



2020 Central Area Championship

Hosted by: **Central Area Swimming**

January 15, 16 & 17, 2021

(changes from prior invite marked in yellow)

All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file. The SDIF file must be received, via email to the Entry Chair, by 11:59pm, January 6, 2021.				
SANCTION	Under sanction AK-202021-3 by USA Swimming and Alaska Swimming.			
HEALTH GUIDELINES	All teams, participants, volunteers, and spectators must adhere to the health and safety guidelines put forth by USA Swimming, as well as state and local authorities. See appendix A for details.			
LOCATION	Bartlett High School Pool, 1101 Golden Bear Drive, Anchorage, AK 99504			
FACILITY	50-meter, 8-lane pool with Keifer Flo-Thru lane lines. Colorado Timing System 6 will be used with Colorado touchpads, 1-button semi-automatic backup, 1-button manual Dolphin stopwatches, 8-lane CTS display, and horn and strobe light start. Bartlett is not a USAS Certified Pool as the competition course has not been certified in accordance with 104.2.2C (4) of the USAS Rules and Regulations. Pool depth is: 12ft deep end start, 4ft shallow end start.			
EVENT PERSONNEL	<p>Meet Referee: Sean McLaughlin, mclasm@gmail.com</p> <p>Admin Official: Angela Heaphy, heaphy.angela@gmail.com</p> <p>Meet Director: Johnna Kohl johnna.kohl@gmail.com Jodi McLaughlin mclaughlin98@gmail.com</p> <p>Entry Chair: Krista Whitlock, kristawhitlock@gmail.com</p> <p>Computer Lead: Krista Whitlock, kristawhitlock@gmail.com</p> <p>Covid Safety Coordinator: Kristin Sholton, ksholton@gci.net</p>			
SCHEDULE		Friday	Saturday 10 & Under Session	Saturday & Sunday
	Warm Up	4:00pm	4:00 pm	8:00am
	Meet Start	5:00pm	5:00 pm	9:00am
	Official's Meeting	4:45pm	4:45 pm	8:30am
	Coach's Meeting	N/A	N/A	7:45am
	Positive Check-in	4:30pm	4:30	8:30am

WARM UPS	Warm up and warm down procedures will be enforced in accordance with ASI 2019-2020 Rules and Regulations. Consistent with ASI rules, warm ups are intended to last 1hr, but can be extended at the discretion of the Meet Referee.
FORMAT	<ul style="list-style-type: none"> ● This meet will be conducted in Short Course Yards (SCY) with all events Timed Finals. ● Qualifying times are required and are noted on the event list below. ● There are no qualifying times for the 10 under session. ● Flyover starts may be used. ● The deep end pool will be used for competition and the shallow end pool for warm up/warm down. The shallow end will be open throughout the meet. ● 1650 Caveat: A swimmer may enter the 1650 without a qualifying time provided they have met the time standard in the 500 free for their age group. The 1650 time standard must be hand entered as their entry time. The Entry Coordinator for each team must provide evidence of having met the 500 free time with meet entry submissions. ● Bonus Events: A swimmer who has qualified in 1 event may enter up to 3 bonus events in which they have a legal time (No NT Entries). A swimmer who has qualified in 2 events may enter up to 5 bonus events in which they have a legal time (No NT Entries). Bonus Event Caveat: Bonus event entries must be 200 yards or less.
SEEDING	<ul style="list-style-type: none"> ● All events will be pre-seeded, except for the 400 IM, 1650 Free and 500 Free. ● All events will be seeded fastest to slowest. ● The 400 IM, 1650 Free and 500 Free will be deck seeded with positive check-in with the Clerk of Course. Swimmers must arrange their own Timers and Lap Counter. ● Events may be combined and/or reseeded at the discretion of the Meet Referee.
CHECK-IN PROCEDURE	<ul style="list-style-type: none"> ● Positive check-in is required for the 400 IM by 4:30pm on Friday ● Positive check-in is required for the 1650 Free by 8:30am on Saturday ● Positive check-in is required for the 10 and under 500 free by 4:30 on Saturday ● Positive check-in is required for the 500 Free by 8:30am on Sunday
SCRATCHES/ LATE ENTRIES	<ul style="list-style-type: none"> ● Individual scratch rules for events will be in effect as stated in the 2019-2020 ASI Rules and Regulations (article 3.A.9) ● A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event. ● Scratches shall be made at the Clerk of Course on the provided scratch sheet. Fees for adding swimmers should be provided at the meet. There are no refunds for scratches. ● Swimmers will be added if there is space in existing heats. No reseeding.
ELIGIBILITY	<ul style="list-style-type: none"> ● Open to all registered athlete members of USA Swimming who meet qualifying times. ● Open events may be swum by any swimmer in any age group. ● Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

