

2003 SPEEDO ALASKA SWIMMING
JUNIOR OLYMPIC CHAMPIONSHIP

Comment:

Under Sanction # **2352** of USA Swimming and Alaska Swimming, Inc.

HOSTED BY: Central Area Swimming, Inc.

LOCATION: Bartlett High School Pool

DATES: April 10-13, 2003

THIS MEET WILL BE CONDUCTED AS FOLLOWS: Per the Alaska Swimming Guide Rules and Regulations 2002-2003.

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

FINALS: Deep end of the pool.

WARM-DOWNS: 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! Also after each complete set, there will be a 5 minute swim down at that end.

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/one watch manual back-up during prelims, 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: Warm-ups: 7:30 - 8:50 am

Start: 9:00 am

THURSDAY

Warm-ups: 3:30 pm

Positive check-in 4:45 pm

Start: 5:00 pm

FRIDAY & SATURDAY FINALS:

Warm-ups: 2:00 - 3:20 pm

Start: 3:30 pm

SUNDAY FINALS:

Warm-ups: 1:30 - 2:50 pm

Start: 3:00 pm

*Warm-ups in accordance with AS warm-up/warm-down procedures. Finals: 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: 7:00 am (other days as needed)

OFFICIALS MEETINGS: Prelims: Each Day 8:30 am
Friday & Saturday Finals: 2:45 pm each day
Sunday Finals: 2:30 pm

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, 2002 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. Note: 8 and under swimmers will swim in the 10 and under events for which they qualify.

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 2002-03 Alaska Swim Guide, page 51, 4. a - e.

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:

400 I.M., 1000 and 1650 FREESTYLE: Shall be deck seeded with positive check in and **swum as a timed final as scheduled.** **500 Freestyle** will be deck seeded with positive check in and **will be swum during finals on Saturday as timed finals.** Swims will be fastest to slowest all ages combined alternating boys and girls heats with girls swimming first. Scoring will be computed by age group event and awards will be generated by age group event.

4. 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. See ASI Article 3.E.2.

5. **RELAYS:** Relay events will be swum in accordance with USA Swimming Rules 102.4.1-9.
 - a. The fastest two (2) heats of all relays shall be swum as timed finals. Any additional heats will be swum during preliminaries. Relay events may be combined at referees discretion.
 - c. A swim team may enter no more than (2) individually non-qualified swimmers per relay event.
 - d. **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.
 - e. Relay swimmers (including relay only swimmers) must be listed on the recap sheet and must pay all fees.
 - f. **COACHES PLEASE NOTE:** First and last names of eligible relay swimmers should be placed on the relay card. If two swimmers have the same name then birthdays or USA Swimming registration numbers should be also be included. **PINK & BLUE CARDS WILL BE AVAILABLE AT THE ADMINISTRATION/SCORERS TABLE AT THE MEET.**

9. **10 & UNDER EVENTS:** Timed finals swum during finals session.

10. **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.** See ASI Article 3.E.6.

11. 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.

12. There will be **no** exhibition swimming.

SCRATCH RULES: Scratches shall be delivered to the CLERK OF COURSE on the attached scratch form no later than **6:00 PM the evening prior** to the events, at which time preliminary events will be seeded. Individual Scratch rules for pre-seeded and deck seeded events and relay events will be applied per

Alaska

Swimming Guide Article 3.A.8 and 3.A.9.

ENTRY INFORMATION:

1. All entries, **including relay only entries**, may be submitted on Master Entry form/recap sheet. (sample attached) **OR**,
2. On 3.5" disk using the Hy-Tek software COMMLINK file using the "Build" option along with the following printouts:
 - a. send a Team Manager "team entry report"
 - b. send a Team Manager "team meet fees report"
 - c. send a Commlink file "list swimmer and times report"
1. 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.
2. 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 and/or hand delivered no later than **Wednesday, April 2, 2003**. **Entries must be accompanied by payment** and USA Swimming verification form or they will not be accepted

MAIL ENTRIES TO: Valerie Manfull (H) 337-2450
7421 Tangle Court E-mail: ashleigh@gci.net
Anchorage, Alaska 99504

| | | |
|-------------------|---|---------------|
| Meet Fees: | Swimmer Surcharge (include relay only swimmers) | \$4.50 |
| | Facility Surcharge | \$5.00 |
| | Individual Event | \$2.50 |
| | Relay Event | \$8.00 |

Entries will not be accepted unless accompanied by the Alaska Swimming Inc. USA Swimming Coach and Athlete Membership Verification Form and payment. Make checks payable to Central Area Swimming.

SCORING: All events are: 20-17-16-15-14-13-12-11 "A" Final
15 & Older Consoles: 9-7-6-5-4-3-2-1 "B" Final
Relays: 36-28-24-20-16-12-8-4

AWARDS: Individual: 1st - 3rd Medals Relays: 1st Medals
4th - 8th Ribbons 2nd - 3rd Ribbons

HIGH POINT AWARDS: Men 1st - 3rd
Women 1st - 3rd

TEAM AWARDS: Team 1st - 3rd (combined men and women's scores)

*Individual High Point awards may be swim bags, towels, sweatshirts or other appropriate swim gear that will be printed with the meet information. Team awards will be trophies.

