**2015 Alaska Swimming Summer Championship
July 24-26, 2015
Hosted by Northern Area Aquatics**

**Held Under Sanction by USA Swimming and Alaska Swimming
Sanction #201507241**

In granting this sanction it is understood and agreed that USA Swimming shall be free from and liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**LOCATION:** Hamme Swimming Pool

931 Airport Way, Fairbanks, AK 99701

907-459-1086

**DATE:** July 24-26, 2015

**FACITLITY:** 25-yard, 6 lane pool with flow-thru lane lines. Colorado Timing System with touchpads, one-button manual back up, 6 lane electronic timing display board and horn/strobe start. In addition at least two hand-held digital watches will be used per lane. This pool is not certified in accordance with 104.2.2C(4) USAS rules and regulations. Pool depth is 4.5 feet at the start and end and 4 feet at the turn end.

**TIMES:** **Warm-Up Start**

Prelims Friday Morning 7:00AM 9:00AM

Finals Friday Afternoon TBA TBA

Prelims Saturday Morning 7:00AM 9:00AM
Finals Saturday Afternoon TBA TBA

Prelims Sunday Morning 7:00AM 9:00AM
Finals Sunday Afternoon TBA TBA

A break of at least two (2) hours shall be scheduled between preliminaries and finals with the pool available for warm-ups during the last hour. The exact time for afternoon warm-ups and competition will be determined by the referee and announced as early as possible each day. Warm-ups will be conducted in accordance with Alaska Swimming Warm-up/Warm down procedures.

**COACHES**

 **MEETING:** There will be a coaches meeting just prior to the beginning of the meet on Friday. If needed, there will be coaches meeting on Saturday and Sunday also.

**ELIGIBILITY:** Open to all Alaskan swimmers age 18 and younger on the first day of meet, currently registered as athlete members with USA Swimming and Alaska Swimming who meet or exceeded the qualifying time standards since January 1, 2014. Qualifying times may be made at USA sanctioned and approved meets and time trials provided USA officials are on deck whose sole purposes is to serve that the individual swims conform to the USA rules and regulations.

Swimmers must swim in the age bracket corresponding to their age on the first day of the meet. Disabled and adapted swimmers are welcome and encouraged to participate. Coaches will be asked to submit a written description of the special needs of the disabled/adaptive swimmers with their team entries. Questions regarding final assignment within specified heats must be brought to the attention of the Meet Referee.

**ENTRIES:**

1. Swimmer must have obtained their qualifying time during the period of January 1, 2014 to entry submission date. Swimmers qualifying time must be in USA SWIMS database.
2. Swimmers may enter a total of seven (7) events, with no more than three (3) events per day. This is exclusive of relay events.
3. Email your entries on or before Wednesday, Jul 15, 2015 by using Hy-Tek software choosing the “Export/Meet entries with proof of time checked” option along with the “team entry report” and the “team meet fees report” attached.
4. If you do not have Team Manager or Team Unify, your entries need to be emailed on a consolidated form that includes the swimmers’ USA identification number.
5. The name and telephone number of the entry contact person must be included with entries.
6. Coach verification forms must be signed and delivered to the computer desk prior to the start of the meet.
7. **NO LATE ENTRIES WILL BE ACCEPTED**.

**MEET FEES:** Swimmer Entry Fee $5.00 per swimmer

Individual Event Fee $3.25 per swimmer

Relay Event Fee $7.50 per relay

Facility Charge $18.00 per swimmer

\* Please make checks payable to Northern Area Aquatics and deliver to the computer desk prior to the start of the meet. All fees are **NONREFUNDABLE**.

Entries should be sent to:

Greg Evershed

2410 Riddle Ct

North Pole, AK 99705

greg.evershed@gmail.com

907-978-6328

**RULES:**

1. Current USA and Alaska Swimming Rules will govern this meet.
2. Swimmers may enter a total of seven (7) events, with no more that three (3) events per day. This is exclusive of relay events.
3. This will be a pre-seeded meet.
4. All events will be conducted as prelims and finals on the same day, with the exception of the 400 IM, 500 Freestyle, 1000 Freestyle & 1650 freestyle events will be swam as timed final at the conclusion of preliminaries. They will be swum fastest to slowest Alternating Girls & Boys starting with Girls with scoring broke out by age groups. All 10 & Under events and relays will be swum as timed finals during the preliminaries sessions. All relays will be swum as timed finals during the preliminaries session except the two (2) fastest heats of the 11/12, 13/14, and 15 & Over relays swum as a timed finals in the finals Session.
5. 400 IM, 500 Freestyle, 1000 Freestyle and 1650 Freestyle shall be deck seeded with positive check in.
6. A team may enter no more than two (2) individually non-qualified swimmers per relay.
7. This meet may be run as a 'no-recall' meet. “Fly-over” starts may be utilized during some prelims events at the discretion of the meet a/o deck referee.
8. Building and facility rules will be enforced. Only swimmers, coaches, timers and officials on deck.
9. Disabled swimmers who have met the Alaska disability time standards are encouraged to participate. Coaches should include with the team entries a copy of the Information Form for Disabled Swimmers (available on the ASI website), specifying the special needs of any adoptive swimmer(s) with the team entries. Bring such requests for non-standard entries to the attention of the Meet Director.
10. There will be at least a 2-hour break scheduled between preliminaries and finals; the pool will be open during the second hour for warm-ups.
11. USA Swimming and ASI warm up guidelines will be enforced.
12. 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.
13. Changing into or out of swimsuits other than in locker room or other designated area is prohibited.

**SCRATCH RULES**

1. Individual scratch rules for events will be in effect as stated in the “Alaska Swim Guide” posted on the “[akswimming.org](http://akswimming.org)” web page.
2. The relay scratch rule will be applied as stated in the “Alaska Swim Guide” posted on the “[akswimming.org](http://akswimming.org)” web page.
3. Scratches shall be made each day and delivered to the computer table as soon as possible.
4. A swimmer will be considered entered unless officially scratched him/her from the event.

**SCORING**

1. Scores shall be kept on combined team scores and individual scores.
2. All Event: **20-17-16-15-14-13** (“A” Final).
3. 15/O Consol: **9-8-7-6-5-4** (“B” Finals)

**AWARDS**

1. Medals will be awarded for places 1st through 3rd in individual and relay events.
2. Ribbons will be awarded for 4th through 6th places in individual and relay events.
3. High point awards will be given to the top three boys and girls in each age group.
4. Team awards are the top three combined teams, best time percentage and highest points per swimmer. Teams must have at least 6 swimmers participate in individual swims to be eligible for best time percentage and highest points per swimmer awards.

**CONCESSIONS** A concession stand will be provided during the meet that will provide healthy snacks. MSST will provide a swim shop for goggles and suits.

**OFFICIALS** Officials from all areas are invited and encouraged to participate on deck at this meet. If you have a interest in volunteering services, please forward you name to Meet Referee at the email address listed above. This meets has been designated as a Nationals Certification Qualifying meet. If interested in N2 or N3 Certification, application for observation must be submitted to prior to the end of the first session.

**POOL REMINDERS** No smoking will be permitted inside the pool building or on pool/school property. No glass on deck at any time. Please be certain that your team has cleaned up their area of all debris and personal belongings prior to leaving the pool. Per USA Swimming regulations the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

MEET DIRECTOR Derek Bastille Derek.bastille@gmail.com / Greg Evershed greg.evershed@gmail.com

MEET REFEREE Cheryl Severns kcseverns@mosquitonet.com

DECK REFEREE Denise Thorsen dlthorsen@alaska.edu

SAFETY MARSHAL Carl Benson cfbenson12@gmail.com

ADMIN REFEREE Greg Evershed greg.evershed@gmail.com

Note: Saturday Relays are swum in reverse order of Friday & Sunday.

