

Arkansas AAU Olympian Cammile Adams Sprint Invitational May 20, 2017

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership

Come compete with Olympic swimmer Cammile Adams. Cammile Adams is an American butterfly specialist and World Championship medalist. Adams competed for the United States at the 2012 Olympic Games in London where she finished 5th in the 200-meter butterfly. In 2016 she placed 4th in the 200 butterfly in Rio. She and her twin sister, Ashley, were born Sept. 11, 1991 in Houston, Texas and graduated from Cypress Woods High School in Cypress. She later attended Texas A&M University where she became a two-time NCAA Champion and seven-time NCAA All-American.

POOL PARTY IMMEDIATELY AFTER SWIM MEET: Stay and hang out with Cammile after the meet. Pizza and drinks will be served. Both pools and slides will be open. All swimmers and families welcome.

STARTING TIMES: Saturday Warm-ups 2:00pm Meet starts: 3:10pm

Warm-up Lanes and Times will be assigned.

Stroke & Turn Officials Meeting 2:30 pm in storage room

Timers Meeting 3:00 pm on deck by Starter

Coaches Meeting 3:00 pm in storage room

LOCATION: HealthWorks Fitness Center
(Home of the HealthWorks Hurricanes)
304 N Madison
El Dorado AR 71730

FACILITY: Six lane pool with Colorado Timing Touchpads and Display Board. All spectators must sit in the designated areas, only coaches, swimmers and meet officials will be allowed on deck.

CONCESSIONS: Concessions will be available in the Juice Bar.
Official Heat Sheets will be \$5.00 in the entrance lobby.

SEEDING: This is a pre-seeded meet. All events will be timed finals. Submit Swimmers best short course yards times to ensure proper seeding.

ENTRY LIMIT: Swimmers may enter a maximum of 4 individual events. Athlete's age on the first day of the meet shall determine the age division of the swimmer.

ENTRY FEES: \$10.00 per swimmer. Fee includes Pool Surcharge and all individual events.

AWARDS: No awards will be given.

SCORING: No Scoring.

SCRATCHES: No money will be refunded for scratches. A swimmer who does not report by the final call will be scratched from that event.

DECK ENTRIES: Deck Entries may be made if the swimmer is already entered in the meet. If there is an open lane in the event but, NO new heat will be made.

ATTENDING COACHES: Must also be registered through AAU as a coach member.

ENTRY FORMS: All teams are encouraged to enter the meet with Hy-Tek. If a team does not have Hy Tek please call Coach Farrin 870-862-5442 ext 13 or 40 for assistance.

ENTRY: Entries must be received by **5:00 pm Monday, May 15, 2017**. All entries need to be sent to pool.hfc@gmail.com Verification will be sent as soon as your entries are received.

All Fees are due by the beginning of the meet

Entry Fees may be mailed to;

Attn. Coach Farrin

HealthWorks Fitness Center

304 N Madison

El Dorado, AR 71730

FACILITY & AAU RULES: Prohibit smoking and use of other tobacco products or alcohol. No camera or camera phones are allowed in the dressing rooms

LODGING: Holiday Inn Express
1819 Junction City Road
El Dorado, AR 71730
(870)-881-8900

Country Inn & Suites
2413 West Hillsboro St.
El Dorado, AR 71730
(870)-881-0455

GIRLS	AGE	DISTANCE	STROKE	BOYS
1	Open	200	Fly	2
3	8 & U	25	Free	4
5	Open	50	Free	6
7	8 & U	25	Back	8
9	Open	50	Back	10
11	8 & U	25	Fly	12
13	Open	50	Fly	14
15	8 & U	25	Breast	16
17	Open	50	Breast	18
19	Open	100	Fly	20

QUESTIONS: Contact Coach Farrin (870)-862-5442 ext. 13 or 40 or e-mail to aquatics.hfc@gmail.com

Each attending team is encouraged to provide volunteers for timing or officiating

EVENTS: