

**2004 Speedo/Alaska Swimming Age-Group Championships  
December 3-5, 2004  
Under Sanction by Alaska Swimming # 2715**

**Hosted by:** Northern Area Aquatics Committee

**Location:** Hamme Swimming Pool  
901 Airport Road Fairbanks, AK 99707  
459-1086

**Date:** December 3-4, 2004

**Facility:** 25 yard pool with six lanes with flow-thru lane lines. Colorado Timing System with touch pads, two button manual back-up, six lane electronic timing display board and horn/strobe start. Also, two hand-held digital watches per lane.

	<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. Guidelines attached. Team lane and warmup times will be made.

**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 US Swimming and Alaska Swimming who meet the qualifying time standards since September 1, 2003. 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 USS 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:**

The enclosed form must be completely filled out and enclosed with the team entry.

**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.

**Scratch  
Rules:**

1. Individual scratch rules for events will be in effect as stated in the "Alaska Swim Guide 2004-2005" 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 Clerk of Course on the attached scratch form 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. All entries, including Relay-Only entries, shall be submitted on consolidated entry cards and a master entry form (recap sheet) or on 3.5 disk via the HY-Tech software COMMLINK file using the build option with hard copy print out. As a backup please send a Hy-Tech software Team Manager team entry report.
2. Relay entry times may be aggregate times of individual swimmers or a relay composite time.
3. Names and meet I.D. numbers of relay swimmers are to be presented at the computer desk one half hour before

warm ups each day. Meet rosters will be available from the computer desk.

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 NAAC and submit with financial reconciliation.

7. All entries must be postmarked no later than midnight November 24, 2004.

8. No late entries will be accepted.

9. **Mail Entries to:**

**NAAC**

**PO Box 83356**

**Fairbanks, Alaska 99708**

**457-2197**

**email: [tcoursen@connect.kpbsd.k12.ak.us](mailto:tcoursen@connect.kpbsd.k12.ak.us)**

**Scoring:**

Scores shall be kept on 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.**

**Lodging Coordinator**

**Carolyn Mustard SST,**

2004 Speedo/Alaska Swimming Age-Group Championships  
December 3-5, 2004  
Under Sanction by Alaska Swimming # 2715

**Fairbanks, Ak. 99705 ph:907-479-6101(hm)**  
**Email: [jmustard@holaday-parks.alaska.com](mailto:jmustard@holaday-parks.alaska.com)**

- Concessions:** A concession stand will be provided.
- Officials:** NAAC will provide timers. Visitors who are certified and who wish to officiate are welcome. Enclosed Request to Officiate form can accompany entries or contact Mike Humphrey.
- 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:** **Ramona Reeves**  
**PO Box 83356**  
**Fairbanks, Alaska 99708**  
**457-2197 fax 457-2198**  
**reeves7@gci.net**
- Checklist:** **Forms available online**
1. Event List by age/event
  2. Coach/Athlete Verification form
  3. Warm-up/Warm-down Guidelines
  4. Financial Reconciliation/Relay Recap
  5. Diskette/Hard Copy by Swimmer
  6. Request to Officiate Form

**FYI:** Deck passes will be issued for all swimmers, coach's and volunteers. Please include all relevant information. Coach's, no tables will be placed on the deck. This will give us more space. Bring your favorite pool side chairs.

**Housing deadline is a week prior to entries deadline. All housing requests need to be called into the housing coordinator by Nov. 17<sup>th</sup>, 2004.**

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**Friday, December 3, 2004**

## 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	3:11.00	11	200 Back	3:09.00	8
9	3:01.00	12	200 Back	2:59.00	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	1:24.99	10 & Under	100 Free	1:27.39	26
27	1:20.39	11	100 Free	1:17.39	28
29	1:11.59	12	100 Free	1:11.59	30
31	1:09.39	13	100 Free	1:08.19	32
33	1:06.19	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
41	6:40.00	11	400 I.M.*	6:36.00	42
43	6:30.00	12	400 I.M.*	6:36.00	44
45	6:15.99	13	400 I.M.	6:15.99	46
47	6:15.99	14	400 I.M.	6:15.99	48
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 4, 2004**

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	2:48.99	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
87	8:04.00	10 & Under	500 Free*	8:04.00	88
89	7:10.99	11	500 Free*	7:10.99	90
91	6:48.99	12	500 Free*	6:48.99	92
93	6:35.79	13	500 Free*	6:35.79	94
95	6:22.49	14	500 Free*	6:22.49	96
97	NT	11/12	400 Free R.	NT	98
99	NT	13/14	400 Free R.	NT	100

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**Held Under Sanction # 2715 for Alaska Swimming and United States Swimming  
Sunday, December 5, 2004**

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	49.49	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	3:34.00	11	200 Breast	3:32.00	116
117	3:24.00	12	200 Breast	3:22.00	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	3:26.00	11	200 Fly	2:59.00	130
131	3:16.00	12	200 Fly	2:59.00	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	2:54.99	13	200 Back	2:54.99	144
145	2:54.99	14	200 Back	2:54.99	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

Northern Area Aquatics Committee  
Request to Officiate Form

I \_\_\_\_\_ am interested in Officiating for the  
Alaska Age Group Championship meet.

I will be interested in volunteering:

December 3rd, Morning Session \_\_\_\_\_ Finals Session \_\_\_\_\_

December 4th, Morning Session \_\_\_\_\_ Finals Session \_\_\_\_\_

December 5th, Morning Session \_\_\_\_\_ Finals Session \_\_\_\_\_

I \_\_\_\_\_ am interested in volunteering in another  
capacity.

Please contact Ramona Reeves by Phone 457-2197 or e-mail  
[reeves7@gci.net](mailto:reeves7@gci.net)

Mike Humphrey at 479-3701 or email  
[mike.Humphrey@alaska.edu](mailto:mike.Humphrey@alaska.edu)

Thank you for helping us run a smooth championship meet!