

**2005 SPEEDO/ALASKA SWIMMING JUNIOR OLYMPIC CHAMPIONSHIP**

**Hosted by Central Area Swimming, Inc.**

**Bartlett High School Pool**

**April 14-17, 2005**

**SANCTION: # 2726** Under sanction of USA Swimming and Alaska Swimming, Inc. (ASI)

**FACILITY/EQUIPMENT:** Two 25 yard pools with warm up/warm down pool, eight lane with flo-thru lane lines, International Sports Timing System or Colorado Timing system with touch pads, one button/two watch manual back-up during prelims, one button/two watch manual back-up during finals, eight lane electronic timing display board at deep end, one line electronic display at shallow end, and horn/strobe start.

**MEET TIMES:**

**Finals, Thursday**

**Warm-ups: 3:30 pm**  
**Positive check-in 4:30 pm**  
**Start: 5:00 pm**

**Prelims, Friday, Saturday, Sunday:**

**Warm-ups: 7:30 - 8:50 am**  
**Sprint Starts: 8:30 am (both ends)**  
**Start: 9:00 am**

**Finals, Friday & Saturday :**

**Warm-ups: 2:00 - 3:20 pm**  
**Sprint Starts: 3:00 pm (deep end)**  
**Start: 3:30 pm**

**Finals, Sunday :**

**Warm-ups: 1:30 - 2:50 pm**  
**Sprint Starts: 2:30 pm (deep end)**  
**Start: 3:00 pm**

**COACHES MEETINGS:**

**Friday: 8:50 am (other days as needed)**

**OFFICIALS MEETINGS:**

**Prelims (each day): 8:15 am**  
**Friday & Saturday Finals: 2:45 pm**  
**Sunday Finals: 2:30 pm**

**PRELIMS:** Swum at BOTH ends of the pool, women start in the shallow end Friday and Sunday, men start in the shallow end on Saturday.

**FINALS:** Swum at the deep end of the pool.

**WARM UPS/WARM-DOWNS:** In accordance with ASI Procedures. During prelims warm-downs will be in the small pool between pools. Swimmers will need to warm down without wasting time to allow succeeding heats of swimmers room to warm down! Boys will have a 10 minute break after each set of events during prelims.

**SWIMMER SEATING:** During prelims due to use of both ends of the pool, swimmers may sit on the bleachers, either upstairs or down. There will not be space available on the deck during prelims so plan accordingly.

**BREAKS:** A break of at least two hours shall be scheduled between the end of preliminaries and the start of finals with warm-ups during the second hour. No guaranteed 20 minute breaks between individual swims.

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**ELIGIBILITY:** Open to all swimmers currently registered with USA Swimming and Alaska Swimming who have met or exceeded the qualifying time standards after January 1, 2004 in USA Swimming sanctioned or approved meets and time trials, or approved ASAA meets. Swimmers must swim in the age bracket corresponding to their age on the first day of the meet. Verification of athletes' membership in USA Swimming shall be made by signature of a club official or coach on an athlete verification form. Penalties for falsifying membership shall be imposed per 2004-05 Alaska Swim Guide page 33, Article 8.4a-e.

**ADAPTIVE SWIMMERS:** Adaptive swimmers who have met the Alaska Disability Time Standards are welcome and encouraged to participate. Coaches are responsible to contact the meet director and referee to confirm events and placements.

