



2021 Central Area Championship

Hosted by: Central Area Swimming

December 3-5, 2021

All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file. The SDIF file must be received, via email to the Entry Chair, by 11:59pm, Sunday, November 28, 2021.			
SANCTION	Under sanction #AK- 202122-10 by USA Swimming and Alaska Swimming.		
LOCATION	Bartlett High School Pool 1101 Golden Bear Drive, Anchorage, AK 99504 Pool phone number 907-742-1800		
FACILITY	50-meter, 8-lane pool with Keifer Flo-Thru lane lines set up in a two 25 yard pool configuration. Colorado Timing System 6 will be used with Colorado touchpads, 2-button semi-automatic backup, 1-button manual Dolphin stopwatches, 8-lane CTS display, and horn and strobe light start. Bartlett is not a USAS Certified Pool as the competition course has not been certified in accordance with 104.2.2C (4) of the USAS Rules and Regulations. Pool depth is: 12ft deep end start, 4ft shallow end start.		
EVENT PERSONNEL	Meet Referee: Fiona Yiu fiona.kotter@gmail.com Admin Official: Krista Whitlock kristawhitlock@gmail.com Meet Directors: Johnna Kohl johnna.kohl@gmail.com , Beth McDonough bethmcdonough@mac.com Entry Chair: Krista Whitlock kristawhitlock@gmail.com Computer Lead: Krista Whitlock kristawhitlock@gmail.com Safety Coordinator: Kristin Sholton, Kim Borke		
SCHEDULE		Friday	Saturday & Sunday
	Warm Up	4:00pm	8:00am
	Meet Start	5:00pm	9:00am
	Official's Meeting	4:45pm	8:30am
	Coach's Meeting	N/A	7:45am
	Positive Check-in	4:30pm	8:30am
WARM UPS	Warm up and warm down procedures will be enforced in accordance with ASI 2019-2020 Rules and Regulations. Consistent with ASI rules, warm ups are intended to last 1hr, but can be extended at the discretion of the Meet Referee.		
FORMAT	<ul style="list-style-type: none"> ● This meet will be conducted in Short Course Yards (SCY) ● All individual events shall be conducted as timed finals. ● Flyover starts may be used. ● The meet is being planned as single ended, using the deep end for competition and the shallow end for warm up/warm down during the meet. 		

SEEDING	<ul style="list-style-type: none"> ● All events will be pre-seeded, except for the 400 IM, 1650 Free and 500 Free. ● All events will be seeded fastest to slowest. ● The 400 IM, 1650 Free and 500 Free will be deck seeded with positive check-in at the computer table. Swimmers must arrange their own Timers and Lap Counter. ● Events may be combined and/or reseeded at the discretion of the Meet Referee.
CHECK-IN PROCEDURE	<ul style="list-style-type: none"> ● Positive check-in is required for the 400 IM by 4:30pm on Friday ● Positive check-in is required for the 1650 Free by 8:30am on Saturday ● Positive check-in is required for the 500 Free by 8:30am on Sunday

