

2005 SPEEDO & ALASKA SWIMMING Inc.
SUMMER LONG COURSE CHAMPIONSHIP
July 22-24

SANCTION: # 2735 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:

Friday	Warm-ups:	4:00pm
	Positive check-in	4:30 pm
	Start:	5:15 pm
Saturday, Sunday	Warm-ups:	8:00 am
	Sprint Starts:	8:50 am
	Start:	9:15 am

COACHES MEETINGS: **Saturday:** **9:00 am**

OFFICIALS MEETINGS: **Friday:** **4:45 pm**
Saturday & Sunday: **8:30 am**

ELIGIBILITY: Open to all swimmers currently registered with USA Swimming and Alaska Swimming who have met or exceeded the qualifying time standards after June 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.

RULES:

1. Current USA Swimming and Alaska Swimming rules shall govern this meet and take precedence over any item in this invitation.
2. All events shall be conducted as timed finals in accordance with USA Swimming rules and Regulations 102.5.4 – Timed Finals
3. The 400 IM and the 400, 800 and 1500 freestyle shall be deck seeded with positive check in and shall be swum fastest to slowest with all ages combined. The boy's and girl's heats shall alternate with the girls swimming first. Scoring will be computed by age group event and awards will be generated by age group event (15 & Over, 13/14, 11/12 for these events except the 400 free includes 10 & under).
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 during the course of the meet
5. There will be no exhibition swimming.
6. There will be a 10 minute warm up and swim down after each set of events.
7. **RELAYS:** Relay events in the Speedo/Alaska Summer Long Course Championship shall have no qualifying times. A swim team may enter no more than (2) individually non-qualified swimmers per relay event.
 - 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 be permitted after that time.
 - 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 timing and feasibility for conducting the time trial. There shall be no guarantee that a requested time trial event will occur.

SCRATCH RULES: Scratches shall be delivered to the clerk of course prior to the beginning of the meet. Individual Scratch rules for pre-seeded and deck seeded events and relay events will be applied per Alaska Swim Guide Articles 3.A.9.a and b and 3.A.10.a

ENTRY INFORMATION:

1. Swimmers may enter a **maximum of four (4) events per day, with a total of seven (7) events for the meet, exclusive of relays.**
2. Entries, including all relay swimmers, must be submitted on:
 - a. (Preferred) Hy-tek COMMLINK file (sent by either e-mail or 3.5"disk)
 - Please submit a Hy-Tek Team Manager "Team Entry Report" and "Team Meet Fees Report with the file.
 - b. Meet Entry Form.
3. 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.
4. A pre-built .HYV file for this meet is available on the ASI website at: www.akswimming.org
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 a Y (short course yards), L (long course meters), or S (short course meters) following the entry time.
6. All entries must be **Postmarked no later than Wednesday, July 13th, 2005** OR **E-mailed/received no later than 6 p.m. Friday, July 15th, 2005.** (Late entries may be subject to late entry fees of \$5.00 per swimmer, up to a maximum of \$50.00 per team.) Meet Fees and USA Swimming Verification forms are due at **Dimond High Swimming Pool** (2909 West 88th Avenue, 343-4508) no later than Friday, July 15th, 2005.
7. Make checks payable to: Central Area Swimming.

Mail or E-Mail ENTRIES TO: **Greg McDuffie** **H: (907) 345-4122**
 11620 Brook Hill Ct. **E-mail: skijor@gci.net**
 Anchorage, AK 99516

Meet Fees:	Swimmer Surcharge (include relay only swimmers)	\$ 4.50
	Facility Surcharge	\$ 9.00
	Individual Event	\$ 2.75
	Relay Event	\$ 8.00

Entries will not be accepted unless the Alaska Swimming Inc. /USA Swimming Coach and Athlete Membership Verification Form and payment are provided. Forms are available on our website.

SCORING: In accordance with Alaska Swimming Guide 3.I.1-7

Individual: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2

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

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

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

High point awards may be any award such as swim bags, towels, sweatshirts, etc. that will be printed with the meet information.

TEAM AWARDS: Team 1st - 3rd (combined men and women's scores)
1st % Best Time (6 swimmer minimum)
1st Points per swimmer (6 swimmer minimum)

MEET DIRECTORS: C.B. Stewart anchorageaquanauts@hotmail.com
P.O. Box 90748 cbstew@hotmail.com
Anchorage, AK 99509
(h) (907) 258-1858 (c) (907) 748-4199

Patty Konicke pkonicke@alaskalife.net
(h) (907) 345-8329

Bonnie Hurtig bbad@gci.net
(h) (907) 345-8288

HOUSING DIRECTOR: Cliff Murray 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, July 4th. 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, Friday, July 22nd.