## **RULES:**

1. Current USA Swimming and Alaska Swimming rules shall govern this meet.
2. All individual events which require preliminary competition will be pre-seeded in accordance with USA 102.5.1. The following events shall be swum as indicated per ASI Article 3.E.12:
  - The 400 IM and the 500, 1000, and 1650 Freestyle events shall be deck seeded with positive check-in and shall be swim fastest to slowest with all ages combined. The boys' and girls' heats shall alternate with girls swimming first. Scoring by age group as per ASI Article 3.E.12
  - When the venue allows, all preliminary events and the 400 IM, 500, 1000, and 1650 Freestyle events shall be swum at both ends of the pool at the discretion of meet management.
  - During the 500, 1000, and 1650 Freestyle events swimmers are responsible for lap counters and timers
3. Relays: Relay events will be swum in accordance with USA Swimming Rules 102.4.1-9
  - The fastest two (2) heats of all relays shall be swum as timed finals, with the exception of the 400 Free relays. Any additional heats will be swum during preliminaries. Relay events may be combined at referee's discretion.
  - A swim team may enter no more than (2) individually non-qualified swimmers per relay event.
  - Final choice of relay swimmers is made immediately prior to the start of the relay heat in which the team is entered. No changes will be permitted after that time.
  - Relay swimmers (including relay only swimmers) must be listed on the recap sheet and must pay all fees.
  - **COACHES PLEASE NOTE:** First and last names of eligible relay swimmers should be placed on the relay card. PINK & BLUE CARDS will be available at the administrative/scorer's table.
4. **10 & UNDER EVENTS:** Both individual and relay events will be swum as **timed finals swum during preliminary session.**
5. **15/Older EVENTS:** Both a final heat and a consolation final heat will be included for the 15/Older age group and both will be scored. The order of heats during the finals for a "preliminary & finals" event will be swum as final, consolation or bonus in that order. Empty lanes will be filled by moving swimmers up in order from the slowest heats without reseeding the heats. See ASI Article 3.E.2.
6. **Time Trials:** Time trials shall be open only to swimmers entered in the meet. Time trials may be conducted each day at the discretion of meet management. The tentative time trial schedule and procedure for entry shall be established at the first coaches meeting of the meet. A coach desiring to time trial a swimmer shall make a request to the meet referee who shall determine the timing and feasibility for conducting the time trial. There shall be no guarantee that a requested time trial event will occur.



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**HIGH POINT AWARDS:** Men 1<sup>st</sup> - 3<sup>rd</sup>  
Women 1<sup>st</sup> - 3<sup>rd</sup>

**TEAM AWARDS:** Team 1<sup>st</sup> - 3<sup>rd</sup> (combined men and women's scores)  
1<sup>st</sup> % Best Time  
1<sup>st</sup> Points per swimmer

**HOUSING:** Director: Cliff Murray [nlscalaska@gci.net](mailto:nlscalaska@gci.net)  
PO Box 230743  
Anchorage, AK 99523 (907) 227-7946

We will try to house all swimmers requesting housing who are entered in the meet. E-mail housing requests by Monday, April 4<sup>th</sup>. Please be sure to include any pertinent allergies, medications, and coach/chaperone contact information. Please have athletes ready to be picked up at Bartlett Pool by housing parents by the end of the meet events, Thursday, April 14<sup>th</sup>.

**TRAVEL ASSISTANCE:** Travel Assistance for the Alaska Swimming, Inc. Junior Olympic Championship will be distributed on an equitable basis for all qualified participants attending the meet from areas outside the host area. Travel assistance forms are available on the Alaska Swimming website.

**CONCESSIONS/HOSPITALITY:** There will be a concession stand for spectators, and a hospitality room for coaches, official, timers and all other volunteer workers.

## MEET DIRECTOR:

Dana Hyams [fishhead@acsalaska.net](mailto:fishhead@acsalaska.net)  
810 Botanical Heights Circle (907) 336-0972  
Anchorage, AK 99515

**OFFICIALS:** This meet is hosted by Central Area Swimming. Officials from all areas are invited and encouraged to participate on deck at this meet. If you have officials that have an interest in volunteering services, please forward their names to Dana Hyams at the e-mail address above. National Certification opportunities may be available.

**TIMERS:** Central Area teams have been assigned to supply timers. Occasionally extra timers are needed, please assist us in keeping the meet moving by volunteering to participate if a request is made.

