

**2006 Speedo/Alaska Swimming Age-Group Championships**  
**December 1-3, 2006**  
**Held under Sanction # 2910**  
**by Alaska and USA Swimming**

**Hosted by:** Soldotna Silver Salmon Swim Team

**Location:** Soldotna High School Pool  
425 W. Marydale Ave  
Soldotna, Alaska 99669  
262-7419

**Date:** December 1-3, 2006

**Facility:** 25 yard pool, six lanes with flo-thru lane lines. Whistle Start. Colorado timing system with touch pads, one button/ two watch manual back up, six lane electronic timing display board, and horn/strobe start.

	<u>Warm-up</u>	<u>Start</u>
<b>Meet Times:</b> Friday	7:30am	9:00am
Saturday	7:30am	9:00am
Sunday	7:30am	9:00am

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. The exact time for afternoon warm-ups and competition will be determined by the referee and announced as early as possible each day.

Warm-ups will be conducted in accordance with Alaska Swimming Warm-up/Warm-down procedures. Team lane and warmup times will be available on Friday.

**Coaches /**

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

**Eligibility:** Open to all swimmers fourteen (14) years or younger currently registered as athlete members with USA Swimming and Alaska Swimming who meet the qualifying time standards since September 1, 2005. Qualifying times may be made at USA Swimming sanctioned and approved meets and time trials as well as Alaska High School Regional and State Championships provided USA officials are on deck whose sole purpose is to observe that the individual swims conform to the USA Swimming rules and regulations. Swimmers must swim in the age bracket corresponding to their age on the first day of the meet.

**Membership  
Verification:**

Your membership verification form must be completely filled out and enclosed with the team entry or delivered to the computer table prior to the start of the meet on Friday.

**Rules:**

1. Current USA and Alaska Swimming Rules will 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. All events shall be conducted with preliminaries and finals on the same day with the exception of the 400 IM and 500 freestyle which shall be conducted as timed final/consolidated events and swum fastest to slowest alternating girls/boys with girls swimming first during their respective preliminary sessions. The fastest two (2) heats of all relays shall be swum as timed finals during the finals sessions with all other heats of relays swum as timed finals during the preliminary sessions. All 10/U events will be conducted as timed finals during the finals session except the 500 free which will be swum during prelims with the other 500 frees.
4. Relay events shall have no qualifying times. Age groups shall be combined for all relay events: 10/U, 11/12, and 13/14. A swim team/club may enter no more than two (2) individually non-qualified swimmers per relay event. Relay cards will be required for all relays.

**Scratch  
Rules:**

1. Individual scratch rules for events will be in effect as stated in the "Alaska Swim Guide" Article 3.A.9.
2. The relay scratch rule will be applied as stated in Alaska Swim Guide Article 3.A.10.
3. Scratches shall be made each day and delivered to the computer table no later than 6:00 P.M. prior to the next day's events.
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 22, 2006 by using Hy-Tek software choosing the "Export/Meet entries" option along with the following attachments:
  - a. A Team Manager "team entry report" include individual entries and relay entries.
  - b. A Team Manager "team meet fees report".
  - c. If you do not have Team Manager, your entries need to be emailed on a consolidated form that includes the

swimmers USA identification number.

2. Relay entry times may be aggregate times of individual swimmers or a relay composite time.
3. Names of relay swimmers are to be presented at the computer desk before or during warm ups each day.
4. The name and telephone number of the entry contact person must be included with entries.

5. Meet Fees:

Swimmer Surcharge	\$9.00
Swimmer entry fee	\$4.50
Individual Event:	\$2.75
Relay Event:	\$8.00

\*Please make checks payable to Soldotna Silver Salmon Swim Team Club and submit to the computer table with your coach/athlete verification form prior to the start of the meet on Friday.

7. All entries must be received by email or mail no later than midnight **November 22, 2006**.
8. No late entries will be accepted.

9. **Email Entries to:**

**Robin Coursen**  
**At [coursen@acsalaska.net](mailto:coursen@acsalaska.net)**  
**38650 Robinson Loop Rd**  
**Sterling, Alaska 99672**

**Scoring:**

Scores shall be kept as combined team scores and individual scores.

Individual scores through 6<sup>th</sup> place, 7-5-4-3-2-1.

Relays scores through 6<sup>th</sup> place, 14-10-8-6-4-2.

**Awards:**

Individual: Medals will be awarded 1<sup>st</sup>-3<sup>rd</sup>. Ribbons will be awarded for 4<sup>th</sup> - 6<sup>th</sup> places.

Relays: Medals will be awarded for 1<sup>st</sup>-3<sup>rd</sup> place and ribbons for 4<sup>th</sup> - 6<sup>th</sup> place.

High point awards will be given to the top three boys and girls in each age group, and to the top three combined teams.

There will be two (2) additional Team awards: There will be an award to the team that earns the most points per swimmer ( the team's total points/ the number of team's entered swimmers). There will be an award to the team with the highest percentage of individual best times ( based on number of best times/ number of team's individual swimmers). To be eligible for both of these team awards a

team must be represented by at least six (6) swimmer participants at the meet.

