

Four Corners Aquatic Teams
2008 FCAT LONG COURSE INVITATIONAL
MAY 30 – June 1, 2008 Farmington, New Mexico

SANCTION: Held under the sanction of USA Swimming, Inc. and New Mexico Swimming, Inc.
Sanction Number: NMS08117

HOSTED BY: Four Corners Aquatic Teams,

LOCATION: Farmington Aquatic Center, 1151 N. Sullivan, Farmington, NM
HOME of the 2007 Western Zone Championships

FACILITY : , Indoor, 8 Lane, 50 meter pool. Colorado Fully Automatic Timing System with full electronic scoreboard, wave suppressing lane lines and ample spectator seating.

FORMAT: A five session long course invitational. All events will be swum as timed finals finishing into touch pads. The 400 events for ages 11 and up will be functionally seeded, swum fastest to slowest at the beginning of the afternoon sessions and scored by age groups. 800 freestyles for girls ages 11 and over and the 1500 freestyles for boys ages 11 and over will be swum in Friday evening's session, functionally seeded, fastest to slowest and scored by age groups.

MEET DIRECTOR:

Natalie Riley
FCAT
P O Box 3531, Farmington, NM 87499
505-327-5847 Email: natalie@rileyindustrial.com

ELIGIBILITY: Competitors must be 2008 USA Swimming registered. Swimmers may swim 4 individual swims plus 1 relay per day. Swimmers may swim in only one age group per event. The swimmer's age as of May 30, 2008 will determine the age group for competition. It is a violation of USA Swimming, Inc. and New Mexico Swimming, Inc., rules to enter an unregistered swimmer. Any such entry violation could result in sanctions.

RULES: 2008 USA Swimming, Inc. and NM Swimming, Inc. rules will govern this meet. Coaches will display current USA Swimming Coaches Certification at all times. Athletes may be asked at any time to present current USA Swimming Athlete Certification.

DISCLAIMER: USA Swimming, Inc., New Mexico Swimming, Inc., Four Corners Aquatic Teams, the City of Farmington, all meet officials, volunteers and sponsors shall be held free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

ENTRIES: Submission by HY-TEK is preferred. Please provide hard copy of HY-TEK submission. For manual submission, submit all entries on the entry form included. One form is required for each participating swimmer. Attach all individual entry forms to enclosed Master form. Relays may be entered on deck. Relay events may be combined. Maximum swimmers for this meet will be limited to 550. All events will be preseeded.

<u>ENTRY FEES:</u>	Individual Events	:	\$ 4.00 per event
	Relay Events	:	10.00 per relay
	Late Entries	:	7.50 per event
	Deck Entries	:	7.50 per event
	Swimmer Surcharge	:	8.00 per swimmer

LATE ENTRIES: Fully completed late entry forms must be received no later than 30 minutes prior to the start of each session. Late entrants are strongly encouraged to arrive early to allow time to be certain late entry forms are fully completed, accepted as timely and seeded into the meet. Untimely or incomplete Late Entry Forms will be returned as unaccepted. Late entrants will show current USA Swimming Athlete Registration.

DECK ENTRIES : **Deck Entries will not be preseeded.** New heats will not be created for deck entries. Deck entries will be placed only into available open lanes on a first come basis upon receipt of Deck Entry Form. Deck entrants will show current USA Swimming Athlete Registration.

ENTRY DEADLINE : HY-TEK disk with printed hard copy and entry fees, or, manual submission including individual entry forms, master form and entry fees, must be received by May 21, 2008.

MAIL ENTRIES: FCAT
P.O. Box 3531
Farmington, NM 87499 E-mail: natalie@rileyindustrial.com

WARM UP: NMS Mandatory warm-up procedures will be in effect through out warm-up times. All swimmers must be supervised by a Coach Member of USA Swimming during all warm-up sessions.

SCORING & AWARDS: Team Awards will be given to the 1st-3rd place finishing teams. Individual awards will be given for 1st -8th place for all ages 8 and under, 9-10, 11-12, 13-14 and 15-99. Athletes can only score points in one age group. High Point Awards will be given to the top girl and top boy in each of the age groups 8 and under, 9-10, 11-12, 13-14 and 15 and over. Heat winners will earn a chance to spin the Wheel of Fortune for prizes. In addition bell heats will be selected and all swimmers in the heat will also be awarded a chance to spin the wheel.

GEAR: Event T-shirts and Sweatshirts as well as swimming gear will be available throughout the meet.

CONCESSIONS: Concessions will be available through out the meet.

HOSPITALITY: A coaches and meet official's hospitality room will be available through out the meet.

LODGING: FCAT HAS SEVERAL HOTELS THAT ARE TEAM SPONSORS:

BEST WESTERN INN AND SUITES
700 SCOTT AVE.
505-327-5221

COURTYARD MARRIOTT
560 SCOTT AVENUE
505-325-5111

HOLIDAY INN EXPRESS
2110 BLOOMFIELD BLVD.
505-325-2545

Local Information: *Visit these web sites for your visitor's package:*

<http://www.farmingtonnm.org/guide.html>

<http://www.chamber.farmington.nm.us/>

**Four Corners Aquatic Teams
2008 FCAT Long Course Invitational
May 30 – June 1 Farmington, New Mexico**

INDIVIDUAL ENTRY FORM

SWIMMER'S NAME: _____ AGE : _____
Please Print Clearly Last, First, M.I.

USA SWIM REGIS. #: _____ TEAM : _____ SEX : M / F

If questions about this entry: E-mail: _____

Telephone: _____

All times must be entered in Yards.

