

26th Annual Midwest All-Star Age Group Invitational

Sponsored by the Lawrence Aquahawks
In Cooperation with City of Lawrence Parks & Recreation
January 16-17, 2010

- HOST:** Lawrence Aquahawks
- SANCTION:** Sanctioned by Missouri Valley Swimming of USA Swimming, Inc., #MV-10-02
- LOCATION:** LAWRENCE INDOOR AQUATIC CENTER, 4706 Overland Dr., Lawrence, KS 66049 (The pool is located at Free State High School). Directions are on page 3
- MEET DIRECTOR:** Patrick Norman / Mike Soderling
- MEET REFEREE:** Dave Carpenter
- OFFICIALS:** Each LSC will provide deck officials and each LSC will provide 5 timers per session.
- WARM-UPS:** There will be a split warm-up session. The Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect at the meet. *Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up.* The referee will designate specific times when one-way starts may be executed.
- COURSE:** 25 yard, 10 lane with non-turbulence racing lane ropes. Horn start & custom-designed starting blocks with Colorado Timing System will be used. Warm-up and warm down lanes will be provided. This pool is an approved venue for purposes of this sanction; additional certification pursuant to USA Swimming Rules and Regulations will be required for national or international records achieved at this event.
- RULES:** 2010 USA Swimming Rules & Regulations & Missouri Valley Swimming will govern the meet.
- COACH MEMBERSHIP:** Each coach must be able to prove to the satisfaction of the referee that (s)he holds a current USA Swimming coach Membership.
- ELGIBILITY:** Only 2009-2010 registered USA swimmers may compete in the meet, with the qualifying standards set by each LSC. Age of the swimmer on the first day of the meet will determine age for entire meet.
- TYPE:** The meet shall consist of TIMED FINALS only. Each LSC will participate as an All-Star team. Each team is allowed five swimmers per event. Each LSC will be allowed two relays per relay event, with a total aggregate time on the entry form. The meet is limited to swimmers 14 years old and younger.
- ENTRY LIMIT:** Each swimmer is allowed to participate in **2 events PER SESSION plus relays.**

ENTRY FEE: \$3.50 per individual event and \$5.00 per relay, NO REFUNDS! All Entries must be on a Hy-Tek Team Manager Meet Entries reports containing all of the information indicated above. The most current update of Hy-Tek Meet Manager will be used to operate the meet. NO FAX ENTRIES. Make checks payable to "Lawrence Aquahawks". You may e-mail entries to aquahawks@gmail.com, but disk entries must accompany check by the entry deadline. Subject header "All-Star Entries"

FACILITY USE FEE: **There is a separate facility use fee of \$5.00 per swimmer. When you submit your entries, please include a separate check (one check per team) made out to LAWRENCE PARKS AND RECREATION.**

ENTRY DEADLINE: **WEDNESDAY, JANUARY 6, 2010**

Mail entries to: Lawrence Aquahawks
P.O. Box 1100
Lawrence, Kansas 66044
ATTN: All Stars entries
785-841-8891

Please send entries via email: aquahawks@gmail.com

INVITED LSC'S: Colorado, Iowa, Midwestern, Missouri Valley, Ozark, Arkansas, North Dakota, South Dakota

TYPE OF MEET: Friday Evening Warm ups between 4 pm and 8 pm (Team assignments TBA)
Session I Sat. Warm-up 8:30 & 9:10 am, Meet starts at 10:00 am
Session II Sat. Warm-up 3:30 & 4:10 pm, Meet starts at 5:00 pm
Session III Sun. Warm-up 7:00 & 7:40 am, Meet starts at 8:30 am
Teams will be notified of split warm-up.

AWARDS: Individual Events: 1st through 3rd
Relays: 1st place only
High Point: Each age group, male and female

SCORING: Individual Events: 11-9-8-7-6-5-4-3-2-1
Relays: 22-18-16-14-12-10-8-6-4-2

TEAM PHOTOS: Team photos will be taken Saturday between 7:40 am and 9:10 am. Cost will be \$10.00 for each photo. *We would appreciate one check from each LSC rather than individual checks from each person ordering a photo.*

INFORMATION IS BEING GIVEN TO EACH LSC AGE GROUP CHAIRPERSON AND WE ARE ASKING THAT YOU PRODUCE COPIES FOR DISTRIBUTION TO YOUR LSC CLUBS. THANK YOU!

