

2004 SPEEDO / ALASKA SWIMMING SUMMER LONG COURSE CHAMPIONSHIPS

Sanction: #2634 of United States Swimming and Alaska Swimming, Inc.
HOSTED BY: Central Area Swimming
LOCATION: Bartlett High School Pool
DATES: July 23-25, 2004

FACILITY: 50 meter, 8-lane pool with flo-thru lane lines, Colorado 5000 Timing System with touch pads, 1-button/2-watch manual back-up during finals, 8-lane electronic timing display board, and horn/strobe start.

TIME:	<u>Warm-Up</u>	<u>Meet Start</u>
Friday:	4:00 pm	5:15pm
Saturday & Sunday :	8:00 am	9:15 am

Warm-ups in accordance with ASI warm-up/warm-down procedures.

COACHES' MEETING: Saturday Only @ 8:45am

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

ELIGIBILITY: Open to all swimmers currently registered with USA Swimming or any recognized FINA member who have met or exceeded the qualifying time standards after June 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 an athlete's USA swimming membership 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 2003-2004 Alaska Swim Guide, Article 8.4, a-e.

RULES:

1. Current USA Swimming and Alaska Swimming rules shall govern this meet.
2. All events shall be conducted as timed finals in accordance with USA Swimming Rules and Regulations 102.5.4 – Timed Finals.
3. The 1500 freestyle 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 the girls swimming first. Scoring will be computed by age group event and awards will be generated by age group event.
4. Unattached swimmers or swimmers with coaches unable to attend the meet must be under the supervision of a USA Swimming 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 5 or 10 minute warm up/swim down after each set of events.
7. RELAYS: Relay events will be swum in accordance with USA Swimming Rules 102.4.1-8.
 - a. A swim team may enter no more than (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 be permitted after that.
 - c. Relay swimmers must be listed on the recap sheet and must pay all fees.
 - d. Relay events may be combined at the Referee's discretion.
8. Time trials will be conducted upon request. The procedure for requesting and scheduling them shall be set at the coaches' meeting.

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. All entries, **including relay only entries**, may be submitted on Master Entry form (recap sheet)
OR
2. On 3.5" disk using the Hy-Tek software COMMLINK file using the "Export/Meet entries" option along with the following printouts:
 - a. a Team Manager "team entry report"
 - b. a Team Manager "team meet fees 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 Team A, Team B, etc.
4. Swimmers may enter a **maximum of four (4) events per day, with a total of seven (7) events over three (3) days.** This is 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 a Y (short course yards), L (long course meters) or S (short course meters) following the entry time.

ENTRIES:

All entries must be e-mailed, postmarked and/or hand delivered no later than Wednesday, July 14, 2004.

MAIL ENTRIES TO: Valerie Manfull	OR	E-MAIL ENTRIES TO:
7421 Tangle Ct.		ashleigh@gci.net
Anchorage, AK 99504		(Mail check)*
(907) 337-2450		

MEET FEES:	Swimmer Entry Fee (include relay only swimmers)	\$4.50
	Facility Surcharge	\$9.00
	Individual Event	\$2.50
	Relay Event	\$8.00

Entries will not be accepted unless the Alaska Swimming Inc. / USA Swimming Coach and Athlete Membership Verification Form and payment is provided.

*Make checks payable to Central Area Swimming.

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:	1st - 3rd Medals, 4 th -8 th Ribbons
Relays:	1st Medals; 2nd & 3rd Ribbons
High Point:	Girls: 1st - 3rd and Boys: 1st - 3rd
Team Trophies:	1st - 3rd combined boys' and girls' scores 1 st – percent best times 1 st – points per swimmers

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

MEET DIRECTOR:

Patty Konicke
15150 Oxford Bluff Circle
Anchorage, AK 99516
345-8329
pkonicke@alaskalife.net

HOUSING: **HOUSING REQUEST FORM IS DUE WITH MEET ENTRIES:** We will try to place all swimmers requesting housing who are entered in the meet. It is a courtesy provided by the families in the host area. Please supply swimmers' names, contact phone numbers and any allergies or medications, etc. Arrival and departure **times and places 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. Please refer questions concerning housing to the meet director.

OFFICIALS: Though this meet is hosted by Central Area Swimming, officials from all areas are invited and encouraged to participate on deck at this meet.

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

POOL MANAGEMENT REQUIREMENTS: No Glass On Deck. Swimmers may have plastic bottles filled with water or other beverages.

