

# **2011 Inland Empire Swimming 14 & Under Junior Championships**

**February 11-13, 2011  
Asotin County Family Aquatic Center  
Clarkston, WA**

Held under the sanction of USA Swimming, Inc. and Inland Empire Swimming, Inc. **Sanction # IE1106**

In granting this sanction, it is understood and agreed that USA Swimming and Inland Empire Swimming shall be free and held harmless from any liabilities or claims arising by reason of injuries to anyone during the conduct of the event. Use of audio or visual recording devices, including cell phone camera is not allowed in the changing areas, rest rooms, or locker rooms.

**Host:** Lewis Clark Neptune Swimming & Lewis Clark Neptune Boosters

**Location:** Asotin County Family Aquatic Center, Clarkston, Washington.

**Course:** Indoor, 8 lane, 25 yard pool equipped with eight starting blocks, backstroke flags, lane lines. Separate warm up/down pool. Starting blocks meet USA Swimming 2011 height and water depth requirements. Touch pads will be installed at both ends of the pool so that 25 yard events will use the starting blocks. Swimmers will start from the deck surface at the turn end for 100 yard relays. Deck marshals will be present for warm-ups. The competition course has not been certified in accordance with 104.2.2C(4).

**Rules:** Current USA Swimming rules will govern. The rules and procedures of Inland Empire Swimming will also apply. The referees of the meet shall be the final authority for the conduct of the competition. Coaches must be registered with USA Swimming for 2011. Proof of coaching certification must be produced on request at any time to the meet referees. Swimmers participating in the meet without a coach must report to the meet referee prior to warm-ups for instructions. The whistle starting protocol and no recall false start procedures will be in effect. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Only swimmers, coaches, officials, and meet workers will be permitted in the deck area. Spectators will not be allowed in the deck area without proof of current USA Swimming membership. The deck area is considered to be a 3 foot area from the edge of the pool, the area behind the starting blocks to the timer chairs, and the area between the competition pool and the warm-up pool.

**IES scratch rules will be in effect. Swimmers will have 30 minutes after announcement of the qualifiers to declare their intention to scratch from final events. Any qualifying swimmer who does not declare an intention to scratch a final event and fails to compete in that final event will be barred from competition for the remainder of the meet. Coaches will report to the meet referee to declare their swimmer's intention to scratch final events.**

**Eligibility:** Open to age 14 and under swimmers currently registered with USA Swimming and Inland Empire Swimming at the time of meet entry deadline. Age of each swimmer the first day

of the meet (February 11, 2011) determines the age for the entire meet. 2011 USA Swimming registration numbers must be included on master entry form or entry disk. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

Age 9-14 swimmers who have achieved an USA Swimming "BB" motivational time in an individual event may **not** enter that event or the corresponding leg of a relay event.

**Events/** All of the Friday night events, relays, 8 & under events, and 9-10 age group events will be timed finals.

**Format:** Saturday and Sunday individual events for 11 & older swimmers will be preliminaries and finals including events with 8 or fewer swimmers. Relays will be swum during preliminaries each day as timed finals.

**Entries:** Swimmers are limited to **three (3)** individual events and **one (1)** relay event per day. There is no qualifying period. Times from any year may be used for entries. Teams may enter an unlimited number of relay entries in relay events with the two fastest swam eligible for scoring and awards.

Swimmers may enter those events in which they have not met or exceeded the SCY or LCM USA Swimming "BB" motivational time standard at a sanctioned or approved meet or time trial.

**8 & Under Events and 8 and Under Relays do not have a qualifying time standard.**

**NT (no time) entries will be accepted.**

Age 9-14 swimmers who have achieved a SCY or LCM USA Swimming "BB" time standard in an individual event may not enter the corresponding leg of a relay event.

SCY or LCM entry times will be accepted. Nonconforming times (LCM entries) will be seeded last (in 1<sup>st</sup> heats)

**SWIMS:** The USA Swimming SWIMS database requires that ALL swimmer data, including results, be correct before any meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any swimmer data that is NOT correct in the meet database please notify the meet referee as soon as possible. The appropriate changes will be made. The data will be sent to USA Swimming within 3 days of the meet. Thanks for your cooperation.

**Submitting Entries:**

Teams **must submit entries electronically** via email to LCN at [nmcrafft@aol.com](mailto:nmcrafft@aol.com). Please be sure you receive a confirmation email within 48 hours after sending your entries.

- A hard copy printout of the team's Online Meet Entries Report must be submitted along with payment and the fee tabulation form to the address below.

Submit entries for **unattached swimmers** via email to [nmcrafft@aol.com](mailto:nmcrafft@aol.com) using the IES Champs Meet Entry form. This entry form is only for eligible unattached athletes.

