

# **32nd Annual COAST Friendly Circuit Invitational Winter Swim Meet**

**January 20-21, 2012**

## **SPONSORED BY:**

City of Alexandria Swim Team (COAST) with the cooperation of Alexandria Senior High School sanctioned by the LSC of United States Swimming, Inc., Sanction Number \_\_\_\_\_.

## **LOCATION:**

Alexandria Senior High School, 800 Ola Lane, Alexandria, LA. Indoor heated 25 yard, six-lane pool. Kiefer non-turbulence lane dividers. Colorado Swim V Timing with electronic display including Hytek interface will be used with push button and stopwatch as backup. Paragon starting blocks are at both ends.

## **RULES:**

Official 2012 USS rules will be used. Timed finals. Each USS number must be listed on entries. Late entries for open lanes only.

## **ELIGIBILITY:**

All swimmers must be currently registered with Louisiana Swimming and be members of invited teams. Swimmers age on January 20, 2012 will determine his/her division for the entire meet. Each swimmer is limited to 4 individual events per day. The meet is to be limited to the first 250 swimmers. Hytek entries need to be submitted via email or cd. Entries submitted without entry times will be listed as NT. The 1650 will be swum with the fastest heat of girls first then the fastest heat of boys next. The 1650 is limited to the top 12 boys and top 12 girls entered. Yard times will be used to seed events. All events will be timed finals.

## **ENTRY FEES:**

Two dollars (\$2.00) per individual event and eight dollars (\$8.00) per relay team. Entries must be accompanied by fees and entry forms with USS numbers and age of all swimmers. Make all checks payable to the City of Alexandria Swim Team. Mail entries to COAST, Coach Wally Fall, 4913 Hunters Grove Lane, Alexandria, LA, 71303 Note: Ten percent (10%) of fees will go to the Louisiana Swimming Travel Fund and 5% will go to the Damon McCoy Memorial Fund.

## **DEADLINE:**

All entries need to be received by Monday, January 16<sup>th</sup>.

### **SURCHARGE:**

There will be a \$4.00 surcharge per swimmer for the meet to go to Louisiana Swimming.

### **WARMUPS:**

FRIDAY AFTERNOON                      6:00 P.M. warm-up. Meet begins at 6:30p.m.

SATURDAY FIRST SESSION            10 & Under warm-up at 8:00 a.m. Meet begins at 9:00 a.m.

SECOND SESSION                        11 & Up warm-up will not be before 12 noon. Meet begins one hour after the start of warm-ups.

A posted copy of warm-up procedures and lane assignments will be followed. Volunteer timers are appreciated, Officials also appreciated.

### **AWARDS:**

Awards for individual events will be custom designed medals for first, second, and third place. Ribbons will be awarded for fourth, fifth, and sixth place. Awards for relays will be custom designed medals for first, second, and third place. Large plaques awarded to the top three finishers for boys and girls in the 1650 Free. The high point winner boy and girl in each age group will receive a Hi Point plaque. Age group high point winners must score their points in their respective age group and not another age group or senior division. Plaques will be awarded to the top three teams in scoring.

### **SCORING:**

Scoring will be:	Individual Events	Relays
First Place	7 Points	14 Points
Second Place	5 Points	10 Points
Third Place	4 Points	8 Points
Fourth Place	3 Points	6 Points
Fifth Place	2 Points	4 Points
Sixth Place	1 Point	2 Points

### **SCRATCHES:**

No money will be refunded for scratches. All relay cards will be given to the coaches during warm-ups, and must have names listed. All swimmers need to report behind the starting blocks for their events.

Email entries to:            [kellytexada@bellsouth.net](mailto:kellytexada@bellsouth.net)

Mail entries to:              Coach Wally Fall  
4913 Hunters Grove Ln.  
Alexandria, LA 71303

Fax entries will be accepted. Fax to (318) 442-3966

**OTHER DETAILS:**

Extensive concessions will be available. No glass bottles or ball throwing allowed in the facilities. No alcoholic beverages (drug free zone) or smoking will be allowed. A Rapides Parish Deputy Sheriff will be on duty for the duration of the meet.

**INCLUSION:**

Swimmers with a disability as described in the USA Swimming Technical Rules, Article 105, shall be permitted to enter any meet sanctioned by Louisiana Swimming, Inc.

**INFORMATION:**

Limited bleacher seating available pool side. No running or horseplay will be allowed. For further information call Coach Wally Fall (318) 443-4426.

**HEAT SHEETS:**

Heat sheets are to be sold for \$3.00 each.

**MEET DIRECTOR:**

Wally Fall  
4913 Hunters Grove Lane  
Alexandria, LA 71303  
Phone: (318) 443-4426

**MEET REFEREE:**



# COAST WINTER SWIM MEET

## SCHEDULE OF EVENTS

**January 21, 2012 Afternoon Session**

Warm-ups not before 12 noon

<b>GIRLS' EVENT NUMBERS</b>		<b>BOYS' EVENT NUMBERS</b>
43	11 & 12 200 FREE RELAY	44
45	SENIOR 200 FREE RELAY	46
47	11 & 12 50 FREE	48
49	13 & 14 50 FREE	50
51	SENIOR 100 FREE	52
53	11 & 12 50 FLY	54
55	13 & 14 100 FLY	56
57	SENIOR 100 FLY	58
59	11 & 12 50 BACK	60
61	13 & 14 100 BACK	62
63	SENIOR 100 BACK	64
65	11 & 12 50 BREAST	66
67	13 & 14 100 BREAST	68
69	SENIOR 100 BREAST	70
71	11 & 12 100 I.M.	72
73	13 & 14 200 I.M.	74
75	SENIOR 200 I.M.	76
77	11 & 12 100 FREE	78
79	13 & 14 100 FREE	80
81	SENIOR 200 FREE	82
83	11 & 12 200 MEDLEY RELAY	84
85	SENIOR 200 RELAY	86