WARM-UP PROCEDURE:

First 30 minutes of warm-up, pool and lanes will be used for circle swimming and general warm-up. The last 10 minutes of warm-up, lanes 2 & 5 will be used for dive 25's, one way from the blocks. Lanes 1 & 6 will be used for push 50's and lanes 3 & 4 for warm-down. No racing starts will be allowed the first 30 minutes of warm-ups.

TEAM SUPERVISION:

Each team must provide a responsible adult to supervise their team at all times. Only registered coaches, swimmers, officials and adult supervisors with non-athlete USA swimming card will be allowed on deck.

IT IS ABSOLUTELY IMPERATIVE THAT ALL TEAMS ASSURE THAT THEIR SWIMMERS AND SPECTATORS FOLLOW THE RULES THE SCHOOL HAS ESTABLISHED FOR USE OF THIS FACILITY – NO FOOD OR GLASS BOTTLES IN THE POOL OR BUILDING AREA!

DIRECTIONS TO LAWRENCE INDOOR AQUATIC CENTER:

Coming to Lawrence on I-70 West: Take the West Lawrence exit 202. Stay on McDonald Drive, right lane and exit to Hwy 40 West/6th Street (before the 6th Street overpass). On 6th, turn right, keep going west for about 2 ½ miles. At the intersection of 6th and Wakarusa Drive, turn right into the Free State High School area. (Dillon's is before the light on the left side of 6th Street and McDonald's is at the intersection.) The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on I-70 East: Take the Lecompton Interchange, exit 197. Take the Lawrence exit to Hwy 40. Turn left on Hwy 40/6th Street. At the intersection of 6th and Wakarusa Drive, turn left into the Free State High School area. (McDonald's is on the right side of the road at the intersection.) The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on K-10 West: K-10 will turn into Clinton Parkway after crossing Iowa Street/Hwy 59. Stay on this road for about 2 ½ miles, then turn right (north) on Wakarusa Drive. Go north for about 2 miles to intersection with 6th street. (McDonald's is on the left side.) Keep going north, pass the intersection into the Free State High School area. The pool entrance faces west, across from the baseball and track field. Turn left before the school building.

Coming to Lawrence on Hwy 59 North: Turn left on Hwy 10/Clinton Parkway, then follow the above directions on K-10 West.

LIST OF ALL-STAR MEET EVENTS

Warm-up 8:30 am

Session I – Saturday am

Meet starts 10:00 am

Women		EVENT		Men
1	10 & U	200 Medley Relay		2
3	11-12	200 Medley Relay		4
5	13-14	400 Medley Relay		6
7	10 & U	200 Free		8
9	11-12	200 Free		10
11	13-14	200 Free		12
13	10 & U	100 Breast		14
15	11-12	100 Breast		16
17	13-14	200 Breast		18
19	10 & U	50 Fly		20
21	11-12	50 Fly		22
23	13-14	100 Fly		24
25	10 & U	100 Back		26
27	11-12	100 Back		28
29	13-14	200 Back		30

Warm-up 3:30 pm

Session II – Saturday pm

Meet starts 5:00pm

31	11-12	500 Free		32
33	10 & U	100 IM		34
35	11-12	100 IM		36
37	13-14	200 IM		38
39	10 & U	50 Back		40
41	11-12	50 Back		42
43	13-14	100 Back		44
45	10 & U	50 Free		46
47	11-12	50 Free		48
49	13-14	50 Free		50
51	13-14	500 Free		52

Warm-up 7:00 am

Session III – Sunday am

Meet starts 8:30 am

53	10 & U	200 IM		54
55	11-12	200 IM		56
57	13-14	400 IM		58
59	10 & U	100 Free		60
61	11-12	100 Free		62
63	13-14	100 Free		64
65	10 & U	50 Breast		66
67	11-12	50 Breast		68
69	13-14	100 Breast		70
71	10 & U	100 Fly		72
73	11-12	100 Fly		74
75	13-14	200 Fly		76
77	10 & U	200 Free Relay		78
79	11-12	200 Free Relay		80
80	13-14	400 Free Relay		82