

# **Polar Bear Invitational**

## **February 6 – 7, 2010**

- Sanctioned By:** United States Swimming, Inc. and Southeastern Swimming, Inc.  
Sanction Number **10SGST2-6**  
Time Trials Sanction Number **10SGST2-6TT**
- Sponsored By:** City of Germantown
- Hosted By:** Germantown Swim Team
- Location:** Germantown Athletic Club  
1801 Exeter Road  
Germantown, Tennessee 38138  
(901) 757-7390
- Meet Course:** 25 yards
- Facility:** Indoor, 40 meter, eight -lane pool with moveable bulkhead. Separate warm-up and cool down area. The pool will be set up for 25 yards with non-turbulent lane lines and a Colorado 5000 fully automated timing system with eight – lane scoreboard. Balcony seating for 350 spectators. Coolers and outside food and drinks are not allowed in the building. **Parents are reminded to stay off the pool deck.**
- Eligibility:** This meet is open to all USA registered swimmers. Age as of February 6, 2010 will determine the age for the duration of the meet. 2010 registration numbers are required on all entries.
- Disabilities:** Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with the entries.
- Rules:** Current USA Swimming and Southeastern Swimming rules will govern the meet. Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. A copy of these procedures will be posted.

**Meet Format:** All events will be run as an “A”/”BB” meet with all swimmers in each event swimming together but awarded separately. All events will be conducted short course yards and will be swum as timed finals. Eight and under swimmers should report to the Clerk of Course. All other swimmers should report directly to the blocks. The Open 500 and 1650 Free are deck- seeded events that require positive check-in thirty minutes (30) prior to the start of the session. These events will swim fastest to slowest. The 1650 will alternate Girls/Boys. All Open events will be awarded as 13-14 and Senior and all 12&under events will be awarded as 11-12 and 10&under. The 12&under 100 IM will awarded as 8&under, 9-10 and 11-12. **The meet committee reserves the right to run the meet in two (2) sessions if there is a chance of going over the four (4) hours.**

**Schedule:** Saturday Morning: **Warm-ups** - 7:30 – 8:30 a.m.  
**Meet Start** - 8:45 a.m.

Sunday Morning: **Warm-ups** - 7:30 – 8:30 a.m.  
**Meet Starts** - 8:45 a.m.

**Entry Limit:** Swimmers may swim a maximum of five (5) events per day plus relays. The meet will be limited to the first 250 swimmers per session.

**Time Trials:** Time trials will be offered at the end of each day upon request. The cost for time trials is \$5 per event.

**Entry Fees:** \$3 per swimmer SES surcharge  
\$5 per swimmer non-SES surcharge  
\$4 per individual event  
\$10 per relay event

**Late Fees:** \$5 per individual event  
\$12 per relay event  
Late entries will be accepted on a lane available basis.  
**No new heats will be created for late entries!**

**Entry Deadline:** **Thursday, January 28, 2010** Entry fees, signed release form and recap sheet must accompany all entries. All entries must be submitted on the entry forms attached or via email to the email address listed below. Entries submitted by email must be accompanied by a hard copy for proofreading. Swimmers' first and last name and entire USA number must be legible on the entry form. If you require verification of entries received, please provide a self-addressed stamped envelope or e-mail address. Coaches must be current USA coach members to be allowed on deck. No change in entry times will be accepted after the entry deadline.

**Mail Entries To:** Scott Robinson  
1801 Exeter Road  
Germantown, Tennessee 38138  
(901) 323-8756  
Email – str090262@aol.com

**Awards:** Individual Events: 1 - 8 ribbons in both "A" and "BB" events  
Standard Breaker Awards will be given  
to those swimmers achieving "A" times.

**Concessions/  
Hospitality:** Full concessions will be available during the meet both days. The Hospitality room will be located in one of the meeting rooms on the lower level.

**Results:** A copy of final results will be emailed to all teams entered, within 2 weeks after the conclusion of the meet unless otherwise requested. Discs submitted with the entries can be returned with the results at the end of the meet.

**Meet Officials:** Meet Director - Cndy Geyer  
(901) 356-0815  
Meet Referee - Al Ness

**Evaluation:** Any complaints or specific problems with the meet that are not resolved during the meet should be communicated in writing to Southeastern Swimming:

**John Woods  
205 Island Avenue  
Chattanooga, Tn 37405**

- **Coaches please note that if you have any USA Swimming certified officials that will be coming to this meet and would be willing to help out during any session, please let me know when you send your entries in.**



## Order of Events

### Saturday Morning

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>1</b>	<b>12&amp;under 100 IM</b>	<b>2</b>
<b>3</b>	<b>8&amp;under 25 Free</b>	<b>4</b>
<b>5</b>	<b>12&amp;under 50 Free</b>	<b>6</b>
<b>7</b>	<b>Open 50 Free</b>	<b>8</b>
<b>9</b>	<b>8&amp;under 50 Breast</b>	<b>10</b>
<b>11</b>	<b>12&amp;under 100 Breast</b>	<b>12</b>
<b>13</b>	<b>Open 200 Breast</b>	<b>14</b>
<b>15</b>	<b>8&amp;under 25 Fly</b>	<b>16</b>
<b>17</b>	<b>12&amp;under 50 Fly</b>	<b>18</b>
<b>19</b>	<b>Open 100 Fly</b>	<b>20</b>
<b>21</b>	<b>8&amp;under 50 Back</b>	<b>22</b>
<b>23</b>	<b>12&amp;under 100 Back</b>	<b>24</b>
<b>25</b>	<b>Open 200 Back</b>	<b>26</b>
<b>27</b>	<b>8&amp;under 100 Free</b>	<b>28</b>
<b>29</b>	<b>12&amp;under 200 Free</b>	<b>30</b>
<b>31</b>	<b>Open 200 Free</b>	<b>32</b>
<b>33</b>	<b>12&amp;under 200 Free Relay</b>	<b>34</b>
<b>35</b>	<b>Open 200 Free Relay</b>	<b>36</b>
<b>*****</b>	<b>15 Minute Break</b>	<b>*****</b>
<b>*37</b>	<b>Open 500 Free</b>	<b>38*</b>

