

2015 Apple Capital Open May 29th – May 31st

Held under Sanction of USA Swimming, Inc. and Inland Empire Swimming, Inc., SANCTION #E-15-1261 R2

In granting this sanction it is understood and agreed that USA Swimming (USAS) and Inland Empire Swimming (IES) shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Use of audio visual recording devices including a cell phone camera is not allowed in the changing areas, rest rooms or locker rooms. Deck Changing is prohibited: Changing into or out of swimsuits other than in the facility locker rooms, or other designated area designated by the host facility, is not appropriate, and is prohibited.

Host: Velocity Swimming, P.O. Box 2791, Wenatchee, WA 98807

Location: Wenatchee City Pool, Pioneer Park, 210 Fuller St., Wenatchee, Washington, (509) 664-3397

Format: Timed finals, split age group open. Swimmers will compete for medals, ribbons and points. Medals, ribbons and/or points will be awarded by age group and gender: 8 & under, 9-10, 11-12, 13-14, and 15 & over, if not a USAS event for age group, then ribbons only.

Course: Outdoor, 10 lane 50 meter pool with anti-wave lane lines. The pool is equipped with the Colorado Timing System with touch pads at both ends. Starting blocks meet USAS height and water depth requirements at start end. The competition course has not been certified in accordance with 104.2.2C(4). Swimmers will use in-water starts at turn end for 200 meter relays. The start end of the pool depth ranges from 5'6 to 9', the turn end ranges in depth from 3'6" to 4'6". The warm-up pool is attached to the main pool and is available during the meet. Deck marshals will be present during warm-ups.

Rules: Current USAS rules will govern. The rules and procedures of IES also apply. The whistle start protocol and the no recall rule will be in effect. There is positive check-in for the 1500 free and the IES scratch rule will be in effect for these two deck-seeded events. Any protests or questions concerning the outcome of an event shall be directed in writing to the Meet Referee by the team coach. The Meet Referee will be the final authority for the conduct of the competition. Coaches that have an athlete with a disability that requires accommodations to the starting procedure must notify the referee prior to the athlete's swim. Coaches must be 2015 members of USAS or Swimming/Natation Canada (SNC). All SNC coaches must complete and submit the USAS liability form prior to the start of warm-ups. Proof of coaching certification must be produced on request at any time to the referee. Only swimmers, coaches, officials and meet workers are permitted in the deck area. The deck area is considered to be a 3-foot area from the edge of the pool and the area behind the start platforms up to the timer chairs. There will be no swimming in the dive tank except for swimmers to warm-up prior to their events and cool down immediately thereafter. 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 then it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Eligibility No entrant will be permitted to compete unless the entrant is a member of USA Swimming as provided in Article 302 at the time of meet entry. Open to 2015 registered SNC athletes. All SNC swimmers must complete and submit the liability waiver prior to the start of warm-ups. Age on the first day of the meet determines the age group to enter. Each swimmer must swim in his/her respective age group. 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 member coach it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

- Awards:**
- All combined 9-12, 13 & Over, 11-14, and all mixed individual events will be scored and awarded separately by gender and age group.
 - Medals will be awarded for individual events for the finishers in places 1-3 and ribbons will be awarded for places 4-10.
 - Medals will be awarded for relay events for the finishers in places 1-3.
 - The 10 & Under 100 Back, Breast & Fly and the 10 & Under 200 Free and IM will be scored and awarded as 10 & Under, waiving the BB distinction, as these events are not IES 8 & Under events.
 - A prize will be provided to the winner of each Heat.
 - Individual High point awards will be given to the Girl and Boy in each age group. High point calculations will be based on swimmers' age groups, not event age groups, so points earned in combined events will be added into the calculation for each swimmer.
 - Team High Point for First through Third place will be awarded.
 - Teams are requested to appoint one adult to pick up awards at the end of the meet.

