

**2003 SPEEDO / ALASKA SWIMMING  
SUMMER LONG COURSE CHAMPIONSHIPS**

**Sanction:** #2538 of United States Swimming and Alaska Swimming, Inc.  
**HOSTED BY:** Central Area Swimming  
**LOCATION:** Bartlett High School Pool  
**DATES:** July 11-13, 2003

**FACILITY:** 50 meter pool, eight lane with flo-thru lane lines, Colorado timing system with touch pads, one button/two watch manual back-up during finals, eight lane electronic timing display board, and horn/strobe start.

	<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 AS warm-up/warm-down procedures.

**COACHES MEETING:** Saturday Only @ 8:45am (Only one meeting)  
**OFFICIALS MEETINGS:** Friday 4:45 pm  
Saturday & Sunday 8:30 am

**ELIGIBILITY:** Open to all swimmers currently registered with any USA Swimming USA or any recognized FINA member who have met or exceeded the qualifying time standards after June 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.

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 Alaska Swim Guide, Article 8.4.

**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, 800, & 400 Freestyles 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.
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 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 & b and 3.A10.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.
4. 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 2, 2003.**

MAIL ENTRIES TO:	Robin Coursen 37805 W. Robinson Loop Rd. Soldotna, AK 99672 Phone: (907) 262-6347	<b>OR</b>	E-MAIL ENTRIES TO: tcoursen@connect.kpbsd.k12.ak.us (Mail check or bring to meet.)
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<b>MEET FEES:</b>	Swimmer Surcharge (include relay only swimmers)	\$4.50
	Facility Surcharge	\$7.00
	Individual Event	\$2.50
	Rely 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
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 <sup>st</sup> – percent best times 1 <sup>st</sup> – 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:**

Dana Hyams [fishhead@acsalaska.net](mailto:fishhead@acsalaska.net) OR C.B. Stewart [cbstew@hotmail.com](mailto:cbstew@hotmail.com)  
810 Botanical Heights Circle  
Anchorage, AK 99515  
(H) 336-0972

**HOUSING:** **HOUSING REQUEST FORM IS DUE WITH MEET ENTRIES:** We will try to place all swimmer 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 Food On Deck And No Glass On Deck.** Swimmers may have plastic bottles filled with water or other beverages. Swimmers MUST eat upstairs in the bleachers. **Smoking or use of other tobacco products is prohibited in all areas of the pool building and outside on ASD property prior to, during, or after the meet.**

**ATTACHMENTS:**

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

**Friday, July 11, 2003**

**Order of Events**

**Girls  
Event #**

**Boys  
Event #**

	SCM	SCY	LCM	EVENT	LCM	SCY	SCM	
1*	24:10.19	24:10.19@#	24:40.90	<u>11/12 1500 Free</u>	24:40.19	23:23.09@#	23:23.09	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*

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\* Consolidated events - swum fastest to slowest, scored separately per ASI Swim Guide Article 3, A, 3., page 4. Also applies to all events with an (\*) on subsequent pages.

**Saturday, July 12, 2003**

Order of Events

Girls				Boys				
Event #	SCM	SCY	LCM	Event	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*	12:37.89	14:10.09#	13:07.89	<u>11/12 800 Free</u>	13:07.89	14:10.09#	12:37.89	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*

**Sunday, July 13, 2003**

Order of Events

Girls Event #	SCM	SCY	LCM		LCM	SCY	SCM	Boys 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

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