

# 2004 SPEEDO ALASKA SWIMMING JUNIOR OLYMPIC CHAMPIONSHIP

Under Sanction # \_\_\_\_\_ of USA Swimming and Alaska Swimming, Inc.

**HOSTED BY:** Central Area Swimming, Inc.

**LOCATION:** Bartlett High School Pool

**DATES:** April 15-18, 2004

**THIS MEET WILL BE CONDUCTED AS FOLLOWS:** Under the Alaska Swimming Guide Rules and Regulations 2003-2004.

**PRELIMS:** Swum at BOTH ends of the pool, women start deep end Friday and Sunday, men start deep 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.

**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! Plan accordingly!

**FACILITY:** Two 25 yard pools with warm up/warm down pool, eight lane with flo-thru lane lines, 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.

**PRELIMINARY MEET TIMES:**

<b>Warm-ups:</b>	<b>7:30 - 8:50 am</b>
<b>Start:</b>	<b>9:00 am</b>

**THURSDAY**

<b>Warm-ups:</b>	<b>3:30 pm</b>
<b>Positive check-in</b>	<b>4:45 pm</b>
<b>Start:</b>	<b>5:00 pm</b>

**FRIDAY & SATURDAY FINALS:**

<b>Warm-ups:</b>	<b>2:00 - 3:20 pm</b>
<b>Start:</b>	<b>3:30 pm</b>

**SUNDAY FINALS:**

<b>Warm-ups:</b>	<b>1:30 - 2:50 pm</b>
<b>Start:</b>	<b>3:00 pm</b>

**BREAK:** 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.

**COACHES MEETINGS:** Friday: 8:45 am (other days as needed)

**OFFICIALS MEETINGS:**

<b>Prelims (each day):</b>	<b>8:15 am</b>
<b>Friday &amp; Saturday Finals:</b>	<b>2:45 pm</b>
<b>Sunday Finals:</b>	<b>2:30 pm</b>

**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, 2003 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 the enclosed athlete verification form. Penalties for falsifying membership shall be imposed per 2003-04 Alaska Swim Guide, page 51, 4. a - e.

**2004 Speedo Alaska Swimming Junior Olympic Championship  
Bartlett High School Pool**

**Sanction # \_\_\_\_\_  
April 15-18, 2004**

**RULES:**

1. Current USA Swimming and Alaska Swimming rules shall govern this meet.
2. This meet will use the FINA “no recall” and start rules recently adopted by USA Swimming.
3. 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 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
  - The 400 IM and the 500 Freestyle events shall be deck seeded with positive check-in and shall be swum 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.
4. 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.
5. **10 & UNDER EVENTS:** Both individual and relay events will be swum as timed finals swum during finals session. Note: 8 & Under swimmers will swim in the 10 & Under events for which they qualify.
6. **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.
7. **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.
8. Unattached swimmers or swimmers with coaches unable to attend the meet must be under the supervision of a USA certified coach who has agreed to be responsible during the course of the meet. There will be no exhibition swimming.
9. Scratches shall be delivered to the CLERK OF COURSE no later than **6:00 PM the evening prior** to the events, at which time preliminary events will be seeded. Individual and relay scratch rules will be in accordance with ASI Article 3.A.9 & 10.

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April 15-18, 2004

**ENTRY INFORMATION:**

1. All entries, including relay only entries, may be submitted on Master Entry form/recap sheet.  
**OR**
2. E-mailed (**preferred**) or on 3.5" disk using the Hy-Tek software COMMLINK file using the "Build" option along with the following printouts:
  - send a Team Manager "team entry report"
  - send a Team Manager "team meet fees report"
  - send a Commlink file "list swimmer and times report"
3. Relay entries: First and last names of swimmers eligible to compete in relay events shall be entered according to the relay event in which they will be eligible to swim. Clubs entering two or more relay teams in an event shall designate them on the entry cards as Team A, Team B, etc. Relay-only swimmers must be identified with an asterisk (\*) on the relay entry card and **MUST** pay all entry fees.
4. Swimmers may enter a **maximum of three (3) events per day, with a total of seven (7) events for the meet, exclusive of relays.**
5. Events may be entered with either a short course or long course entry time. **DO NOT** convert the times. Enter them as swum. Identify non-conforming times with an M (meter) or S (short course meters) following the entry time.
6. All entries must be **Postmarked no later than Wednesday, April 7, 2004** OR **E-mailed/received no later than 6 p.m. Friday, April 9, 2004**. Meet Fees and USA Swimming Verification forms are due at Bartlett no later than Friday, April 16, 2004. Make checks payable to: Central Area Swimming

<b>SUBMIT ENTRIES TO:</b>	<b>Robin Coursen 37805 W. Robinson Sterling, AK 99672</b>	<b>H: (907) 262-6347 F: (907) 260-5478 tcoursen@connect.kpbsd.k12.ak.us</b>
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<b>Meet Fees:</b>	Swimmer Surcharge (include relay only swimmers)	<b>\$ 4.50</b>
	Facility Surcharge	<b>\$10.00</b>
	Individual Event	<b>\$ 2.50</b>
	Relay Event	<b>\$ 8.00</b>

<b>SCORING:</b>	<b>All events are:</b> 20-17-16-15-14-13-12-11	"A" Final
	<b>15 &amp; Older Consoles:</b> 9-7-6-5-4-3-2-1	"B" Final
	<b>Relays:</b> 40-35-32-30-28-26-24-22	"A" Final
	<b>15&amp; Older Consoles:</b> 18-14-12-10-8-6-4-2	"B" Final

<b>AWARDS:</b>	<b>Individual:</b> 1 <sup>st</sup> - 3 <sup>rd</sup> Medals 4 <sup>th</sup> - 8 <sup>th</sup> Ribbons	<b>Relays:</b> 1 <sup>st</sup> Medals 2 <sup>nd</sup> - 3 <sup>rd</sup> Ribbons
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<b>HIGH POINT AWARDS:</b>	Men 1 <sup>st</sup> - 3 <sup>rd</sup> Women 1 <sup>st</sup> - 3 <sup>rd</sup>
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<b>TEAM AWARDS:</b>	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
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**2004 Speedo Alaska Swimming  
Junior Olympics Championship  
Thursday - April 15, 2004  
ORDER OF EVENTS  
Sanction # \_\_\_\_\_**

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.

**2004 Speedo Alaska Swimming  
Junior Olympics Championship  
Friday - April 16, 2004  
ORDER OF EVENTS  
Sanction # \_\_\_\_\_**

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	2:57.19	10/U	200 Free	2:57.19	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 finals 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 finals.

**2004 Speedo Alaska Swimming  
Junior Olympics Championship  
Saturday - April 17, 2004  
ORDER OF EVENTS  
Sanction # \_\_\_\_\_**

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	34.99	10/U	50 Free	34.99	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 finals session.
2. The 400 Free Relay is a timed final – swum at the beginning of preliminaries.
3. The 200 Med. Relay is a timed final – swum at the beginning of finals.
4. The 400 IM is a consolidated, timed final – swum at the end of prelims.

**2004 Speedo Alaska Swimming  
Junior Olympics Championship  
Sunday - April 18, 2004  
ORDER OF EVENTS  
Sanction # \_\_\_\_\_**

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	1:30.59	11/12	100 IM	1:30.89	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 finals session.
2. The 200 Free Relay is a timed final – swum at the beginning of finals.
3. The 1000 Free is a consolidated, timed final – swum at the end of preliminaries.