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# LCAT

*Last Chance Meet  
January 24-25, 2009*

**SPONSOR:** Las Cruces Aquatic Team

**LOCATION:** New Mexico State University Indoor Natatorium  
636 Stewart Street, Las Cruces, NM 88003  
(575) 646-3518

**SANCTION:** Held under the sanction of USA Swimming, Inc. and New Mexico Swimming, Inc.  
Sanction # NMS09I12 and New Mexico Masters LMSC # 492-001

**DISCLAIMER:** USA Swimming, Inc., New Mexico Swimming, Inc., The Las Cruces Aquatic Team, The City of Las Cruces, NMSU and all meet officials shall be held free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet. This is not a function of New Mexico State University.

**FACILITY:** New Mexico State University Natatorium indoor facility, 3900 ft. altitude, 6 lane 25y pool and contiguous dressing rooms. Colorado timing system with six-lane display. One lane will be available for warm-up/warm-down purposes in the outdoor pool throughout the meet. Safety Marshals shall be on deck at all times.

**VENUE:** Venue shall be NMSU Indoor Natatorium and will be limited to the indoor facility. There are separate male and female locker rooms with rest room facilities. The venue is handicap accessible. Parking will be available in the large lot just west of the facility.

**DIRECTIONS:** From I-25, exit west on to University Avenue, turn south onto Payne Street. Take Payne to Stewart Street and turn west onto Stewart. Go downhill just past Locust Street and the Natatorium will be on your left.

**MEET  
DIRECTOR:** Marion Salopek  
1985 Salopek Road  
Las Cruces, NM 88005  
(575)526-1181

**MEET  
REFEREE:** Pete Dunavant  
691 Moondale Dr.  
El Paso TX 79912  
(915) 584-5351

- MEET : ELIGIBILITY/ PROOF OF REGISTRATION** Competitors must be 2009 USA Swimming or USMS registered. Swimmers are restricted to five (5) individual events per day and may swim in only one age group per event. The swimmer's age as of January 24, 2009 shall be used to determine the age group for competition. USA Swimming membership certification affidavit must be signed and returned along with entries. Coaches will be asked to display current USA Swimming registration. This meet is open to all currently registered USA swimmers. The attached membership certification affidavit must be submitted with each team's entries. Any swimmer not able to prove current registration will not be allowed to compete. Falsification of eligibility could result in fines up to \$200 (two hundred US dollars). Teams will not be allowed to merge at this meet.
- ENTRIES:** An emailed Hy-Tek TM file is preferred for entries. If unable to use Hy-Tek TM, please use entry form for each swimmer. There are no refunds of entry fees. **IF HY-TEK DISC IS NOT USED (ONLY HAND-WRITTEN ENTRIES ARE PROVIDED) THERE WILL BE A \$30.00 SURCHARGE PER TEAM TO COVER ADMINISTRATIVE COSTS. THIS ONLY APPLIES TO TEAMS WITH FIVE SWIMMERS OR MORE.**
- ENTRY FEES:**
- |                            |                                 |
|----------------------------|---------------------------------|
| Individual Events:         | \$15.00 Flat rate               |
| NMS Surcharge and Pool Fee | \$8.00 Pool fee (\$3.00 to NMS) |
| Total for the meet         | \$23.00                         |
- DECK ENTRIES:** \$7.00 per individual event. Deck entries will be accepted only where lanes are available. New heats will not be created for deck entries. Deck entries must be completed 30 minutes prior to the start of each session. 2009 USA Swimming registration card must be shown at the time of deck entry.
- NO ON DECK REGISTRATIONS WILL BE ACCEPTED. LATE ENTRIES MUST BE PAID FOR AT TIME OF ENTRY.***
- ENTRY DEADLINE:** Email entries must be received by January 16, 2009. Entry forms or HY-TEK disc with printed hard copy, entry fees and membership affidavit must be postmarked by January 18, 2009.  
**\*\*Make team checks payable to LCAT. All entry fees are non-refundable.\*\***  
**\*\*All entry fees must be paid for prior to the start of the competition. Failure to pay in full will result in coaches not receiving packets and swimmers not being allowed to swim.\*\***
- MAIL ENTRIES:** Wendy Thomson  
Star Route Box 25A  
Mesilla Park, NM 88047  
Email: [teamthomson8@msn.com](mailto:teamthomson8@msn.com) Phone: 575-525-8689
- EMAIL ENTRIES:** **Please send entries with a "return receipt" request or follow-up with a phone call to assure that your entries were received.**
- SCORING:** **There will be no scoring or awards.**
- RULES/ WARM-UP:** 2009 USA Swimming and NMS rules will govern this meet. NMS mandatory warm-up procedures will be in effect for all warm-up sessions. All swimmers must be supervised by a coaching member of USA Swimming during all warm-up sessions.
- CHECK-IN & SEEDING:** All athletes will be required to check-in for all events at the beginning of warm up. Entries will close at 8:15 and the meet will be deck-seeded.

