer has won one of the grand prize baskets. All other swimmers will receive consolation baskets.

Non-Swimmer Egg Hunt – Immediately following the “in pool” Egg Hunt, all non-swimmers (ages 12 & Under) are invited to participate in an Egg Hunt that will be held on the grass – immediately adjacent to the pool. This Egg Hunt will also be divided by age, and will contain candy, toys, and grand prize baskets as well.



Hotel Information

Two hotels are holding a block of rooms, with a group rate. Mention “Utah Swimming” to receive a room with the group rate. To ensure a room with the group rate, please book your room as early as possible.

Both hotels are located just off Exit #57 (a few minutes from the pool) and offer a complimentary breakfast.



1477 South Old Highway 91
Cedar City, Utah 84720
(435) 586-1685

Group Rate: \$75.00 per night



www.hiexpress.com

1555 South Old Highway 91
Cedar City, Utah UT 84720
(435) 865-7799

Group Rate: \$79.00 per night