**Order of Events**

**Friday, July 24, 2015**

|  |  |  |  |
| --- | --- | --- | --- |
| **Girls** | Age | Event | **Boys** |
| **1** | 10 & Under | 100 IM | **2** |
| **3** | 11/12 | 100 IM | **4** |
| **5** | 13 & Over | 200 IM | **6** |
| **7** | 10 & Under | 50 Backstroke | **8** |
| **9** | 11/12 | 50 Backstroke | **10** |
| **11** | 11/12 | 200 Backstroke | **12** |
| **13** | 13 & Over  | 200 Backstroke | **14** |
| **15** | 10 & Under | 100 Fly | **16** |
| **17** | 11/12 | 100 Fly | **18** |
| **19** | 13 & Over  | 200 Fly | **20** |
| **21** | 10 & Under | 200 Free | **22** |
| **23** | 11 & Over  | 50 Free | **24** |
| **25** | 10 & Under  | 200 Medley Relay | **26** |
| **27** | 11/12 | 200 Medley Relay | **28** |
| **29** | 13/14 | 200 Medley Relay | **30** |
| **31** | 15 & Over | 200 Medley | **32** |
| **33** | 11 & Over  | 1000 Free\* | **34** |

**Saturday, July 25, 2015**

|  |  |  |  |
| --- | --- | --- | --- |
| **Girls** | **Age** | **Event** | **Boys** |
| **35** | 10 & Under  | 50 Free | **36** |
| **37** | 11 & Over  | 100 Free | **38** |
| **39** | 10 & Under  | 100 Breast | **40** |
| **41** | 11/12 | 100 Breast | **42** |
| **43** | 13 & Over  | 200 Breast | **44** |
| **45** | 10 & Under  | 100 Back | **46** |
| **47** | 11 & Over  | 100 Back | **48** |
| **49** | 10 & Under | 200 IM | **50** |
| **51** | 11/12 | 200 IM | **52** |
| **53** | 13 & Over | 400 IM\* | **54** |
| **55** | 15 & Over  | 400 Free Relay | **56** |
| **57** | 13/14 | 400 Free Relay | **58** |
| **59** | 11/12 | 400 Free Relay | **60** |
| **61** | Open | 500 Free | **62** |

**Sunday, July 26, 2015**

|  |  |  |  |
| --- | --- | --- | --- |
| **Girls** | **Age** | **Event** | **Boys** |
| **63** | 10 & Under  | 50 Breast | **64** |
| **65** | 11/12 | 50 Breast | **66** |
| **67** | 13 & Over | 100 Breast | **68** |
| **69** | 10 & Under | 100 Free | **70** |
| **71** | 11 & Older | 200 Free | **72** |
| **73** | 10 & Under  | 50 Fly | **74** |
| **75** | 11/12 | 50 Fly | **76** |
| **77** | 11/12 | 200 Fly | **78** |
| **79** | 13 & Over  | 100 Fly | **80** |
| **81** | 10 & Under  | 200 Free Relay\* | **82** |
| **83** | 11/12 | 200 Free Relay\* | **84** |
| **85** | 13/14 | 200 Free Relay\* | **86** |
| **87** | 15 & Over  | 200 Free Relay\* | **88** |
| **89** | 11 & Over | 1650 Freestyle\* | **90** |