*Individual and combined team scores will be included in the final results. **All combined events will be scored in the swimmer's age groups.**

HOUSING: We will try to house all swimmers requesting housing who are entered in the meet. It is a courtesy provided by the families in the host area. Please be flexible. Use the enclosed housing form noting allergies, medications, etc. **Arrival and departure times** MUST be listed. If swimmers are making their own housing arrangements DO NOT list them on the form. A contact person and phone number for your team MUST be listed.

Housing request forms must be received or postmarked by March 27, 2003. Coaches acknowledged at the HOD that they do know, in most cases, which swimmers will attend and who will need housing. If by chance your team discovers an extra swimmer who needs housing after you have sent the form please contact the housing chair directly and we will accommodate you. Send the housing form directly to **Chuck Moore**.

283 South Park Street
Anchorage, Alaska 99508

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. See attached.

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:

Terri Lynn Moore (h) 333-2249
283 S. Park St. E-mail: terrilynnmulholland@hotmail.com
Anchorage, Alaska 99508

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 Terri Moore at the Meet Director 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: 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.** 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 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.

ATTACHMENTS:

| | |
|---|----------------------|
| Order of Events | List of Officials |
| Meet Entry Form | Housing Form |
| Relay Entry Form | Scratch Form |
| Financial Re-Cap Form | Meet Entry Checklist |
| ASI USA Swimming Membership Verification Form | |

2003 Speedo Alaska Swimming
Junior Olympics Championship

2003 Speedo Alaska Swimming
Junior Olympics Championship
Thursday - April 10, 2003
ORDER OF EVENTS
Sanction # 2352

| Women's Event # | Q.T. | Age Group | Event | Q.T. | Men's Event # |
|--------------------|----------|-----------|------------|----------|------------------|
| 1 | 23:27.29 | 11/12 | 1650 Free* | 22:21.99 | 2 |
| 3 | 22:09.99 | 13/14 | 1650 Free* | 21:09.69 | 4 |
| 5 | 21:30.89 | 15/Older | 1650 Free* | 19:37.19 | 6 |

- * 1650 is a timed final event

2003 Speedo Alaska Swimming
 Junior Olympics Championship
Friday - April 11, 2003
 ORDER OF EVENTS
 Sanction # 2352

| Women's Event # | Q.T. | Age Group | Event | Q.T. | Men's Event # |
|--------------------|----------|-----------|--------------|----------|------------------|
| 7 | N.T. | 10/U | 200 Med. R.* | N.T. | 8 |
| 9 | N.T. | 11/12 | 200 Med. R.* | N.T. | 10 |
| 11 | N.T. | 13/14 | 200 Med. R.* | N.T. | 12 |
| 13 | N.T. | 15/Older | 200 Med. R.* | N.T. | 14 |
| 15 | 1:30.59 | 10/U | 100 IM | 1:30.89 | 16 |
| 17 | 1:18.19 | 11/12 | 100 IM | 1:17.59 | 18 |
| 19 | 2:43.29 | 13/14 | 200 IM | 2:43.99 | 20 |
| 21 | 2:36.79 | 15/Older | 200 IM | 2:21.39 | 22 |
| 23 | 41.49 | 10/U | 50 Back | 41.49 | 24 |
| 25 | 37.69 | 11/12 | 50 Back | 37.69 | 26 |
| 27 | 3:12.69 | 11/12 | 200 Breast | 3:10.39 | 28 |
| 29 | 2:49.99 | 13/14 | 200 Back | 2:49.99 | 30 |
| 31 | 2:45.09 | 15/Older | 200 Back | 2:32.59 | 32 |
| 33 | 1:44.99 | 10/U | 100 Fly | 1:44.99 | 34 |
| 35 | 1:29.09 | 11/12 | 100 Fly | 1:29.09 | 36 |
| 37 | 2:54.99 | 13/14 | 200 Fly | 2:54.99 | 38 |
| 39 | 2:49.69 | 15/Older | 200 Fly | 2:35.29 | 40 |
| 41 | 2:57.19 | 10/U | 200 Free | 2:57.19 | 42 |
| 43 | 31.09 | 11/12 | 50 Free | 31.09 | 44 |
| 45 | 29.79 | 13/14 | 50 Free | 28.09 | 46 |
| 47 | 28.99 | 15/Older | 50 Free | 25.99 | 48 |
| 49 | 13:34.99 | 11/12 | 1000 Free** | 13:39.99 | 50 |
| 51 | 12:59.99 | 13/14 | 1000 Free** | 12:45.69 | 52 |
| 53 | 12:23.09 | 15/Older | 1000 Free** | 11:57.19 | 54 |

- All 10&U Events are swum as timed finals during the finals session.
- * Relays are timed finals – the fastest two heats are swum during finals all others will be swum during prelims.
- ** 1000 Freestyle is a time final swum at the end of prelims.

