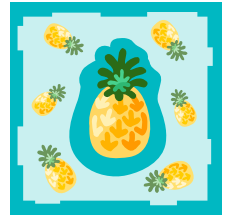


WEST PINEAPPLE PLUNGE
MAY 3-4, 2008
INVITATIONAL SWIM MEET



SPONSORED BY	SANCTIONED BY	MEET SANCTION NUMBER
West Express Swim Team	Minnesota Swimming, Inc. and USA Swimming, Inc	MN08-04-121Y

MEET DIRECTOR	Julia Augdahl Phone: 952-556-5654 e-mail: augdahls@hotmail.com
MEET MARSHAL	Julia Augdahl
INQUIRIES	Brian Nagel Phone: 763-742-4869 e-mail: westcoach2006@hotmail.com
ENTRIES	Haley Jo Rhode swimcoachhaley@aol.com 1009 Ridge Haven Circle Buffalo, MN 55313 (763) 957-0458
SAFETY COORDINATOR	Brian Nagel
TEAM COACHES	Brian Nagel Sarah Wollenhaupt Haley Jo Rhode
CLUB OFFICIALS	Mark Augdahl Peter Donnelly Brian Stark Erin Stark
REFEREE	Rick Biggs
TEAM PRESIDENT	Brian Stark
REGISTRATION CHAIR	Cassy Shapley 1001 Highway # 7, Hopkins, MN 55305 (952)988-4184

MEET TYPE

This is a two-day, invitational meet for all swimmers with any times in scheduled events. Each day will have one session only, and will have events for all swimmers. WEST would like to encourage all swimmers, even brand-new swimmers, to compete. The meet format was designed to allow new swimmers to gain valuable meet experience and to give experienced swimmers a chance to swim events that they might not have swum previously.

TEAMS ATTENDING

The following teams were invited to participate in the meet:

- Blackline
- Richfield
- Dolphin
- Barracuda
- Foxjet
- Black Dog
- Orcas
- North Suburban
- Farmington
- STMA
- YWCA MPLS
- Hopkins
- Metro Marlins

POOL LOCATION

Chaska Middle School East

The school is located near the intersection of Highway 41 and Engler Boulevard in Chaska, Minnesota. Take new 312 West to Highway 41. Go South on Highway 41 to Engler Boulevard. Go left on Engler and left on Park Ridge. The school will be at the top of the hill and the pool entrance is on the West side of the school. The telephone number at the school is 952-556-7600. Please call Julie Augdahl at 952-693-6251 if you have any issues finding the pool.

TIME SCHEDULE (BOTH DAYS)

Warm-up 8:00

Meet Start 9:00

Meet is likely to be complete by 2:00 p.m. on both Saturday and Sunday.

Positive check in is required for all 400, 500, and 1000 yard individual events.

FACILITY

The pool at Chaska Middle School East is a 6-lane, 25-yard indoor pool with lanelines and backstroke pennants. Slanted starting blocks are 30 inches above the water surface. The pool depth at the starting end is 7 feet and 0 inches deep.

TIMING

An electronic timing system with backup buttons and/or watches, horn start, and touchpads at the start end of the pool will all be used.

ENTRY LIMITATIONS

Age of a swimmer is determined by their age on the first day of the meet. Even though there are multiple events for each age group to choose from, **each swimmer may compete in a maximum of 4 individual events per day, not including relays.** All seed times must be in yards.

ENTRY DUE DATE

Please have all entries sent via e-mail no later than 5:00 p.m. on Friday, April 25, 2008.

AWARDS

Ribbons will not be awarded at the WEST Pineapple Plunge, but each participant will receive a participation award and each event winner will receive an award.

SCORING

None

FEES

\$1.50 entry fee (new MSI non-scheduled meet fee) plus a flat fee of \$26.50 per swimmer. Relays are included in the flat fee, so **each swimmer will pay a total of \$28 regardless of number of events.** Checks must accompany entries and be made payable to West Express Swim Team.

CONCESSIONS

Concessions will be available for the duration of the meet.

OVERSIZE MEET PROCEDURE

The MSI/USA Swimming four-hour rule will be followed. If the meet becomes too large, MSI Legislative procedure will be followed.

MEET INFORMATION, RULES AND REGULATIONS

All information rules and regulations, including time standards, schedules, orders of events, meet operations and requirements will be found in the Minnesota Competitive Rules and Regulations and United States Swimming Rules and Regulations current editions.

USA SWIMMING MEMBERSHIP

All swimmers must be current 2008 registered athlete members of USA Swimming. All coaches must be current 2008 registered non-athlete members of USA Swimming and have certification required to be a USA Swimming Coach. Any club or individual entering a non USA-Swimming registered swimmer will be subject to a \$25.00 fine per event per swimmer.

WARM-UP

Current MSI and USA Swimming Rules will govern all aspects of the warm-ups and competition. Swimmers and coaches are expected to be acquainted with all rules and obligations. Failure to follow will result in disqualification of swimmer(s) or coach(es) from next individual event or expulsion from the meet. The NO Diving and Slip-In Entry rules will be strictly enforced.

SWIMMERS WITHOUT A COACH PRESENT

USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

PURPOSE

To encourage and promote competitive swimming among age group swimmers

ENTRIES

All entries must be completed by the entering club or individual who will be solely responsible for the accuracy of the entry. A fine of \$25.00 per event will be charged for falsifying an entry. Please call the entries person for directions if you need to hand deliver.

TIMED FINALS

This meet is pre-seeded. All swimmers must report to their blocks for the start of their heat.

TIME STANDARDS

Minnesota Time Standards, Revised May, 2006 will be used. Senior events will use the 15-16 age group time standards to qualify.

TIMELINES

Any timeline provided, whether through MSI phone line or in the meet program, is for information purposes only.

CHANGES TO THE MEET INFORMATION

Any changes to the meet information will be discussed, reviewed and voted on at the coaches meeting held each morning before the beginning of the first session of the day. Changes must be approved by a 100% vote of coaches in attendance at the appointed meeting.

MEET COMMITTEE

A meet committee will be formed by the meet referee. It will consist of at least one official (excluding the meet referee), one coach (not from the host club) and one athlete (not from the host club). Judgment decisions cannot be protested.

COACH'S MEETINGS

Will take place on a regular basis.