

**2004 Speedo Senior Region XIV Great Alaska Open**  
**Hosted by Central Area Swimming**  
**Bartlett High School Pool**  
**February 27- 29, 2004**

**SANCTION:** #2620 under sanction by USA Swimming and Alaska Swimming.

**FACILITY:** 25 yard pool with 8 lanes each divided by Kiefer/Flo-thru lane lines. Colorado 5000 Timing System with touch pads and at least one button back up. Horn/strobe start. Relay exchange pads will be used for relays. 8-lane display. Races will start in the deep end of the pool. 25 yard pool with 8 lanes open for warm up, cool down.

**TIMES:**

Friday Warm ups	3:30 PM
1650 positive check in	4:30 PM
Coaches Meeting	4:30 PM
Meet starts	5:00 PM

Saturday/Sunday:

Preliminaries Warm ups	8:15 AM
Official's Meeting	8:45 AM
Meet Starts	9:30 AM

Finals warm ups will start no sooner than one hour after the completion of preliminaries. Meet Management will announce the time for start of warm ups each day prior to the end of preliminaries. Officials meetings will be 45 minutes after the start of Finals warm ups, unless otherwise announced. Finals will start one hour after the start of Finals warm ups.

**ELIGIBILITY:** Open to all swimmers currently registered with USA Swimming or any FINA organization. A signed membership verification form must accompany entries.

**ENTRIES:**

1. Current USA Swimming and Alaska Swimming rules apply.
2. Swimmers may enter all individual events in which they have qualified, but will be limited to compete in three (3) individual swims per day and a total of six (6) over three (3) days, exclusive of relay events or time trials.
3. For the first individual event in which a swimmer qualifies, they will receive two (2) swims for which they are not qualified. For two (2) or more qualifying times the swimmer will receive three (3) swims for which they are not qualified not to exceed a total of six (6).
4. Relay events shall have no qualifying times. A swim team/club may enter no more than two (2) individually non-qualified swimmers per relay event.
5. Qualifying times must have been achieved since January 1, 2003.

6. Entries may be submitted on Master Entry form (recap sheet) or on 3.5" disk using the Hy-Tek software COMMLINK file using the "Build" option along with a hard copy printout. As a backup please send a Hy-Tek software Team Manager "team entry report" and "team meet fees report." Entries may be also be emailed to the entry coordinator (see below.) A pre-built .HYV file, which may be imported into Team Manager for Windows, will be available on the Alaska Swimming website, ([www.alaskaswimming.org](http://www.alaskaswimming.org)).

**RULES:**

1. Warm-ups will be in accordance with USA Swimming and Alaska Swimming warm-ups/warm-down procedures.
2. The applicable scratch rule, as set forth in article 3.A.9 of the Alaska Swimming Rules and Regulations will be in force.
3. All individual events shall be conducted with Preliminaries, consolation finals and championship finals on the same day except the 1650 freestyle and the 1000 freestyle which shall be conducted as timed finals in alternating years, swum fastest to slowest heat alternating girls/boys on Friday. All individual events shall be conducted with preliminaries and finals regardless of the number of entries. All relays shall be conducted as timed finals.
4. The 1650 free will be swum in even years- the 1000 free in odd years.
5. The order of heats during the finals for a preliminary and final event will be swam as final, then consolation in that order. Empty lanes will be filled by moving swimmers up in order from the slowest heats without reseeding the heats.
6. In the conduct of the meet, **there is no longer** ("no event shall be swum until every swimmer participating in that event has had at least twenty minutes break since swimming his/her last event").
7. Swimmers in the 1650 freestyle must check in at least 30 minutes before the start of the event (4:30pm).

ENTRY FEES:	Swimmer surcharge	\$9.00
	Swimmer Entry fee	\$4.50
	Individual Event Fee	\$2.50
	Relay Event Fee	\$8.00

Payment must accompany hard copy portion of entries!

Please make checks payable to **Central Area Swimming**. Meet entry fees are not refundable.

**ENTRY DEADLINE:** Mailed entries must be postmarked no later than Wednesday, February 18, 2004. Hand-delivered and e-mailed entries must be received no later than Friday, February 20 by 1:00pm

Mail entries to the following address:

C.B. Stewart  
P.O. Box 90748  
Anchorage, AK 99509  
Phone: 227-7119  
E-mail: anchorageaquanauts@hotmail.com

Hand deliveries:

1700 Hillcrest Drive, (West High School)  
Swimming Pool

**SCORING:** Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay points are double the individual point value.

Scores will be kept on combined team scores, men's and women's team scores, and individual scores.

**AWARDS:** Individual awards will be given for first through eighth place, relay awards will be given to first through third place. High point awards will be given to first through third places of women and men. Team awards will be given to the first place women's team, the first place men's team, and the top three combined teams. There will also be awards for the team with the highest percent best times (min. of 6 athletes), and the team with the most points per swimmer. Individual awards will be distributed to the teams each day at the conclusion of the meet.

**HOUSING:** All housing requests must be made to the Housing Coordinator or entry person at least two weeks in advance of the meet.  
Housing Coordinator: C.B. Stewart

Travel Assistance for the Speedo Senior Region XIV Great Alaska Open will be distributed on an equitable basis for all qualified participants attending the meet from areas outside the host area. The funds for the Great Alaska Open Travel fund comes from meet entry fees (See Article 2.A. Meet Entry Fees). Procedures for distribution of the such monies will be established by the Board of Directors.

**HELPING ON DECK:** Participating teams are requested to help out by providing timers, officials, and other support staff. Anyone wanting to be trained for any job on deck (other than coach) is welcome to come down and learn.

**CONCESSIONS:** A variety of nutritious foods will be provided at the concession stand.

**TOBACCO PRODUCTS:** Smoking and the use of other tobacco products are prohibited in all areas of the building prior to, during and after the meet.