ATTACHMENTS:

Order of Events
Financial Re-Cap Form
ASI / USA Swimming Membership Verification Form
Meet Entry Form
Relay Entry Form

Friday, July 23, 2004

Order of Events

GIRLS								BOYS
Event #	SCM	SCY	LCM	EVENT	LCM	SCY	SCM	Event #
1*	-	-	24:40.90	<u>11/12 1500 Free</u>	24:40.19	-	-	2*
1*	24:10.19	24:10.19#@	24:40.90	<u>13/14 1500 Free</u>	23:53.09	23:23.09#@	23:23.09	2*
1*	23:49.19	23:19.19#@	23:49.19	<u>15/O 1500 Free</u>	22:33.69	22:03.69#@	22:33.69	2*

@ - 1650

* Same event number - swum together & scored separately

Saturday, July 24,2004

GIRLS				Order of Events				BOYS
Event #	SCM	SCY	LCM		LCM	SCY	SCM	Event #
3			NT	<u>15/O 200 Free Relay</u>	NT			4
5			NT	<u>13/14 200 Free Relay</u>	NT			6
7			NT	<u>11/12 200 Free Relay</u>	NT			8
9			NT	<u>10/U 200 Free Relay</u>	NT			10
11	6:57.79	6:19.09	7:05.79	<u>11/12 400 IM</u>	7:01.59	6:15.99	6:53.59	12
13	6:53.69	6:11.79	6:57.69	<u>15/O 400 IM</u>	6:28.99	5:45.69	6:24.99	14
15	6:57.79	6:19.09	7:05.79	<u>13/14 400 IM</u>	6:59.99	6:13.89	6:51.99	16
17	3:21.49	3:02.89	3:25.49	<u>11/12 200 IM</u>	3:25.49	3:02.89	3:21.49	18
19	3:57.59	3:35.99	4:01.59	<u>10/U 200 IM</u>	4:01.59	3:35.99	3:57.59	20
21	2:43.89	2:28.69	2:47.89	<u>15/O 200 Free</u>	2:36.19	2:19.19	2:32.19	22
23	2:45.09	2:29.79	2:49.09	<u>13/14 200 Free</u>	2:41.39	2:22.79	2:37.39	24
25	3:01.49	2:44.69	3:05.49	<u>11/12 200 Free</u>	3:00.69	2:40.29	2:56.69	26
27	3:24.19	3:05.29	3:28.19	<u>10/U 200 Free</u>	3:28.19	3:05.29	3:24.19	28
29	1:41.09	1:31.99	1:43.29	<u>15/O 100 Breast</u>	1:29.59	1:19.49	1:27.59	30
31	1:37.99	1:28.99	1:39.99	<u>13/14 100 Breast</u>	1:35.49	1:24.89	1:33.49	32
33	48.19	43.79	49.19	<u>11/12 50 Breast</u>	49.19	43.79	48.19	34
35	57.19	51.99	58.19	<u>10/U 50 Breast</u>	58.19	51.99	57.19	36
37	3:15.79	2:57.69	3:19.79	<u>11/12 200 Back</u>	3:19.79	2:57.69	3:15.79	38
39	3:12.69	2:54.89	3:16.69	<u>15/O 200 Back</u>	3:02.39	2:41.89	2:58.39	40
41	3:15.79	2:57.69	3:19.79	<u>13/14 200 Back</u>	3:19.79	2:57.69	3:15.79	42
43	1:35.69	1:26.89	1:37.69	<u>11/12 100 Back</u>	1:37.69	1:26.89	1:35.69	44
45	1:51.59	1:43.09	1:55.59	<u>10/U 100 Back</u>	1:55.59	1:43.09	1:51.59	46
47	35.09	31.89	36.09	<u>15/O 50 Free</u>	33.79	29.79	32.79	48
49	34.19	30.99	35.19	<u>13/14 50 Free</u>	33.79	29.79	32.79	50
51	36.39	32.99	37.39	<u>11/12 50 Free</u>	36.99	32.69	35.99	52
53	43.79	39.79	44.79	<u>10/U 50 Free</u>	42.39	37.59	41.39	54
55	1:26.09	1:18.09	1:28.09	<u>15/O 100 Fly</u>	1:18.29	1:09.19	1:16.29	56
57	1:30.89	1:22.59	1:32.89	<u>13/14 100 Fly</u>	1:29.79	1:19.59	1:27.79	58
59	41.49	37.69	42.49	<u>11/12 50 Fly</u>	42.49	37.69	41.49	60
61	58.09	52.79	59.09	<u>10/U 50 Fly</u>	59.09	52.79	58.09	62
63			NT	<u>15/O 400 Med. Relay</u>	NT			64
65			NT	<u>13/14 400 Med. Relay</u>	NT			66
67			NT	<u>11/12 400 Med. Relay</u>	NT			68
69*	-	-	13:07.89	<u>11/12 800 Free</u>	13:07.89	-	-	70*
69*	12:35.09	14:17.99#	12:47.89	<u>13/14 800 Free</u>	12:37.19	14:05.69#	12:24.29	70*
69*	12:18.49	13:59.19#	12:31.29	<u>15/O 800 Free</u>	11:54.29	13:17.09#	11:41.49	70*