NO TECH SUITS FOR 12 & UNDER	<p>Per USA Swimming Rule 102.8.1.F (Swimwear):</p> <p>F. No Technical Suit may be worn by any 12 & under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet (Effective September 1, 2020).</p> <p>1. A Technical Suit is one that has the following components:</p> <ol style="list-style-type: none"> a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or b. Any suit with woven fabric extending past the hips.
ADAPTIVE SWIMMERS	<ul style="list-style-type: none"> ● Disabled or adapted swimmers are welcome and encouraged to participate. Coaches should include a written description of the swimmer's special needs with team entries. ● Questions regarding final assignment within specific heats should be brought to the attention of the Meet Referee. ● Paralympic Time Standards will be provided upon request.
ENTRY DEADLINE AND SUBMISSION	<p>MEET ENTRY CONTACT: Krista Whitlock, Kristawhitlock@gmail.com</p> <p>ENTRY DEADLINE: 11:59p on Wednesday, January 6, 2021</p>
ENTRY LIMITS	<ul style="list-style-type: none"> ● Each swimmer may swim a maximum of Five (5) individual events per day, including time trials. Swimmers will not be guaranteed twenty minutes between events; however, the meet Referee may schedule breaks between events. ● Due to COVID-19, there will be no relay events. ● Each session will have a maximum of 160 swimmers. ● Entry numbers will be evaluated after the entry deadline. If entry numbers are over capacity, participating teams will be asked to cut entries proportionately.
ENTRY RULES	<p>SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hy-Tek).</p> <p>ENTRIES MUST INCLUDE: Full legal name, age, USA Swimming Registration number. Enter times in LCM, SCY, SCM. Entries will be seeded by conforming each to the course of competition (SCY) and list all entries with the times submitted (2019-2020 ASI Rules & Regs 3.A.6.e)</p> <p>AGE: Swimmer's age on the first day of the meet determines age for the entire competition.</p> <p>DECK ENTRIES: First come, first served basis, as space allows. No heats will be added.</p>
INCLUDE WITH TEAM ENTRY	<p>Team Entries may be submitted by email and must include the following:</p> <ol style="list-style-type: none"> 1. Hy-Tek meet entry report 2. Hy-Tek team entry fee report 3. SDIF format electronic entry file (e.g. Hy-Tek or Team Unify entry) 4. Proof of 500 free qualifying time for 1650 entries not meeting the time standard.
ENTRY FEES	<p>ENTRY FEE: \$5.00 per swimmer</p> <p>INDIVIDUAL EVENT FEE: \$3.50 per event</p> <p>FACILITY CHARGE: \$15.00 per swimmer</p> <p>LATE FEE: \$5.00 per swimmer - maximum of \$50 per team</p> <ul style="list-style-type: none"> ● Please make checks payable to: Central Area Swimming. ● Deliver fees to the computer table prior to the start of the meet. ● Entry fees are non-refundable. ● Coaches contact the Entries Volunteer to verify receipt. On time entries will be included in the meet program.
DECK ACCESS AND CREDENTIALS	<p>Closed deck. Athletes, coaches and volunteers only. Coaches must supply the computer table with current credentials prior to competition. Per ASI rules, swimmers may not be allowed to swim in</p>

	the meet until this requirement is met. Deck Pass App will suffice.
MEET RULES	This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).
SCORING	Individual events will be scored to 16 places; 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
AWARDS	Ribbons will be awarded for places 1 through 8 in each individual event. Team points will be recorded and awards made to the 1 st through 3 rd teams.
HEAT SHEETS	Coaches' heat sheet will be available prior to the start of the meet.
MEET RESULTS	Live and final results will be available on Meet Mobile.
LIABILITY	<ul style="list-style-type: none"> ● 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. ● It is understood and agreed that Alaska Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. ● It is understood and agreed that Central Area Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
POOL RULES	<ul style="list-style-type: none"> ● No glass on deck at any time. No shaving allowed on site. ● Smoking or use of other tobacco products is not permitted before, during or after the meet within the facility or adjacent outdoor areas.
DECK CHANGING	Deck Changes are prohibited.
RECORDING BAN	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Visual recording devices are not permitted behind the blocks during the start sequence throughout the meet.
COVID MARSHALLS	Covid Marshalls will be assigned to the Bartlett entrance, bleachers, stairwell, shallow end, blocks and heats to ensure that athletes are compliant with mask and distance at all times. Education will be provided prior to the Meet's start.
ATHLETE COVID MITIGATION	<ul style="list-style-type: none"> ● Athletes will remain in the balcony unless actively in their "race circuit" i.e. Warm up, In the Hole, On Deck, At Blocks, Racing, Warm Down. Athletes will not sit on deck unless In The Hole or On Deck. ● Traffic will be one way: leaving the deck by the Lifeguard office and using the deep end stairs (by the entry/lobby) to access the balcony; return to the deck via the shallow end stairs. ● Athletes will have a marked space in the balcony. They are to stay at their spot. There is no visiting or mingling among teams or moving for a better view of racing. Swimmers can log in to the Live Feed. ● Athletes will be provided with bags to carry with them to place their masks. ● The meet will move slower. The priority is to stay safe. ● Athletes must wear face coverings at all times except behind the blocks and in the water. ●
LIVE FEED	Every effort will be made to provide a live feed recording for spectators to view from home or phones. A link will be created and distributed to the team covid marshall during the warm ups.