SWIMMER SEATING: Swimmers may sit on the bleachers, either upstairs or downstairs on the deck.

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.

Alaska Long Course Championship Travel Fund: The fund will be used to help defray the travel costs of ASI athletes from areas outside the host area who participate in the ASI Speedo Alaska Long Course Championship.

- a. A factor will be calculated as the ratio of:
 - i) All travel expenses incurred by athletes from outside the host area and postmarked by the third Monday after the close of the meet.
 - ii) All money in the Alaska Long Course Championship Travel Fund raised from splash fees in the prior year.
 - b. The Treasurer will issue a reimbursement check by the fifth Monday following the close of the meet for expenses submitted under (a)(i) multiplied by the factor calculated in (a).
 - c. Any reimbursement requests from clubs received more than two weeks following the close of the meet will not be honored.
 - d. For the purpose of this rule when the host club is Central Area, then the host area does not include Naknek, Cordova, and Valdez.

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

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 C.B. Stewart 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.

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

Warm-up/Warm down Procedures

I. General Warm-up Period (First 50 minutes)

1. All lanes are open for general warm-up.
2. NO RACING STARTS from the blocks or edge of pool.
3. Use circle swimming only – no sprint or pace work.

II. Specific Warm – up Period (Last 20 minutes)

1. Lanes 1 & 8 – General warm-up
 - a. NO RACING STARTS from the blocks or edge of pool
 - b. Use circle swimming only – no sprint or pace work.
2. Lanes 2-3-4-5-6-7 – Sprint or pace work
 - a. **RACING STARTS** only from the starting end of pool
 - b. One-way swimming only
 - c. No swimmer on the block if a backstroker is starting in the water.
 - d. Coaches must be on the deck supervise and control the swimmers.

ATTACHMENTS: Available for download on the Alaska Swimming website:

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

2005 Speedo Alaska Swimming Summer Long Course Championships Sanction #2735
 Bartlett High School Pool July 22-24, 2005

Friday, July 22, 2005
 Order of Events

GIRLS

BOYS

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*

- 1650

* Same event number - swum together & scored separately

Saturday, July 23, 2005

Order of Events

GIRLS								BOYS
Event #	SCM	SCY	LCM	EVENT	LCM	SCY	SCM	Event #
3			NT	15/O 200 Free Relay	NT			4
5			NT	13/14 200 Free Relay	NT			6
7			NT	11/12 200 Free Relay	NT			8
9			NT	10/U 200 Free Relay	NT			10
11*	6:57.79	6:19.09	7:05.79	11/12 400 IM	7:01.59	6:15.99	6:53.59	12*
11*	6:57.79	6:19.09	7:05.79	13/14 400 IM	6:59.99	6:13.89	6:51.99	12*
11*	6:53.69	6:11.79	6:57.69	15/O 400 IM	6:28.99	5:45.69	6:24.99	12*
13	3:21.49	3:02.89	3:25.49	11/12 200	3:25.49	3:02.89	3:21.49	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	2:43.89	2:28.69	2:47.89	15/O 200 Free	2:36.19	2:19.19	2:32.19	18
19	2:45.09	2:29.79	2:49.09	13/14 200 Free	2:41.39	2:22.79	2:37.39	20
21	3:01.49	2:44.69	3:05.49	11/12 200 Free	3:00.69	2:40.29	2:56.69	22
23	3:24.19	3:05.29	3:28.19	10/U 200 Free	3:28.19	3:05.29	3:24.19	24
25	1:41.09	1:31.99	1:43.29	15/O 100 Breast	1:29.59	1:19.49	1:27.59	26
27	1:37.99	1:28.99	1:39.99	13/14 100 Breast	1:35.49	1:24.89	1:33.49	28
29	48.19	43.79	49.19	11/12 50 Breast	49.19	43.79	48.19	30
31	57.19	51.99	58.19	10/U 50 Breast	58.19	51.99	57.19	32
33	3:15.79	2:57.69	3:19.79	11/12 200 Back	3:19.79	2:57.69	3:15.79	34
35	3:12.69	2:54.89	3:16.69	15/O 200 Back	3:02.39	2:41.89	2:58.39	36
37	3:15.79	2:57.69	3:19.79	13/14 200 Back	3:19.79	2:57.69	3:15.79	38
39	1:35.69	1:26.89	1:37.69	11/12 100 Back	1:37.69	1:26.89	1:35.69	40
41	1:51.59	1:43.09	1:55.59	10/U 100 Back	1:55.59	1:43.09	1:51.59	42
43	35.09	31.89	36.09	15/O 50 Free	33.79	29.79	32.79	44
45	34.19	30.99	35.19	13/14 50 Free	33.79	29.79	32.79	46
47	36.39	32.99	37.39	11/12 50 Free	36.99	32.69	35.99	48
49	43.79	39.79	44.79	10/U 50 Free	42.39	37.59	41.39	50
51	1:26.09	1:18.09	1:28.09	15/O 100 Fly	1:18.29	1:09.19	1:16.29	52
53	1:30.89	1:22.59	1:32.89	13/14 100 Fly	1:29.79	1:19.59	1:27.79	54
55	41.49	37.69	42.49	11/12 50 Fly	42.49	37.69	41.49	56
57	58.09	52.79	59.09	10/U 50 Fly	59.09	52.79	58.09	58
59			NT	15/O 400 Medley Relay	NT			60
61			NT	13/14 400 Medley Relay	NT			62
63			NT	11/12 400 Medley Relay	NT			64
65*			13:07.89	11/12 800 Free	13:07.89			66*
65*	12:35.09	14:17.99#	12:47.89	13/14 800 Free	12:37.09	14:05.69#	12:24.29	66*
65*	12:18.49	13:59.19#	12:31.29	15/O 800 Free	11:54.29	13:17.09#	11:41.49	66*

