

PONCA SAILFISH SUMMER SIZZLER

JUNE 26-27, 2010

Sanctioned by Oklahoma Swimming Inc. of United States Swimming
Sanction Number OK10-038

- Location:** AMBUC Pool
7th and Maple
Ponca City, Oklahoma.
- Facilities:** 50 Meter, eight-lane outdoor pool with adjoining warm-up/cool-down area. Starting depth is 12 feet, turning depth is 4 feet. Due to permanently installed pool equipment, this event will be held in seven (7) adjoining lanes. Colorado timing system.
- Concession:** Concession will be available (for purchase) to swimmers and guests. Our club will provide hospitality for the coaches. We are allowing for hospitality for for up to 2 coaches per team. Please do not allow parents to access the hospitality tent.
- Eligibility:** The meet is open to all USA swimming registered athletes. Age as of the first day of the meet, June 26, 2009 will determine eligibility.
- Warm-up:** Teams will be notified of time and lane assignments at least 24 hours prior to the meet. Any swimmer without a coach will be assigned warm-up with the host team. The meet referee will resolve all disputes.
- Rules:** 2010 USAS Rules, Supplemented by Oklahoma Swimming Rules will govern the meet.
- Entry Fees:** **\$2.50** for each individual event (62.5% to OKS). **\$6.00** athlete surcharge (\$3.00 to OKS). Deck entries for individual events will be double the entry fee (62.5% to OKS). No new heats will be created. All regular team entries must be paid with one check made payable to Ponca Sailfish Swim Team.
- Entry Limit:** A swimmer may enter a maximum of FIVE individual events per day. Deck Entries will be accepted and will go towards the total of FIVE event maximum. No new heats will be created. If the total number of swimmers entered in the meet warrants a two-session meet, we reserve the right to change to morning/afternoon format with 12-under swimming in the morning. Teams will be notified of any change at least 24 hours prior to the meet.
- Deck Entries:** **All deck entries must be received by 8:15 a.m. on the day of the event. No exception to this!** Payment for deck entries must be received along with the entry by the 8:15 a.m. deadline.
- Entries:** SD3 or CL2 files are preferred. Handwritten or printed entries must indicate swimmer's name, sex, age, USAS #, event #, and times. An entry file will be sent to all teams prior to the meet. It is the responsibility of each team entry person to check for any errors. No times will be accepted only if the swimmer has not swum the distance regardless of age group. Only long course times will be accepted.
- Results:** Results will be e-mailed to each team within 14 days of the conclusion of the meet.

Safety: Safety marshals will monitor activities according to the safety rules of OKS. No video recording devices or cameras of any kind allowed in the dressing rooms / restrooms.

Awards: 12 & Under events will be awarded with ribbons given for places 1-8 in each individual age group of: 8-under, 9-10, 11-12.
Open events will be awarded with ribbons given for places 1-8 in the age groups of 14-under, 15-16, and 17-up.

Merchandise: A full supply of swim merchandise will be available for purchase. Heat sheets will be available for \$5.00 at the merchandise tent.

Mailing: All swim meet entry information should be sent to the swim meet entry chairperson at the following address:

Rick Myers
Ponca Sailfish Swim Team
204 East Chestnut Ave.
Ponca City, OK 74601
Email address: rickmyers@cableone.net

DEADLINE: **ENTRIES MUST BE IN THE HANDS OF THE MEET ENTRY CHAIRPERSON BY 5:00 PM TUESDAY, JUNE 15, 2010.**

Seeding: This meet will be pre-seeded based on times submitted for each entry. Swimmers must report to their assigned heat/lane as announced prior to each event.

Positive Check-in: Swimmers in the 1500 freestyle will have a positive check in before the meet start time on Saturday. The 1500 will be swum Fastest to slowest alternating girls and boys heats.

Schedule:	Saturday and Sunday		Warm-up	Meet start
		Warm-Up	8:00 AM - 8:45 AM	
		Starts & Sprints	8:45 AM - 9:00 AM	
		Meet Begins	9:30 AM	

Timing: We are a small club and will possibly need assistance in providing timers. All swimmers in the 1500 freestyle will be expected to provide their own timers and counters.

LODGING IN PONCA CITY

Holiday Inn Express	580-762-3700
Econo Lodge	580-762-3401
Fairfield Inn	580-765-3000
Comfort Inn	580-765-2322
Quality Inn	580-762-8311
Super 8	580-762-1616

SANCTION # OK10-038

Order Of Events

Girls

Boys

Saturday

1	12 & Under 200 IM	2
3	Open 400 IM	4
5	12 & Under 50 Freestyle	6
7	Open 50 Freestyle	8
9	12 & Under 200 Freestyle	10
11	Open 200 Freestyle	12
13	12 & Under 50 Backstroke	14
15	Open 100 Backstroke	16
17	12 & Under 100 Butterfly	18
19	Open 100 Butterfly	20
21	12 & Under 100 Breaststroke	22
23	Open 200 Breaststroke	24
	-15 minute break-	
25	Open 1500 Freestyle	26

Sunday

27	Open 200 IM	28
29	12 & Under 50 Breaststroke	30
31	Open 100 Breaststroke	32
33	12 & Under 50 Butterfly	34
35	Open 200 Butterfly	36
37	12 & Under 100 Freestyle	38
39	Open 100 Freestyle	40
41	12 & Under 100 Backstroke	42
43	Open 200 Backstroke	44
45	12 & Under 400 Freestyle	46
47	Open 400 Freestyle	48