DRONES	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.
MINOR ATHLETE ABUSE PREVENTION POLICY (MAAPP)	All USA Swimming athletes 18 years of age and older must complete Athlete Protection Training prior to competition. Those who have not completed Athlete Protection Training, with training completion loaded into SWIMS, prior to this meet will not be allowed to compete. Athlete Protection Training can be found here: https://www.usaswimming.org/utility/landing-pages/safe-sport/apt
TIME TRIALS	Swimmers may request to swim time trials at the end of the Saturday and Sunday sessions, subject to approval by the Meet Referee. Swimmers and Pacers are subject to the maximum number of individual swims per day and to entry fees. Swimmers must provide timers.
CONCESSIONS	No concessions will be offered.
HOSPITALITY	Hospitality will be offered for coaches, officials and volunteers in the form of water and packaged goods only.
OFFICIALS	All certified officials would be appreciated and are encouraged to help. If interested, please email Meet Referee Sean McLaughlin , mclasm@gmail.com .
CONTINGENCY PLAN	If Bartlett Pool becomes unsafe or otherwise unusable, Service Pool will act as the contingency location, run in SCY.
ANNUAL MEETING	Per the by-laws of Central Area Swimming, the Board of Directors shall hold the annual meeting for the purpose of organization, election of a chairperson, appointing an Executive Committee, and the transaction of other business in conjunction with the Central Area Championship meet. The meeting will be conducted via Zoom the week leading up to the meet. Notice of the Zoom date, time and link will be posted to the CAS TeamUnify website. Any member of a Central Area team who would like to run for the office of President, Vice President, Treasurer or Secretary please send Kristin Sholton, ksholton@gci.net an email of your interest.
VOLUNTEER ASSIGNMENT	As a Central Area championship meet, volunteers will be needed from all participating clubs for lane timers, head timers, hospitality staff, deck access, awards table, computer tables, heat winners. Questions/concerns about volunteer assignments should be directed to Johnna Kohl Johnna.kohl@gmail.com or Jodi McLaughlin, mclaughlin98@gmail.com .

Covid-19 Mitigation

appendix A

USA SWIMMING REQUIRED LANGUAGE

- In applying for this sanctioned event, the Host, Central Area Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Alaska Swimming, the State of Alaska, and Municipality of Anchorage. It is understood that mandates may change. Meet management will stay abreast of the changes and will update and communicate mitigation plans accordingly.
- An inherent risk of exposure to Covid-19 exists in any public place where people are present. Covid-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA swimming cannot prevent you (or your children) from becoming exposed to, contracting, or spreading Covid-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading Covid-19.
- By attending or participating in this competition, you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless USA Swimming and Alaska Swimming and each of their officers, directors, agents, employees and other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection therewith.

COVID-19 MITIGATION FOR SPECTATORS/NONATHLETES

- Local protocols and requirements (MOA covid response emergency orders may be updated and communicated closer to the event).
- Spectator ingress and egress to be determined by meet management prior to the event
 1. Stands used for parents if there is space OR
 2. Stands used for parents on a rotating basis depending on event space OR
 3. Stands used for team seating only (parents watch live stream)
- Planned number of individuals gathering in spaces
 1. Not to exceed 50% capacity (per Municipal emergency orders)
 2. 160 athletes spaced
- Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child
 1. Live Stream
 2. Check with Security and request Meet Director or Safety
- Non-athletes must wear face coverings at all times

COVID-19 LOGISTICS FOR TEAMS

- Teams will be spaced throughout the facility to ensure proper social distance.
- Swimmers will progress through multiple staging areas as each heat finishes.
 1. The final staging area is behind the blocks. Face coverings must be worn until the athlete is behind their own block. At that time, swimmers may remove their face covering, place it in a waterproof bag (i.e. ziplock), place the bag at the base of their block, and prepare for their race.
 2. After their race, swimmers will exit the pool, collect their bag and put on their mask. Follow the one way traffic pattern to the warm down area.
- Additional logistics, updated requirements and specifics will be distributed to participating teams prior to the meet. A tutorial will be provided at the first coach's meet and signage will be displayed throughout the facility.

