

26th Annual Dolphins Invitational

May 22-24, 2009

We invite you to attend our meet and to take advantage of our 50 meter pool for training before and after the meet. There is no cost to the training and please bring as many swimmers as you like.



Sanctioned by:	Virgin Islands Swimming Federation
Hosted by:	St. Croix Swimming Association
Meet Director:	St. Croix Dolphins Board of Directors
Dates:	May 22-24, 2009
Fees:	US \$35.00 per swimmer, this includes a meet T-shirt and the Awards Ceremony. No extra fee for relays. Please make checks payable to: St. Croix Swimming Association.
Place:	The Dolphins Pool (a 6 lane, 50 meter facility) located at the Country Day School in Christiansted on the island of St. Croix in the US Virgin Islands.
Timing System:	Omega (OSM 6) with touch pads and button backup
Meet Eligibility:	All swimmers must be properly registered with their own swimming federation
Entry Forms:	Please send entry over email using hy-tek system. If not able to do so, please use forms attached on this summons.
Mail Entries:	Kevin Tyrrell, P.O. Box 972, Kingshill, VI 00851. Please send entries to dolphinscoach@islands.vi Entries are due on May 11, 2009
Entries:	Swimmers are limited to 3 events per day plus one relay event per day
Deck Entries:	Will be accepted only when space permits and at the discretion of the meet referee. There will be a US \$15.00 fee per swim.
Meet Format:	All events are timed finals

Protests:	The designated team representative must file a written and signed protest with the referee within one hour of the posted result of the event. The cost of the protest will be \$10. The protest will go to the Protest Committee that will be named prior to the Meet. If the protest is upheld the fee will be returned to the team representative.
Scoring:	Points: Individual Events: 7-5-4-3-2-1 Relay Events: 14-10-8-6-4-2
Age:	According to FINA rules: December 31, 2008 determines the swimmer's age group. Age groups are 8 & Under, 9 - 10, 10 & Under, 11 - 12, 13 - 14, 15 & Over and Open
Awards:	The 1 st , 2 nd and 3 rd high point winner in each age group will receive a <i>trophy</i> . For individual events ribbons will be given for 1 st -6 th . Relay event ribbons will be given for 1 st , 2 nd , and 3 rd place. There will also be a <i>Team Spirit Award</i> and a <i>Team Sportsmanship Award</i> . There will be an awards ceremony at the conclusion of the Sunday session of the meet.
Results:	Will be posted on the bulletin boards by the concession stand. Results will be emailed to each team.
Concession:	A concession stand will be open each day at the far end of the pool
Housing:	50 swimmers will be housed for free with Dolphin families using a first come-first served selection process. Full payment of entry fees is needed in advance for housing. Housing requests are due by April 22, 2009 to dolphincoach@islands.vi Please list any special dietary needs of the swimmers.
Coaches Info:	<ol style="list-style-type: none"> 1. If the meet is full, teams will be assigned warm-up lanes and times based on the number of swimmers participating otherwise there will be a general warm-up. 2. On Saturday at 9:00am, there will be an opening ceremony. Please have your swimmers wear the Meet T-shirts that will be distributed to your team upon arrival. Assembly for the parade of athletes will begin at 8:45am. 3. The meet will be conducted according to the FINA technical rules for swimming. This includes including no coaching from the pool deck during the meet. 4. Swimmers are to remain in their lane until all swimmers complete their race. When all swimmers are finished, swimmers are to use the ladders on the side of the pool to exit.

Travel Information:

We recommend several options:

- ❑ Nancy Newlin of VIP Travel, Falls Church, VA (703) 620-3001 ext. 106 & (703) 533-3959(fax). Nancy specializes in arranging group packages, including air transportation, hotel accommodations, ground transportation, and land activities on St. Croix. She is experienced in sending swim teams from all around the world to our Dolphin Invitational meet for the last twenty years.