Entries: All swimmers may enter four (4) individual events on Friday, Saturday, and Sunday, and one (1) relay both Saturday & Sunday. Enter swimmers' best meter times or converted yard time. NT (No Time) entries will be accepted for all age groups and will be seeded in the slowest heats. Once the meet has been seeded, swimmers that are already registered in the meet may request to deck enter additional events (up to the corresponding daily limit), pending availability of empty lanes, and at the discretion of the referee, with payment of \$3 per event due upon approval. **There will be no deck registrations.** Entries will be limited to include all teams up to and including the team that has the **800th** swimmer entered or that will allow the meet to be in compliance with the USA Swimming 4 hour rule. The 1500 Free will be swum fastest to slowest, and may be limited to the fastest 8 heats. Swimmers in the 1500 Free must supply their own Counter and Timers.

Relays: Teams are limited to four (4) relay entries per relay event. **If the Meet Entry Chair determines that the meet is oversubscribed, the 4th then the 3rd entries may be deleted.** Only the two (2) fastest relay finishers per team are awarded points and ribbons.

The USAS SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USAS 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 USAS within 3 days of the meet and your assistance and cooperation in ensuring accuracy will assist us in the timely posting of the swimmers achieved times.

Submissions: Team must submit Entries using Team Manager "Hy-Tek" Software via email (preferred) only.

Please include a hard copy of "Meet Entry Report" as a back-up.

Entries must include current (2015) USA Swimming or SNC registration numbers.

In order to guarantee priority, all **IES** teams shall notify Velocity Swimming via email of their intent to attend by **Wednesday, April 8th, 2015**. This notification shall include the approximate number of swimmers.

IES Teams Priority entry deadline is Wednesday, May 6, 2015.

Final Entries deadline is **Wednesday, May 13, 2015**.

Entries may be submitted via email to david_cutter@yahoo.com

Phone and late entries will not be accepted.

Please send the following 4 attachments via email (preferred):

1. zip entry file from Team Manager
2. Print to file (PDF format) of team individual entries
3. Print to file (PDF format) of team relay entries
4. Print to file (PDF format) of meet fees due.

Payment and hard copies must be received by the above deadline for entries to be considered official.

****Velocity Swimming respectfully requests that visiting teams supply help with timing in order to ensure that the meet runs without interruption.***

Entry Fees: Entry fees are Three Dollars (\$3.00) for each individual event and Twelve Dollars (\$12.00) for each relay event plus a Twelve Dollar, (\$12.00) IES surcharge per swimmer and a Three Dollar (\$3.00) facility surcharge per swimmer.

Fees & surcharges for each team must be paid with one check and accompany entries.

Please make the check payable to **Velocity Swimming** and address to:

**Velocity Swimming
C/O David Cutter
1552 Holly Lane
East Wenatchee, WA 98802**

***** Please Waive requirement for signature *****

Entries submitted on the IES Master Entry Form will be accepted for individual/family entries only. The form can be found on the FORMS page of the IE website, www.ieswim.org

Schedule:	Friday:	10:10 AM - 10:55 AM open warm-up
	Session One	11:00 AM - events begin
	Session Two	30-minute open warm-up Events begin 5 minutes after the conclusion of this warm-up
	Saturday:	7:25 AM - 7:55 AM age 10 & under warm-up
	Session Three	8:00 AM - events begin
	Session Four	30-minute open warm-up Events begin 5 minutes after the conclusion of this warm-up
	Session Five	30-minute open warm-up Events begin 5 minutes after the conclusion of this warm-up
	Sunday:	7:25 AM - 7:55 AM age 10 & under warm-up
	Session Six	8:00 AM - events begin
	Session Seven	30-minute open warm-up Events begin 5 minutes after the conclusion of this warm-up
	Session Eight	30-minute open warm-up Events begin 5 minutes after the conclusion of this warm-up Positive Check-in for the 1500 Free ends 1 hr prior to scheduled start time.