**2015 Alaska Swimming Summer Championships Time Standards**

|  |  |  |
| --- | --- | --- |
| **Girls** | **10 & Under** | **Boys** |
| **LCM** | **SCM** | **SCY** |   | **SCY** | **SCM** | **LCM** |
| 44.99 | 43.59 | 39.49 | **50 Free** | 38.49 | 42.59 | 43.79 |
| 1:43.09 | 1:40.29 | 1:30.69 | **100 Free** | 1:28.49 | 1:37.79 | 1:41.29 |
| 3:48.49 | 3:41.19 | 3:20.19 | **200 Free** | 3:09.09 | 3:28.89 | 3.34.79 |
| 7:37.29 | 7:26.79 |   | **400 Free** |   | 7:20.09 | 7.29.49 |
|   |   | 8:30.49 | **500 Free** | 8:22.79 |   |   |
| 55.69 | 53.69 | 45.59 | **50 Back** | 48.59 | 53.69 | 55.69 |
| 2:01.89 | 1:56.19 | 1:45.09 | **100 Back** | 1:41.39 | 1:51.99 | 1:56.09 |
| 1:01.29 | 59.19 | 53.59 | **50 Breast** | 53.19 | 58.79 | 1:01.19 |
| 2:16.89 | 2:11.29 | 1:58.79 | **100 Breast** | 1:53.69 | 2:05.69 | 2:11.99 |
| 54.39 | 46.79 | 47.99 | **50 Fly** | 46.69 | 51.59 | 52.79 |
| 2:11.19 | 1:50.89 | 1:55.49 | **100 Fly** | 1:54.09 | 2:06.09 | 2:09.39 |
|   | 1:42.09 | 1:43.39 | **100 IM** | 1:40.39 | 1:50.99 |   |
| 4:10.09 | 3:37.99 | 3:40.39 | **200 IM** | 3:38.89 | 4:01.89 | 4:08.09 |
| **Girls** | **11/12** | **Boys** |
| **LCM** | **SCM** | **SCY** |   | **SCY** | **SCM** | **LCM** |
| 38.69 | 37.69 | 34.09 | **50 Free** | 33.09 | 36.59 | 37.79 |
| 1:24.99 | 1:21.29 | 1:13.59 | **100 Free** | 1:12.19 | 1:19.79 | 1:22.19 |
| 3:03.79 | 2:58.09 | 2:41.09 | **200 Free** | 2:37.19 | 2:53.69 | 2:58.99 |
| 6:23.89 | 6:15.69 |   | **400 Free** |   | 6:10.19 | 6:15.49 |
|   |   | 7:09.29 | **500 Free** | 7:02.99 |   |   |
| 13:27.89 | 12:57.19 |   | **800 Free** |   | 12:44.79 | 13:16.49 |
|   |   | 14:48.09 | **1000 Free** | 14:33.89 |   |   |
| 25:45.79 | 24:52.69 |   | **1500 Free** |   | 24:35.09 | 25:24.09 |
|   |   | 25:01.49 | **1650 Free** | 24:43.79 |   |   |
| 44.89 | 42.89 | 38.79 | **50 Back** | 38.99 | 43.09 | 44.89 |
| 1:38.89 | 1:35.29 | 1:26.29 | **100 Back** | 1:24.09 | 1:32.89 | 1:37.79 |
| 3:27.69 | 3:18.29 | 2:59.49 | **200 Back** | 2:55.29 | 3:13.69 | 3:22.79 |
| 49.09 | 48.29 | 43.69 | **50 Breast** | 43.79 | 48.39 | 49.89 |
| 1:49.99 | 1:45.89 | 1:35.79 | **100 Breast** | 1:33.59 | 1:43.49 | 1:48.29 |
| 3:54.59 | 3:47.39 | 3:25.79 | **200 Breast** | 3:17.69 | 3:38.39 | 3:49.99 |
| 41.79 | 41.19 | 37.29 | **50 Fly** | 37.69 | 41.69 | 42.69 |
| 1:37.49 | 1:35.29 | 1:26.29 | **100 Fly** | 1:24.49 | 1:33.39 | 1:36.19 |
| 3:29.09 | 3:21.49 | 3:02.39 | **200 Fly** | 2:58.09 | 3:16.79 | 3:22.49 |
|   | 1:34.19 | 1:25.29 | **100 IM** | 1:23.19 | 1:31.89 |   |
| 3:28.39 | 3:21.69 | 3:02.49 | **200 IM** | 3:00.99 | 3:19.99 | 3:26.99 |
| 7:23.79 | 7:09.39 | 6:28.59 | **400 IM** | 6:20.09 | 6:59.99 | 7:13.49 |

