



JULY 5TH - JULY 7TH 2013

AAU Junior Olympic qualifier swim meet hosted by the HealthWorks Hurricanes LAST CHANCE!

Sanction Information:

Sanction Number (Pending)

- * This event is sanctioned 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

Session Schedule

Session #1 Friday July 5 th Evening	Warm ups- 5:00 pm	Meet Starts 6:00 pm
Session #2 Saturday July 6 th Morning	Warm ups- 7:30 am	Meet Starts 8:40 am
Session #3 Saturday July 6 th Afternoon	Warm ups- 12:00pm	Meet Starts 1:10 pm
Session #4 Sunday July 7 th Morning	Warm ups- 7:30 am	Meet Starts 8:40 am
Session #5 Sunday July 7 th Afternoon	Warm ups- 12:00pm	Meet Starts 1:10 am

Warm Up Procedures: Each team will be assigned specific warm up times and lanes prior to the meet start. Times are tentative as the # of swimmers may vary. Each team will control what they do with their time. Starts are permitted however; they must only swim one direction in that lane.

Address of Meet

HealthWorks Fitness Center
304 N Madison
El Dorado AR, 71730.

870-862-5442 ext. 13 or 40
www.healthworksfitnesscenter.com
www.healthworkshurricanes.com

Officials/Coaches Information:

- *Meet Referee > Sam Conley
- *Meet Director > Laura Taylor
- *Any officiating help from visiting teams will be greatly appreciated! Hospitality concessions will be provided for Coaches and Officials. Please contact Meet Director if you are able to help. **For any questions pertaining to the meet please contact Meet Director: Laura Taylor 870-862-5442 x 40 aquaticsasst.hfc@suddenlinkmail.com or Coach Farrin at 870-588-7177 hficaquatics@suddenlinkmail.com**

MEETINGS:

Evening Session #1 (Friday)

- 5:30 pm **Stroke & Turn** Officials Meeting: in Conference Room
- 5:50 pm **Timers** Meeting: by Scoreboard
- 5:50 pm **Coaches** Meeting: in Conference Room

Morning Sessions #2 & #4 (Saturday & Sunday)

- 8:00 am **Stroke & Turn** Officials Meeting: in Conference Room
- 8:30 am **Timers** Meeting: by Scoreboard
- 8:30 am **Coaches** Meeting: in Conference Room

Afternoon Sessions #3 & #5 (Saturday & Sunday)

- 12:30 pm **Stroke & Turn** Officials Meeting: in Conference Room
- 1:00 pm **Timers** Meeting: by Scoreboard
- 1:00 pm **Coaches** Meeting: in Conference Room

Timing: Colorado Electronic Timing System with Touch Pads at finish end with back up plunger and 2 stop watch backups per lane. PLEASE practice correct finishes with your swimmers to get correct times (Hit the touchpad underwater and hard)

Age Divisions: 8 & Under, 9-10, 11-12, 13-14, 15-18. Relays will be 8 & Under, 10 & Under, 12 & Under, 14 & Under, and 18 & Under with the stipulation that at least one swimmer on that relay MUST be in that age group. Individual events that are shown as multiple age groups will be swum together but scored as age divisions. The swimmers age as of July 5th will determine their age division. If a swimmer should age up between July 5th and July 26th, a swimmer may choose to swim up an age group in order to qualify for those events.

Eligibility: All Arkansas AAU registered athletes and Arkansas AAU registered teams are eligible. Entries will not be accepted without current registration numbers for AAU registered athletes and AAU registered teams. Proof of AAU registration must be sent in with entries.

Entry information should include swimmers name, birth date, AAU Registration numbers and seed time. Each swimmer is allowed 1 relay and 5 individual events per day (Maximum of 2 relays and 12 individual events for the entire meet) Meter times must be converted to short course yard times. Swimmers age as of July 5th 2013 will determine their age group for the meet. Swimmers cannot swim in more than one age group.

Swimmers who placed 1-3 at the AAU Winter Championship held in Paragould, AR, or STATE meet held in Bryant, AR, must swim the event of which they placed as exhibition. Please list all of your swimmers who will have to swim exhibition and specify which events.

Entry Deadlines: All events and entries are due by **5:00pm Monday July 1st 2013**. A Psych sheet will be sent out by email no later than 5:00pm Tuesday July 2nd 2013. Coaches shall review these for entries, spelling, etc. We will accept changes until 5:00 pm Wednesday July 3rd, 2013. Deck entries will NOT be accepted.

E-mail entries to: (Hy-Tek Team Manager is preferred.)

Laura Taylor > aquaticsasst.hfc@suddenlinkmail.com

Registration Fee

\$8.00 Swimmer Surcharge includes facility and swimmer registration:

\$3.00 per individual event

\$8.00 per relay Events

All registration fees must be paid to Meet Director prior to the meet start on Friday.

Checks should be made to HealthWorks Fitness Center. Please, one check per team (multiple checks from individual parents will not be accepted)

Scoring/Award Information:

*Individual Events will be scored as 9, 7, 6, 5, 4, 3, 2, 1

1-3rd place will receive a Medal, 4th – 8th place will receive a ribbon.

*Relay Events will be scored as 18, 14, 12, 10, 8, 6, 4, 2

1st – 3rd place will receive Medals, 4th – 8th place will receive a ribbon.

