

Arkansas AAU HealthWorks Invitational

October 11th, 2014

? **SANCTIONED BY:** AAU

Sanction # 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.aausports.org to obtain their membership

LOCATION: HealthWorks Fitness Center
(Home of the HealthWorks Hurricanes)
304 N Madison
El Dorado AR 71730

STARTING TIMES: Saturday Warm-ups 8:00am Meet starts: 9:00am

Warm-up Lanes and Times will be assigned.

Stroke & Turn Officials Meeting 8:30am in conference room

Timers Meeting 8:50am on deck by Starter

Coaches Meeting 8:50am in conference room

FACILITY: Six lane pool with Colorado Timing Touchpads and Board. All spectators must sit in the designated areas, only coaches, swimmers and meet officials will be allowed on deck. The Pool is grounded so the meet will continue in the event of thunder or lightning.

CONCESSIONS: Concessions will be available in addition to City Blends Smoothie Cafe. Official Heat Sheets will be sold at the concession stand for \$5.00.

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

ENTRY LIMIT: Swimmers may enter a maximum of 5 individual events and 1 relay event. Athlete's age on the first day of the meet shall determine the division of the swimmer.

ENTRY FEES: \$25.00 per swimmer. Fee includes Pool Surcharge and All Events

AWARDS: Ribbons will be given for places 1-6. High Point trophies will go to the top swimmer 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 awards - Top 3 teams

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 will not be permitted.

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 10:00 pm Sunday October 5th 2014. All entries need to be sent to aquaticsasst.hfc@suddenlinkmail.com. Verification will be sent as soon as your entries are received. A psych sheet will be sent out on Tuesday, October 7th any changes must be sent back by noon on Wednesday, October 8th. Entry fees are due before meet begins.

FACILITY & AAU RULES: Prohibit smoking and use of other tobacco products or alcohol.

No camera or camera phones are allowed in the dressing rooms.

QUESTIONS: Contact Coach Farrin (870)862-5442 ext. 13 or 40 or e-mail to hfaquatics@suddenlinkmail.com.

Each attending team is encouraged to provide volunteers for timing or officiating. Teams may be assigned certain lanes to provide timers.

Events:

Girls	Age	Distance	Stroke	Boys
1	18 & U	200	Free	2
3	8 & U	25	Butterfly	4
5	18 & U	50	Butterfly	6

7	18 & U	100	Butterfly	8
9	8 & U	25	Back	10
11	18 & U	50	Back	12
13	18 & U	100	Back	14
15	8 & U	25	Breast	16
17	18 & U	50	Breast	18
19	18 & U	100	Breast	20
21	8 & U	25	Free	22
23	18 & U	100	Free	24
25	18 & U	100	IM	26
27	18 & U	200	IM	28
29	18 & U	50	Free	30
31	18 & U	200	Free Relay	32

LODGING:

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

Hampton Inn
2312 Junction City Rd
EIDorado, AR 71730
(870)862-1800

Country Inn&Suites
2413 W Hillsboro
EIDorado, AR 71730
(870)881-0455