



**2009 Twin Peaks/Alaska Swimming
Age Group Championships**
Kate Kuhns Aquatic Center –Homer, AK
Hosted by Kachemak Swim Club

Sanction by USA Swimming and Alaska Swimming Sanction #3023

Location: Kate Kuhns Aquatic Center
301 E Fairview
Homer, AK
(907)235-7416

Date: December 4-6, 2009

Facility Indoor, 25 yard, six lane pool. Colorado timing system with touch pads, one button/two watch back-up, six lane electronic timing display board, and horn/strobe start.,

	<u>Warm-up</u>	<u>Start</u>
Meet Times: Friday	7:00am	9:00am
Saturday	7:00am	9:00am
Sunday	7:00am	9:00am

There will be a break of at least two (2) hours between preliminaries and finals, with the pool being available for warm-up the last hour.

A warm up schedule for preliminaries will be sent to participating teams, following the deadline for entries.

Warm-ups will be conducted in accordance with Alaska Swimming warm-up/warm-down procedures.

Coaches/Officials

Meetings: There will be a coaches and officials meeting just prior to the beginning of the meet on Friday.

Eligibility: Open to all Alaska Swimmers ages 14&Under as of the first day of the competition and currently registered as athlete members with USA Swimming and Alaska Swimming. Swimmers must sign in the age bracket corresponding to their age on the first day of the meet. Swimmers must meet the Alaska Swimming time standards within the established qualifying period, September 1, 2008 – November 25, 2009.

As per ASI rules, swimmers may not be allowed to swim in the meet unless a signed coach's verification form has been received, this form is available on the ASI website. And according to the new rules, this pool is not currently certified by USAS.

Rules:

1. Current USA Swimming and Alaska Swimming rules shall govern this meet.
2. Swimmers may enter a total of seven (7) events, with no more than three (3) events per day. This is exclusive of relay events.\
3. This will be a pre-seeded meet
4. All events will be conducted as prelims and finals on the same day, with the exception of the 500 freestyle and the 400 IM, which will be conducted as timed finals/consolidated events, fastest to slowest, alternating girls and boys with the girls swimming first. All 10&U under events will be conducted as timed finals, during the preliminary session. All preliminary events will be consolidated by stroke and distance, but not by gender, and separated into individual ages for finals.
5. A team may enter no more than two (2) individually non-qualified swimmers per relay.
- 6 This meet will be run as a "no recall meet" and we will use the whistle start method. 'Fly-over' starts may be utilized during some prelims events at the discretion of the meet a/o deck referee.
7. Building and facility rules will be enforced. Due to limited deck space we ask that all swimmers keep a minimal amount of gear on deck.
8. Disabled swimmers who have met the Alaska disability time standards are encouraged to participate. Coaches should include with the team entries a copy of the Information Form for Disabled Swimmers (available on the ASI website), specifying the special needs of any adoptive swimmer(s) with the team entries. Bring such requests for non-standard entries to the attention of the Entries Chairman, Quniten Arndt.
9. There will be a 2 hour break scheduled between preliminaries and finals, the pool will be open during the second hour for warm-ups.

Scratch Rules

1. Individual scratch rules for events will be in effect as stated in the "Alaska Swim Guide" posted on the Alaska Swimming website. (<http://www.teamunify.com/Home.jsp?team=wzaslsc>).

2. The relay scratch rule will be applied as stated in the “Alaska Swim Guide” posted on the Alaska Swimming website.
<http://www.teamunify.com/Home.jsp?team=wzaslsc>
3. Scratches shall be made each day and delivered to the computer table as soon as possible.
4. A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event.

Entry:

1. Email your entries on or before **Wednesday, November 25, 2009** by using Hy-Tek software choosing the “Export/Meet entries” option along with the following attachments:
 - a. A Team Manger “team entry report”
 - b. A Team Manager “team meet fees report”
2. A name and telephone number of the entry contact person must be included with with entries.
3. If you do not have Team Manager, your entries may be emailed or mailed in time to arrive before Nov 25 on a consolidated form that includes the swimmers’ USASwimming identification number.
4. Athlete and coach verification forms must be signed and delivered to the computer desk prior to the start of the meet.

