

♥ VALENTINE INVITATIONAL ♥

February 8-9, 2019

Sanction: Held under USA Swimming through Arkansas Swimming Inc. Sanction Number: 19AR0209.

Host: Arkansas Dolphins Swim Team

Place: University of Arkansas At Little Rock
Donaghey Student Center
2801 South University
Little Rock, AR 72204

Facilities: Eight lane x 25 yard pool with 9 foot lanes with Keifer Competitor lane lines and non-skid starting blocks. Colorado timing system and touch pads will be used with an eight-lane scoreboard. The minimum water depth, measured in accordance with Article 202.4.10C, is 7'0" at the start end and 8'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (5).

Meet Referees: Daris Bright - daris.bright@gmail.com

Administrative Official: Honor Canon - h_canon@sbcglobal.net

Meet Director: Rachel Lipsey - rachel.lipsey@sbcglobal.net

Eligibility: All USA Swimming registered athletes are eligible. 2018 rules will govern the meet. Entrant's age as of February 8, 2019 will determine age for the duration of the meet. Arkansas Swimming welcomes the participation of swimmers with disabilities in all ASI sanctioned events. Swimmers and/or their coaches who may have special needs are expected to contact the Meet Referee to discuss competitive accommodations, and to contact both the Meet Referee and the Meet Director to discuss facility accommodations, prior to the entry deadline for the meet.

Attending Coaches: Under ASI rules, each team must provide a copy of each attending coach's USA membership card. Attending coaches should be prepared to show proof of their USS registration and valid certification in CPR, First Aid, and Coaches Safety Training if requested.

Events: All events will be **TIMED FINALS**. Submit contestant's best short course yard times to ensure proper seeding. All events will be pre-seeded except the 500 freestyle. The senior 500 free will be limited to the fastest 40 swimmers male and female based on entry times. Coaches will be notified of any swimmers not making the top 40. Check in for the 500 Freestyle is due by 4:30 p.m. Friday.

Entry Limit: Each swimmer may enter five (5) individual events per day.

SCHEDULE:

Friday p.m. Warm up: 4:00p.m. Meet starts: 5:00 p.m.

Sat. a.m. Warm up: 8:00 a.m. Meet starts: 9:00 a.m.

Sat. p.m. Warm up: 12:30 p.m. Meet starts: 1:30 p.m.

Warm-up: The warm-up guidelines set forth by ASI will be in effect. In the competition end of the pool the first 40 minutes of each warm-up period will be general warm-up in all lanes. The last 20 minutes of each warm-up period will be specific warm-up: Lanes 1 & 8 pace 50's or 100's, Lanes 2, 3, 6 & 7 race starts only, swim one length only, Lanes 4, 5, general warm-up. The warm up end of the pool will be general warm up.

Awards and Scoring: Custom medals for 1st, 2nd and 3rd place and ribbons 4th-8th place in individual and relay events in 8 & Under, 10 & Under, and 11-12 age groups. 8 & Under will not score in the 10 & Under or 12 & Under events. 12 & Under events will be broken down into 11-12 and 10 & Under. There will be no scoring or awards for the Senior Division. High point awards will be given for girls and boys in 8&Under, 10&Under, and 11-12 age groups.

Scoring: Individual events: 9-7-6-5-4-3-2-1. Relays: 18-14-12-10-8-6-4-2.

Entry Fees: Individual events \$2.60 each. Relays \$5.00 each. No fees will refunded for scratches.

Surcharge: \$16.00 (\$3.00 ASI, \$13.00 UALR) per swimmer.

Deck Entries: DECK ENTRIES WILL BE ACCEPTED WHERE SPACE IS AVAILABLE. Deck entry fee is \$5.20 per individual event and \$10.00 per relay. In addition swimmers not already entered in the meet must pay the surcharge. Deck Pass may be used to prove athlete membership.

USA Swimming #'s: Please remember that no entries will be accepted without current USA Swimming registration number. Swimmers who enter as pending or applied for must send their Athlete Registration application and payment with the team entries or register on deck and be charged deck entry fees. Athlete registration will be allowed on deck. If you have already sent the registration and fee to ASI, please send a copy of the registration form.

Meet Limit: The meet will be limited to the first 400 swimmers entered in the meet. If a team's entry exceeds the 400 swimmer limit, all of that team's all of that team's entries will be accepted.

Entry Forms: We prefer that all teams enter using Hy-Tek or the equivalent. All teams must use the enclosed summary form.