SCRATCHES/ LATE ENTRIES	<ul style="list-style-type: none"> ● Individual scratch rules for events will be in effect as stated in the 2019-2020 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 computer table on the provided scratch sheet. Fees for adding swimmers should be provided at the meet. There are no refunds for scratches. ● Swimmers will be added if there is space in existing heats. No reseeding.
ELIGIBILITY	<ul style="list-style-type: none"> ● Open to all registered athlete members of USA Swimming who meet the Qualifying times and are affiliated with a Central Area Swimming team/club that is currently registered with Alaska Swimming. ● Open events may be swum by any swimmer who meets the qualifying time for their age group. ● 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. ● 1650 Caveat: A swimmer may enter the 1650 without a qualifying time provided they have met the time standard in the 500 free for their age group. The 1650 time standard must be hand entered as their entry time. The Entry Coordinator for each team must provide evidence of having met the 500 free time with meet entry submissions. ● Bonus Events: A swimmer who has qualified in 1 event may enter up to 3 bonus events in which they have a legal time (No NT Entries). A swimmer who has qualified in 2 events may enter up to 5 bonus events in which they have a legal time (No NT Entries). Bonus Event Caveat: Bonus event entries must be 200 yards or less. Bonus swims for 8 and under swimmers must be in 8 and under events, unless the swimmer has a 10 and under qualifying time.
ADAPTIVE SWIMMERS	<ul style="list-style-type: none"> ● Disabled or adapted swimmers are welcome and encouraged to participate. Coaches should include a written description of the swimmer's special needs with team entries. ● Questions regarding final assignment within specific heats should be brought to the attention of the Meet Referee. ● Paralympic Time Standards will be provided upon request.
ENTRY DEADLINE AND SUBMISSION	<p>MEET ENTRY CONTACT: Krista Whitlock kristawhitlock@gmail.com ENTRY DEADLINE: 11:59p on Sunday, November 28, 2021.</p>

ENTRY LIMITS	<p>Exclusive of relays, each swimmer may swim a maximum of Five (5) individual events per day, including time trials. Swimmers will not be guaranteed twenty minutes between events; however, the meet Referee may schedule breaks between events.</p> <p>RELAYS: A team may enter no more than two individually non-qualified swimmers per relay event. Relay swimmers (including relay only swimmers) must be listed on the recap sheet and must pay all fees. There is no limit to the number of relays a club/team may enter but only the top two relay teams per club/team may score in each relay event.</p>
ENTRY RULES	<p>SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hy-Tek).</p> <p>ENTRIES MUST INCLUDE: Full legal name, age, USA Swimming Registration number. Enter times in LCM, SCY, SCM. Entries will be seeded by conforming each to the course of competition (SCY) and list all entries with the times submitted (2019-2020 ASI Rules & Regs 3.A.6.e)</p> <p>AGE: Swimmer's age on the first day of the meet determines age for the entire competition.</p> <p>DECK ENTRIES: First come, first served basis, as space allows. No heats will be added.</p>
INCLUDE WITH TEAM ENTRY	<p>Team Entries may be submitted by email and must include the following:</p> <ol style="list-style-type: none"> Hy-Tek meet entry report Hy-Tek team entry fee report SDIF format electronic entry file (e.g. Hy-Tek or Team Unify entry) Proof of 500 free qualifying time for 1650 entries not meeting the time standard.

ENTRY FEES	<p>ENTRY FEE: \$5.00 per swimmer</p> <p>INDIVIDUAL EVENT FEE: \$3.50 per event</p> <p>RELAY EVENT FEE: \$7.50 per relay team entry</p> <p>FACILITY CHARGE: \$15.00 per swimmer</p> <p>LATE FEE: \$5.00 per swimmer - maximum of \$50 per team</p> <ul style="list-style-type: none"> Please make checks payable to: Central Area Swimming. Deliver fees to the computer table prior to the start of the meet. Entry fees are non-refundable. Coaches who haven't received confirmation by the deadline should contact the Entries Volunteer to verify receipt. Entries received on time will be included in the meet program.
DECK ACCESS AND CREDENTIALS	<p>Closed deck. Athletes, coaches and volunteers only. Coaches and officials will be asked to verify current credentials prior to competition. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met. Deck Pass App will suffice.</p>
MEET RULES	<p>This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).</p>
SCORING/ AWARDS	<p>Individual events will be scored to 16 places; 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay events will be scored to 16 places, doubling the individual event scores. Ribbons will be awarded for places 1 through 8 in each individual event and relay event. Team points will be recorded and awards made to the 1st through 3rd teams.</p>
HEAT SHEETS	<p>Coaches' heat sheet will be available prior to the start of the meet, except for distance events.</p>
MEET RESULTS	<p>Live and final results will be available on Meet Mobile. Every effort will be made to offer live streaming via YouTube.</p>

