

2008 Speedo Senior Region XIV Great Alaska Open

January 25-27, 2008

Sanctioned by USA and Alaska Swimming # 2959

Hosted by: Central Area Swimming

Location: Bartlett Pool
Anchorage, AK

Date: January 25-27, 2008

Facility: 50 meter, eight lane with flow-thru lane lines, International Sports Timing System or Colorado 5000 Timing system, touch pads, one button/two watch manual backup during finals, eight lane electronic timing display, and horn/strobe start.

CONDUCT OF COMPETITION: Meet management retains the power to determine the following aspects of the conduct of competition on a day- to-day basis, provided that the coaches shall be advised prior to warm-up each session:

1. The use of six (6) lanes for competition with lane 7 empty and lane 8 available throughout for warm-up and warm-down.
2. If competition is conducted in 8 lanes, then meet administration shall determine the length of a break to follow each event set for warm-up and warm-down.
3. The use of fly-over starts for any event.

WATER ENTRY AND WARM-UP/WARM DOWN: The water entry and warm-up/warm-down procedures set out on page 38, Appendix to the Alaska Swim Guide will be in place for this meet.

		<u>Warm-up</u>	<u>Start</u>
Meet Times:	Friday	4:00 pm	5:30pm
	Saturday	8:00am	9:15am
	Sunday	8:00am	9:15am

A break of at least two (2) hours shall be scheduled between preliminaries and finals with the pool available for warm-ups during the last hour.

Coaches /Officials Meetings: There will be a coaches/officials meeting just prior to the beginning of the meet on Friday and 8:30 AM on Saturday and Sunday if needed.

Eligibility: Open to any USA Swimming LSC or any recognized FINA member that have met the qualifying times since January 1st 2007. Times may be from a sanctioned USA/FINA Swim meet, time trial, or an Alaska High School Regional or State Championship that were approved and loaded into SWIMs. All times must meet the appropriate qualifying standard, eligibility time frame and must be verified.

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 the team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.

Rules:

1. Current USA and Alaska Swimming Rules will govern this meet.
2. Swimmers may swim four (4) individual events in which they have qualified, exclusive of relay events and time trials. Qualifiers can receive up to 2 bonus swims for a total of four (4) individual swims, exclusive of relay events and times trials.
3. All individual events shall be conducted with preliminaries, consolation finals and championship finals on the same day except the 1500 and 800 meter freestyle events which shall be conducted as timed finals swum fastest to slowest.
4. Relays shall be swum as timed finals during the prelim or finals sessions. Events 17, 18, 33 and 34 are swum at the conclusion of prelims. All other relays are swum at the conclusion of finals.
5. The order of heats during finals for a preliminary and final event will be swum as bonus, consolation and final in that order. Empty lanes will be filled by moving swimmers up in order, from the slowest heats without reseeding the heats.
6. Relay events shall have no qualifying times. A swim team/club may enter no more that two (2) individually non-qualified swimmers per relay event.

Scratches:

1. Individual and relay scratch rules will be in effect as stated in the "Alaska Swim Guide".
2. Scratches shall be presented to the scorers' table.

NEW ENTRY PROCEDURES – READ CAREFULLY

(See OME HIGHLIGHTS attachment for more information)

On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome>
Coaches must register for an account (FREE) to utilize the system. Log in and select “Enter Team”.

Paper, FAX, and Email entries will not be accepted

unless they are authorized by David Uldrich, uldrichd@acsalaska.net

OME OPENS: 12:00AM Saturday, December 1, 2007

OME CLOSES: 11:59PM Monday – January 21, 2008

OME HELP: Susan Woessner USA Swimming 719-866-3589 – swoessner@usaswimming.org

ATTENTION TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES: Teams may enter athletes with an unattached or unregistered status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link. Unregistered swimmers must provide proof of registration prior to the scratch deadline for the swimmers first event.

Meet Fees:	Swimmer surcharge	\$15.00
	Swimmer entry fee	\$ 4.50
	Individual Event:	\$ 2.75
	Relay Event:	\$ 8.00

**Please make checks payable to Central Area Swimming and deliver it and your coach/athlete verification form to the computer desk prior to the start of the meet.*

Scoring: Scores shall be kept on combined team scores, men’s and women’s team scores and individual scores.

Individual events:

20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events:

40-34-32-30-28-26-24-22-20-18-14-12-10-8-6-4-2

Awards: Individual and relay medals will be awarded for 1st-3rd place and ribbons will be awarded for 4th-8th place.
High point awards will be awarded to the top three women and men, top women’s team, top men’s team and the top three combined teams.
There will be two (2) additional team awards presented:

1. Highest percent best times. This is based on number of best times/number of individual swims (relays are excluded). To be eligible, a team must have at least six (6) qualified swimmers entered in the meet.
2. Teams highest points per swimmer. This is calculated by the teams individual (relays excluded) points divided by number of swimmers. To be eligible, a team must have at least six (6) swimmers entered in the meet.

Housing: Housing will not be arranged, nor provided by Central Area Swimming.

Concessions: A concession stand with healthy snacks will be provided during the meet.

Officials: Central area will provide certified officials. Visitors who are certified and who wish to officiate are welcome. Please email your "Request to Officiate" to: Peter Crosby at: pcrosby@ak.net

Smoking: Tobacco Products are not permitted inside the pool building or on pool/school property.

Meet Directors: Carolyn Frey
grrmay@gci.net 376-5036

Dana Hyams
fishhead@acsalaska.net 336-0972

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 January 25-27, 2008
 Sanctioned by USA and Alaska Swimming # 2959
Friday January 25, 2008

Order of Events

Women	QT/SCY		QT/SCY	Men
1		800/1500 Meter Free	19:33.39	2
3	NT	800 Free Relay	NT	4

Saturday January 26, 2008

Order of Events

Women	QT/SCY	Event	QT/SCY	Men
5	2:14.79	200 Free	2:01.99	6
7	1:12.99	100 Back	1:05.49	8
9	2:57.49	200 Breast	2:42.89	10
11	1:12.19	100 Fly	1:04.59	12
13	28.19	50 Free	25.39	14
15	5:41.09	400 IM	5:29.69	16
End of Prelims				
17	NT	400 Medley Relay	NT	18
End of Finals				
19	NT	200 Free Relay	NT	20

Sunday January 27, 2008

Order of Events

Women	QT/SCY	Event	QT/SCY	Men
21	2:34.29	200 IM	2:20.09	22
23	1:01.09	100 Free	55.59	24
25	2:45.19	200 Fly	2:30.39	26
27	1:19.49	100 Breast	1:15.09	28
29	2:38.09	200 Back	2:26.59	30
31	5:59.69	500 Free	5:44.39	32
End of Prelims				
33	NT	400 Free Relay	NT	34
End of Finals				
35	NT	200 Medley Relay	NT	36