**Housing Coordinator**

Kathy Rickman  
262-1601  
Email: [krickman@ideafamilies.org](mailto:krickman@ideafamilies.org)  
**All housing requests need to be emailed or called into Kathy by Nov. 15<sup>th</sup>, 2006.**

**Concessions:** A concession stand will be provided.

**Timers:** SSS will provide timers, but all volunteers are welcome. If you would like to time, please contact Faye Shirnberg at [fshirnberg@cpgh.org](mailto:fshirnberg@cpgh.org)

**Officials:** Visitors who are certified and who wish to officiate are welcome. Please contact Gary Martin at [martco@acsalaska.net](mailto:martco@acsalaska.net)

**Smoking:** No smoking will be permitted inside the pool building or on pool/school property.

**Swim Shop:** J.D. Pence will be at the meet with all his swimming supplies.

**Meet Director:** Lisa Groleske [groleske@acsalaska.net](mailto:groleske@acsalaska.net) 262-2960  
Melissa Eby [ninjasits@hotmail.com](mailto:ninjasits@hotmail.com) 262-4145

**Forms available online at [akswimming.org](http://akswimming.org)**

1. Event List by age/event
2. Coach/Athlete Verification form
3. Warm-up/Warm-down Guidelines
4. Financial Reconciliation/Relay Recap
5. Request to Officiate Form

**Checklist:**

1. Housing request
2. Coach/Athlete Verification form
3. Team Manager "Team entry report"
4. Team Manager "Team meet fees report"
5. Payment
6. **Export of entries or consolidated entry form**

**BED AND BREAKFASTS:**  
"A Bit of Bavaria"  
**Soldotna B&B Lodge/Alaska Fishing Charters \***  
399 Lover's Lane

**Soldotna, AK 99669**  
Toll free: (877) 262-4779  
Email: [monika@soldotnalodge.com](mailto:monika@soldotnalodge.com)  
Web address: [www.soldotnalodge.com](http://www.soldotnalodge.com)

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Affordable Bed & Breakfast \*  
P.O. Box 1476  
Soldotna, AK 99669  
Phone: (907) 262-9578  
Toll Free: 1-888-705-9578  
E-mail: [affordablebnb@alaska.net](mailto:affordablebnb@alaska.net)  
Web address: [www.affordablebnb.com](http://www.affordablebnb.com)

Alaska Lakefront B&B \*  
PO Box 1618  
Soldotna, AK 99669  
Phone: (907)262-7390  
Email: [info@Alaskalakefront.com](mailto:info@Alaskalakefront.com)  
Web address: [www.Alaskalakefront.com](http://www.Alaskalakefront.com)

Alaskan Serenity Bed and Breakfast  
PO Box 2734  
Soldotna, AK 99669  
Toll Free: 800-764-6648  
Phone: (907)262-6648  
Email:  
[AlaskanSerenityBB@acsalaska.net](mailto:AlaskanSerenityBB@acsalaska.net)  
Web address:  
[www.AlaskanSerenityBB.com](http://www.AlaskanSerenityBB.com)

Diamond M Ranch B&B \*  
P.O.Box 1776-KP  
Soldotna, AK 99669  
(907) 283-9424  
Email: [stay@diamondmranh.com](mailto:stay@diamondmranh.com)  
Web address: [www.diamondmranh.com](http://www.diamondmranh.com)

Escape for Two B&B Cabin Rental \*  
PO Box 2908  
Soldotna, AK 99669  
Phone: (907)262-1493  
Email: [info@escapefortwo.com](mailto:info@escapefortwo.com)  
Web address: [www.escapefortwo.com](http://www.escapefortwo.com)

Longmere Lake Lodge B & B \*  
35955 Ryan Ln  
Soldotna, AK 99669

(907) 262-9799  
Web address:  
[www.longmerelakelodge.com](http://www.longmerelakelodge.com)

#### HOTELS/MOTELS:

Aspen Hotel \*  
326 Binkley Circle  
Soldotna, AK 99669  
Toll Free: (888) 308-7848  
[www.aspenhotelsak.com](http://www.aspenhotelsak.com)

0Best Western King Salmon Motel &  
Restaurant  
PO Box 430  
Soldotna , AK 99669  
(907) 262-5857  
Fax: 262-9441  
E-Mail: [ksalmon@alaska.net](mailto:ksalmon@alaska.net)

Hooligans \*  
44715 Sterling Hwy.  
Soldotna, AK 99669  
Phone: (907) 262-9951  
[hooliganslodge@myway.com](mailto:hooliganslodge@myway.com)

Soldotna Inn & Mykel's Restaurant \*  
35041 Kenai Spur Hwy.-KP  
Soldotna, AK 99669  
Toll Free: (866) 262-9169  
(907) 262-9169  
Web address: [www.mykels.com](http://www.mykels.com)

#### RESORTS:

Alaska's Harbor Terrace Lodging & Charters  
\*  
P.O.Box 4477  
Soldotna, AK 99669  
(907)262-9282  
Email: [lodging@harbor-terrace.com](mailto:lodging@harbor-terrace.com)  
Web address:  
[www.alaskaharborcharters.com](http://www.alaskaharborcharters.com)