**Entry deadline:**

The entry deadline is Friday, February 4, 2011. Late entries will not be accepted. Online Meet Entry reports, Fee Tabulation Form, and payment must be received by February 4, 2011 to ensure that entries will be imported into the meet.

**Entry Fees:** Entry fees are \$3.00 for each individual event and \$12.00 for each relay event plus a \$10.00 surcharge per swimmer. Fees & surcharges for each team must be paid with one check and accompany Online Meet Entry reports and the Fee Tabulation Form.

Please make the check payable to **Lewis Clark Neptunes (LCN)** and address entries to:

**Lewis Clark Neptunes (LCN)**  
**20228 Clearwater Dr.**  
**Lewiston, ID 83501**  
Please waive signature for delivery.

Questions regarding entries should be addressed to Nicole Engledow:  
(208) 843-2768 or [nmcraft@aol.com](mailto:nmcraft@aol.com)

**All Teams will be assigned lanes to time relative to team entry size, per IES rules. Please include the name and email address of your timer coordinator on the Entry Fee Tabulation Form.**

**Awards/Scoring:**

All events will score. Medals and points will be awarded 1<sup>st</sup> through 8<sup>th</sup> place for individual events. Relays will be scored 1<sup>st</sup> through 8<sup>th</sup> and medals awarded 1<sup>st</sup> through 3<sup>rd</sup>. Plaques will be awarded for first, second, and third place teams. High point plaques will be given for girls and boys in each age group. **Team Spirit Award** - a traveling trophy will be awarded. Ballots will be distributed and one coach and one athlete from each team will be permitted to vote for the most spirited team. Ballots will be collected by the end of Saturday finals and a member of the IE Executive Board will announce the winner at Sunday preliminaries.

**Schedule:** Team warm-up lane assignments will be listed in the heat sheet. Meet marshals will be present during warm-ups.

**Friday, February 11, 2011**

Warm-ups: 4:00 p.m.  
Officials Meeting: 4:15 p.m.  
Events Begin: 5:00 p.m.

**Saturday, February 12 & Sunday, February 13, 2011**

Warm-ups: 8:00 a.m.  
Officials Meetings: 8:15 a.m. and 45 minutes before the start of finals  
Prelim events begin: 9:00 a.m.  
Finals warm-ups: One hour before the start of Finals

**Coaches:** There will be a coaches' meeting at 4:45 on Friday and 8:45 a.m. on Saturday and Sunday. Please present scratches at these times. REMINDER: Coaches must be 2011 USA Swimming Coach Members. Proof of current certification must be produced upon request by the meet referee.

**Time Trials:** Time trials may be offered on Saturday at the conclusion of the preliminary session.  
**Deadline:** The time trial entry deadline will be 2 hours before the Saturday prelim session ends. Please see the Jr. Champs timeline posted on the IES website to determine the time that entries will close.  
**Eligibility:** Open to current USA Swimming athletes including age 15 and over.

**Entry Limit:** Athletes that swim in the meet are limited to 3 events per day which include Jr. Champs and time trials. Time trial only athletes are limited to 5 events, but please note that the time trial timeline is very short.

**Fees:** The cost of each time trial event entered will be \$5.00. In addition, a \$10.00 surcharge is required for time trial only swimmers.

**Events:** Events will be limited to those listed in the Jr. Champs Schedule of Events. Swimmers in the 11-12 age group may also time trial the 400 IM, 200 back, 200 breast, and/or 200 butterfly.

**Lane Timers:**

Each club entering swimmers will supply timers each full day of the meet as required for IES championship meets. Team Lane Timing assignments will be listed in the heat sheet. **PLEASE SEND THE NAME OF YOUR HEAD TIMER ALONG WITH THE ENTRY FEE TABULATION FORM.**

**Key Officials:**

Meet Director: Nicole Engledow, (208) 843-2768, nmcraft@aol.com

Meet Referee: Teri Madill

**Starters and Stroke & Turn: Inland Empire Officials**

All officials are welcome and encouraged to help. Please bring current certification and USA Swimming registration cards; these will be verified by the meet referee before deck assignments are made.

**DIRECTIONS TO THE ASOTIN COUNTY FAMILY AQUATIC CENTER:**

**Phone**

509.758.0110

**Fax**

509.758.2452

**Mailing Address**

1603 Dustan Loop , Clarkston, WA 99403

## Directions

From Lewiston

Take the Southway Bridge to the end of Fleshman Way and through the light at 15th Street. We are just up the street on the left.

From the West

Hwy 12 to Clarkston. Turn right on 15th Street. Go 1.3 miles and turn right on Dustan Loop at the light. We are just up the street on the left.

From the East

Hwy 12 across the Blue Bridge to Clarkston. Go to 15th Street. Turn right and go 1.3 miles. Turn right on Dustan Loop at the light. We are just up the street on the left.

