

**2006 SPEEDO & ALASKA SWIMMING, Inc.,  
JUNIOR OLYMPIC  
SUMMER LONG COURSE CHAMPIONSHIP  
JULY 13 – 16**

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

**FACILITY & EQUIPMENT:** 50 meter, eight lane with flow-thru lane lines, International Sports Timing System or Colorado 5000 Timing system with touch pads, one button/two watch manual back-up during finals, eight lane electronic timing display, and horn/strobe start.

**MEET TIMES:**

Thursday: (All Timed Finals)	Warm-ups:	4:00 p.m.
	Positive check-in:	4:30 p.m.
	Start:	5:00 p.m.

Friday, Saturday, Sunday

Preliminaries:	Warm-ups:	8:00 a.m.
	Start:	9:15 a.m.
Finals:	Warm-ups:	2:00 p.m.
	Start:	3:00 p.m.

The start time for final sessions will not be earlier than scheduled. It may be adjusted to a later time to provide a break of at least two (2) hours between the preliminary session and finals session, with the pool available for warm-up at the scheduled time.

**WATER ENTRY AND WARM-UP/WARM DOWN:** The water entry and warm-up/warm-down procedures set out on page 38, Appendix to the Alaska Swim Guide will be in place for this meet.

**COACHES MEETINGS:**

Friday: 8:50 a.m.

Additional coaches meetings may be called as deemed necessary by meet management.

**OFFICIALS MEETINGS:**

Thursday: 4:45 p.m.

Friday, Saturday, Sunday

Preliminaries:	8:30 a.m.
Finals:	2:30 p.m.

**ELIGIBILITY:** Open to all swimmers currently registered with any USA Swimming LSC or recognized FINA member who have met or exceeded the qualifying time standards after June 1, 2005, in USA Swimming or recognized FINA sanctioned meets and time trials, or observed ASAA meets. Verification of athletes' membership in USA Swimming or a recognized FINA organization shall be made by signature of a club official or coach on an athlete verification

form. Penalties for falsifying membership shall be imposed per 2005-2006 Alaska Swim Guide page 33, Article 8. The qualifying time standards are posted on the Alaska Swimming, Inc., website ([www.akswimming.org](http://www.akswimming.org)). Relay events have no qualifying time standards. Swimmers with a disability who have achieved or exceeded the Alaska Disability Time Standard are eligible. The swimmer's team is required to contact the Meet Director and Referee in advance to confirm events and placement/seeding.

**RULES:**

1. Current USA Swimming and Alaska Swimming, Inc., rules shall govern this meet.
2. All events shall be conducted with preliminaries and finals on the same day with the following exceptions:
  - a. The 1500 Free and 800 Free Relay shall be conducted as time finals on Thursday
  - b. The 200 Medley Relay and 200 Free Relay shall be conducted as time finals at the beginning of the preliminary session on Saturday and Sunday, respectively.
  - c. The 400 Free, 400 IM, and 800 Free shall be conducted as time finals at the end of the preliminary session on Friday, Saturday, and Sunday respectively.
  - d. The 400 Medley Relay and 400 Free Relay shall be conducted as time finals at the beginning of the finals session on Friday and Saturday respectively.
  - e. All 10/U events (both individual and relays) shall be conducted as time finals during the preliminary session.
3. The 400 IM, the 400, 800, and 1500 Free events shall be deck seeded following positive check in and shall be swum fastest to slowest with all ages combined. The male and female heats shall alternate, with the females swimming first. Scoring of these events shall be by age group as set out below.
4. 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 for the the swimmer(s) during the course of the meet.
5. There will be no exhibition swimming.
6. There will be a ten (10) minute warm up/down following each event set.
7. RELAYS: Relay events will be swum in accordance with USA Swimming Rules.
  - a. A swim team may enter no more than two (2) individually non-qualified swimmers per relay event.
  - b. Final choice of relay swimmers will be made prior to the start of the relay heat in which the team is entered. No changes will permitted after that time.
  - c. Relay swimmers (including relay only swimmers) must be listed on the recap sheet and must pay all fees.
8. 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 feasibility and time for conducting the time trial. There is no guarantee that a requested time trial event will occur.
9. The meet format/order of events is available on the Alaska Swimming, Inc., website.

**SCRATCH RULES:** Scratches from the meet shall be delivered to the clerk of course prior to the beginning of the meet or as soon as the coach becomes aware. Individual scratch rules for pre-seeded and deck seeded events and relay events will be applied per Alaska Swim Guide Articles 3.A.9 and 3.A.10.a.

