



2021 SENIOR CIRCUIT #2

OCTOBER 8-9

2021 AGE GROUP SPRINT MEET

OCTOBER 9

Hosted by Stingray Swim Team



All USA-S entries shall be submitted using a USA-S approved Standard Database Interchangeable Format (SDIF) electronic file. The SDIF file must be received, via email to the Entry Contact, by **11:59p Friday, October 1, 2021**.

SANCTION	Under sanction #AK-202122-02 by USA Swimming and Alaska Swimming.			
LOCATION	Hamme Pool 901 Airport Way Fairbanks, AK 99701			
FACILITY	Six (6) lane, 25 yard competition pool, divided by Flo-thru lane lines. CTS6 timing system with touch pads, DisplayLink scoreboard, CTS Dolphin back-up watches, and horn/strobe light start. Pool depth is 4.5 feet at start end and 3.5 feet at turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.			
EVENT PERSONNEL	<p>Meet Referee: Jarrod Welsh (706) 662-0603 Email: jarrod.d.welsh@gmail.com</p> <p>Admin Referee: Diane Beshears (907) 388-0295 Email: dbeshears@pavingproductsalaska.com</p> <p>Meet Director: Josh Gregory (970) 689-1407 Email: coachjosh@aksst.com</p> <p>Entry Chair: Josh Gregory 970-689-1407 Email: coachjosh@aksst.com</p>			
SCHEDULE		Friday Senior Prelims	Saturday Age Group	Saturday Senior Finals
	Open Warm UP	5:45-6:20p	9:00-9:50a	1:00-1:35p
	Official's Meeting	6:00p	9:30a	As needed
	Coach's Meeting	Electronic – Thursday	As needed	As needed
	Competition	6:30p	10:00a	1:45p
	*PROJECTED TIMELINE: will be established and distributed by Wednesday preceding the meet along with the heat/lane assignment report.			
WARM UPS	Warm up and warm down procedures will be enforced in accordance with ASI 2021-2022 Rules and Regulations. Diving well will be open for continuous warm up/down. See appendix A for details.			
SENIOR CIRCUIT FORMAT	<ul style="list-style-type: none"> • This meet will be conducted in SCY • All events are prelim/final • Prelim events swum as mixed gender, separated by gender for finals (including relays) 			



