

2019 IE LCN FAZZARI'S PIZZA

Hosted by: Lewis Clark Neptune Swimming (A Combined Meet)



LEWISTON, IDAHO

May 18-19, 2019

Held under the sanction of USA Swimming and Inland Empire Swimming, Inc. Sanction #IE-19-1389, approval of USA Swimming, and sanctioned by Inland Northwest Masters Swimming Committee for USMS Inc. Sanction #359-S003

In granting this sanction, it is understood and agreed that USA Swimming (USA-S) 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 or visual recording, including the use of a cell phone camera, is not allowed in 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. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

HOST: Lewis Clark Neptune Swimming (LCN) & Lewis Clark Neptune Masters (LCNM)

LOCATION: Orchards Pool, 1301 Airway Ave, Lewiston, Idaho, 83501

FACILITY: Outdoor 50 Meter course, six lanes, each approx. 7 1/2 feet wide, with flow-through anti-turbulence lane ropes. Starting area depth exceeds 8 feet, except for 200 relay exchanges which will make the 50 and 150 exchanges (3 and a half foot depth area) by water start as required by USA Swimming Technical Rule 103.2.3.A. The competition course has not been certified by USA Swimming in accordance with 104.2.2C(4). However, the length of the competition course without a bulkhead is in compliance and on file with U.S. Masters Swimming in accordance with articles 105.1.7 and 106.2.1. The "designated deck area" will be enforced. Only swimmers, coaches, officials, and meet workers are 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, together with the area behind the start platforms up to the timer chairs, and also the entire deck area on the South side (street side) of the pool. Handicap accessibility to the pool deck and locker rooms are available.

MEET FORMAT: This will be a timed finals meet.

All swimmers may enter 5 individual events per day and 1 relay event per day. The 1500 meter freestyle will be deck seeded, fastest to slowest and will alternate girls and boys. Check in for the 1500 free must be done by 11:00 a.m. on Saturday May 18th. Swimmers swimming the 1500 must provide their own lap counter and timer.

SCHEDULE:

Warm-up lanes lane assignments will be posted on deck and in the meet program. Meet Marshals will be present during warm up.

Saturday May 18, 2019:

USMS Warm Ups: 7:30-8:00 a.m.

USAS Warm Ups: 8:00 – 8:45 a.m.

Officials Meeting: 8:10 a.m.

Coaches Meeting: 8:45 a.m.

Meet Starts: 09:00 a.m.

Sunday May 19, 2019:

USMS Warm Ups: 7:30-8:00 a.m.

USAS Warm Ups: 8:00-8:45 a.m.

Officials Meeting: 8:10 a.m.

Coaches Meeting: 8:45 a.m.

Meet Starts: 09:00 a.m.

RULES:

This is a Combined Meet with USA Swimming and US Masters Swimming each granting a sanction to approve this meet. Current United States Swimming rules will govern the meet. The rules and procedures of Inland Empire Swimming will also apply.

Inland Empire scratch rules will be in effect. The meet referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event should be directed to the Meet Referee by the coach of that team. USA Swimming athletes participating without a coach must report to the meet referee at the start of the warm-up session for instructions. Coaches for USA Swimming competitors must be 2019 USA Swimming members. These coaches must provide proof of certification upon request by the meet referee. Masters athletes must be currently registered with USMS and provide a copy of their USMS card. Athletes with a disability are welcome; requests for accommodations for any disabled swimmer should be directed to the Meet Referee and the Meet Director **PRIOR TO THE MEET.**

Drones: Unless approved in writing in advance of the competition by the Vice President of Program Operations, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools athlete/coach areas, spectator areas and open ceiling locker rooms (any time athletes, coaches, officials and/or spectators are present.

The Meet Referee may schedule ten-minute breaks during the competition, at his/her discretion.

ELIGIBILITY:

Open to all swimmers who are registered for 2019 with USA or USMS swimming. Registration numbers must accompany the master entries. Age on the first day of the meet determines the age group to enter. Athletes with disabilities are welcome and are asked to provide notice of necessary accommodations. **NO DECK ENTRIES ARE PERMITTED EXCEPT AT THE DISCRETION OF THE MEET REFEREE AND MEET DIRECTOR.**

SUBMITTING ENTRIES:

Entries will be limited to the first 400 swimmers. All entries must be METER times. Entries may be submitted by either of the following methods:

- 1.) E-mail Hy-tek Commlink file for individual events and relays. Please also e-mail a *Meet Entries Report* for individual and relay events sorted by swimmer and exported as a Word document. Please check the *Meet Entries Report* for accuracy before you send your entries.
- 2.) Use the Master Entry Form
<http://www.ieswim.org/wzielsc/UserFiles/File/MASTERENTRYFORM.pdf> . Fill out form completely. Age and registration numbers are required. Enter the entry times for all swimmers directly on the form. Complete and send the Meet Summary Form also.