*High Point Trophies will be awarded to:

1st place Individual Boy and Girl for each Age Division (8-Under, 9-10, 11-12, 13-14, 15-18)

*Team Trophies

1st – 3rd place Teams with High Points (Combined Boys and Girls Score)

******There will be individual 25 yd, 100 IM, and 100 freestyle events for swimmers 8 years old and younger. These events ARE NOT Junior Olympic Qualifying events. Those swimming in these events may receive medals and score for their teams.******

JO Qualification: First, Second, and Third place finishers in AAU Club or District Championship Meets for individual events under 400M will qualify in those events. In addition, swimmers who meet or beat the U.S. Swimming Long Course "A" minimum time standards for all 200M, 400M and 1500M events and "BB" time standards for events less than 200M are eligible to compete in the events where they meet the minimum time standards. Qualification for the 400M and 1500M is time only.

Rules: Conduct of this sanctioned event in every respect to all technical and administrative rules of 2013 AAU/USA Swimming and Arkansas.
*Smoking and GLASS bottles are NOT allowed.
*There will be NO bull pen for this meet. The Scoreboard will now display the Event and Heat Number. It is the swimmers responsibility to be on time to their events.

Location Information

- *Parking is available in the HealthWorks parking lot.
- *Seating is available on bleachers at the turn end of the pool. Chairs are permitted in designated areas around the pool as well as outside deck. Do not block any emergency exits or equipment. All personal chairs in the pool area will need to be removed after each session. There will be a designated area for Canopies outside. Canopies may be left overnight however HFC will NOT be held responsible for ANY personal belongings.
- *Pool: The indoor competition pool is 25 yards and contains 6 lanes. Colorado Timing System with touch pads (at finish ends) and backup timing will be used. A Scoreboard with times and event numbers will also be used. The Activity Pool will not be open during competition.
- *Restrooms are located in the lobby as well as pool area. Locker Rooms are available but changing area is limited so come to the pool prepared to swim.
- *FIRST AID stations can be located in the pool area or the Front Desk.
- *Concessions will be available in the conference room for all 5 sessions. A limited number of ALL-STAR t-shirts will be available.
ALL PROCEEDS GO TOWARDS 2013 JUNIOR OLYMPIC TRIP
- *Heat Sheets may be purchased at the Concessions Stand for \$5.
- *Final Results will be posted in the HFC Lobby near City Blends Café throughout the meet.

DINING:

Bayou Bistro
Cajun & Italian Restaurant
2422 N West Ave.
El Dorado AR 71730
870-863-6700

House of Wylie
Coffee Bar & Café
232 E Main St.
El Dorado, AR 71730
870-862-6372

LODGING:

Country Inn****
2413 W Hillsboro St.
El Dorado AR 71730
(870) 881-0455

Holiday Inn Express****
1819 Junction City Rd El Dorado, AR
71730
(870) 881-8900

Hampton Inn****
2312 Junction City Rd El Dorado, AR
71730
(870) 862-1800

EVENT INFORMATION

Session #1 Friday Evening Warmups- 5:00 pm Meet Starts 6:00 pm

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENT
1	13-18	400 yd IM	2
3	9-12	200 yd Freestyle	4
5	13-18	1650 yd Freestyle	6

Session #2 Saturday Morning Warmups- 7:30 am Meet Starts 8:40

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENT
7	9 - 10	100 yd Breaststroke	8
9	8 + Under	50 yd Butterfly	10
11	8 + Under	25 yd Butterfly	12
13	9 – 10	50 yd Butterfly	14
15	8 + Under	50 yd Freestyle	16
17	9 – 10	50 yd Freestyle	18
19	8 + Under	25 yd Freestyle	20
21	9 – 10	200 yd Ind. Medley	22
23	8 + Under	50 yd Backstroke	24
25	8 + Under	25 yd Backstroke	26
27	9 – 10	50 yd Backstroke	28
29	8 + Under	100 yd Medley RELAY	30
31	10 + Under	200 yd Medley RELAY	32

Session #3 Saturday Afternoon Warmups- 12:00 Meet Starts 1:10

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENT
33	13-18	200 yd Breaststroke	34
35	11-12	100 yd Breaststroke	36
37	13-18	100 yd Butterfly	38
39	11-12	50 yd Butterfly	40
41	13-18	50 yd Freestyle	42
43	11-12	50 yd Freestyle	44
45	13-18	200 yd Ind. Medley	46
47	11-12	200 yd Ind. Medley	48
49	13-18	100 yd Backstroke	50
51	11-12	50 yd Backstroke	52
53	13-18	200 yd Freestyle	54
55	12 + Under	200 yd Medley RELAY	56
57	14 + Under	200 yd Medley RELAY	58
59	18 + Under	200 yd Medley RELAY	60

**Session #4 Sunday Morning
Warmups- 7:30 am Meet Starts 8:40**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENT
61	9 - 10	100 yd Backstroke	62
63	8 + Under	50 yd Breaststroke	64
65	8 + Under	25 yd Breaststroke	66
67	9 – 10	50 yd Breaststroke	68
69	8 + Under	100 yd Ind. Medley	70
71	9 – 10	100 yd Butterfly	72
73	8 + Under	100 yd Freestyle	74
75	9 – 10	100 yd Freestyle	76
77	8 + Under	100 yd Freestyle RELAY	78
79	10 + Under	200 yd Freestyle RELAY	80

**Session #5 Sunday Afternoon
Warmups- 12:00 Meet Starts 1:10**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENT
81	11-12	500 yd Freestyle	82
83	13-18	500 yd Freestyle	84
85	11-12	100 yd Backstroke	86
87	13-18	200 yd Backstroke	88
89	11-12	50 yd Breaststroke	90
91	13-18	100 yd Breaststroke	92
93	11-12	100 yd Butterfly	94
95	13-18	200 yd Butterfly	96
97	11-12	100 yd Freestyle	98
99	13-18	100 yd Freestyle	100
101	12 + Under	200 yd Free RELAY	102
103	14 + Under	200 yd Free RELAY	104
105	18 + Under	200 yd Free RELAY	106