## POOL MANAGEMENT REQUIREMENTS:

1. **No Food and No Glass On Deck.** Swimmers may have plastic bottles filled with water or other beverages. Swimmers MUST eat upstairs in the bleachers.
2. **Smoking is not allowed** on Bartlett High School property.
3. USA Swimming and Municipal and Pool safety guidelines mandate **no shaving on site.**

**PARKING:** Will be available in the Bartlett High School parking lot. Please park in the farthest lot on Friday (far side of fence), as the nearer lot is in use for school buses during the school day.

**NOTE TO COACHES:** After meet clean up costs have increased. Please be certain the area your team uses on deck has been cleaned of all debris prior to leaving the area.

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**ATTACHMENTS:** Available for download on the Alaska Swimming website:

Order of Events

Meet Entry Form

USA/ASI Membership Verification Form

Housing Form

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**Bartlett High School Pool**

**April 14-17, 2005**

**Thursday - April 14, 2004**

**ORDER OF EVENTS**

**Sanction # 2726**

Women's Event #	Q.T.	Age Group	Event	Q.T.	Men's Event #
1	23:27.99	11/12	1650 Free <sup>1</sup>	22:21.99	2
1	22:09.99	13/14	1650 Free <sup>1</sup>	21:09.69	2
1	21:30.89	15/Older	1650 Free <sup>1</sup>	19:37.19	2

**NOTE:**

1. The 1650 Free is a consolidated, timed final – swum Thursday afternoon/evening.

# 2005 SPEEDO/ALASKA SWIMMING JUNIOR OLYMPIC CHAMPIONSHIP

Hosted by Central Area Swimming, Inc.

Bartlett High School Pool

April 14-17, 2005

Friday - April 15, 2005

ORDER OF EVENTS

Sanction # 2726

Women's Event #	Q.T.	Age Group	Event	Q.T.	Men's Event #
3	N.T.	11/12	400 Med. Relay <sup>2</sup>	N.T.	4
5	N.T.	13/14	400 Med. Relay <sup>2</sup>	N.T.	6
7	N.T.	15/Older	400 Med. Relay <sup>2</sup>	N.T.	8
9	3:22.49	10/U	200 IM	3:22.49	10
11	2:53.89	11/12	200 IM	2:53.89	12
13	2:43.29	13/14	200 IM	2:43.99	14
15	2:36.79	15/Older	200 IM	2:21.39	16
17	41.49	10/U	50 Back	41.49	18
19	37.69	11/12	50 Back	37.69	20
21	2:49.99	13/14	200 Back	2:49.99	22
23	2:45.09	15/Older	200 Back	2:32.59	24
25	1:44.99	10/U	100 Fly	1:44.99	26
27	1:29.09	11/12	100 Fly	1:29.09	28
29	2:54.99	13/14	200 Fly	2:54.99	30
31	2:49.69	15/Older	200 Fly	2:35.29	32
33	34.99	10/U	50 Free	34.99	34
35	31.09	11/12	50 Free	31.09	36
37	29.79	13/14	50 Free	28.09	38
39	28.99	15/Older	50 Free	25.99	40
41	3:12.69	11/12	200 Breast	3:10.39	42
43	7:10.99	10/Under	500 Free <sup>3</sup>	7:10.99	44
43	6:42.59	11/12	500 Free <sup>3</sup>	6:42.59	44
43	6:17.49	13/14	500 Free <sup>3</sup>	6:17.49	44
43	6:04.69	15/Older	500 Free <sup>3</sup>	5:52.89	44

NOTE:

1. All 10& Under events are swum as timed finals during the preliminary session.
2. The 400 Med. Relay is a timed final event – swum at the beginning of finals.
3. The 500 Free is a consolidated, timed final event – swum at the end of prelims.