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**Friday, December 1, 2006**

Order of Events

Girls	QT/SCY	Age		QT/SCY	Boys
1	44.19	10 & Under	50 Back	44.19	2
3	42.59	11	50 Back	41.59	4
5	38.69	12	50 Back	38.69	6
7	3:11.09	11	200 Back	3:14.19	8
9	3:01.09	12	200 Back	2:59.09	10
11	1:22.59	13	100 Back	1:22.59	12
13	1:17.59	14	100 Back	1:17.59	14
15	1:48.49	10 & Under	100 Fly	1:51.99	16
17	1:45.99	11	100 Fly	1:45.99	18
19	1:31.59	12	100 Fly	1:31.59	20
21	2:58.59	13	200 Fly	2:58.59	22
23	2:58.59	14	200 Fly	2:58.59	24
25	1:23.99	10 & Under	100 Free	1:25.99	26
27	1:20.39	11	100 Free	1:17.39	28
29	1:11.59	12	100 Free	1:11.59	30
31	1:08.99	13	100 Free	1:08.19	32
33	1:05.99	14	100 Free	1:05.69	34
35	3:34.99	10 & Under	200 I.M.	3:39.99	36
37	3:22.29	11	200 I.M.	3:28.99	38
39	2:59.29	12	200 I.M.	2:59.29	40
41A	6:40.09	11	400 I.M.*	6:40.09	42A
41B	6:30.09	12	400 I.M.*	6:36.09	42B
41C	6:15.99	13	400 I.M.*	6:15.99	42C
41D	6:15.99	14	400 I.M.*	6:15.99	42C
49	NT	10 & Under	200 Med. R.	NT	50
51	NT	11/12	200 Med. R.	NT	52
53	NT	13/14	200 Med. R.	NT	54

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**Saturday, December 2, 2006**

Order of Events

Girls	QT/SCY	Age		QT/SCY	Boys
55	1:35.79	10 & Under	100 I.M.	1:38.99	56
57	1:28.99	11	100 I.M.	1:33.09	58
59	1:22.99	12	100 I.M.	1:22.99	60
61	2:50.99	13	200 I.M.	2:50.99	62
63	2:47.59	14	200 I.M.	2:48.99	64
65	36.99	10 & Under	50 Free	37.99	66
67	34.99	11	50 Free	35.29	68
69	32.49	12	50 Free	32.49	70
71	30.99	13	50 Free	30.79	72
73	30.59	14	50 Free	29.49	74
75	1:49.99	10 & Under	100 Breast	1:53.99	76
77	1:46.69	11	100 Breast	1:46.69	78
79	1:33.99	12	100 Breast	1:33.99	80
81	3:01.99	13	200 Breast	3:01.99	82
83	3:01.99	14	200 Breast	3:01.99	84
85	2:59.99	10 & Under	200 Free	2:59.99	86
87A	8:04.09	10 & Under	500 Free*	8:04.09	88A
87B	7:10.99	11	500 Free*	7:10.99	88B
87C	6:48.99	12	500 Free*	6:48.99	88C
87D	6:35.79	13	500 Free*	6:35.79	88D
87E	6:22.49	14	500 Free*	6:22.49	88E
97	NT	11/12	400 Free R.	NT	98
99	NT	13/14	400 Free R.	NT	100

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**Sunday, December 3, 2006**

## Order of Events

Girls	QT/SCY	Age		QT/SCY	Boys
101	2:51.99	11	200 Free	2:51.99	102
103	2:44.69	12	200 Free	2:44.69	104
105	2:27.09	13	200 Free	2:27.09	106
107	2:23.89	14	200 Free	2:22.09	108
109	48.49	10 & Under	50 Breast	49.99	110
111	47.39	11	50 Breast	47.19	112
113	43.79	12	50 Breast	43.79	114
115	3:35.09	11	200 Breast	3:34.09	116
117	3:24.09	12	200 Breast	3:24.09	118
119	1:29.89	13	100 Breast	1:29.89	120
121	1:24.89	14	100 Breast	1:24.89	122
123	48.09	10 & Under	50 Fly	50.39	124
125	45.89	11	50 Fly	45.89	126
127	36.99	12	50 Fly	36.99	128
129	3:30.09	11	200 Fly	3:30.09	130
131	3:20.09	12	200 Fly	3:20.09	132
133	1:26.19	13	100 Fly	1:26.19	134
135	1:24.19	14	100 Fly	1:24.19	136
137	1:39.69	10 & Under	100 Back	1:41.99	138
139	1:37.69	11	100 Back	1:37.69	140
141	1:26.89	12	100 Back	1:26.89	142
143	2:51.99	13	200 Back	2:51.99	144
145	2:51.99	14	200 Back	2:51.99	146
147	NT	10 & Under	200 Free R	NT	148
149	NT	11/12	200 Free R	NT	150
151	NT	13/14	200 Free R	NT	152

\*Consolidated event/timed final