You may view photos of the aquatic center, pool, and a map of directions at [www.theaquaticcenter.org](http://www.theaquaticcenter.org)

## LODGING IN THE CLARKSTON/LEWISTON AREA:

Quality Inn, Clarkston, WA	(509) 332-0500
Best Western, Clarkston, WA	(509) 758-9551
Motel 6, Clarkston, WA	(509) 758-1631
Granite Lake RV Resort, Clarkston	(509) 751-1635

*Guest House Inn & Suites, Lewiston, ID (208) 746-3311\*\*\*\*See the Swim Rate Special and flier on next page*

Red Lion, Lewiston, ID	(208) 799-1000
Comfort Inn, Lewiston, ID	(208) 798-8090
Inn America, Lewiston, ID	(800) 469-INNS
Holiday Inn Express, Lewiston, ID	(208) 750-1600
Cedars Inn, Lewiston, ID	(208) 743-9526
Econo-lodge, Lewiston, ID	(208) 743-0899
Super 8 Lewiston, ID	(208) 743-8808
Clearwater River Casino & Hotel	(208) 298-1400
Hells Gate State Park (camping & hookups)	(208) 799-5015

## Welcome to Lewiston!

We would love to  
Host you for the  
Championship Swim Me



*Special*

**\$49.99**

*Per room*

- 1 **Free Deluxe Breakfast featuring Hot Waffles**
- 1 **24 hour Fitness Room, Hot Tub & Outdoor Pool**
- 1 **Interior Corridors for Security**
- 1 **Free High Speed Wireless Internet**
- 1 **Free Evening Cocktail/Drink**
- 1 **Italian Restaurant & Lounge**
- 1 **Great Downtown Location – walk to restaurants and fast food**
- 1 **Guest Laundry**
- 1 **King Business Class Rooms featuring recliners, office work station, enhanced bedding**
- 1 **All Rooms feature: refrigerator/microwaves, in-room coffee, hair dryer, and iron**

**We'll take care of all the details!**

**GuestHouse Inn & Suites**

**1325 Main Street**

**Lewiston, ID 83501**

**Ask for Cindy Bullock**

**208-746-3311**



**2011 Inland Empire Swimming 14 & Under Junior Championships**

**February 11-13, 2011**

**ENTRY DEADLINE: February 4, 2011**

NAME OF CLUB: \_\_\_\_\_

COACH'S NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-Mail: \_\_\_\_\_

PERSON TO CONTACT REGARDING MEET ENTRY:

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**PLEASE MAKE CHECKS PAYABLE TO: LCN**

NO. OF SWIMMERS: \_\_\_\_\_ X \$10.00 SURCHARGE = \$ \_\_\_\_\_

NO. OF EVENTS: \_\_\_\_\_ INDIVIDUAL EVENTS X \$3.00 = \$ \_\_\_\_\_

NO. OF RELAYS: \_\_\_\_\_ RELAYS X \$12.00 = \$ \_\_\_\_\_

**TOTAL ENTRY FEE ENCLOSED = \$ \_\_\_\_\_**

**PERSON DESIGNATED AS TIMER-COORDINATOR FOR YOUR SWIM CLUB:**

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

**Mail Entries to:**

**NICOLE ENGLEADOW  
LCN  
20228 CLEARWATER DR.  
LEWISTON, ID 83501  
[nmcraft@aol.com](mailto:nmcraft@aol.com)  
(208) 843-2768**

**Inland Empire Swimming  
14 & Under Junior Championships  
Schedule of Events  
\*Timed Final Events**

**Friday, February 11, 2011**

**Session I - Timed Finals**

**SCY**

<u>Event No.</u>	<u>Description</u>	<u>Age</u>	<u>De-Qualifying Times</u>	
			<u>Girls</u>	<u>Boys</u>
*1-2	100 Freestyle	8 & U		
*3-4	200 Freestyle	9-10	02:58.29	02:50.89
*5-6	500 Freestyle	11-12	06:40.09	06:35.09
*7-8	500 Freestyle	13-14	06:22.39	06:03.19
*9-10	100 Individual Medley	8 & U		
*11-12	200 Individual Medley	9-10	03:19.39	03:18.09
*13-14	200 Individual Medley	11-12	02:50.69	02:49.39
*15-16	400 Individual Medley	13-14	05:44.29	05:25.49