* Same event number - swum together & scored separately # - 1000

Sunday, July 25, 2004

GIRLS				Order of Events				BOYS
Event #	SCM	SCY	LCM		LCM	SCY	SCM	Event #
71			NT	<u>15/O 200 Med. Relay</u>	NT			72
73			NT	<u>13/14 200 Med. Relay</u>	NT			74
75			NT	<u>11/12 200 Med. Relay</u>	NT			76
77			NT	<u>10/U 200 Med. Relay</u>	NT			78
79	3:08.79	2:51.29	3:12.79	<u>15/O 200 IM</u>	2:57.29	2:37.19	2:53.29	80
81	3:10.49	2:52.89	3:14.49	<u>13/14 200 IM</u>	3:06.19	2:45.29	3:02.19	82
83	1:14.99	1:07.99	1:16.99	<u>15/O 100 Free</u>	1:09.39	1:01.09	1:07.39	84
85	1:15.79	1:08.79	1:17.79	<u>13/14 100 Free</u>	1:13.79	1:05.09	1:11.79	86
87	1:20.49	1:12.99	1:22.49	<u>11/12 100 Free</u>	1:22.49	1:12.99	1:20.49	88
89	1:37.99	1:28.99	1:39.99	<u>10/U 100 Free</u>	1:38.89	1:27.99	1:36.89	90
91	3:32.29	3:12.69	3:36.29	<u>11/12 200 Breast</u>	3:33.79	3:10.39	3:29.79	92
93	3:36.59	3:16.59	3:40.59	<u>15/O 200 Breast</u>	3:16.59	2:54.79	3:12.59	94
95	3:32.29	3:12.69	3:36.29	<u>13/14 200 Breast</u>	3:33.79	3:10.39	3:29.79	96
97	1:44.89	1:35.19	1:46.89	<u>11/12 100 Breast</u>	1:46.89	1:35.19	1:44.89	98
99	2:06.99	1:55.29	2:08.99	<u>10/U 100 Breast</u>	2:08.49	1:54.89	2:06.49	100
101	3:16.79	2:58.59	3:20.79	<u>11/12 200 Fly</u>	3:20.79	2:58.89	3:16.79	102
103	3:08.29	2:50.89	3:12.29	<u>15/O 200 Fly</u>	2:59.09	2:38.89	2:55.09	104
105	3:16.79	2:58.59	3:20.79	<u>13/14 200 Fly</u>	3:20.79	2:58.89	3:16.79	106
107	1:41.99	1:32.59	1:43.99	<u>11/12 100 Fly</u>	1:48.99	1:37.09	1:46.99	108
109	2:03.19	1:51.99	2:05.19	<u>10/U 100 Fly</u>	2:05.19	1:51.99	2:03.19	110
111	1:28.89	1:20.69	1:30.89	<u>15/O 100 Back</u>	1:22.99	1:13.49	1:20.99	112
113	1:27.79	1:19.69	1:29.79	<u>13/14 100 Back</u>	1:28.39	1:18.39	1:26.39	114
115	43.89	39.89	44.89	<u>11/12 50 Back</u>	43.49	38.59	42.49	116
117	49.79	45.19	50.79	<u>10/U 50 Back</u>	51.99	46.29	50.99	118
119*	5:51.79	6:39.99@	5:59.79	<u>15/O 400 Free</u>	5:30.39	6:06.29@	5:22.39	120*
119*	5:54.39	6:42.69@	6:02.39	<u>13/14 400 Free</u>	5:56.99	6:36.59@	5:48.99	120*
119*	6:15.99	7:07.19@	6:23.99	<u>11/12 400 Free</u>	6:27.19	7:10.89@	6:19.19	120*
119*	6:19.29	7:10.99@	6:27.29	<u>10/U 400 Free</u>	6:27.29	7:10.99@	6:19.29	120*
121			NT	<u>15/O 400 Free Relay</u>	NT			122
123			NT	<u>13/14 400 Free Relay</u>	NT			124
125			NT	<u>11/12 400 Free Relay</u>	NT			126

* Same event number - swum together & scored separately

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RELAY EVENT ENTRY FORM
Central Area Swimming

TEAM: _____ MEET DATE: July 23-25, 2004

MEET: 2004 Long Course Championship Bartlett Pool

Relay Event	Age Group	Male (M) / Female (F)	Event #	# of Relays

Total # of Relays* : _____

*Enter total # of relays on the "relay events entered" line on the Meet Recap Sheet and Fee Summary page as part of your meet fees total.

LONG COURSE CHAMPIONSHIP MEET RECAP SHEET AND FEE SUMMARY

Meet Name: 2004 Speedo/Alaska Swimming Summer Long Course Championship **Meet Date:** July 23-25, 2004

Hosted By: Central Area Swimming

TEAM: _____

Coach: _____

Entry Date: _____

_____ swimmers entered x **\$ 4.50** entry fee = \$ _____

_____ swimmers entered x **\$ 9.00** facility surcharge = \$ _____

_____ individual events entered x **\$ 2.50** event charge = \$ _____

_____ relay events entered x **\$ 8.00** relay charge = \$ _____

TOTAL MEET FEES = \$ _____