Please include the name, phone number, and email of a contact person for entry questions.

The USA Swimming SWIMS database requires that ALL swimmer data 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.

ENTRY FEES:

Entry Fee of \$3.00 per individual event per swimmer, plus a \$19.00 surcharge (\$5.00 facility fee) per swimmer and a \$12.00 fee per relay team must be paid with entries. **Teams should submit one check made payable to LCN.** Entries will not be accepted until fees are received. Entry fees are non-refundable.

**ENTRY
DEADLINE:**

Entries must be received no later than **Wednesday May 8, 2019**. Late entries will NOT be accepted. If you have questions concerning your entries, please contact Chris or Nicole Engledow at NMCraft@aol.com or (208) 553-7143. E-mail entries to: NMCraft@aol.com Please send checks and hand entered entries by **non-registered** mail to:

Lewis Clark Neptune Swimming
Chris & Nicole Engledow
PO Box 1032
Asotin, WA 99402

AWARDS:

Awards will be given to first through 6th place finishers in each USAS event. Relays will be given awards for 1st – 3rd place in each USAS event. First place high point awards will be given for the following USAS age groups: 8 & under girls, 8 & under boys, 9-10 girls, 9-10 boys, 11-12 girls, 11-12 boys, 13-14 girls, 13-14 boys, 15-16 girls, 15-16 boys, 17 & over girls, 17 & over boys. No awards will be given for USMS swimmers.

SCORING:

All events that are swum as 12 & under, 13 & over, and open, will be scored in their individual age groups with the exception of the relays. Events will be scored 1st through 6th place. Swimmers will only score in their IES approved age group events. Individual team scores will not be recorded. High point awards will be announced and presented at the conclusion of the meet.

OFFICIALS:

Meet Directors: Nicole Engledow, (208) 553-7143 NMCraft@aol.com
Admin Ref: Nicole Engledow
Meet Referee: Mike Miura mikemiura90@yahoo.com
Meet Starter: Mike Graham
Stroke & Turn: Paige Buehler, Brian Johnson, Steve Hudlet, Bill Dougherty

Coaches must display current and valid credentials at all times during the meet.

TIMING:

Help from visiting teams will be greatly appreciated. Timing assignments for each team will be posted at the pool.

CONCESSIONS:

Concessions will be available during the meet.

OTHER: The Orchards pool is surrounded by a grassy field that is available for spectators and swimmers. Few bleachers are provided, so it is suggested that you bring chairs and canopies for shade. USAS rules regarding weather will be in effect and refunds will not be given due to cancellation of meet due to weather.

CAMPING: Camping (tent or RV) is available at the fair-grounds (directly across the street from the pool) for \$25.00/night for hook ups and \$13.00/night for tent sites (fee is per tent). **Payment must be made to the meet director via check (to LCN) or cash ON ARRIVAL.** Camping is available both Friday May 17 and Saturday May 18th.

Other Camp Sites:

Hells Gate State Park: (RV & tents) (located on the Snake River)
Call (208) 799-5015 ASAP for reservations
(Lewiston, Idaho)

Hells Canyon RV Park: (RV) (located further down Snake River)
Call (509) 758-6963

Granite Lake RV Park: (RV) (located on the Snake River)
Call (509) 751-1635 to make reservations

POOL RULES:

NO GLASS ON OR AROUND POOL DECK

ONLY SWIMMERS, COACHES, OFFICIALS AND MEET WORKERS ARE PERMITTED 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 AND BEHIND THE START PLATFORMS UP TO THE TIME CHAIRS.

DIRECTIONS: **From North (US 95/US 195), East (US 12) or South (US 95):**
At bottom of Lewiston Hill, take Lewiston Exit (US 12). Proceed across Clearwater River, and after crossing Memorial Bridge turn left at first signal light (21st Street). Continue up 21st street approx. 1 mile, and continue up Thain Grade (slight veer to left). At top of Thain Grade (Walmart), continue on Thain approx. 1 mile to signal light at Bryden Ave. (just past Rosauer's). Make a left turn onto Bryden Ave, and proceed one-half mile to end of Bryden (13th Street). Right turn on 13th Street, one short block to Airway Ave. Orchards Pool is on your left. Parking lot is at other end of pool.

