

2010 St. Paul Stars Invitational

St. Paul, Minnesota

Official Meet Announcement

DATES: Friday Feb 5th & Saturday Feb 6th, 2010

LOCATION: Humboldt Senior High School
30 East Baker St.
St. Paul Mn., 55107.

HOSTED BY: St. Paul Stars

MEET MANAGER: Vicky Knutsen, Scott Chelberg

ENTRY DEADLINE: All entries must be emailed or postmarked no later than Jan 22nd

**MAIL/EMAIL ENTRIES
& FEES TO:**

MAIL TO: Please email your entries and mail a hard copy and fees to

Vicky Knutsen
1402 Arden View Dr
St. Paul Mn, 55112
651-470-3223
Knutva@aol.com

FIGURES:

Novice

101 Ballet Leg	1.6
310 Somersault, Back tuck	1.1
201 Dolphin	1.4
370 Shrimp	1.6

**12 under age group &
Intermediate B-**

101 Ballet Leg single	1.6
360 Walkover front	2.1
355 Porpoise	1.9
401 Swordfish	2.0

13/15 &

Intermediate A

420 Backwalkover	2.0
355e Porpoise Spinning 360	2.1
342 Heron	2.1
311a Kip ½ twist	2.2

16 up

313 Kip Split Closing 180	2.5
112f Ibis Continuous Spin (720)	2.8
336 Gaviata Open 180	2.8
436 Cyclone	2.7

FEES: **Sponsor Fee:** \$15.00 per competitor
 Event Fee: \$5.00 per competitor per routine, including alternates. Any swimmer who is listed as an alternate for a routine and who is not swimming any other routine event shall pay the entry fee.

Make Checks payable to: **St. Paul Stars**

SCHEDULE: A *tentative* schedule is attached.

**ENTRY FORM
CHECKLIST:**

FORM A Official Club Entry Form
FORM C Entry Fee Summary
FORM E Officials Availability

AWARDS: Medals will be awarded to places 1st-8th in each event

OFFICIALS: Officials are to wear white tops, navy bottoms.

POOL SPECS: The pool is a six lane 25 yard pool ranging in depth from 11ft. to 3 ft 6 inches. The diving board is located off center on the left side.

SOUND SYSTEM: A variable speed cassette player and CD player will be available. Music CD/tapes should have one selection per CD/tape clearly labeled with the competitors name, team and event.

GELLING: There is to be **NO** rinsing out of gel anywhere in this facility.

PARKING: There is a large parking lot to the east of the school. Until school clears out Friday it may be crowded- There is lots of street parking around the school

COACHES ROOM: Light snacks; breakfast & lunch and dinner will be available throughout the competition.

CONCESSIONS: There will be both food and apparel concessions available throughout the meet.

PHOTOS: A photo will be taken of all routines- Photos will be available for purchase to take home from the meet

2010 ST.PAUL STARS INVITE

(Very tentative schedule we will move forward in competition)

Friday Feb 5th

5:35 Coaches and Judges Meeting
5:45-5:55 Novice/figure warm up
5:55 Novice figures
Intermediate /12 under age group Figure Warm-Up
Intermediate /12 under age group Figures
13-15 figure warm up (15 min)
13-15 figures
16 over figure warm up (20 min)
16 over figures

Saturday Feb 6th

7:30-7:45 Novice,Intermediate, 12 Under &13/15 trio warm-up
7:45-8:15 Novice, Intermediate, 12 Under &13/15 trio
competitions
8:15-8:35 16 Over trio warm up
8:35-9:05 16 Over trio competition

9:05 -9:20 Novice, Intermediate, 12 under duet warm up
9:20- 9:50 Novice, Intermediate, 12 under duet competition
9:50-10:05 13-15, 16 Over duet warm up
10:05-11:00 13-15, 16 Over duet competition

11:00-11:15 Novice, Intermediate, 12 under solo warm up
11:15-11:45 Novice, Intermediate, 12 under solo competition
11:45-12:00 13-15, 16 Over solo warm up
12:00-12:30 13-15, 16 Over solo competition