**TIME TRIALS:** As time permits, and at Meet Management's discretion, time trials will be allowed. Requests, accompanied with the \$5.00 Individual event fee, must be given to the Clerk of Course. USA Swimming states that no swimmer can swim more than 5 individual events per day including time trials.

**OFFICIALS:**

USA Swimming has approved this meet for National Officials Certification. All officials are invited to work this meet to obtain National certification. You must have worked in the position that you are certifying in at least one year prior to this meet. You must attend the officials briefing on Friday morning and work at least 3 sessions of the meet. An application must be filled out and signed by the meet referee upon completion of your certification at the meet. Applications are posted at [www.akswimming.org/officials](http://www.akswimming.org/officials)

**MEET DIRECTOR:** C. B. Stewart  
P.O. Box 90748  
Anchorage, AK 99509  
[anchorageaquanauts@hotmail.com](mailto:anchorageaquanauts@hotmail.com)  
(907) 227-7119

- ATTACHMENTS:**
1. Order of Events
  2. Swimmers and Coaches USA Swimming Membership Verification
  3. Recap Sheet and Fee Summary
  4. Meet entry form
  5. Alaska Swimming Warm-up and Warm-down Procedures

**Order of Events**

---

<b>SCM</b>	<b>Q. Time</b>						<b>Q. Time</b>	
	<b>LCM</b>	<b>SCY</b>	<b>Female</b>	<b>Friday</b>	<b>Male</b>	<b>SCY</b>	<b>LCM</b>	<b>SCM</b>

---

<b>21:17.39</b>	<b>21:47.39</b>	<b>21:17.39</b>	<b>1</b>	<b>1500 Free</b>	<b>2</b>	<b>19:33.99</b>	<b>20:04.29</b>	<b>19:34.29</b>
<b>NT</b>	<b>NT</b>	<b>NT</b>	<b>3</b>	<b>800 Free Relay</b>	<b>4</b>	<b>NT</b>	<b>NT</b>	<b>NT</b>
<b>Saturday</b>								
<b>02:28.29</b>	<b>02:32.29</b>	<b>02:14.79</b>	<b>5</b>	<b>200 Free</b>	<b>6</b>	<b>02:01.99</b>	<b>02:18.19</b>	<b>02:14.19</b>
<b>01:19.99</b>	<b>01:21.99</b>	<b>01:12.99</b>	<b>7</b>	<b>100 Back</b>	<b>8</b>	<b>01:05.49</b>	<b>01:13.99</b>	<b>01:11.99</b>
<b>03:15.29</b>	<b>03:19.29</b>	<b>02:57.49</b>	<b>9</b>	<b>200 Breast</b>	<b>10</b>	<b>02:42.89</b>	<b>03:03.19</b>	<b>02:59.19</b>
<b>01:19.49</b>	<b>01:21.49</b>	<b>01:12.19</b>	<b>11</b>	<b>100 Fly</b>	<b>12</b>	<b>01:04.59</b>	<b>01:13.09</b>	<b>01:11.09</b>
<b>30.99</b>	<b>31.99</b>	<b>28.19</b>	<b>13</b>	<b>50 Free</b>	<b>14</b>	<b>25.39</b>	<b>28.89</b>	<b>27.89</b>
<b>06:15.19</b>	<b>06:23.19</b>	<b>05:41.09</b>	<b>15</b>	<b>400 IM</b>	<b>16</b>	<b>05:29.69</b>	<b>06:10.69</b>	<b>06:02.69</b>
		<b>NT</b>	<b>17</b>	<b>400 Med. Relay (Prelims)</b>	<b>18</b>	<b>NT</b>	<b>NT</b>	<b>NT</b>
		<b>NT</b>	<b>19</b>	<b>200 Free Relay (Finals)</b>	<b>20</b>	<b>NT</b>		
<b>Sunday</b>								
<b>2:49.79</b>	<b>2:53.79</b>	<b>02:34.29</b>	<b>21</b>	<b>200 IM</b>	<b>22</b>	<b>02:20.09</b>	<b>02:38.09</b>	<b>02:34.09</b>
<b>1:07.29</b>	<b>1:09.29</b>	<b>01:01.09</b>	<b>23</b>	<b>100 Free</b>	<b>24</b>	<b>55.59</b>	<b>01:03.19</b>	<b>01:01.19</b>
<b>3:01.79</b>	<b>3:05.79</b>	<b>02:45.19</b>	<b>25</b>	<b>200 Fly</b>	<b>26</b>	<b>02:30.39</b>	<b>02:49.49</b>	<b>02:45.49</b>
<b>1:27.39</b>	<b>1:29.39</b>	<b>01:19.49</b>	<b>27</b>	<b>100 Breast</b>	<b>28</b>	<b>01:15.09</b>	<b>01:24.59</b>	<b>01:22.59</b>
<b>2:53.59</b>	<b>2:57.59</b>	<b>02:38.09</b>	<b>29</b>	<b>200 Back</b>	<b>30</b>	<b>02:26.59</b>	<b>02:45.29</b>	<b>02:41.29</b>
<b>5:16.59</b>	<b>5:24.59</b>	<b>05:59.69</b>	<b>31</b>	<b>400 Free</b>	<b>32</b>	<b>05:44.39</b>	<b>05:11.09</b>	<b>05:03.09</b>
		<b>NT</b>	<b>33</b>	<b>400 Free Relay (Prelims)</b>	<b>34</b>	<b>NT</b>	<b>NT</b>	<b>NT</b>
		<b>NT</b>	<b>35</b>	<b>200 Med. Relay (Finals)</b>	<b>36</b>	<b>NT</b>	<b>NT</b>	<b>NT</b>