AGE GROUP SPRINT FORMAT	<ul style="list-style-type: none"> • This meet will be conducted in SCY • All events are timed final • Events swum as mixed gender 		
SEEDING	All prelim and timed final events will be pre-seeded and swum SLOWEST TO FASTEST . SENIOR CIRCUIT : Top six (6) qualifiers from prelims will advance to finals.		
SCRATCHES	<ul style="list-style-type: none"> • Individual scratch rules for events will be in effect as stated in the 2021-2022 ASI Rules and Regulations (article 3.A.9) • A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event. • Scratches shall be made at the Clerk of Course on the provided scratch sheet. 		
ELIGIBILITY	<ul style="list-style-type: none"> • SENIOR CIRCUIT: Open to all USA-S registered swimmers who are in high school <u>OR</u> have at least one (1) Alaska Senior Championship time standard. • AGE GROUP SPRINT: Open to all USA-S registered swimmers who are not in the Senior Circuit sessions. • Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. 		
ADAPTIVE SWIMMERS	Disabled or adapted swimmers are welcome and encouraged to participate. Coaches should include a written description of the special needs of the disabled/adaptive swimmer with team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.		
ENTRY DEADLINE AND SUBMISSION	MEET ENTRY CONTACT : Josh Gregory ENTRY DEADLINE : 11:59p on Friday, October 1, 2021 Late entries will not be accepted. Email: coachjosh@aksst.com Phone: 970-689-1407		
ENTRY LIMITS	SENIOR CIRCUIT : Two (2) individual events and one (1) relay event. AGE GROUP SPRINT : Four (4) individual events and one (1) relay event. Swimmers will not be guaranteed twenty minutes between events.		
RELAYS	Mixed relays must consist of two (2) females and two (2) males to advance to finals or score		
ENTRY RULES	SDIF REQUIRED : All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hy-Tek). ENTRIES MUST INCLUDE : Full legal name, age, USAS Registration number DECK ENTRIES : Deck entries will not be accepted.		
INCLUDE WITH TEAM ENTRY	Team Entry Report with USAS Membership ID #		
ENTRY FEES	<table border="0"> <tr> <td style="vertical-align: top;"> SENIOR CIRCUIT: <ul style="list-style-type: none"> • INDIVIDUAL EVENT: \$10 • RELAY EVENT: \$10 • ATHLETE SURCHARGE: \$10 AGE GROUP SPRINT: <ul style="list-style-type: none"> • INDIVIDUAL EVENT: \$5 • RELAY EVENT: \$10 • ATHLETE SURCHARGE: \$10 </td> <td style="vertical-align: top; padding-left: 20px;"> Please make checks payable to: Stingray Swim Team Deliver fees to computer table during meet, or mail to: PO Bo 72301, Fairbanks, AK 99707. Meet fees are non-refundable. </td> </tr> </table>	SENIOR CIRCUIT : <ul style="list-style-type: none"> • INDIVIDUAL EVENT: \$10 • RELAY EVENT: \$10 • ATHLETE SURCHARGE: \$10 AGE GROUP SPRINT : <ul style="list-style-type: none"> • INDIVIDUAL EVENT: \$5 • RELAY EVENT: \$10 • ATHLETE SURCHARGE: \$10 	Please make checks payable to: Stingray Swim Team Deliver fees to computer table during meet, or mail to: PO Bo 72301, Fairbanks, AK 99707. Meet fees are non-refundable.
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DECK ACCESS AND CREDENTIALS	Closed deck. Athletes, coaches and volunteers only. Coaches must supply computer table with current credentials prior to competition, Deck Pass app will suffice. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met.	
MEET RULES	This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 (MAAPP).	
SCORING	SENIOR CIRCUIT <i>Results separated by gender</i> AGE GROUPS: Open INDIVIDUAL: 7-5-4-3-2-1 RELAY: 14-10-8-6-4-2	AGE GROUP SPRINT <i>Results separated by gender & age group</i> AGE GROUPS: 10&u, 11-12, 13-14 INDIVIDUAL: 7-5-4-3-2-1 RELAY: 14-10-8-6-4-2
AWARDS	SENIOR CIRCUIT <i>Results separated by gender</i> AGE GROUPS: Open INDIVIDUAL: Medal 1 st -3 rd RELAY: Medal 1 st -3 rd <i>*top three (3) male and female scores throughout Senior Circuit Series will receive a Series High Point award</i>	AGE GROUP SPRINT <i>Results separated by gender & age group</i> AGE GROUPS: 10&u, 11-12, 13-14 INDIVIDUAL: Ribbons 1 st -6 th RELAY: Ribbons 1 st -3 rd
MEET PROGRAMS AND RESULTS	Coach's heat sheet will be available at the beginning of warm ups. Live results will be available on Meet Mobile and the NA website. Final results will be posted on NA and ASI websites.	
LIABILITY	<ul style="list-style-type: none"> It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is understood and agreed that Stingray Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 	
POOL RULES	<ul style="list-style-type: none"> No glass on deck at any time. No shaving allowed on site. Smoking or use of other tobacco products in not permitted before, during or after the meet within the facility or adjacent outdoor areas. Food allowed in designated 'swimmer snack area' only. 	
DECK CHANGING	Deck Changes are prohibited.	
RECORDING BAN	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Visual recording devices are not permitted behind the blocks during the start sequence throughout the meet.	
DRONES	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.	
FIRST RESPONDERS	Coaches are to be the first responders in case of emergency. Borough lifeguards will be present to assist coaches and active the facility's Emergency Action Plan as needed.	
Minor Athlete Abuse Prevention Policy 2.0 (MAAPP)	All USA Swimming athletes 18 years of age and older must complete Athlete Protection Training prior to competition. Those who have not completed Athlete Protection Training, with training completion loaded into SWIMS, prior to this meet will not be allowed to compete. Athlete Protection Training can be found here: https://www.usaswimming.org/utility/landing-pages/safe-sport/apt	