**RESTRICTIONS:**

The City of Las Cruces and NMSU Natatorium prohibits smoking or use of other tobacco products on the pool deck, in the changing rooms, in spectator seating, and in all areas used by swimmers during the course of this meet. No glass containers will be allowed anywhere inside the NMSU Natatorium.

**SWIMWEAR: New Mexico Swimming adopted the following ruling effective 10/11/08 which passed the USA Swimming House of Delegates on Sept. 27, 2007.**

**102.9 SWIMWEAR****.1 Design**

- A. Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee.
- B. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.
- C. The referee shall have the authority to bar offenders from competition until they comply with the rule.

SESSION 1 – Saturday, January 24 <sup>th</sup>		Warm-up 7:30am Meet starts 8:45am
GIRLS	EVENT	BOYS
101	12 & Under 100 IM	102
103	13 & Over 200 IM	104
105	12 & Under 50 Backstroke	106
107	13 & Over 100 Backstroke	108
109	12 & Under 100 Freestyle	110
111	13 & Over 200 Freestyle	112
113	12 & Under 100 Butterfly	114
115	11 & Over 200 Butterfly	116
117	12 & Under 50 Breaststroke	118
119	OPEN 500 Freestyle	120

SESSION 2 – Sunday, January 25 <sup>th</sup>		Warm-up 7:30am Meet starts 8:45am
201	Open 400 IM	202
203	12 & Under 200 IM	204
205	12 & Under 100 Breaststroke	206
207	11 & Over 200 Breaststroke	208
209	12 & Under 50 Freestyle	210
211	13 & Over 50 Freestyle	212
213	12 & Under 50 Butterfly	214
215	13 & Over 100 Butterfly	216
217	12 & Under 100 Backstroke	218
219	11 & Over 200 Backstroke	220
221	12 & Under 200 Freestyle	222
223	13 & Over 100 Freestyle	224
_____	_____	_____
225	Open 1650 Freestyle	226

**Las Cruces Aquatic Team Last Chance Meet      January 26-27, 2008**

**INDIVIDUAL ENTRY FORM**

SWIMMER'S NAME: \_\_\_\_\_

TEAM: \_\_\_\_\_

USA# \_\_\_\_\_ SEX: \_\_\_\_\_ AGE: \_\_\_\_\_

<b>EVENT#</b>	<b>CIRCLE DISTANCE</b>	<b>CIRCLE STROKE</b>	<b>ENTRY TIME</b>
_____	<b>1650</b>	<b>FREE</b>	_____
_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____
_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____
_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____
_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____
_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____
_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____
_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____
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_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____
_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____
_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____
_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____
_____	<b>25 50 100 200 500</b>	<b>FREE BK BR FLY IM</b>	_____

**TOTAL NUMBER OF EVENTS** \_\_\_\_\_

<b>Pool Fee</b>	<b>\$ 8.00</b>
<b>Flat Rate Entry Fee</b>	<b>\$ 15.00</b>
<b>Total for Meet</b>	<b>\$ 23.00</b>