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 Alaska 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 Central Area Swimming 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 is not permitted before, during or after the meet within the facility or adjacent outdoor areas.
DECK CHANGING	Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. 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.
MINOR ATHLETE ABUSE PREVENTION POLICY (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	Swimmers may request to swim time trials at the end of the Saturday and Sunday sessions, subject to approval by the Meet Referee. Swimmers and Pacers are subject to the maximum number of individual swims per day and entry fees. Swimmers must provide timers.
CONCESSIONS	No concession stand will be offered
HOSPITALITY	Hospitality will be offered for coaches, officials and volunteers only and may be limited to drinks and packaged goods.
OFFICIALS	All certified officials would be appreciated and are encouraged to help. If interested, please email Meet Referee: Fiona Yiu fiona.kotter@gmail.com
CONTINGENCY PLAN	If Bartlett Pool becomes unsafe or unusable, Service Pool will act as the contingency location, run in SCY.
ANNUAL MEETING	Per the by-laws of Central Area Swimming, the Board of Directors shall hold the annual meeting for the purpose of organization, election of a chairperson, appointing an Executive Committee, and the transaction of other business in conjunction with the Central Area Championship meet. The meeting will be conducted via Zoom the week leading up to the meet. Notice of the Zoom date, time and link will be posted to the CAS TeamUnify website. Any member of a Central Area team who would like to run for the office of President, Vice President, Treasurer or Secretary please send Ray Oakley, ray.oakley.alaska@gmail.com an email of your interest.
VOLUNTEER ASSIGNMENTS	As a Central Area championship meet, volunteers will be needed from <u>all participating clubs</u> . Questions/concerns about volunteer assignments should be directed to: Johnna Kohl Johnna.kohl@gmail.com or Beth McDonough bethmcdonough@mac.com

Covid-19 Mitigation

USA SWIMMING REQUIRED LANGUAGE

- In applying for this sanctioned event, the Host, Central Area Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Alaska Swimming, the State of Alaska, and Municipality of Anchorage. 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 and 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.

COVID-19 LOGISTICS FOR TEAMS, COACHES AND ATHLETES

- All teams, participants and volunteers must adhere to the health and safety guidelines put forth by USA swimming, as well as state and local authorities.
- Each team will be assigned an area in the bleachers and/or on deck. Each team must provide a bleacher marshal to assist the swimmers getting to their events and to help maintain social distancing practices.
- Masks are required for ALL officials, coaches, volunteers, spectators and swimmers on the pool deck, in the bleachers and anywhere other than the water.
- Swimmers will progress through multiple staging areas as each heat finishes.
 1. The final staging area is behind the blocks. Swimmers must wear a mask to the blocks and must have a labeled zip lock bag to put their mask in when not swimming.
 2. After their race, swimmers must replace their mask prior to exiting their lane space.
- Limited spectators may be allowed, final determination to be made closer to the event.
- Locker rooms will be open for changing and using the restroom.
- Screening may be done prior to arriving at the pool for all persons entering Bartlett.
- Anyone with cold-like symptoms or COVID symptoms will not be permitted to participate.
- Additional logistics, updated requirements and specifics will be distributed to participating teams prior to the meet.

2021 Central Area Championship * December 3-5, 2021 * Bartlett Pool * Sanction #AK-202122-10

Paralympic Time Standards Available on Request

(4:00pm Warm up Friday; Meet starts 5:00pm)

GIRLS	Girls Time Standard-SCY	EVENT	Boys Time Standard-SCY	BOYS
101	35.99	8&Under 25 Fly	35.99	102
103	32.99	8&Under 25 Back	30.99	104
105	1:32.79	11-12 100 IM	1:31.89	106
107	3:34.39	10 & Under 200 IM	3:44.89	108
109	33.99	8&Under 25 Breast	33.99	110
111	28.99	8&Under 25 Free	26.99	112
113	11-12 7:00.59 13-14 6:27.49 15 & O 6:17.49	11 & Over 400 IM	11-12 6:57.69 13-14 6:11.49 15 & O 5:49.29	114
115	34.19	15-18 50 Free	31.19	116
117	35.19	13-14 50 Free	33.09	118
119	37.09	11-12 50 Free	37.19	120