From West (US 12):

As you enter Clarkston outskirts, you will pass by the Clarkston Golf and Country Club. First intersection after the golf course is 15th Street. Make a right turn on 15th Street, and proceed approx. 2 miles to traffic signal at Fleshman Way. Turn left; proceed down Fleshman Way (IN RIGHT LANE) (approx. 1 mile to Snake River), change to left lane as you cross river, and continue up Bryden Canyon. From top of Bryden Canyon, continue another 2 miles on Bryden Ave. to signal light at Thain (just past Rosauer's). Continue straight on Bryden Ave, and proceed one-half mile to end of Bryden (13th Street). Right turn on 13th Street, one short block to Airway Ave. Orchards Pool is on your left. Parking lot is at other end of pool.

HOTELS:

****All Hotels within the area are within 4 miles of the pool**

Be sure to make reservations early....

Quality Inn, Clarkston, WA (509) 758-9500 (on river)
Motel 6, Clarkston, WA (509) 758-1621
Comfort Inn, Lewiston, ID (208) 798-8090

Red Lion, Lewiston, ID (208) 799-1000
(sponsoring hotel with special rate! See flyer)

Holiday Inn, Lewiston, ID (208) 750-1600
Inn American, Lewiston, ID (208) 746-4600

*****BE SURE TO MAKE HOTEL RESERVATIONS EARLY!!!**

Camping/ RV: (see above under camping)

Camping is available at the Fair Grounds, directly across from the pool. (see above under camping)

ACTIVITES:

Asotin County Family Aquatic Center: Water slides, **Wave Pool with 4 foot Waves!!**, Lazy River, and "Zero Depth" entry pool. Info Hot-Line: (509) 243-2001

Golf: Bryden Canyon Golf Course (208) 746-0863

Lewiston Golf & Country Club (208) 798-0483

Quail Ridge Golf Course (509) 758-8501

Movies: Orchards Cinema 3323 10th St. Lewiston (by Rosauer's)

Village Centre Cinemas, 2920 Nez Perce, Lewiston (208) 798-8080

Other: Gateway Golf Center - 18 hole natural grass miniature golf putting green course. Course located near

Restrictions:

TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. NO SHAVING.

USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN CHANGING AREAS, REST ROOMS OR LOCKER ROOMS.

FAZZARI'S OPEN

May 18 & 19, 2019 EVENTS

(Odd numbers are girl's events, even numbers are boy's events.)

Saturday: May 18, 2019

Event # Event Age Group

Session 1

1-2 200 IM 12 & under
3-4 400 IM Open
5-6 200 Medley Relay 12 & under
7-8 200 Medley Relay 13 & over
9-10 100 Back 12 & under
11-12 200 Back 13 & over
13-14 50 Breast 12 & under
15-16 100 Breast 13 & over

15 minute break before session 2

Session 2

17-18 100 Free 12 & under
19-20 100 Free 13 & over
21-22 100 Fly 12 & under
23-24 200 Fly 13 & over
25-26 1500 Free Open

Sunday: May 19, 2019

Event# Event Age Group

Session 3

27-28 400 Free Open
29-30 200 Free Relay 12 & under
31-32 200 Free Relay 13 & over
33-34 50 fly 12 & under
35-36 100 fly 13 & over
37-38 12 & under 200 free
39-40 13 & over 200 free
41-42 12 & under 100 breast

15 minute break before session 3

Session 4

43-44 13 & over 200 Breast
45-46 12 & under 50 Back
47-48 13 & over 100 Back
49-50 12 & under 50 Free
51-52 13 & over 50 Free

FAZZARI ' S OPEN



LEWISTON, IDAHO

May 18-19, 2019

VISITING TEAM INFORMATION:

TEAM: _____

COACH: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

ENTRIES PREPARED BY: _____

PHONE: _____

E-MAIL: _____

ENTRY FEE TABULATION:

Surcharge # of swimmers _____ x \$19.00 = _____

Individual Events # of events _____ x \$3.00 = _____

Relays # relays _____ x \$12.00 = _____

TOTAL-----\$ _____

of USAS Swimmers: _____ # of USMS swimmers: _____

Make checks payable to: LCN

Mail entries to: LCN

Chris & Nicole Engledow

PO Box 1032

Asotin, WA 99402

Please waive signature for delivery

All USMS Masters Swimmers Must complete the following form and submit it with entry. This form must be received prior to competition or the athlete will not be eligible to participate.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	