2017 St. Patty's Day Meet

Saturday March 11, 2017

Hosted by North Pole Aquatic Club (NPAC)

Sanction: Under sanction #AK-201617-26 by USA Swimming and Alaska Swimming, Inc. (ASI). **"It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."**

Location: Wescott Pool, Fairbanks, AK

Facility: Six (6) lane, 25 yard competition pool, divided by Flo-thru lane lines. Colorado Electronic Timing system with touch pads, six (6) lane display, one button manual back-up, one hand held digital watch per lane and horn/strobe light start. The competition course has not been certified in accordance with 104.2.2C(4). Pool depth at Start end is 5 feet and 4 feet at turn end.

Meet Time:

Warm-ups	**8:00 am – 8:45 am**
Timers	**In Place by 8:50 am**
Officials Meeting	**8:30 am – 8:45 am**
Coaches Meeting	**8:45 am – 8:55 am**
Meet will begin	**9:00 am**

Warm ups will be conducted in accordance with USAS and ASI warm-up/warm-down procedures as outlined in ASI Rules & Regulations, Appendix, page 38.

Teams need to have their teams in place by time listed above. For warm-up lane assignments and procedures see **Appendix A**.

Eligibility: Open to all USAS registered swimmers. Please note: Per ASI rules, swimmers may not be allowed to swim in the meet unless a signed coach's verification form has been received. (Available on ASI website: www.akswimming.org).

Swimmers must swim in the age group corresponding to their age on the day of the meet.

Adaptive Swimmers: Disabled or adapted swimmers are welcome and encouraged to participate. Coaches should include a written description of the special needs of the disabled/adaptive swimmer with the team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.

Rules:

1. Current USAS and ASI Rules& Regulations govern this meet and take precedence over any item contained in this invite.
2. All events will be swum as timed finals and will be circle-seeded slowest to fastest.
3. The deep end of the pool will be open for warm-up and warm-down before and during the meet.
4. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance

with this requirement.

5. Except where venue facilities require otherwise, changing in or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
6. Per USA Swimming regulations the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.
7. **"Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present." New Addition from USA Swimming as of January 1, 2017.**

Scratch Rules:

1. Individual scratch rules for events will be in effect as stated in the "Alaska Swim Guide 2015-2016" Article 3.A.9.
2. The relay scratch rule will be applied as stated in Alaska Swim Guide Article 3.A.10.
3. Scratches shall be made each day and delivered to the Clerk of Course on the attached scratch.
4. A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event.

Scoring: Only individual events in the appropriate age group will be scored. Scoring will be through sixth (6) place (7-5-4-3-2-1). USAS 102.25

Awards: Ribbons will be awarded to the top six (6) place finishers in each individual event.

Entry Date: Entries emailed no later than 6:00 pm Saturday, March 4, 2017. **ENTRIES RECEIVED AFTER THE DEADLINE WILL NOT BE ACCEPTED UNLESS APPROVAL IS GIVEN BY MEET DIRECTOR. NO ENTRIES WILL BE ACCEPTED AT THE MEET.**

Entries:

1. Each swimmer may enter **no more than four (4) individual events and the 1 relay event** for this meet.
2. Entries must be submitted in HyTek Team Manager or Team Unify format and emailed to the Entry Chair.
3. A current USAS registration number for each athlete must be provided with all entries.
4. Entry file can be downloaded from the NPAC Website: http://www.teamunify.com/Home.jsp?team=aknpac

5. Teams must submit the following prior to the beginning of the meet:
   a. Hy-tek meet entry report
   b. Hy-tek team entry fee report
   c. Coach/Swimmer USAS Membership Verification form
   d. Entry Fees

Entry Fees:

Facility charge per swimmer	$6.00
Entry fee per swimmer	$3.50
Individual event fee	$2.50
Relay event fee	$5.50

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Please make checks payable to North Pole Aquatic Club
Entries fees can be mailed to NPAC, PO BOX 56251, North Pole, AK 99705 or turned in to the meet director on the day of the meet. Entry fees are non-refundable.

Submit to: Scott Murrah **E-Mail Entries: npacmeetdirector@gmail.com**
1201 Monterey Ct
North Pole, AK 99705

Meet Director: Scott Murrah
npacmeetdirector@gmail.com
Cell 347-8400

Meet Referee: Jennifer Young, npactreasurer@gmail.com

Meet Safety Marshall: TBD

Concessions: A snack bar will be available.

Pool Rules: No Glass on Deck at any time. No Shaving allowed on site. Per USAS and ASD regulations, smoking or use of other tobacco products is NOT permitted before, during or after the meet in any area on the deck, in the pool building or outside, adjacent to the pool building.

General Info: **1.** Each team accepting the invitation is requested to provide four (4) timers with an adequate substitution of individuals to complete the meet.

Girls	**Sanction#___AK-201617-26**	**Boys**
1	Open 200 Free	2
3	8 & under 25 Free	4
5	Open 100 Breast	6
7	11 & over 200 Breast	8
9	12 & under 50 Breast	10
11	8 & under 25 Breast	12
13	Open 200 IM	14
15	12 & under 100 IM	16
17	8 & under 25 Back	18
19	Open 100 Back	20
21	11 & over 200 Back	22
23	12 & under 50 Back	24
25	Open 100 Free	26
27	11 & over 200 Fly	28
29	8 & Under 25 Fly	30

31	Open 100 Fly	32
33	12 & Under 50 Fly	34
35	Open 50 Free	36
37	11 & over 400 IM	38
39	200 Medley Relay	40

APPENDIX A

Swim Meet
Warm-up/Warm-down Procedures

I. RULES FOR GENERAL WARM-UP

A. Overview

1. **The accepted method for entering the water is one hand on the wall, feet first, from the end of the pool.** At no time should the athlete enter the water head -first unless starts are being directly supervised by their coach.
2. All swimming should be done in a counter-clockwise swimming direction.
3. No equipment including, but not limited to, paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers.

II. GENERAL WARM-UP PERIOD

A. Overview

1. *Recommended* for first 30 – 45 min. of the warm-up session.
2. NO DIVING… **Swimmers must enter the water using the accepted pool entry method.**
3. No sprinting or pace work.
4. All lanes will be used for general warm-up.

III. SPECIFIC WARM-UP PERIOD

A. Overview

1. *Recommended* for last 30-45 minutes of the warm-up session.
2. Push pace lanes: Push-off one or two lengths from the starting end, circle swimming only (counter-clockwise). NO DIVING…**Swimmers must enter the water using the accepted pool entry method.**
3. Racing starts: Sprint lanes for race starts from blocks, sides, or from in the water (as for backstroke). Starts initiated from coach's signal.
4. The meet referee or designee will post team assigned lanes for warm-ups.