Event #	Distance	Stroke	Entry Time
_____	50 100 200 400 800	FREE BACK BRST FLY IM	_____ : _____ . _____
_____	50 100 200 400 800	FREE BACK BRST FLY IM	_____ : _____ . _____
_____	50 100 200 400 800	FREE BACK BRST FLY IM	_____ : _____ . _____
_____	50 100 200 400 800	FREE BACK BRST FLY IM	_____ : _____ . _____
_____	50 100 200 400 800	FREE BACK BRST FLY IM	_____ : _____ . _____
_____	50 100 200 400 800	FREE BACK BRST FLY IM	_____ : _____ . _____
_____	50 100 200 400 800	FREE BACK BRST FLY IM	_____ : _____ . _____
_____	50 100 200 400 800	FREE BACK BRST FLY IM	_____ : _____ . _____
_____	50 100 200 400 800	FREE BACK BRST FLY IM	_____ : _____ . _____
_____	50 100 200 400 800	FREE BACK BRST FLY IM	_____ : _____ . _____

TOTAL NUMBER OF EVENTS _____ x \$4.00 = \$ _____

SWIMMER SURCHARGE \$ 8.00

TOTAL INDIVIDUAL FEES: \$ _____

**2008 FCAT Long Course Invitational
May 30 – June 1 Farmington, New Mexico**

TEAM MASTER ENTRY FORM – ONE PER TEAM

TEAM: _____ CLUB CODE: _____

Total Number of Individual Events _____ X \$4.00 = \$ _____

Total Number of Relay Events _____ X \$10.00 = \$ _____

SWIMMER SURCHARGE (number of swimmers) _____ X \$8.00 = \$ _____

TOTAL FEES FOR TEAM \$ _____

Please send ONE Team Check payable to FCAT - Thank you.

I CERTIFY THAT ALL SWIMMERS FROM _____
SWIM TEAM, ENTERED IN THE 2008 FCAT Long Course Invitational, ARE CURRENT REGISTERED MEMBERS OF USA
SWIMMING.

SIGNATURE

DATE

PRINTED NAME & TEAM POSITION

ONE COPY OF FINAL RESULTS WILL BE PROVIDED TO EACH REGISTERED TEAM. PROVIDE THE NAME AND ADDRESS
WHERE RESULTS ARE TO BE SENT:

Name

Address

City, State and Zip Code email _____

LIST ALL COACHES ATTENDING BELOW FOR USA SWIMMING REGISTRATION VERIFICATION. PLEASE PRINT

FRIDAY MAY 30, 2008

**WARM-UPS: 5:00 PM
SESSION START: 6:00 PM**

GIRLS	EVENT	BOYS
1	11 and over 800 FREESTYLE	
	11 and over 1500 FREESTYLE	2
3	8 and under 200 FREE RELAY	4
5	9-10 200 FREE RELAY	6
7	11-12 200 FREE RELAY	8
9	13&O 200 FREE RELAY	10

SATURDAY MAY 31, 2008

SESSION 2

**WARM-UPS: 8:00 AM
SESSION START: 9:00 AM**

11	8&U 200 FREESTYLE	12
13	9-10 200 FREESTYLE	14
15	11-12 200 FREESTYLE	16
17	8&U 50 FLY	18
19	9-10 50 FLY	20
21	11-12 50 FLY	22
23	8&U 100 BREASTSTROKE	24
25	9-10 100 BREASTSTROKE	26
27	11-12 100 BREASTSTROKE	28
29	8&U 100 FREESTYLE	30
31	9-10 100 FREESTYLE	32
33	11-12 100 FREESTYLE	34
35	11-12 200 BACKSTROKE	36
37	8&U 50 FREESTYLE	38
39	9-10 50 FREESTYLE	40
41	11-12 50 FREESTYLE	42
43	11-12 200 BUTTERFLY	44
45	8&U 200 MEDLEY RELAY	46
47	9-10 200 MEDLEY RELAY	48
49	11-12 200 MEDLEY RELAY	50

SESSION 3

**WARM-UPS 12:00 PM
SESSION START: 1:00 PM**

51	11&O 400 IM	52
53	13&O 200 FREESTYLE	54
55	13&O 100 BREASTROKE	56
57	13&O 50 BUTTERFLY	58
59	13&O 200 BACKSTROKE	60
61	13&O 50 BREASTROKE	62
63	13&O 200 BUTTERFLY	64
65	13&O 400 MEDLEY RELAY	66

SUNDAY JUNE 1, 2008

SESSION 4

**WARM-UPS: 8:00 AM
SESSION START: 9:00 AM**

67	8&U 100 BUTTERFLY	68
69	9-10 100 BUTTERFLY	70
71	11-12 100 BUTTERFLY	72
73	8&U 50 BACKSTROKE	74
75	9-10 50 BACKSTROKE	76
77	11-12 50 BACKSTROKE	78
79	11-12 200 BREASTROKE	80
81	8 &U 50 BREASTSTROKE	82
83	9-10 50 BREASTSTROKE	84
85	11-12 50 BREASTSTROKE	86
87	8&U 100 BACKSTROKE	88
89	9-10 100 BACKSTROKE	90
91	11-12 100 BACKSTROKE	92
93	8&U 200 IM	94
95	9-10 200 IM	96
97	11-12 200 IM	98
99	8&U 400 FREE RELAY	100
101	9-10 400 FREE RELAY	102
103	11-12 400 FREE RELAY	104

SESSION 5

**WARM-UPS : 12:00 PM
SESSION START: 1:00 PM**

105	11&O 400 FREESTYLE	106
107	13&O 100 BUTTERFLY	108
109	13&O 50 BACKSTROKE	110
111	13&O 200 IM	112
113	13&O 50 FREESTYLE	114
115	13&O 100 BACKSTROKE	116
117	13&O 100 FREESTYLE	118
119	13&O 200 MEDLEY RELAY	120