Warm-up: Lane assignments for warm-ups will be posted. Diving is permitted in designated sprint lanes and only under the direct supervision of a coach. Swimmers participating in the meet without an USA Swimming registered coach must report to the meet referee at the start of each warm-up session.

Meetings:	Friday	Coaches meeting at 9:45 AM Officials meeting at 10:15 AM
	Saturday & Sunday	Coaches meeting at 7:00 AM Officials meeting at 7:30 AM

Meet Administration:

Meet Referee:	Matt Bruggman	509-264-0694
Starter:	Genie Lutz	
Stroke & Turn:	Martin Davy, Larry Dressel, Jeff Sutton, and Mark Marquis	
Meet Director:	Noelle Grigsby	noelle.grigsby@gmail.com
Meet Entry Chair:	Dave Cutter	david_cutter@yahoo.com
Administrative Official:	Dave Cutter	

We welcome and need the assistance of visiting USAS Officials. Please bring current certification and USAS registration cards.

General: The **Meet Referee shall be the final authority for the conduct of the competition.** The length of the break between Sessions may be varied at the Meet Referee & Coaches discretion. The Meet Referee may schedule 10 minute breaks during the competition at his discretion. Fly-over starts will be used for all age groups. All events will be timed finals. Hospitality area and lunch will be provided for team Coaches and visiting Officials. Absolutely no animals on deck or in locker room at any time. Handicap parking and access is available in front of pool near main entrance.

Concessions: Velocity Swimming's concessionaire will be serving dinner Friday & Saturday nights with **breakfast and lunch on Saturday & Sunday.**

Hotels: Red Lion Hotel, (509) 663-0711, Wenatchee
Cedars Inn, (509) 886-8000, East Wenatchee
Best Western, (509) 665-8585, Wenatchee
Travelodge, (509) 662-8165, Wenatchee
Value Inn, (509) 663-8115, Wenatchee
Comfort Inn, (509) 662-1700, Wenatchee
Super 8 Motel, (509) 662-3443, Wenatchee
Inn at the River, (509) 888-7378, East Wenatchee
The Avenue Motel, (509) 663-7161, Wenatchee
Economy Inn, (509) 663-8133, Wenatchee
Best Western Icicle Inn, (509) 548-7000, Leavenworth
Quality Inn, (509) 548-7992 / (800) 693-1225, Leavenworth
Howard Johnsons, (509) 548-4326, Leavenworth
Linderhof Motor Inn, 800-828-5680, Leavenworth
Obertal Motor Inn, 800-537-9382, Leavenworth
Leavenworth Village Inn, (509) 548-6620, Leavenworth
Westcoast Wenatchee Center Hotel, (509) 662-1234, Wenatchee
Village Inn Motel, (509) 782-3522, Cashmere
Comfort Suites, (509) 662-1818, Wenatchee
Marriott Springhill Suites, (509) 667-2775, Wenatchee
Motel 6, (509) 663-8167, Wenatchee

Camping:

Under special arrangement with the City of Wenatchee, the Pioneer Park facility will be available for camping Friday through Sunday if desired. Drinking water and lavatory facilities will be available on a 24-hour basis. Security will be provided in the park at night. Self contained camper and trailers may use the parking lot on the west side of the pool, adjacent to Pool. Pool restroom facilities are available for one hour after last event Friday and Saturday and will open at 6:30 AM on Saturday and Sunday mornings.

To assist with offsetting the cost of providing camping in Pioneer Park, Velocity Swimmingis requesting that each family camping in the Park contribute \$30.00 for the weekend. Campers need to register with clerk of course on arrival. Each paid family will receive a notice of registration to post in a visible location.