### ENTRY INFORMATION

1. **Swimmers may enter a maximum of three (3) events per day and a total of seven (7) events over the entire meet. This is exclusive of relay events.**
2. Swimmers shall compete in the age group matching their age on the first day of the meet, with the following exceptions:
  - a. Swimmers may enter and compete in the age group individual events matching their age on the first day of the 2006 Western Zone Championship (August 8, 2006); provided that they must swim all their individual events in that age group.
  - b. Swimmers seeking to use this meet for automatic selection for the Alaska All Star Zone Team under Swim Guide Article 9.E, must enter their individual events as set forth in the preceding paragraph.
3. Entries, including all relay swimmers, must be submitted on either:
  - a. (Preferred) Hy-Tek COMMLINK file (sent by e-mail or 3.5" disk);
    - i. Please submit a Hy-Tek Team Manager "Team Entry Report" and "Team Meet Fees Report with the file.
  - b. Meet Entry Form (hard copy)
4. Relay entries: Clubs entering two or more relay teams in an event shall designate them 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.
5. A pre-built .HYV file for this meet is available on the ASI website at [www.akswimming.org](http://www.akswimming.org).
6. Events may be entered with either a short course (yards or meters) or long course entry time. **DO NOT convert the times.** Enter them as swum and identify non-conforming times with a Y (short course yards), or S (short course meters) following the entry time.
7. **All entries must be Postmarked no later than Wednesday, July 5, 2006, or E-mailed/received no later than 6 p.m. Friday, July 7, 2006.** Late entries will be subject to late entry fees of \$5.00 per swimmer up to a maximum of \$50.00 per team, unless the Meet Director waives the penalty due to extenuating circumstances.  
Mail or E-mail ENTRIES, Meet Fees and USA Swimming Verification forms to  
David Uldrich [uldrichd@acsalaska.net](mailto:uldrichd@acsalaska.net)  
3440 Spinnaker Dr.  
Anchorage, AK 99516 (H) 868-7873
8. Meet Fees:
  - a. Swimmer Surcharge (include relay only swimmers) \$ 4.50
  - b. Facility Surcharge \$10.00
  - c. Individual Event \$ 2.75
  - d. Relay Event \$ 8.00
9. Make checks payable to: Central Area Swimming



**Anchorage, AK 99518  
(H) 337-3105**

**(O) 522-8110/ Fax 522-8120**

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

**TRAVEL ASSISTANCE:** Travel assistance will be distributed on an equitable basis for all qualified swimmers attending the meet from outside the host area. Travel assistance application forms are available on the ASI website.

**OFFICIALS:** Although this meet is hosted by Central Area Swimming, **officials from other Areas are encouraged and welcomed to participate on deck.** Stroke and Turn in training are encouraged to attend the officials' meeting and to walk sessions of the meet. If you have officials who have an interest in volunteering, please forward their name to the Meet Referee. The opportunity for National Certification may be available for participating deck officials.

**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 time if a request is made.

**PARKING:** The Bartlett High School parking lot will be available for parking.

**CLEANING TEAM AREAS:** Bartlett Pool rental expense has increased substantially; the rental expense can be reduced if the teams clean up their areas before leaving the deck.

**POOL MANAGEMENT REQUIREMENTS:**

1. **No food and no glass on deck.** Swimmers may have plastic bottles filled with water or other beverages on deck. Swimmers **MUST** eat upstairs in the bleachers.
2. Smoking is not allowed on Bartlett High School property.
3. USA Swimming and Municipal regulations prohibit shaving at the Bartlett Pool

**SEATING:** Swimmers may sit in the bleachers either upstairs or on deck. Parents are asked to remain in the upstairs bleachers unless they are volunteering on deck.

**FORMS AVAILABLE ON LINE:**

Order of Events  
Meet Entry Form  
USA/ASI Membership Verification Form  
USA/ASI Coach Verification Form

2006 Speedo Alaska Swimming Summer Long Course Championships Sanction #XXXX  
 Bartlett High School Pool July 13-16, 2006

**Thursday, July 13, 2006**  
 Order of Events

<b>GIRLS</b>								<b>BOYS</b>	
Event #	SCM	SCY	LCM	EVENT	LCM	SCY	SCM	Event #	
1*			24:40.19	11/12 1500 Free	24:40.19			2*	
1*	24:10.19	24:10.19#	24:40.19	13/14 1500 Free	23:53.09	23:23.09#	23:23.09	2*	
1*	23:49.19	23:19.19#	23:49.19	15/O 1500 Free	22:33.69	22:03.69#	22:33.69	2*	
3			NT	11/12 800 Free Relay	NT			4	
5			NT	13/14 800 Free Relay	NT			6	
7			NT	15/O 800 Free Relay	NT			8	

# - 1650

\* - Same event number, swum together & scored separately

All Thursday evening events are timed finals.