|  |  |  |
| --- | --- | --- |
| **Girls** | **13/14** | **Boys** |
| **LCM** | **SCM** | **SCY** |   | **SCY** | **SCM** | **LCM** |
| 37.59 | 36.29 | 32.89 | **50 Free** | 30.39 | 33.49 | 34.39 |
| 1:21.29 | 1:18.89 | 1:11.39 | **100 Free** | 1:06.29 | 1:13.29 | 1:16.19 |
| 2:55.19 | 2:50.09 | 2:33.89 | **200 Free** | 2:24.49 | 2:39.69 | 2:45.69 |
| 6:07.39 | 6:00.39 |   | **400 Free** |   | 5:40.89 | 5:53.19 |
|   |   | 6:51.79 | **500 Free** | 6:29.49 |   |   |
| 12:35.99 | 12:22.89 |   | **800 Free** |   | 11:44.69 | 12:14.29 |
|   |   | 14:08.89 | **1000 Free** | 13:25.19 |   |   |
| 24:06.39 | 23:25.99 |   | **1500 Free** |   | 22:20.49 | 23:14.99 |
|   |   | 23:34.19 | **1650 Free** | 22:28.29 |   |   |
| 1:30.09 | 1:26.49 | 1:18.29 | **100 Back** | 1:13.59 | 1:21.29 | 1:24.99 |
| 3:13.19 | 3:05.99 | 2:48.39 | **200 Back** | 2:38.39 | 2:54.99 | 3:02.99 |
| 1:42.89 | 1:38.79 | 1:29.39 | **100 Breast** | 1:22.59 | 1:31.29 | 1:34.89 |
| 3:42.59 | 3:34.39 | 3:13.99 | **200 Breast** | 3:00.49 | 3:19.39 | 3:29.49 |
| 1:28.09 | 1:25.89 | 1:17.69 | **100 Fly** | 1:12.19 | 1:19.79 | 1:22.19 |
| 3:13.29 | 3:10.49 | 2:52.39 | **200 Fly** | 2:40.39 | 2:57.19 | 3:02.59 |
| 3:19.49 | 3:11.39 | 2:53.19 | **200 IM** | 2:41.89 | 2:58.99 | 3:07.09 |
| 7:00.49 | 6:47.19 | 6:08.49 | **400 IM** | 5:44.99 | 6:21.19 | 6:37.09 |
| **Girls** | **15 & Over**  | **Boys** |
| **LCM** | **SCM** | **SCY** |   | **SCY** | **SCM** | **LCM** |
| 36.99 | 35.69 | 32.29 | **50 Free** | 28.99 | 31.99 | 32.59 |
| 1:19.79 | 1:17.29 | 1:09.99 | **100 Free** | 1:03.29 | 1:09.89 | 1:12.59 |
| 2:51.79 | 2:46.59 | 2:30.79 | **200 Free** | 2:18.29 | 2:32.79 | 2:39.19 |
| 6:00.39 | 5:51.19 |   | **400 Free** |   | 5:27.89 | 5:36.79 |
|   |   | 6:41.29 | **500 Free** | 6:14.69 |   |   |
| 12:23.29 | 12:07.29 |   | **800 Free** |   | 11:19.99 | 11:40.79 |
|   |   | 13:51.09 | **1000 Free** | 12:56.99 |   |   |
| 23:51.99 | 22:58.19 |   | **1500 Free** |   | 21:39.09 | 22:18.99 |
|   |   | 23:06.29 | **1650 Free** | 20:13.29 |   |   |
| 1:28.69 | 1:24.29 | 1:16.29 | **100 Back** | 1:09.69 | 1:16.99 | 1:21.29 |
| 3:09.29 | 3:02.09 | 2:44.79 | **200 Back** | 2:31.59 | 2:47.49 | 2:53.79 |
| 1:41.09 | 1:37.59 | 1:28.29 | **100 Breast** | 1:19.19 | 1:27.49 | 1:31.99 |
| 3:36.59 | 3:29.89 | 3:09.99 | **200 Breast** | 2:52.79 | 3:10.89 | 3:18.29 |
| 1:26.09 | 1:24.19 | 1:16.19 | **100 Fly** | 1:08.79 | 1:15.99 | 1:18.19 |
| 3:09.39 | 3:04.29 | 2:46.79 | **200 Fly** | 2:33.29 | 2:49.39 | 2:53.89 |
| 3:14.19 | 3:06.59 | 2:48.89 | **200 IM** | 2:34.29 | 2:50.49 | 2:58.19 |
| 6:47.89 | 6:36.09 | 5:58.49 | **400 IM** | 5:31.39 | 6:06.09 | 6:18.59 |

**2015 Alaska Swimming Summer Championship
July 24-26, 2014**

**Hosted by Northern Area Aquatics**

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 resistance cords and/or similar such devices that could result in injuries to the swimmers.

II. GENERAL WARM UP PERIOD
a. Overview

1. *Recommended* for first 30-45 minutes 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.