TIME TRIALS	Time trials will not be offered
TIMERS	SST will provide all timers
CONCESSIONS	A concession stand will be offered
HOSPITALITY	Hospitality will be offered for coaches and volunteers only

EVENT SCHEDULE

FRIDAY, OCT. 8 - SENIOR CIRCUIT PRELIMS

MIXED EVENT #	EVENT
1	100 FREE
2	100 BREAST
3	200 IM
4	100 FLY
5	100 BACK
6	200 FREE RELAY

***Saturday Finals will be swum in the same order as prelims but as separate genders, including the 200 Free Relay.**

SATURDAY, OCT. 9 - AGE GROUP SPRINT TIMED FINALS

MIXED EVENT #	EVENT
20	OPEN 200 FREE RELAY
21	12&U 25 FREE
22	OPEN 50 FREE
23	OPEN 100 FREE
24	12&U 25 FLY
25	OPEN 50 FLY
26	OPEN 100 FLY
27	OPEN 100 IM
28	OPEN 200 IM
29	12&U 25 BACK
30	OPEN 50 BACK
31	OPEN 100 BACK
32	12&U 25 BREAST
33	OPEN 50 BREAST
34	OPEN 100 BREAST
35	OPEN 200 FREE



Covid-19 Mitigation and USA Swimming Required Language

USA SWIMMING REQUIRED LANGUAGE	<ul style="list-style-type: none"> ● In applying for this sanctioned event, the Host, Stingray Swim Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Alaska Swimming, the State of Alaska, and Fairbanks North Star Borough. It is understood that mandates may change. Meet management will stay abreast of the changes and will update and communicate mitigation plans accordingly. ● An inherent risk of exposure to Covid-19 exists in any public place where people are present. Covid-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. ● USA Swimming cannot prevent you (or your children) from becoming exposed to, contracting, or spreading Covid-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading Covid-19. ● By attending or participating in this competition, you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless USA Swimming and Alaska Swimming and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection therewith. (USA Swimming)
COVID-19 MITIGATION	<ul style="list-style-type: none"> ● Local borough protocols and requirements for the Hamme facility as of the event dates must be followed by ALL PARTICIPANTS at all times. (FNSB Covid-19 Updates). All building, local, and state protocols and requirements will be adhered to-plans will be updated and communicated by meet management prior to commencement of the event.
COVID-19 LOGISTICS FOR TEAMS	<ul style="list-style-type: none"> ● Any additional logistics, updated requirements, and specifics will be distributed to participating teams prior to the meet. Questions will be answered at the first coach’s meeting and any required signage will be displayed throughout the facility.

APPENDIX A Swim Meet Warm-up/Warm-down Procedures

I. RULES FOR GENERAL WARM-UP

A. Overview

1. The accepted method for entering the water is one hand on the wall, feet first, from the end of the pool. At no time should the athlete enter the water head -first unless starts are being directly supervised by their coach.
2. All swimming should be done in a counter-clockwise swimming direction.
3. No equipment including, but not limited to, paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers.

II. GENERAL WARM-UP PERIOD

A. Overview

1. *Recommended* for first 30 – 45 min. of the warm-up session.
2. NO DIVING... Swimmers must enter the water using the accepted pool entry method.
3. No sprinting or pace work.
4. All lanes will be used for general warm-up.

III. SPECIFIC WARM-UP PERIOD

A. Overview

1. *Recommended* for last 30-45 minutes of the warm-up session.
2. Push pace lanes: Push-off one or two lengths from the starting end, circle swimming only (counter-clockwise). NO DIVING...Swimmers must enter the water using the accepted pool entry method.
3. Racing starts: Sprint lanes for race starts from blocks, sides, or from in the water (as for backstroke). Starts initiated from coach’s signal.
4. The meet referee or designee will post team assigned lanes for warm-ups.