Entry Deadline: Make checks payable to Little Rock Athletic Club. Entries must be received by Wednesday, January 30, 2019. Enclosed entry form must be filled out and returned with entry fee to:

Arkansas Dolphins Swim Team
#1 Huntington Road
Little Rock, AR 72227
Phone and Fax: (501) 225-5711
E-mail: coachkeith@dolphin-laser.com

Make checks payable to: Little Rock Athletic Club.

Scratch Rules: The scratch rules adopted by Arkansas Swimming will be in effect. Swimmers will report directly to the blocks for all events.

Tobacco and Alcohol: Alcoholic beverages, smoking and use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers during the meet or during the warm up periods in connection with the meet (USA Swimming Rules and Regulations 103.11, 103.12). UALR is a tobacco free campus.

Rules and Safety: Portions of the pool deck will be closed to spectators. Spectators will be required to remain in designated areas. Spectators will not be allowed on the pool deck in certain areas, only registered athletes, coaches, officials and meet workers will be allowed in these areas. Spectator areas and closed areas will be marked.

Use of audio or visual recording devices, including cell phones, are absolutely prohibited in all changing areas, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person so found possessing such devices in these areas will immediately removed from the meet with all fees forfeited, and subject to further LSC and/or USA Swimming sanctions and penalties. Non-athletes will be removed from the venue.

Any Swimmer who does not enter the pool feet first during any portion of a warm-up/warm-down period which requires feet first entry shall receive a warning for the first offense rather than a disqualification. Disqualifications are automatic for subsequent violations. In the session in which the penalty is enforced, the swimmer cannot deck enter an event to replace the event from which they were removed.

Swimmers must use the locker rooms to change. On deck changing is prohibited. Swimmers must dry off before leaving the pool/locker room area. Wet swimmers will not be allowed outside of the pool area. Shirts and shoes must be worn upon leaving the pool/locker room area.

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 (USA Swimming Rules and Regulations 103.13).

Every 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 a 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.

It is understood and agreed to that USA Swimming, Arkansas Swimming, the host club and officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Facility Rules: The gym, weight rooms, fitness equipment, racquetball courts, classrooms, aerobic rooms and meeting rooms are off limits to swimmers and spectators. No unattended children are allowed in the Donaghey Student Center. No glass containers are allowed on the pool deck. The entire University of Arkansas at Little Rock campus is “Tobacco Free”, use of tobacco is prohibited anywhere on the campus.

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Friday Evening Session

Warm-up: 4:00 p.m.

Meet Starts: 5:00 p.m.

<i>Girls</i>				<i>Boys</i>
1	12 & under	200	Free	2
3	Senior	500	Free	4
5	10 & Under	200	I.M.	6
7	Senior	400	I.M.	8

Saturday Morning Session

Warm-up: 8:00 a.m.

Meet Starts: 9:00 a.m.

<i>Girls</i>				<i>Boys</i>
9	10 & under	200	Free Relay	10
11	8 & under	25	Free	12
13	10 & under	50	Free	14
15	8 & under	25	Back	16
17	10 & under	50	Back	18
19	8 & under	25	Breast	20
21	10 & under	50	Breast	22
23	8 & under	25	Fly	24
25	10 & under	50	Fly	26
27	8 & under	100	I.M.	28
29	10 & under	100	I.M.	30

Saturday Afternoon Session

Warm-up: 12:30 p.m.

Meet Starts: 1:30 p.m.

<i>Girls</i>				<i>Boys</i>
31	Senior	200	Free	32
33	11-12	100	Back	34
35	Senior	100	Back	36
37	11-12	50	Free	38
39	Senior	50	Free	40
41	11-12	200	I.M.	42
43	Senior	200	I.M.	44
45	11-12	100	Fly	46
47	Senior	100	Fly	48
49	11-12	100	Breast	50
51	Senior	100	Breast	52
53	11-12	100	Free	54
55	Senior	100	Free	56

**Arkansas Dolphins Swim Team
Valentine Invitational Swim Meet
February 8-9, 2019
Summary Sheet**

Name of Club: _____ Club Code: _____

Attending Coaches' Names: _____

Number of individual entries _____ @ \$2.60 _____

Number of relay entries _____ @ \$5.00 _____

Number of swimmers (UALR Surcharge) _____ @ \$13.00 _____

Number of swimmers (ASI Surcharge) _____ @ \$3.00 _____

Total enclosed _____

Team Address: _____

Telephone: (____) _____

E-mail: _____

Hotel where you will be staying _____

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USAS, ASI, the host club, and officials.

Signature of coach or club representative: _____

Please send entries to: Arkansas Dolphins Swim Team
#1 Huntington Road
Little Rock, AR 72227
Phone and Fax: (501) 225-5711
E-mail: coachkeith@dolphin-laser.com

Make checks payable to: Little Rock Athletic Club