

# *Spring Splash Invitational Swim Meet*

*May 3-5, 2019*

**SANCTION:** Held under USA Swimming through Arkansas Swimming Inc. Sanction Number: 19AR0504.

**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 50 meter 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 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (5).

**ELIGIBILITY:** All USA Swimming registered athletes are eligible. 2019 rules will govern the meet. Entrant's age as of May 3, 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.

**Meet Referee:** Daris Bright - [daris.bright@gmail.com](mailto:daris.bright@gmail.com) and Melissa Troup - [melissa.troup@gmail.com](mailto:melissa.troup@gmail.com)

**ADMINISTRATIVE OFFICIAL:** Mandy Jenkins - [jenkins.mandy@yahoo.com](mailto:jenkins.mandy@yahoo.com)

**MEET DIRECTOR:** Leah Ford - [leah.ford2023@gmail.com](mailto:leah.ford2023@gmail.com)

**AGES:** Swimmer's age as of the first day of the meet will determine age for the meet.

**RULES:** 2019 USA Swimming and ASI rules will prevail.

**ATTENDING COACHES:** Under ASI rules, each team must provide a copy of each attending coach's USAS membership card. Attending coaches should be prepared to show proof of their USA 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 long course meter times to ensure proper seeding. This meet will be pre-seeded except for the Open 400 IM, the 12 & Under 400 Free, the Open 1500 Free and the Open 400 Free which will be deck seeded. Saturday and Sunday morning events will compete in 6 lanes with a warm up and warm down lane separated from the competition by an empty lane. Friday afternoon and Saturday and Sunday afternoon will compete in 8 lanes. If the number of entries in the morning sessions makes the meet too long we reserve the right to change those sessions to compete in 8 lanes instead of 6.

**ENTRY LIMIT:** Friday limited to 3 events, Saturday and Sunday Morning limited to 4 events, Saturday and Sunday Afternoon limited to 5 events.

**SCHEDULE:** Friday: (for all age groups)  
Pool Opens: 4:00pm Meet Starts: 5:00pm  
Saturday and Sunday AM: (Open)  
Pool Opens: 8:00am Meet Starts: 9:00am  
Saturday and Sunday PM: (12 & U)  
Pool Opens: 1:00pm Meet Starts: 2:00pm

**AWARDS & SCORING:** Custom medals for 1st, 2nd and 3rd places and ribbons 4th - 8th places for individual events for the following age groups 10 & U, 11-12. The 10 & U and 11-12 age groups will swim together and be scored separately. There will not be any awards for the Open division. Hi-point awards will be given for women and men in the following age groups 10 & U, 11 - 12, Points for individual events will be awarded on a 9-7-6-5-4-3-2-1 basis.

**ENTRY FEES:** Individual events \$2.65 each. No money will be refunded for swimmers who do not make the limit on Friday night's events. **SCRATCHES:** No money will be refunded for scratches. **SURCHARGE:** \$18.00 UALR fee plus \$3.00 ASI fee per swimmer.

**DECK ENTRIES:** **DECK ENTRIES WILL BE ACCEPTED WHERE SPACE IS AVAILABLE.** Deck entry fee is \$5.30 per individual event. Surcharges will apply for swimmers not already in the meet. Deck Pass may be used to prove membership. Deck entries will be accepted up to 30 minutes prior to the start of each session.

**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 entries will be accepted.

**ENTRY DEADLINE:** Make checks payable to the Little Rock Athletic Club. Entries must be received by Wednesday, April 24, 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. (501) 225-5711 phone. e-mail: coachkeith@dolphin-laser.com

**ENTRY FORMS:** We prefer that all teams enter using Hy-Tek. All teams must use the enclosed summary form.

**USA SWIMMING #'S:** Please remember that no entries will be accepted without current USA 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.

