STEVE HAMS HOOT N HOLLER

SPRINT INVITATIONAL

SATURDAY, OCTOBER 30, 2021

Meet Site: The Tex Robertson Natatorium located in the YMCA of the Highland Lakes in beautiful Burnet, Texas. 1601 S. Water St. Burnet, TX 78611.

Facility:
* 10 competition lanes with a separate warm down pool.
• Locker rooms and showers
• Coaches' and officials hospitality
• Fully automated 10 lane Colorado timing system
• Ample seating for competitors and spectators (We may access the gym for extra seating for swimmers if necessary - Please plan to have a parent or two to help monitor your swimmers in the gym.)
• Meet manager computer program will be used to conduct the meet.

Schedule: Warm-up at 8:00 a.m. (warm-up sessions will be assigned prior to the meet via email)
Coach's Meeting @ 9:45 a.m.
Swimming will begin at 10:00 a.m.

2021-2022 National Federation Rules will apply.

Scoring: Standard Scoring: 1st-16th

Points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays: Double Points

Awards: Trophy for 1st place Boys and Girls Teams

Custom Awards: Medals: 1st - 3rd (Every Event)

Ribbons: 4th - 10th (Every Event)

Entry Limit: Each swimmer may enter a maximum of four events.
No more than two may be individual events. Individual events are unlimited. Relay entries are limited to two per school per event. Only the first 4 swimmers from each team may contribute points toward their team score. Both A and B relays will be scored. The first 500 swimmers will be entered into the meet.

Entry info. & Fees: MUST USE HYTEK PROGRAM –
E-mail entries to spegues@burnetcisd.net. NO entries will be accepted unless they are entered using this format. *(If you are a small school with no Hytek please send me your entries in an excel or google spreadsheet: Name, Age, DOB, Sex, Grade, Event, Seed time)*

Entries fees: $12.00 per Athlete/$12 per Relay. Fees are due prior to the start of the meet.

Checks should be made out to and mailed to:

Burnet Athletics

208 East Brier
Burnet, Texas 78611

Memo – Swim Meet Entry Fees

Entry Deadline: NO LATER THAN 5:00 P.M.ON Monday, October 25th, 2021. This is so a Psych Sheet can be generated by Tuesday, October 26th, 2021.

Any questions please contact the Meet Director Stephanie Pegues @ 908-902-7134 or e-mail spegues@burnetcisd.net.

Warm-up Procedures: You will be emailed warm-up schedule after all of the entries have been received.

- The warm-up will be a general warm-up in all lanes.
- No sprinting or pace work is allowed during this period.
- No diving is allowed during the general warm-up.
- Swimmers must enter the water feet first in a cautious manner.
- During the last 10 minutes of warm-up, one-way dives will be allowed.
- Coaches will be responsible to make sure their team follows these warm-up rules.

Disclaimer: In entering this meet, it is understood and agreed that the Burnet Consolidated ISD, The City of Burnet, the YMCA, and all employees or volunteers shall be free from any liabilities or claims for damages arising by reason of injury to anyone during this meet. Damage to the facility, when proven, will cause the offending swimmer, and their school district, to be held accountable for repairs.

Admission for spectators: $3.00 per adult/$2.00 per student

EVENTS LISTED BELOW/ RELAYS ARE MIXED RELAYS

1	200 WITCH HAT RELAY	1
3	100 FREE	4
5	100 IM	6
7	50 FREE	8
9	100 BROOMSTICK RELAY	9
11	50 FLY	12
13	200 FREE	14
15	100 SWEATSHIRT RELAY	15
17	50 BACK	18
19	50 BREASTROKE	20
21	250 FROG FEET RELAY	21

EXPLANATION/ DESCRIPTION OF THE COED RELAYS

Witch Hat Relay – First swimmer will perform a feet first entry from the block, swim a heads up 50, upon returning the first swimmer will exit the water and place the witch hat on the next swimmer. The second, third, and fourth swimmers will enter feet first from the deck. The race is complete when the fourth swimmer touches the pad at the end of the race.

Broomstick Relay – First swimmer will dive into the water from the deck, swim a 25 with at least one hand on the broom handle between the tape on the handle, exit the water at the end of their 25, and hand the broom off to the next competitor who will do the same. The fourth swimmer will finish the race by touching the pad with their hand.

Sweatshirt Relay – The first swimmer will start from the block with the sweatshirt on and all others will start from the deck. Each swimmer will dive in and swim a 25, exit the water to remove the shirt and pass it to the next competitor. The next competitor should have the sweatshirt on appropriately….ie…. head and arms in the correct places. The race is complete when the final swimmer contacts the pad at the end of their turn. Each relay may have one additional teammate on each end to help with the sweatshirt exchange.

Frog Feet Relay – All swimmers will start from the deck using a dive. Each competitor will wear fins for their leg of the race. In the event a fin falls off the competitor must stop and put the fin back on and then without advancing off of the bottom the swimmer will then continue their leg of the race. The second, third, fourth, and fifth swimmer may not begin their leg of the race until the previous swimmer exits the water completely. The first swimmer will swim a 25, second swimmer will swim a 75, the third swimmer will swim a 25, the fourth swimmer will swim a 75, and the final swimmer will swim a 50. The race is complete when the final swimmer touches the pad at the end of their leg of the race. EACH RELAY TEAM WILL BRING THEIR OWN FINS FOR THIS RELAY.