2020 Central Area Championship * **January 15-17, 2021** * Bartlett Pool * Sanction #AK- 202021-3

Paralympic Time Standards Available on Request

(4:00pm Warm up Friday; Meet starts 5:00pm)

GIRLS	Girls Time Standard-SCY	EVENT	Boys Time Standard-SCY	BOYS
1	1:32.79	12 & U 100 IM	1:31.89	2
3	11-12 7:00.59 13-14 6:27.49 15 & O 6:17.49	400 IM	11-12 6:57.69 13-14 6:11.49 15 & O 5:49.29	4
Break: 10 Minutes				
5	34.19	15-18 50 Free	31.19	6
7	35.19	13-14 50 Free	33.09	8
9	37.09	12 & U 50 Free	37.19	10

(8:00am Warm up Saturday; Meet starts 9:00am)

GIRLS	Girls Time Standard-SCY	EVENT	Boys Time Standard-SCY	BOYS
11	1:20.49	15-18 100 Back	1:14.29	12
13	1:21.89	13-14 100 Back	1:19.49	14
15	1:33.99	12 & U 100 Back	1:32.99	16
17	2:55.69	15-18 200 Fly	2:42.19	18
19	3:02.29	13-14 200 Fly	2:53.19	20
21	3:21.29	12 & U 200 Fly	3:18.69	22
23	40.29	12 & U 50 Fly	41.99	24
25	2:38.99	15-18 200 Free	2:26.99	26
27	2:43.29	13-14 200 Free	2:36.79	28
29	2:54.19	12 & U 200 Free	2:53.69	30
31	3:18.49	15-18 200 Breast	3:01.69	32
33	3:24.59	13-14 200 Breast	3:14.99	34
35	3:41.49	12 & U 200 Breast	3:39.39	36
37	47.19	12 & U 50 Breast	48.38	38
203	11-12 27:15.49 13-14 25:28.19 15 & O 23:28.19	1650 Free* *may enter provided swimmer met the 500 Free time standard	11-12 27:14.09 13-14 24:16.69 15 & O 22:55.19	204

(4:00 pm Warm up Saturday; Meet starts 5:00 pm)

GIRLS	Girls Time Standard- SCY	EVENT	Boys Time Standard-SCY	BOYS
401	-	10 & U 200 IM	-	402
403	-	8 & U 25 Back	-	404
405	-	10 & U 100 Back	-	406
407	-	10 & U 50 Fly	-	408
409	-	8 & U 25 Free	-	410
411	-	10 & U 200 Free	-	412
413	-	8 & U 25 Breast	-	414
415	-	10& U 100 Breast	-	416
417	-	10 & U 50 Free	-	418
419	-	10 & U 100 IM	-	420
421	-	8 & U 25 Fly	-	422
423	-	10 &U 100 Fly	-	424
425	-	10 &U 50 Back	-	426
427	-	10 & U 100 Free	-	428
429	-	10 & U 50 Breast	-	430
431	-	Mixed 10 & U 500 Free	-	431

(8:00am Warm up Sunday; Meet starts 9:00am)

GIRLS	Girls Time Standard-SCY	EVENT	Boys Time Standard-SCY	BOYS
39	2:57.79	15-18 200 IM	2:42.99	40
41	3:03.69	13-14 200 IM	2:54.69	42
43	3:17.39	12 & U 200 IM	3:19.39	44
45	1:20.29	15-18 100 Fly	1:13.19	46
47	1:24.89	13-14 100 Fly	1:18.19	48
49	1:32.59	12 & U 100 Fly	1:33.69	50
51	2:53.39	15-18 200 Back	2:40.79	52
53	2:59.49	13-14 200 Back	2:51.69	54
55	3:15.29	12 & U 200 Back	3:13.19	56
57	42.09	12 & U 50 Back	42.79	58
59	1:13.89	15-18 100 Free	1:07.89	60
61	1:15.79	13-14 100 Free	1:11.99	62
63	1:21.19	12 & U 100 Free	1:19.79	64
65	1:32.09	15-18 100 Breast	1:23.59	66
67	1:34.79	13-14 100 Breast	1:30.09	68
69	1:43.69	12 & U 100 Breast	1:43.99	70
201	11-12 7:48.29 13-14 7:14.79 15 &O 7:02.19	500 Free	11-12 7:42.49 13-14 6:58.69 15 & O 6:35.89	202