

ARPA State Swim & Dive Meet

Cullman Wellness and Aquatic Center

Cullman, Alabama

July 28 – 30, 2011

- HOSTED BY:** Cullman Parks and Recreation Department
- LOCATION:** Cullman Wellness and Aquatic Center
1636 Field of Miracles Drive SW
Cullman, AL 35055
- FACILITY:** POOL Outdoor 25-yard pool, offering 8 lanes for short course competition with pool depth ranging from 3 ½ feet to 12 ½ feet. Indoor 25-yard pool, offering 6 lanes will be available for general warm-up during the meet.
TIMING: Automatic timing will be provided by Daktronics Timing System with HYTEK interface on the course. Manual back up will be used. An 8-lane scoreboard will be available.
- RULES:** 2011 ARPA Swimming and Diving rules will govern the meet.
- OFFICIALS:** Meet Director: Robby Dellinger
Referee: Dave Smith
Starter: Frank Odell
- WARM-UP AND START TIMES:** Dive meet warm ups will be on Thursday July 28 at 9:00 a.m. with competition following. State swim meet warm-ups start at 7:45 a.m. with competition beginning at 10:00 a.m. Friday, July 29 and Saturday, July 30. Relay swimmers will be allowed to warm up during the one hour break each day.
- SAFETY:** In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool rules and to conduct themselves in a safe manner. **Only meet workers, coaches, officials and swimmers will be allowed inside the barriers on the pool deck.** Coaches are asked to help control the crowded pool deck by making sure all swimmers that are not at Clerk of Course stay in the spectator area.
- ELIGIBILITY:** All athletes must be ARPA Swimming registered. Each District will use the ARPA guidelines to determine eligibility.
- ENTRIES:** District hosts are urged to submit swimmer entries using HY-TEK's Team Manager or Meet Manager software. All relays must include names; changes will be accepted on deck the morning of the respective relays. A computer printout of entries with the event numbers and event description must be included in the entry packet. Teams without Hy-tek software must use enclosed entry forms. Entries are to be listed in short course yards.
Diving rosters (name, age, gender, events) for each district must be submitted by the deadline. Dive sheets will be completed on deck July 28 at the meet.
- ENTRY FEES:** \$3.00 per individual event
\$1.50 ARPA surcharge per athlete
\$8.00 per relay
- ENTRY LIMIT:** Swimmers may enter a maximum of 3 individual events and 2 relays per ARPA rules. Diving entries do not count toward the limit.

LATE ENTRIES: Late entries **will not** be accepted unless protest committee allows it.

ENTRY ERRORS: If due to meet error, the swimmer will be deck entered into an open lane of the heat nearest his/her entry time or in a new heat. The entire event will not be reseeded.

ENTRY DEADLINE: Email entry file by **Tuesday, July 19 at 12 p.m.**
Entry packet must be received by the Meet Director by **Tuesday, July 19, 2011 at 12 p.m.** Packet should include:

- Entry fee (payable to Cullman Parks and Recreation)
- Entry fee form (D-1)
- Roster (may be Hytek generated)
- District Meet results
- Entries by event (may be Hytek generated)

MAIL ENTRIES TO: Email entries to cpilcher@rocketmail.com.

Mail entry packet to:
Meet Director, ARPA Swim and Dive Meet
Cullman Wellness and Aquatic Center
1636 Field of Miracles Drive SW
Cullman AL, 35055
(256) 775-7946

SEEDING: All events are timed finals and will be seeded according to all applicable USA Swimming rules. Notification of scratches will be appreciated.

SCRATCHES: All scratches should be submitted to the Clerk of Course as soon as possible before or during the scratch meeting. There will be no lane changes due to scratches. There will be no adding swimmers to the meet.

AWARDS: Medals will be awarded to 1st-6th place in diving and in individual swimming events, and to 1st-3rd place in relay events. Ribbons will be awarded to 7th-8th place in individual events and 4th-8th in relays. Team trophies will be awarded in the Large and Small municipalities as stated in ARPA rules.

COACHES MEETING: A coaches meeting will be held at the following times:
Thursday July 28 at 9:00 a.m. for diving
Friday July 29 and Saturday July 30 at 9:00 a.m. for swimming

OTHER: There will be a hospitality room available for coaches and officials only. A concession area will be provided. The facility has ample space for tents outdoors as well as a double wide gym for breaks between events. Updates for the meet will be posted on www.cullmanswimteam.com.

ARPA State Dive Meet

Thursday morning - July 28

Warm-ups 9:00 a.m.

Event # Boys	Event	Event # Girls
1D	1 Meter Diving 10 & Under	2D
3D	1 Meter Diving 11-12	4D
5D	1 Meter Diving 13-14	6D
7D	1 Meter Diving 15-18	8D
9D	3 Meter Diving 12 & Under	10D
11D	3 Meter Diving 13-14	12D
13D	3 Meter Diving 15-18	14D

ARPA State Swim Meet

Friday morning - July 29

Warm-ups 7:45 a.m. - 9:45 a.m. Start 10:00 a.m.

Event # Boys	Event	Event # Girls
1	8&under 100 IM	2
3	9-10 100 IM	4
5	11-12 100 IM	6
7	13-14 100 IM	8
9	15-18 100 IM	10
11	8&under 25 Breast	12
13	9-10 50 Breast	14
15	11-12 50 Breast	16
17	13-14 50 Breast	18
19	15-18 50 Breast	20
21	8&under 25 Free	22
23	9-10 50 Free	24
25	11-12 50 Free	26
27	13-14 50 Free	28
29	15-18 50 Free	30

Friday Afternoon - July 29

Open Warm-up for one hour. The afternoon session will not start before 12:00 p.m.

31	8&under 100 Medley Relay	32
33	9-10 200 Medley Relay	34
35	11-12 200 Medley Relay	36
37	13-14 200 Medley Relay	38
39	15-18 200 Medley Relay	40

Saturday Morning - July 30

Warm-ups 7:45 a.m. - 9:45 a.m. Start 10:00 a.m.

41	8&under 25 Fly	42
43	9-10 50 Fly	44
45	11-12 50 Fly	46
47	13-14 50 Fly	48
49	15-18 50 Fly	50
51	8&Under 25 Back	52
53	9-10 50 Back	54
55	11-12 50 Back	56
57	13-14 50 Back	58
59	15-18 50 Back	60
61	8&under 50 Free	62
63	9-10 100 Free	64
65	11-12 100 Free	66
67	13-14 100 Free	68
69	15-18 100 Free	70

Saturday Afternoon - July 30

Open Warm-up for one hour. The afternoon session will not start before 12:00 p.m.

71	8&under 100 Free Relay	72
73	9-10 200 Free Relay	74
75	11-12 200 Free Relay	76
77	13-14 200 Free Relay	78
79	15-18 200 Free Relay	80