Notes on Camping:

We are granted special permission by the City Parks Department to use the park for camping and they have **stipulated** the following rules, which must be followed:

- No vehicles on the grass. (No tent trailers)
- Campers and trailers shall be parked in parking lots adjacent to the pool or along Fuller St. only.
- Fuller St. parking is limited to lateral parking of camping units that will not go beyond the length of a pickup truck.
- Please do not park cars along side of campers on Fuller St. and take up 2 spaces.
- Camping spots shall be on a first come, first serve basis.
- No camping will be allowed prior to 9:00 AM Friday or later than 6:00 PM Sunday.
- Alcoholic beverages not allowed.
- Loitering in restroom not permitted.
- Electrical outlets not provided.
- Portable barbecues and stoves not permitted on picnic tables.
- No water balloons allowed.

Additional Local Camping is available at :
Confluence State Park, Wenatchee (509) 664-6373
Lincoln Rock State Park, East Wenatchee (509) 884-8702
Wenatchee River County Park (509) 667-7503

Pool Directions: From Hwy 2, travel south on Wenatchee Avenue.
Turn right at intersection with Miller Street.
Travel south on Miller to Russell (Pioneer Middle School is on the left).
Turn left on Russell - one block to Fuller – pool is on the left.

From Hwy 28 (East Wenatchee) cross Columbia River Bridge, turn right on Mission St.,
then immediate left on Ferry St. Follow Ferry St. (turns into Russell).
Pool will be on the right on Fuller Street.

2015 Apple Capital Open

Fee Computation Form

Number of Individual Events: _____ x \$3.00 = \$ _____
Number of Relay Events: _____ x \$12.00 = \$ _____
IES Surcharge per Swimmer: _____ x \$12.00 = \$ _____
Facility Surcharge per Swimmer: _____ x \$3.00 = \$ _____
Total amount due: _____ \$ _____

NOTE: Please make one check payable to Velocity Swimming

Name of Team: _____

Submitted by: _____

Date: _____

Address: _____

Telephone: _____ Day _____ Evening _____

E-mail:(important) _____

THE PRIORITY LISTING HAS BEEN COMPLETED AND INCLUDED IN OUR ENTRIES (YES OR NO)

Mail Entries To:
Velocity Swimming
David Cutter
1552 Holly LN
East Wenatchee, WA 98802

***** Please Waive requirement for signature *****

Entry Submission must include:

1. Commlink entry file from Team Manager
2. Print to file (word format) of team individual entries
(highlight 4th priority on hard copy)
3. Print to file (word format) of team relay entries
4. Print to file (word format) of meet fees due.

Please include a hard copy of "Meet Entry Report" as a back-up.

Entries must include current (2015) USA Swimming or SNC registration numbers.

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2015 IE VS Apple Capital - 5/29/2015 to 5/31/2015
Session Report

Session: 1 Friday Morning

Finals	1	Girls 11-12 400 Freestyle
Finals	2	Boys 11-12 400 Freestyle
Finals	3	Girls 13-14 400 Freestyle
Finals	4	Girls 11-12 200 Breaststroke
Finals	5	Boys 11-12 200 Breaststroke
Finals	6	Girls 13-14 200 Breaststroke
Finals	7	Girls 11-12 400 IM
Finals	8	Boys 11-12 400 IM
Finals	9	Girls 13-14 400 IM
Finals	10	Girls 11-12 100 Butterfly
Finals	11	Boys 11-12 100 Butterfly
Finals	12	Girls 13-14 100 Butterfly
Finals	13	Girls 11-12 200 Backstroke
Finals	14	Boys 11-12 200 Backstroke
Finals	15	Girls 13-14 200 Backstroke

Session: 2 Friday Afternoon

Finals	16	Mixed 10 & Under 200 Freestyle
Finals	17	Boys 13-14 400 Freestyle
Finals	18	Girls 15 & Over 400 Freestyle
Finals	19	Boys 15 & Over 400 Freestyle
Finals	20	Boys 13-14 400 IM
Finals	21	Girls 15 & Over 400 IM
Finals	22	Boys 15 & Over 400 IM
		Break: 5 Minutes:
Finals	23	Boys 13-14 50 Breaststroke
Finals	24	Girls 15 & Over 50 Breaststroke
Finals	25	Boys 15 & Over 50 Breaststroke
		Break: 5 Minutes:
Finals	26	Boys 13-14 200 Backstroke
Finals	27	Girls 15 & Over 200 Backstroke
Finals	28	Boys 15 & Over 200 Backstroke
Finals	29	Boys 13-14 100 Butterfly
Finals	30	Girls 15 & Over 100 Butterfly
Finals	31	Boys 15 & Over 100 Butterfly