(8:00am Warm up Saturday; Meet starts 9:00am)

GIRLS	Girls Time Standard-SCY	EVENT	Boys Time Standard-SCY	BOYS
201		11 & O 200 Medley Relay		202
203		13-14 200 Medley Relay		204
205		11-12 200 Medley Relay		206
207		10 & U 200 Medley Relay		208
209	1:20.49	15-18 100 Back	1:14.29	210
211	1:21.89	13-14 100 Back	1:19.49	212
213	1:33.99	11-12 100 Back	1:32.99	214
215	1:48.09	10 & U 100 Back	1:44.39	216
217	2:55.69	15-18 200 Fly	2:42.19	218
219	3:02.29	13-14 200 Fly	2:53.19	220
221	3:21.29	11-12 200 Fly	3:18.69	222
223	40.29	11-12 50 Fly	41.99	224
225	49.49	10 & U 50 Fly	48.19	226
227	2:38.99	15-18 200 Free	2:26.99	228
229	2:43.29	13-14 200 Free	2:36.79	230
231	2:54.19	11-12 200 Free	2:53.69	232
233	3:26.19	10 & U 200 Free	3:15.09	234
235	3:18.49	15-18 200 Breast	3:01.69	236
237	3:24.59	13-14 200 Breast	3:14.99	238
239	3:41.49	11-12 200 Breast	3:39.39	240
241	2:01.79	10 & U 100 Breast	1:56.69	242

243	47.19	11-12 50 Breast	48.39	244
245	40.99	10 & U 50 Free	39.99	246
247	11-12 27:15.49 13-14 25:28.19 15 & O 23:28.19	11 & Over 1650 Free* *may enter provided swimmer met the 500free time standard	11-12 27:14.09 13-14 24:16.69 15 & U 22:55.19	248

(8:00am Warm up Sunday; Meet starts 9:00am)

GIRLS	Girls Time Standard-SCY	EVENT	Boys Time Standard-SCY	BOYS
301		11 & O 200 Free Relay		302
303		13-14 200 Free Relay		304
305		11-12 200 Free Relay		306
307		10 & U 200 Free Relay		308
309	2:57.79	15-18 200 IM	2:42.99	310
311	3:03.69	13-14 200 IM	2:54.69	312
313	3:17.39	11-12 200 IM	3:19.39	314
315	1:46.39	10 & U 100 IM	1:43.39	316
317	1:20.29	15-18 100 Fly	1:13.19	318
319	1:24.89	13-14 100 Fly	1:18.19	320
321	1:32.59	11-12 100 Fly	1:33.69	322
323	1:58.59	10 &U 100 Fly	1:57.09	324
325	2:53.39	15-18 200 Back	2:40.79	326
327	2:59.49	13-14 200 Back	2:51.69	328
329	3:15.29	11-12 200 Back	3:13.19	330
331	50.09	10 & U 50 Back	50.09	332
333	42.09	11-12 50 Back	42.79	334
335	1:13.89	15-18 100 Free	1:07.89	336
337	1:15.79	13-14 100 Free	1:11.99	338
339	1:21.19	11-12 100 Free	1:19.79	340
341	1:33.69	10 & U 100 Free	1:31.49	342
343	1:32.09	15-18 100 Breast	1:23.59	344
345	1:34.79	13-14 100 Breast	1:30.09	346
347	1:43.69	11-12 100 Breast	1:43.99	348
349	55.09	10 & U 50 Breast	54.69	350
351	10 & U 8:45.49 11-12 7:48.29 13-14 7:14.79 15 & O 7:02.19	Open 500 Free	10 &U 8:37.79 11-12 7:42.49 13-14 6:58.69 15 &O 6:35.89	352