- ❑ Doris Acevedo of Antilles Resorts will be able to help you book condominium use for the meet. Condos with two or three bedrooms and a full kitchen are available.

P.O. Box 25087

Gallows Bay, St. Croix 00824

(340) 718-4009 (fax)

(340) 718-9150 (w)

800-524-2025

dacevedo@antillesresorts.com

- ❑ The following businesses are also available to serve you:

Car Rentals

Avis - Airport

(800) 331-1212

Budget - Airport

(340) 778-9636

Hertz - Airport

(800) 654-3001

(340) 778-9843

Olympic

(340) 778-2208

Thrifty

(340) 773-7200

(340) 773-4413

Bus Service

Abramson Enterprises

(340) 772-0359

(340) 772-4413

Ask for Angela

- The Dolphins will be glad to assist you in setting up and fun and unusual things to do while on St. Croix. We can recommend beaches, restaurants, shopping, hikes, etc. Please contact us for any questions or needs at 340-719-7946.

We request housing with Dolphin Families

Team _____ **Coach** _____

Coach will be staying at: _____

	Name	Sex	Age	Languages Spoken
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____
10.	_____	_____	_____	_____
11.	_____	_____	_____	_____
12.	_____	_____	_____	_____
13.	_____	_____	_____	_____
14.	_____	_____	_____	_____
15.	_____	_____	_____	_____

Please use additional sheets as necessary

Please state whether the individual(s) have any special needs. I.e. Dietary – Vegetarian, Medical - Allergy medication.

Apparel Form:

Team _____ Coach _____

	<u>Name</u>	<u>Sex</u>	<u>Age</u>	<u>Shirt Size</u>	
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Please return with entry.

Order of Events

Friday, May 22, 2009

Warm-ups 4:00-5:15pm

Meet Starts 5:30pm

1-2	10 & Under	200 IM
3-4	11-12	200 IM
5-6	13-14	200 IM
7-8	15 & Over	200 IM
9-10	11-12	400 Free
11-12	13-14	400 Free
13-14	15 & Over	400 Free

Saturday, May 23, 2009

Warm-ups 7-15-8:45

Opening Ceremonies 9 am

Meet Starts: 9:15am

15-16	Open	200 Breast
17-18	10 & Under	200 Free
19-20	11-12	200 Free
21-22	13-14	200 Free
23-24	15 & Over	200 Free
25-26	8 & Under	50 Free
27-28	9-10	50 Free
29-30	11-12	50 Free
31-32	13-14	50 Free
33-34	15 & Over	50 Free
35-36	8 & Under	50 Fly
37-38	9-10	50 Fly
39-40	11-12	100 Fly
41-42	13-14	100 Fly
43-44	15 & Over	100 Fly
45-46	Open	200 Back
47-48	10 & Under	200 Free Relay
49-50	12 & Under	200 Free Relay
51-52	14 & Under	200 Free Relay
53-54	Open	200 Free Relay
Saturday Continued:		½ hour after relays
55-56	Open	800 Free
57-58	Open	1500 Free

Sunday, May 24, 2009

Warm-ups 7-15-8:45

Meet Starts: 9:00am

59-60	Open	200 Fly
61-62	8 & Under	50 Breast
63-64	9-10	50 Breast
65-66	11-12	100 Breast
67-68	13-14	100 Breast
69-70	15 & Over	100 Breast
71-72	8 & Under	50 Back
73-74	9-10	50 Back
75-76	11-12	100 Back
77-78	13-14	100 Back
79-80	15 & Over	100 Back
81-82	8 & Under	100 Free
83-84	9-10	100 Free
85-86	11-12	100 Free
87-88	13-14	100 Free
89-90	15 & Over	100 Free
91-92	Open	400 IM
93-94	8 & Under	200 Medley Relay
97-98	12 & Under	200 Medley Relay
99-100	14 & Under	200 Medley Relay
101-102	Open	200 Medley Relay

Individual and relay events may be combined by the Meet Director in order to either provide better competition or make the meet run more quickly