**Friday, July 14, 2006**  
 Order of Events

<b>GIRLS</b>								<b>BOYS</b>	
<b>Event #</b>	<b>SCM</b>	<b>SCY</b>	<b>LCM</b>	<b>EVENT</b>	<b>LCM</b>	<b>SCY</b>	<b>SCM</b>	<b>Event #</b>	
9			NT	11/12 400 Medley Relay	NT			10	
11			NT	13/14 400 Medley Relay	NT			12	
13			NT	15/O 400 Medley Relay	NT			14	
15	3:57.59	3:35.99	4:01.59	10/U 200 IM	4:01.59	3:35.99	3:57.59	16	
17	3:21.49	3:02.89	3:25.49	11/12 200 IM	3:25.49	3:02.89	3:21.49	18	
19	3:10.49	2:52.89	3:14.49	13/14 200 IM	3:06.19	2:45.29	3:02.19	20	
21	3:08.79	2:51.29	3:12.79	15/O 200 IM	2:57.29	2:37.19	2:53.29	22	
23	49.79	45.19	50.79	10/U 50 Back	51.99	46.29	50.99	24	
25	43.89	39.89	44.89	11/12 50 Back	43.49	38.59	42.49	26	
27	3:15.79	2:57.69	3:19.79	13/14 200 Back	3:19.79	2:57.69	3:15.79	28	
29	3:12.69	2:54.89	3:16.69	15/O 200 Back	3:02.39	2:41.89	2:58.39	30	
31	2:03.19	1:51.99	2:05.19	10/U 100 Fly	2:05.19	1:51.99	2:03.19	32	
33	1:41.99	1:32.59	1:43.99	11/12 100 Fly	1:48.99	1:37.09	1:46.99	34	
35	3:16.79	2:58.59	3:20.79	13/14 200 Fly	3:20.79	2:58.59	3:16.79	36	
37	3:08.29	2:50.89	3:12.29	15/O 200 Fly	2:59.09	2:38.89	2:55.09	38	
39	43.79	39.79	44.79	10/U 50 Free	42.39	37.59	41.39	40	
41	36.39	32.99	37.39	11/12 50 Free	36.99	32.69	35.99	42	
43	34.19	30.99	35.19	13/14 50 Free	33.79	29.79	32.79	44	
45	35.09	31.89	36.09	15/O 50 Free	33.79	29.79	32.79	46	
47	3:32.29	3:12.69	3:36.29	11/12 200 Breast	3:33.79	3:10.39	3:29.79	48	
49*	6:19.29	7:10.99#	6:27.29	10/U 400 Free	6:27.29	7:10.99#	6:19.29	50*	
49*	6:15.99	7:07.19#	6:23.99	11/12 400 Free	6:27.19	7:10.89#	6:19.19	50*	
49*	5:54.39	6:42.69#	6:02.39	13/14 400 Free	5:56.99	6:36.59#	5:48.99	50*	
49*	5:51.79	6:39.99#	5:59.79	15/O 400 Free	5:30.39	6:06.29#	5:22.39	50*	

# - 500

\* - Same event number, swum together & scored separately

400 Medley Relay is a timed final, swum at the beginning of the Finals session.

400 Freestyle is a timed final, swum at the end of the Preliminary session.

All 10/U events are timed finals, swum during the Preliminary session.