12:30—1:00 Team Warm-ups (all done in flights-)
1:00-2:30 Team Competition

Parade of athletes
Awards

HOTEL

Embassy Suites Hotel (5-10 min from pool) Downtown- St. Paul)
175 East 10th St
St. Paul, MN 55101
651-224-5400 www.embassysuites.com

2 miles from Humboldt High School

Complimentary full cooked-to-order breakfast
Complimentary 2 hour manager's reception
Indoor pool w/whirlpool
Full service restaurant and lounge

City Center Hotel St. Paul (5-10 min from pool) Downtown St. Paul)
411 Minnesota St.
St Paul, MN 55101
651-291-8800 www.radisson.com

2 miles from Humboldt High School

NO Breakfast included in this price.
Pool
Fitness Center
High Speed Internet
Suites

Other suggested hotels:

AmericInn Inver Grove Heights \$79 – 99 (10-15 Min from pool)
5861 Blaine Ave East
Inver Grove Heights, MN 55076
651-450-7511
800-396-5007

Country Inns & Suites Inver Grove Heights \$91
5653 Bishop Ave
Inver Grove Heights Mn 55076
651-450-1100

cont breakfast

Microtel Inn & suites Inver Grove Heights \$70-90
5681 Bishop Ave
Inver Grove Heights Mn 55076
651-552-0555

Cont breakfast

ALSO THE MALL OF AMERICA IS 20 MIN AWAY-

FORM C: ENTRY FEE SUMMARY

CLUB NAME _____

COACH _____

SOLOS NOVICE _____ x \$5.00 = \$ _____

INTER _____ x \$5.00 = \$ _____

AGE GROUP _____ x \$5.00 = \$ _____

DUETS NOVICE _____ x \$5.00 = \$ _____

INTER _____ x \$5.00 = \$ _____

AGE GROUP _____ x \$5.00 = \$ _____

TRIOS NOVICE _____ x \$5.00 = \$ _____

INTER _____ x \$5.00 = \$ _____

AGE GROUP _____ x \$5.00 = \$ _____

TEAMS # of Competitors in entered in:

NOVICE TEAM _____ x \$5.00 = \$ _____

INTER TEAM _____ x \$5.00 = \$ _____

AGE GROUP TEAM _____ x \$5.00 = \$ _____

ALTERNATES

of Competitors entered

as ALTERNATES only _____ x \$15.00 = \$ _____

SPONSOR FEE

Total number of competitors

Including alternates entered _____ x \$15.00 = \$ _____

TOTAL OF ENTRY AND SPONSOR FEES \$ _____

Make check payable to St. Paul Stars

FORM E: OFFICIALS AND VOLUNTEERS AVAILABILITY

NAME: _____

PHONE (____)_____ - _____.

DATE ARRIVING: _____ TIME: _____

HOTEL: _____

DATE DEPARTING: _____ TIME : _____

RATING LEVEL: _____

AFFILIATION: _____

I WILL BE ABLE TO WORK: _____

CHECK ONE: JUDGE: _____ VOLUNTEER: _____

NAME : _____

PHONE (____)_____ - _____.

DATE ARRIVING: _____ TIME: _____

HOTEL: _____

DATE DEPARTING: _____ TIME : _____

RATING LEVEL: _____

AFFILIATION: _____

I WILL BE ABLE TO WORK: _____

CHECK ONE: JUDGE: _____ VOLUNTEER: _____

NAME : _____

PHONE (____)_____ - _____.

DATE ARRIVING: _____ TIME: _____

HOTEL: _____

DATE DEPARTING: _____ TIME : _____

RATING LEVEL: _____

AFFILIATION: _____

I WILL BE ABLE TO WORK: _____

CHECK ONE: JUDGE: _____ VOLUNTEER: _____

NAME : _____

PHONE (____)_____ - _____.

DATE ARRIVING: _____ TIME: _____

HOTEL: _____

DATE DEPARTING: _____ TIME : _____

RATING LEVEL: _____

AFFILIATION: _____

I WILL BE ABLE TO WORK: _____

CHECK ONE: JUDGE: _____ VOLUNTEER: _____