2015 IE VS Apple Capital - 5/29/2015 to 5/31/2015
Session Report

Session: 3 Saturday Morning

Finals	32	Girls 10 & Under 100 Butterfly
Finals	33	Boys 10 & Under 100 Butterfly
Finals	34	Girls 8 & Under 100 Freestyle
Finals	35	Boys 8 & Under 100 Freestyle
Finals	36	Girls 9-10 100 Freestyle
Finals	37	Boys 9-10 100 Freestyle
		Break: 5 Minutes:
Finals	38	Girls 8 & Under 50 Backstroke
Finals	39	Boys 8 & Under 50 Backstroke
Finals	40	Girls 9-10 50 Backstroke
Finals	41	Boys 9-10 50 Backstroke
Finals	42	Girls 8 & Under 50 Breaststroke
Finals	43	Boys 8 & Under 50 Breaststroke
Finals	44	Girls 9-10 50 Breaststroke
Finals	45	Boys 9-10 50 Breaststroke
		Break: 5 Minutes:
Finals	46	Girls 8 & Under 200 Medley Relay
Finals	47	Boys 8 & Under 200 Medley Relay
Finals	48	Girls 10 & Under 200 Medley Relay
Finals	49	Boys 10 & Under 200 Medley Relay
Finals	50	Girls 10 & Under 200 IM
Finals	51	Boys 10 & Under 200 IM

2015 IE VS Apple Capital - 5/29/2015 to 5/31/2015
Session Report

Session: 4 Saturday Afternoon

Finals	52	Girls 11-12 100 Freestyle
Finals	53	Boys 11-12 100 Freestyle
Finals	54	Girls 13-14 100 Freestyle
Finals	55	Girls 11-12 200 Butterfly
Finals	56	Boys 11-12 200 Butterfly
Finals	57	Girls 13-14 200 Butterfly
		Break: 5 Minutes:
Finals	58	Girls 11-12 50 Breaststroke
Finals	59	Boys 11-12 50 Breaststroke
Finals	60	Girls 13-14 50 Breaststroke
Finals	61	Girls 11-12 50 Butterfly
Finals	62	Boys 11-12 50 Butterfly
Finals	63	Girls 13-14 50 Butterfly
		Break: 5 Minutes:
Finals	64	Girls 11-12 100 Backstroke
Finals	65	Boys 11-12 100 Backstroke
Finals	66	Girls 13-14 100 Backstroke
Finals	67	Girls 12 & Under 400 Medley Relay
Finals	68	Boys 12 & Under 400 Medley Relay
Finals	69	Girls 13-14 400 Medley Relay

2015 IE VS Apple Capital - 5/29/2015 to 5/31/2015
Session Report

Session: 5 Saturday Evening

Finals	70	Boys 13-14 400 Medley Relay
Finals	71	Girls 15 & Over 400 Medley Relay
Finals	72	Boys 15 & Over 400 Medley Relay
Finals	73	Boys 13-14 100 Freestyle
Finals	74	Girls 15 & Over 100 Freestyle
Finals	75	Boys 15 & Over 100 Freestyle
Finals	76	Boys 13-14 200 Breaststroke
Finals	77	Girls 15 & Over 200 Breaststroke
Finals	78	Boys 15 & Over 200 Breaststroke
Finals	79	Boys 13-14 100 Backstroke
Finals	80	Girls 15 & Over 100 Backstroke
Finals	81	Boys 15 & Over 100 Backstroke
		Break: 5 Minutes:
Finals	82	Boys 13-14 50 Butterfly
Finals	83	Girls 15 & Over 50 Butterfly
Finals	84	Boys 15 & Over 50 Butterfly
Finals	85	Boys 13-14 200 Butterfly
Finals	86	Girls 15 & Over 200 Butterfly
Finals	87	Boys 15 & Over 200 Butterfly
Finals	88	Boys 13-14 200 IM
Finals	89	Girls 15 & Over 200 IM
Finals	90	Boys 15 & Over 200 IM

