

Coaches / School Representatives -

If you are receiving this email, your entry has been accepted and your school entered for the 2010 MTHSSA Region Championships held at the SportsPlex Friday, January 29, 2010. We have 47 schools entered with 682 athletes competing. It promises to be a very fast meet!

Before we get into the housekeeping items, I wanted to let you know that I will not be in attendance this Friday. As of tomorrow I am handing off the meet and all administrative duties to Robyn Painter of Excel Aquatics (robypainter@yahoo.com). Many of you have worked with her before and she does a great job and will take good care of you if you need anything. Starting tomorrow, please contact her for anything you might need before the meet. She will also be at the meet on Friday to take care of any administrative items you have not cleared before then. Be nice to her! :-)

A few housekeeping items pre-meet that I need you to take care of:

1. If you have not paid your bill and sent in your school waiver, please do so before Friday morning. We would like to get as much paperwork out of the way prior to the meet.
2. The FINAL Team Entry List is posted on the Excel web site. The Psych Sheet will be posted sometime Monday or Tuesday and once that goes up, there will be NO CHANGES allowed to your entry. Please, please proof your team entry list one more time to be sure it is correct. It would be a shame to have athletes unable to swim because of some administrative mistake. The Team Entry List is attached to this email but if you have trouble reading it, go to the web site- <http://www.sitemason.com/files/e88Bd6/2010%20hs%20regions%20team%20entry%20list%20012410.htm>

A few MEET reminders:

1. Remember each team has 4 scoring athletes and unlimited exhibition athletes entered. One scoring relay and one exhibition relay. ALL events will be seeded and swum together. We will not separate scoring and exhibition athletes or relays. We score 1-16 for all events including relays.
2. REMINDER on the Coaches Meeting - it is set for 10:45 am (before) any warm-ups begin. That means every school will be at the pool prior to the first warm-up unless you make alternative plans. Could be crowded, so plan accordingly.
3. We will swim 2 pools (Men and Women) Robyn will let you know which is which.
4. Warm-up lane assignments will be posted by Wednesday so check back to the web site often. Remember we run 2 sessions this year - 11:00-11:25 is Session 1, and 11:30-11:55 is Session 2. The meet starts at 12:00 noon. Please be respectful of being on time to your assigned warm-up and exiting on time so the next session can get in on time and we can start the meet on time.
5. Each team is encouraged but not required to provide two timers (one timer for the girls' pool and one for the boy's pool from each school that is co-ed and two timers for the appropriate pool for the schools that are not). Please check the Excel web site for lane timer assignments. Your help is greatly appreciated.
6. RELAYS - the names for each relay team member must be designated on the relay sheets in the order in which they are to compete prior to the start of the event. Alternates must be listed on the sheet. You may only use the athletes listed on the sheet for each relay. If they are not listed, they are not eligible to swim the relay. Relays using athletes not listed on the relay sheet will be disqualified.

And last but not least...

ACCORDING TO NATIONAL FEDERATION GUIDELINES:

- 1) No changes may be made to the official entry once the entry has been -submitted to the entry chairman.

- 2) A competitor participating in more than the allowable number of events is disqualified from that event and further competition in the meet.
- 3) Swimmers failing to compete in any race that they have entered shall be disqualified from further competition. A competitor may withdraw from an event with a declared false start. Notice must be given to the referee prior to the event. The event shall still count as an entry for the competitor.
- 4) Eligibility for diving competition will follow National Federation rules for championship meets.
- 5) Divers will be disqualified if, in the judgment of the referee, the competitor fails 2 of the 11 dives.

I think that's it for now...any questions, contact Robyn Painter...good luck this Friday and SWIM FAST!!!