5. Meet Fees:

Swimmer Entry Fee:	\$4.50
Facility Surcharge	\$15.00
Individual Entry Fee	\$2.75
Relay Event	\$8.00

Please make checks payable to KSC and deliver to the computer desk prior to the start of the meet.

Entries should be emailed as a zip file to Quinten Arndt at the following address: qkarndt@yahoo.com.

If mailed send to: Kachemak Swim Club,
Box 578
Homer, AK. 99603. Attn: Quinten Arndt

6. Late entries will not be accepted

Scoring

7-5-4-3-2-1- for individual events

14-10-8-6-4-2 for relay events

Scores shall be awarded for 1st-6th place for each individual event, 1st-3rd for relay events.

Medals will be awarded for 1st-3rd place and ribbons for 4th-6th for individual events. Ribbons will be awarded for 1st-3rd for relay events.

A team trophy will be awarded for 1st-3rd combined team points. Separate awards based on points per swimmer and best times percentage will also be awarded. A team must have six individual qualified swimmers to qualify for these two awards.

Award will be presented for 1st-3rd place in individual high-point awards.

Housing Housing for swimmers is available. Please email your housing request and include your arrival and departure times ((including an estimation of how many people will require transportation) so that transportation arrangements can be made for your team, by November 18th.

Housing Chair: Kate McNulty
Email: dmcnulty@ptialaska.net
Phone: 235-6474

Concession A concession stand will be provided during the meet.

Officials: KSC will provide certified officials. Visiting teams who have volunteer officials are welcome to participate. Please email your request to officiate to Barrett Fletcher at akfletchers@xyz.net.

Smoking Smoking will not be permitted inside the pool building or on pool/school property, including the parking lot.

Contacts

Entries Chairman: Quinten Arndt
Cell (907)-399-1999
Email qkarndt@yahoo.com

Meet Referee: Barrett Fletcher
Email: akfletchers@xyz.net
(907)235-2561

Meet Director: Val Kirsis
Email vkirsis@hotmail.com
Phone: 399-9004

Safety Marshall
Danielle Nagle

Checklist

1. Housing
2. Coach/Athlete Verification form
3. Team Manager "Team entry report"
4. Team Manager "Team meet fees report"
5. Payment

**2009 Alaska Swimming Age Group Championships
Friday, December 4, 2009**

Girls Event #	Age Group	Event	Boys Event #
1	10 & Under	50 Backstroke	2
3	11-12	50 Backstroke	4
5	11-14	200 Backstroke	6
7	10& Under	50 Butterfly	8
9	11-14	100 Butterfly	10
11	10& Under	100 Freestyle	12
13	11-14	100 Freestyle	14
15	10& Under	100 Individual Medley	16
17	11-12	100 Individual Medley	18
19	11-14	400 Individual Medley*	20
21	10& Under	200 Medley Relay	22
23	11-12	200 Medley Relay	24
25	13-14	200 Medley Relay	26

*Timed Final

Saturday, December 5, 2009

Girls Event #	Age Group	Event	Boys Event #
27	10&Under	200 Individual Medley	28
29	11-14	200 Individual Medley	30
31	10&Under	50 Freestyle	32
33	11-14	50 Freestyle	34
35	10& Under	100 Breaststroke	36
37	11-12	50 Breaststroke	38
39	11-14	200 Breast	40
41	14 &Under	500 Freestyle*	42
43	11-12	400 Freestyle Relay	44
45	13-14	400 Freestyle Relay	46

*Timed Final

2009 Alaska Swimming Age Group Championships
Sunday December 6, 2009

<u>Girls Event #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys Event #</u>
47	10 &Under	200 Freestyle	48
49	11-14	200 Freestyle	50
51	10 &Under	50 Breaststroke	52
53	11-14	100 Breaststroke	54
55	10&Under	100 Butterfly	56
57	11-12	50 Butterfly	58
59	11-14	200 Butterfly	60
61	10 &Under	100 Backstroke	62
63	11-14	100 Backstroke	64
65	10 &Under	200 Freestyle Relay	66
67	11-12	200 Freestyle Relay	68
69	13-14	200 Freestyle Relay	70