Session: 6 Sunday Morning

Finals	91	Girls 8 & Under 50 Freestyle
Finals	92	Boys 8 & Under 50 Freestyle
Finals	93	Girls 9-10 50 Freestyle
Finals	94	Boys 9-10 50 Freestyle
Finals	95	Girls 8 & Under 50 Butterfly
Finals	96	Boys 8 & Under 50 Butterfly
Finals	97	Girls 9-10 50 Butterfly
Finals	98	Boys 9-10 50 Butterfly
		Break: 5 Minutes:
Finals	99	Girls 10 & Under 100 Backstroke
Finals	100	Boys 10 & Under 100 Backstroke
Finals	101	Girls 10 & Under 100 Breaststroke
Finals	102	Boys 10 & Under 100 Breaststroke
Finals	103	Girls 8 & Under 200 Freestyle Relay
Finals	104	Boys 8 & Under 200 Freestyle Relay
Finals	105	Girls 10 & Under 200 Freestyle Relay
Finals	106	Boys 10 & Under 200 Freestyle Relay

2015 IE VS Apple Capital - 5/29/2015 to 5/31/2015
Session Report

Session: 7 Sunday Afternoon
Day of Meet: 3

Finals	107	Girls 11-12 50 Freestyle
Finals	108	Boys 11-12 50 Freestyle
Finals	109	Girls 13-14 50 Freestyle
Finals	110	Girls 11-12 50 Backstroke
Finals	111	Boys 11-12 50 Backstroke
Finals	112	Girls 13-14 50 Backstroke
		Break: 5 Minutes:
Finals	113	Girls 11-12 100 Breaststroke
Finals	114	Boys 11-12 100 Breaststroke
Finals	115	Girls 13-14 100 Breaststroke
Finals	116	Girls 11-12 200 Freestyle
Finals	117	Boys 11-12 200 Freestyle
Finals	118	Girls 13-14 200 Freestyle
Finals	119	Girls 11-12 200 IM
Finals	120	Boys 11-12 200 IM
Finals	121	Girls 13-14 200 IM
Finals	122	Girls 12 & Under 400 Freestyle Relay
Finals	123	Boys 12 & Under 400 Freestyle Relay
Finals	124	Girls 13-14 400 Freestyle Relay

Session: 8 Sunday Evening

Finals	125	Boys 13-14 200 Freestyle
Finals	126	Girls 15 & Over 200 Freestyle
Finals	127	Boys 15 & Over 200 Freestyle
Finals	128	Boys 13-14 100 Breaststroke
Finals	129	Girls 15 & Over 100 Breaststroke
Finals	130	Boys 15 & Over 100 Breaststroke
		Break: 5 Minutes:
Finals	131	Boys 13-14 50 Freestyle
Finals	132	Girls 15 & Over 50 Freestyle
Finals	133	Boys 15 & Over 50 Freestyle
Finals	134	Boys 13-14 50 Backstroke
Finals	135	Girls 15 & Over 50 Backstroke
Finals	136	Boys 15 & Over 50 Backstroke
		Break: 5 Minutes:
Finals	137	Boys 13-14 400 Freestyle Relay
Finals	138	Girls 15 & Over 400 Freestyle Relay
Finals	139	Boys 15 & Over 400 Freestyle Relay
Finals	140	Mixed 11 & Over 1500 Freestyle