- 1000

* Same event number - swum together & scored separately

Sunday, July 24, 2005
Order of Events

GIRLS				BOYS				
Event #	SCM	SCY	LCM	EVENT	LCM	SCY	SCM	Event #
67			NT	15/O 200 Medley Relay	NT			68
69			NT	13/14 200 Medley Relay	NT			70
71			NT	11/12 200 Medley Relay	NT			72
73			NT	10/U 200 Medley Relay	NT			74
75	3:08.79	2:51.29	3:12.79	15/O 200 IM	2:57.29	2:37.19	2:53.29	76
77	3:10.49	2:52.89	3:14.49	13/14 200 IM	3:06.19	2:45.29	3:02.19	78
79	1:14.99	1:07.99	1:16.99	15/O 100 Free	1:09.39	1:01.09	1:07.39	80
81	1:15.79	1:08.79	1:17.79	13/14 100 Free	1:13.79	1:05.09	1:11.79	82
83	1:20.49	1:12.99	1:22.49	11/12 100 Free	1:22.49	1:12.99	1:20.49	84
85	1:37.99	1:28.99	1:39.99	10/U 100 Free	1:38.89	1:27.99	1:36.89	86
87	3:32.29	3:12.69	3:36.29	11/12 200 Breast	3:33.79	3:10.39	3:29.79	88
89	3:36.59	3:16.59	3:40.59	15/O 200 Breast	3:16.59	2:54.79	3:12.59	90
91	3:32.29	3:12.69	3:36.29	13/14 200 Breast	3:33.79	3:10.39	3:29.79	92
93	1:44.89	1:35.19	1:46.89	11/12 100 Breast	1:46.89	1:35.19	1:44.89	94
95	2:06.99	1:55.29	2:08.99	10/U 100 Breast	2:08.49	1:54.89	2:06.49	96
97	3:16.79	2:58.59	3:20.79	11/12 200 Fly	3:20.79	2:58.89	3:16.79	98
99	3:08.29	2:50.89	3:12.29	15/O 200 Fly	2:59.09	2:38.89	2:55.09	100
101	3:16.79	2:58.59	3:20.79	13/14 200 Fly	3:20.79	2:58.59	3:16.79	102
103	1:41.99	1:32.59	1:43.99	11/12 100 Fly	1:48.99	1:37.09	1:46.99	104
105	2:03.19	1:51.99	2:05.19	10/U 100 Fly	2:05.19	1:51.99	2:03.19	106
107	1:28.89	1:20.69	1:30.89	15/O 100 Back	1:22.99	1:13.49	1:20.99	108
109	1:27.79	1:19.69	1:29.79	13/14 100 Back	1:28.39	1:18.39	1:26.39	110
111	43.89	39.89	44.89	11/12 50 Back	43.49	38.59	42.49	112
113	49.79	45.19	50.79	10/U 50 Back	51.99	46.29	50.99	114
115*	6:19.29	7:10.99#	6:27.29	10/U 400 Free	6:27.29	7:10.99#	6:19.29	116*
115*	6:15.99	7:07.19#	6:23.99	11/12 400 Free	6:27.19	7:10.89#	6:19.19	116*
115*	5:54.39	6:42.69#	6:02.39	13/14 400 Free	5:56.99	6:36.59#	5:48.99	116*
115*	5:51.79	6:39.99#	5:59.79	15/O 400 Free	5:30.39	6:06.29#	5:22.39	116*
117			NT	15/O 400 Free Relay	NT			118
119			NT	13/14 400 Free Relay	NT			120
121			NT	11/12 400 Free Relay	NT			122

- 500

* Same event number - swum together & scored separately

Combined events are 1/2, 11/12, 65/66, and 115/116. 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.