**Saturday, July 15, 2006**  
 Order of Events

<b>GIRLS</b>								<b>BOYS</b>	
Event #	SCM	SCY	LCM	EVENT	LCM	SCY	SCM	Event #	
51			NT	11/12 400 Free Relay	NT			52	
53			NT	13/14 400 Free Relay	NT			54	
55			NT	15/O 400 Free Relay	NT			56	
57			NT	10/U 200 Medley Relay	NT			58	
59			NT	11/12 200 Medley Relay	NT			60	
61			NT	13/14 200 Medley Relay	NT			62	
63			NT	15/O 200 Medley Relay	NT			64	
65	3:24.19	3:05.29	3:28.19	10/U 200 Free	3:28.19	3:05.29	3:24.19	66	
67	1:20.49	1:12.99	1:22.49	11/12 100 Free	1:22.49	1:12.99	1:20.49	68	
69	1:15.79	1:08.79	1:17.79	13/14 100 Free	1:13.79	1:05.09	1:11.79	70	
71	1:14.99	1:07.99	1:16.99	15/O 100 Free	1:09.39	1:01.09	1:07.39	72	
73	2:06.99	1:55.29	2:08.99	10/U 100 Breast	2:08.49	1:54.89	2:06.49	74	
75	1:44.89	1:35.19	1:46.89	11/12 100 Breast	1:46.89	1:35.19	1:44.89	76	
77	3:32.29	3:12.69	3:36.29	13/14 200 Breast	3:33.79	3:10.39	3:29.79	78	
79	3:36.59	3:16.59	3:40.59	15/O 200 Breast	3:16.59	2:54.79	3:12.59	80	
81	1:51.59	1:43.09	1:55.59	10/U 100 Back	1:55.59	1:43.09	1:51.59	82	
83	1:35.69	1:26.89	1:37.69	11/12 100 Back	1:37.69	1:26.89	1:35.69	84	
85	1:27.79	1:19.69	1:29.79	13/14 100 Back	1:28.39	1:18.39	1:26.39	86	
87	1:28.89	1:20.69	1:30.89	15/O 100 Back	1:22.99	1:13.49	1:20.99	88	
89	3:16.79	2:58.59	3:20.79	11/12 200 Fly	3:20.79	2:58.59	3:16.79	90	
91*	6:57.79	6:19.09	7:05.79	11/12 400 IM	7:01.59	6:15.99	6:53.59	92*	
91*	6:57.79	6:19.09	7:05.79	13/14 400 IM	6:59.99	6:13.89	6:51.99	92*	
91*	6:53.69	6:11.79	6:57.69	15/O 400 IM	6:28.99	5:45.69	6:24.99	92*	

\* - Same event number, swum together & scored separately

400 Freestyle Relay is a timed final, swum at the beginning of the Finals session.  
 200 Medley Relay is a timed final, swum at the beginning of the Preliminary session.  
 All 10/U events are timed finals, swum during the Preliminary session.

**Sunday, July 16, 2006**  
 Order of Events

<b>GIRLS</b>					<b>BOYS</b>			
Event #	SCM	SCY	LCM	EVENT	LCM	SCY	SCM	Event #
93			NT	10/U 200 Free Relay	NT			94
95			NT	11/12 200 Free Relay	NT			96
97			NT	13/14 200 Free Relay	NT			98
99			NT	15/O 200 Free Relay	NT			100
101	3:15.79	2:57.69	3:19.79	11/12 200 Back	3:19.79	2:57.69	3:15.79	102
103	57.19	51.99	58.19	10/U 50 Breast	58.19	51.99	57.19	104
105	48.19	43.79	49.19	11/12 50 Breast	49.19	43.79	48.19	106
107	1:37.99	1:28.99	1:39.99	13/14 100 Breast	1:35.49	1:24.89	1:33.49	108
109	1:41.09	1:31.99	1:43.29	15/O 100 Breast	1:29.59	1:19.49	1:27.59	110
111	1:37.99	1:28.99	1:39.99	10/U 100 Free	1:38.89	1:27.99	1:36.89	112
113	3:01.49	2:44.69	3:05.49	11/12 200 Free	3:00.69	2:40.29	2:56.69	114
115	2:45.09	2:29.79	2:49.09	13/14 200 Free	2:41.39	2:22.79	2:37.39	116
117	2:43.89	2:28.69	2:47.89	15/O 200 Free	2:36.19	2:19.19	2:32.19	118
119	58.09	52.79	59.09	10/U 50 Fly	59.09	52.79	58.09	120
121	41.49	37.69	42.49	11/12 50 Fly	42.49	37.69	41.49	122
123	1:30.89	1:22.59	1:32.89	13/14 100 Fly	1:29.79	1:19.59	1:27.79	124
125	1:26.09	1:18.09	1:28.09	15/O 100 Fly	1:18.29	1:09.19	1:16.29	126
127*			13:07.89	11/12 800 Free	13:07.89			128*
127*	12:35.09	14:17.99#	12:47.89	13/14 800 Free	12:37.09	14:05.69#	12:24.29	128*
127*	12:18.49	13:59.19#	12:31.29	15/O 800 Free	11:54.29	13:17.09#	11:41.49	128*

# - 1000

\* - Same event number - swum together & scored separately

200 Freestyle Relay is a timed final, swum at the beginning of the Preliminary session.

Combined events are 1/2, 49/50, 91/92, and 127/128. The 400/800/1500 Free and the 400 IM are considered Open events as stated in our rules and regulations. Meet management has broken up these events in the meet invitation in order to review the time standards for each age group.