2003 Speedo Alaska Swimming
 Junior Olympics Championship
Saturday - April 12, 2003
 ORDER OF EVENTS
 Sanction # 2352

| Women's Event # | Q.T. | Age Group | Event | Q.T. | Men's Event # |
|--------------------|---------|-----------|--------------|---------|------------------|
| 55 | N.T. | 15/Older | 400 Free R.* | N.T. | 56 |
| 57 | N.T. | 13/14 | 400 Free R.* | N.T. | 58 |
| 59 | N.T. | 11/12 | 400 Free R.* | N.T. | 60 |
| 61 | 34.99 | 10/U | 50 Free | 34.99 | 62 |
| 63 | 1:10.39 | 11/12 | 100 Free | 1:10.39 | 64 |
| 65 | 1:04.19 | 13/14 | 100 Free | 1:03.19 | 66 |
| 67 | 1:02.99 | 15/Older | 100 Free | 57.39 | 68 |
| 69 | 1:45.99 | 10/U | 100 Breast | 1:45.99 | 70 |
| 71 | 1:30.99 | 11/12 | 100 Breast | 1:30.99 | 72 |
| 73 | 2:59.99 | 13/14 | 200 Breast | 2:59.99 | 74 |
| 75 | 2:57.99 | 15/Older | 200 Breast | 2:47.99 | 76 |
| 77 | 1:37.39 | 10/U | 100 Back | 1:37.39 | 78 |
| 79 | 1:24.39 | 11/12 | 100 Back | 1:24.39 | 80 |
| 81 | 1:17.59 | 13/14 | 100 Back | 1:17.19 | 82 |
| 83 | 1:15.39 | 15/Older | 100 Back | 1:07.69 | 84 |
| 85 | 3:22.49 | 10/U | 200 IM | 3:22.49 | 86 |
| 87 | 2:58.59 | 11/12 | 200 Fly | 2:58.59 | 88 |
| 89 | 6:19.09 | 11/12 | 400 IM** | 6:15.99 | 90 |
| 91 | 6:10.99 | 13/14 | 400 IM** | 6:10.99 | 92 |
| 93 | 6:01.99 | 15/Older | 400 IM** | 5:50.99 | 94 |
| 95 | 7:10.99 | 10/U | 500 Free*** | 7:10.99 | 96 |
| 97 | 6:42.59 | 11/12 | 500 Free*** | 6:42.59 | 98 |
| 99 | 6:17.49 | 13/14 | 500 Free*** | 6:17.49 | 100 |
| 101 | 6:04.69 | 15/Older | 500 Free*** | 5:52.89 | 102 |

- All 10&U Events are swum as timed finals during the finals session.
- * Relays are timed finals – the fastest two heats are swum during finals all others will be swum during prelims.
- ** 400 IM is a timed final swum at the end of prelims.
- *** 500 Freestyle is a time final swum at the end of finals.

2003 Speedo Alaska Swimming
 Junior Olympics Championship
Sunday - April 13, 2003
 ORDER OF EVENTS
 Sanction # 2352

| Women's Event # | Q.T. | Age Group | Event | Q.T. | Men's Event # |
|--------------------|---------|-----------|--------------|---------|------------------|
| 103 | N.T. | 11/12 | 400 Med. R.* | N.T. | 104 |
| 105 | N.T. | 13/14 | 400 Med. R.* | N.T. | 106 |
| 107 | N.T. | 15/Older | 400 Med. R.* | N.T. | 108 |
| 109 | 46.19 | 10/U | 50 Breast | 46.19 | 110 |
| 111 | 42.09 | 11/12 | 50 Breast | 42.09 | 112 |
| 113 | 2:57.69 | 11/12 | 200 Back | 2:57.69 | 114 |
| 115 | 1:22.99 | 13/14 | 100 Breast | 1:22.99 | 116 |
| 117 | 1:19.99 | 15/Older | 100 Breast | 1:16.99 | 118 |
| 119 | 1:20.89 | 10/U | 100 Free | 1:20.89 | 120 |
| 121 | 2:35.69 | 11/12 | 200 Free | 2:35.69 | 122 |
| 123 | 2:19.79 | 13/14 | 200 Free | 2:17.09 | 124 |
| 125 | 2:16.99 | 15/Older | 200 Free | 2:03.99 | 126 |
| 127 | 41.99 | 10/U | 50 Fly | 41.99 | 128 |
| 129 | 35.79 | 11/12 | 50 Fly | 35.79 | 130 |
| 131 | 2:53.89 | 11/12 | 200 IM | 2:53.89 | 132 |
| 133 | 1:23.19 | 13/14 | 100 Fly | 1:23.19 | 134 |
| 135 | 1:15.29 | 15/Older | 100 Fly | 1:05.79 | 136 |
| 137 | N.T. | 10/U | 200 Free R.* | N.T. | 138 |
| 139 | NT | 11/12 | 200 Free R.* | N.T. | 140 |
| 141 | N.T. | 13/14 | 200 Free R.* | N.T. | 142 |
| 143 | N.T. | 15/Older | 200 Free R.* | N.T. | 144 |

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- * Relays are timed finals – the fastest two heats are swum during finals all others will be swum during prelims.