**14 & Under Junior Championships**

**Schedule of Events**

**\*Timed Final Events**

**Saturday, February 12, 2011**

**Session II - Prelims**

**SCY**

<u>Event No.</u>	<u>Description</u>	<u>Age</u>	<u>De-Qualifying Times</u>	
			<u>Girls</u>	<u>Boys</u>
17-18	200 Individual Medley	13-14	02:42.99	02:31.99
*19-20	100 Medley Relay	8 & U		
*21-22	200 Medley Relay	10 & U		
*23-24	200 Medley Relay	12 & U		
*25-26	400 Medley Relay	14 & U		
*27-28	25 Freestyle	8 & U		
*29-30	50 Freestyle	9-10	00:35.99	00:35.19
31-32	50 Freestyle	11-12	00:31.89	00:30.99
33-34	50 Freestyle	13-14	00:30.99	00:28.49
*35-36	50 Butterfly	8 & U		
*37-38	100 Butterfly	9-10	01:42.09	01:40.39
39-40	100 Butterfly	11-12	01:20.19	01:18.39
41-42	200 Butterfly	13-14	02:40.99	02:31.99
*43-44	25 Breaststroke	8 & U		
*45-46	50 Breaststroke	9-10	00:47.79	00:47.89
47-48	50 Breaststroke	11-12	00:40.89	00:40.79
49-50	100 Breaststroke	13-14	01:24.09	01:18.09
51-52	200 Freestyle	11-12	02:31.49	02:27.49
53-54	200 Freestyle	13-14	02:24.99	02:15.69



*55-56	50 Backstroke	8 & U		
*57-58	100 Backstroke	9-10	01:33.99	01:32.09
59-60	100 Backstroke	11-12	01:21.09	01:19.09
61-62	100 Backstroke	13-14	01:14.19	01:09.59
<b>Session III – Finals</b>				

<b>Inland Empire Swimming</b>
<b>14 &amp; Under Junior Championships</b>
<b>Schedule of Events</b>
<b>*Timed Final Events</b>
<b>Sunday, February 13, 2011</b>

**Session IV - Prelims**

**SCY**

<u>Event No.</u>	<u>Description</u>	<u>Age</u>	<u>De-Qualifying Times</u>	
			<u>Girls</u>	<u>Boys</u>
*63-64	25 Backstroke	8 & U		
*65-66	50 Backstroke	9-10	00:43.49	00:43.69
67-68	50 Backstroke	11-12	00:36.79	00:36.49
69-70	200 Backstroke	13-14	02:39.59	02:29.79
*71-72	100 Free Relay	8 & U		
*73-74	200 Free Relay	10 & U		
*75-76	200 Free Relay	12 & U		
*77-78	400 Free Relay	14 & U		
*79-80	50 Freestyle	8 & U		
*81-82	100 Freestyle	9-10	01:21.59	01:19.99
83-84	100 Freestyle	11-12	01:08.29	01:07.89
85-86	100 Freestyle	13-14	01:07.39	01:02.19
*87-88	50 Breaststroke	8 & U		
*89-90	100 Breaststroke	9-10	01:46.69	01:43.69
91-92	100 Breaststroke	11-12	01:29.29	01:27.79
93-94	200 Breaststroke	13-14	03:00.69	02:49.39
*95-96	25 Butterfly	8 & U		
*97-98	50 Butterfly	9-10	00:42.99	00:41.99
99-100	50 Butterfly	11-12	00:35.09	00:35.19
101-102	100 Butterfly	13-14	01:13.49	01:08.09
*103-104	100 Individual Medley	9-10	01:33.79	01:31.19
105-106	100 Individual Medley	11-12	01:20.09	01:17.59

**Session V – Finals**

**MASTER ENTRY FORM FOR RELAYS**  
**2011 Inland Empire 14 & Under Junior Championships**  
 February 11-13, 2011

GIRLS/WOMEN				
TEAM NAME	AGE	Event #	Event Description	Time

BOYS/MEN				
TEAM NAME	AGE	Event #	Event Description	Time

TOTAL NUMBER OF RELAYS ON THIS PAGE: \_\_\_\_\_

## 2011 IES 14 & Under Champs T-Shirt Order Form:

Cost: \$10/shirt. Must submit order form with payment on or before **January 30, 2011** (must be in hand by that date). A very limited amount of extra shirts (that have not been preordered) will be ordered and sold for \$14 at the meet. XXL or larger are an additional \$2

Swimmer Name: \_\_\_\_\_ Team: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Size: \_\_\_\_\_ Quantity: \_\_\_\_\_ Size: \_\_\_\_\_ Quantity: \_\_\_\_\_

Size: \_\_\_\_\_ Quantity: \_\_\_\_\_ Size: \_\_\_\_\_ Quantity: \_\_\_\_\_

# of shirts: \_\_\_\_\_ x \$10 = \$ \_\_\_\_\_

Payment: Please make check payable to LCN and it must be received no later than **January 30, 2011**. Mail to:

Lewis Clark Neptunes  
20228 Clearwater Dr.  
Lewiston, ID 83501