**\* These events will swim fastest to slowest.**

## Sunday Morning

Girls	Event	Boys
39	12&under 200 IM	40
41	Open 200 IM	42
43	8&under 50 Free	44
45	12&under 100 Free	46
47	Open 100 Free	48
49	8&under 25 Back	50
51	12&under 50 Back	52
53	Open 100 Back	54
55	8&under 50 Fly	56
57	12&under 100 Fly	58
59	Open 200 Fly	60
61	8&under 25 Breast	62
63	12&under 50 Breast	64
65	Open 100 Breast	66
67	12&under 200 Medley Relay	68
69	Senior 200 Medley Relay	70
*****	15 Minute Break	*****
71	Open 1650 Free	72

**\*\* These events will swim fastest to slowest alternating one heat of Girls and then one heat of Boys.**

**TEAM INFORMATION**

<b>CLUB NAME:</b>		<b>INITIALS:</b>	
<b>ADDRESS:</b>			
<b>LSC:</b>		<b>HEAD COACH:</b>	
<b>CONTACT PERSON:</b>		<b>PHONE NUMBER:</b>	
<b>FAX NUMBER:</b>		<b>CELL PHONE:</b>	<b>EMAIL:</b>
<b>COACHES ATTENDING:</b>	1.		
	2.		
	3.		
	4.		
<b>CERTIFIED OFFICIALS WHO MAY WISH TO WORK:</b>	1.		
	2.		
	3.		
	4.		
<b>NUMBER OF SWIMMERS ENTERED:</b>		<b>ATTACHED:</b>	
		<b>UNATTACHED:</b>	
		<b>TOTAL:</b>	

**SUMMARY OF FEES**

<b>NUMBER OF SWIMMERS:</b>		<b>X \$3 SES SURCHARGE</b>	<b>=</b>	
<b>NUMBER OF SWIMMERS:</b>		<b>X \$5 NONSES SURCHARGE</b>	<b>=</b>	
<b>NUMBER OF IND. EVENTS:</b>		<b>X \$4 PER EVENT ENTRY FEE</b>	<b>=</b>	
<b>NUMBER OF RELAYS:</b>		<b>X \$10 PER RELAY ENTRY FEE</b>	<b>=</b>	
<b>TOTAL DUE:</b>				



**2005-06 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:**

I, the undersigned coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not **properly** registered.

I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. The Germantown Swim Team, Germantown Athletic Club, City of Germantown, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

<b>SIGNATURE OF COACH OR CLUB OFFICIAL:</b>	
<b>CLUB:</b>	
<b>TITLE:</b>	<b>DATE:</b>

**Southeastern Swimming  
Information Form for Disabled Swimmers**

<b>NAME:</b>		<b>AGE:</b>		<b>DATE OF BIRTH:</b>	
<b>ADDRESS:</b>				<b>PHONE NUMBER:</b>	
<b>EVENTS ENTERED:</b>					
<b>EVENT:</b>	<b>NO.</b>	<b>EVENT:</b>	<b>NO.</b>		
<b>EVENT:</b>	<b>NO.</b>	<b>EVENT:</b>	<b>NO.</b>		
<b>EVENT:</b>	<b>NO.</b>	<b>EVENT:</b>	<b>NO.</b>		
<b>DESCRIBE TYPE AND EXTENT OF DISABILITY (Be specific; e.g. totally or partially blind or deaf; loss of limbs, multiple disabilities):</b>					
<b>THE FOLLOWING PERSONS WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:</b>			<b>NAME:</b>		
			<b>NAME:</b>		
<b>SEIZURES?</b>	<b>YES:</b> <input type="checkbox"/> <b>NO:</b> <input type="checkbox"/>	<b>ARE YOU ON MEDICATION?</b>	<b>YES:</b> <input type="checkbox"/> <b>NO:</b> <input type="checkbox"/>	<b>MEDICATION/DOSE:</b>	
<b>MEDICATION/DOSE:</b>	<b>MEDICATION/DOSE:</b>		<b>MEDICATION/DOSE:</b>		
<b>PARENT OR GUARDIAN'S NAME:</b>				<b>PHONE NUMBER:</b>	
<b>PARENT OR GUARDIAN'S SIGNATURE:</b>			<b>ATHLETE'S SIGNATURE:</b>		
<b>PHYSICIAN'S NAME:</b>				<b>PHONE NUMBER:</b>	
<b>PHYSICIAN'S ADDRESS:</b>					
<b>I HAVE EXAMINED THE ABOVE ENTRANT AND, IN MY OPINION, THERE IS NO MENTAL OR PHYSICAL REASON WHY HE OR SHE SHOULD NOT PARTICIPATE IN USA SWIMMING COMPETITION.</b>					
<b>PHYSICIAN'S SIGNATURE:</b>				<b>DATE:</b>	