# 2005 SPEEDO/ALASKA SWIMMING JUNIOR OLYMPIC CHAMPIONSHIP

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April 14-17, 2005

Saturday - April 16, 2005

ORDER OF EVENTS

Sanction # 2726

Women's Event #	Q.T.	Age Group	Event	Q.T.	Men's Event #
45	N.T.	11/12	400 Free Relay <sup>2</sup>	N.T.	46
47	N.T.	13/14	400 Free Relay <sup>2</sup>	N.T.	48
49	N.T.	15/Older	400 Free Relay <sup>2</sup>	N.T.	50
51	N.T.	10/Under	200 Med. Relay <sup>3</sup>	N.T.	52
53	N.T.	11/12	200 Med. Relay <sup>3</sup>	N.T.	54
55	N.T.	13/14	200 Med. Relay <sup>3</sup>	N.T.	56
57	N.T.	15/Older	200 Med. Relay <sup>3</sup>	N.T.	58
59	2:57.19	10/U	200 Free	2:57.19	60
61	1:10.39	11/12	100 Free	1:10.39	62
63	1:04.19	13/14	100 Free	1:03.19	64
65	1:02.99	15/Older	100 Free	57.39	66
67	1:45.99	10/U	100 Breast	1:45.99	68
69	1:30.99	11/12	100 Breast	1:30.99	70
71	2:59.99	13/14	200 Breast	2:59.99	72
73	2:57.99	15/Older	200 Breast	2:47.99	74
75	1:37.39	10/U	100 Back	1:37.39	76
77	1:24.39	11/12	100 Back	1:24.39	78
79	1:17.59	13/14	100 Back	1:17.19	80
81	1:15.39	15/Older	100 Back	1:07.69	82
83	1:30.59	10/U	100 IM	1:30.89	84
85	2:58.59	11/12	200 Fly	2:58.59	86
87	6:19.09	11/12	400 IM <sup>4</sup>	6:15.99	88
87	6:10.99	13/14	400 IM <sup>4</sup>	6:10.99	88
87	6:01.99	15/Older	400 IM <sup>4</sup>	5:50.99	88

## NOTE:

1. All 10 & Under events are swum as timed finals during the preliminary session.
2. The 400 Free Relay is a timed final – swum at the beginning of finals.
3. The 200 Med. Relay is a timed final – swum at the beginning of prelims.
4. The 400 IM is a consolidated, timed final – swum at the end of prelims.

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Bartlett High School Pool

April 14-17, 2005

Sunday - April 17, 2005

ORDER OF EVENTS

Sanction # 2726

Women's Event #	Q.T.	Age Group	Event	Q.T.	Men's Event #
89	N.T.	10/Under	200 Free Relay <sup>2</sup>	N.T.	90
91	N.T.	11/12	200 Free Relay <sup>2</sup>	N.T.	92
93	N.T.	13/14	200 Free Relay <sup>2</sup>	N.T.	94
95	N.T.	15/Older	200 Free Relay <sup>2</sup>	N.T.	96
97	2:57.69	11/12	200 Back	2:57.69	98
99	46.19	10/Under	50 Breast	46.19	100
101	42.09	11/12	50 Breast	42.09	102
103	1:22.99	13/14	100 Breast	1:22.99	104
105	1:19.99	15/Older	100 Breast	1:16.99	106
107	1:20.89	10/Under	100 Free	1:20.89	108
109	2:35.69	11/12	200 Free	2:35.69	110
111	2:19.79	13/14	200 Free	2:17.09	112
113	2:16.99	15/Older	200 Free	2:03.99	114
115	41.99	10/Under	50 Fly	41.99	116
117	35.79	11/12	50 Fly	35.79	118
119	1:23.19	13/14	100 Fly	1:23.19	120
121	1:15.29	15/Older	100 Fly	1:05.79	122
123	1:18.19	11/12	100 IM	1:17.59	124
125	13:34.99	11/12	1000 Free <sup>3</sup>	13:39.99	126
125	12:59.99	13/14	1000 Free <sup>3</sup>	12:45.69	126
125	12:23.09	15/Older	1000 Free <sup>3</sup>	11:57.19	126

NOTE:

1. All 10 & Under events are swum as timed finals during the preliminary session.
2. The 200 Free Relay is a timed final – swum at the beginning of prelims.
3. The 1000 Free is a consolidated, timed final – swum at the end of prelims.