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

**LIMITED EVENTS:** Friday's events will be limited to the following in each women and men: Open 400 IM 24 swimmers, Open 1500 Free 24 swimmers, and 12&U 400 free 32 swimmers all based on entry time. There will be no limit on the 50 Free. Coaches will be notified if any entry is not accepted. Positive check in for the Open 400 IM, 12 & Under 400 Free and the Open 1500 is required by 4:30pm on Friday. The 12 & Under 400 free and Open 1500 free will be swum alternating women then men, fastest to slowest. No money will be refunded for swimmers not making the limit on Friday night's events. Saturday the Open 400 free will be limited to the top 40 swimmers women and men if 8 lanes are used and top 36 if 6 lanes are used. Positive check in for the Open 400 Free is required by 9:00AM. The Open 400 Free will be swum alternating women then men, fastest to slowest. Competitors need to supply their own counters and timers for the 1500.

**WARM-UP:** The warm-up guidelines set forth by ASI will be in effect. 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. If more lanes are need for one way sprints during specific warm up we will open lanes 4 and 5 for one way sprints. One lane will be open for warm up and warm down during Saturday and Sunday morning sessions if 6 lanes are used for the competition. This warm up lane will be feet first entry only from the turn of the pool.

**FOOD: NO GLASS CONTAINERS OR FOOD WILL BE ALLOWED ON THE POOL DECK.**

**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 using 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.

**Arkansas Dolphins Swim Team**  
**Spring Splash Invitational**  
**May 03-05, 2019**  
**Summary Sheet**

Name of Club: \_\_\_\_\_ Club Code: \_\_\_\_\_

Attending Coaches' Names: \_\_\_\_\_  
\_\_\_\_\_

Number of individual entries \_\_\_\_\_ @ \$2.65 \_\_\_\_\_

Number of swimmers (UALR Surcharge) \_\_\_\_\_ @ \$18.00 \_\_\_\_\_

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

Total enclosed \_\_\_\_\_

Team Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_ e-mail: \_\_\_\_\_

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

Signature of coach or club representative: \_\_\_\_\_

Make checks payable to: Little Rock Athletic Club

Please send entries to: Arkansas Dolphins Swim Team  
#1 Huntington Road  
Little Rock, AR 72227  
(501) 225-5711 phone  
email: [coachkeith@dolphin-laser.com](mailto:coachkeith@dolphin-laser.com)

**Arkansas Dolphins Swim Team**  
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 May 03-05, 2019

**Friday Afternoon**

**Pool Opens: 4:00pm Meet Starts: 5:00pm**

Girls	Events	Boys
1	Open 50 Free	2
3	Open 400 IM *	4
5	12 & U 400 Free *	6
7	Open 1500 Free *	8

**Sunday Morning**

**Pool Opens: 8:00am Meet Starts: 9:00am**

Girls	Events	Boys
29	Open 200 Free	30
31	Open 100 Back	32
33	Open 200 IM	34
35	Open 100 Fly	36
37	Open 200 Breast	38

**Saturday Morning**

**Pool Opens: 8:00am Meet Starts: 9:00am**

Girls	Events	Boys
9	Open 200 Fly	10
11	Open 100 Free	12
13	Open 200 Back	14
15	Open 100 Breast	16
17	Open 400 Free **	18

**Sunday Afternoon**

**Pool Opens: 1:00pm Meet Starts: 2:00pm**

Girls	Events	Boys
39	12 & U 200 IM	40
41	12 & U 50 Breast	42
43	12 & U 100 Fly	44
45	12 & U 50 Back	46
47	12 & U 100 Free	48

**Saturday Afternoon**

**Pool Opens: 1:00pm Meet Starts: 2:00pm**

Girls	Events	Boys
19	12 & U 100 Breast	20
21	12 & U 50 Free	22
23	12 & U 100 Back	24
25	12 & U 50 Fly	26
27	12 & U 200 Free	28

\* Open 400 IM and 1500 Free are limited to 24 swimmers of each gender based on entry time. 12 & Under 400 free is limited to 32 fastest swimmers of each gender based on entry time. All limited events will be deck seeded. Check-in for Friday's events due by 4:30 PM

\*\* The Open 400 free is limited to the top 40 swimmers of each gender based on entry time and will be deck seeded if 8 lanes are used and top 36 if 6 lanes are used. Check in for the 400 Free is due by 9:00 AM.