

Arkansas Dolphins Swim Team
Trey Heye Memorial Invitational
December 6-7, 2019

Sanction: Held under USA Swimming through Arkansas Swimming, Inc. Sanction #: 19AR1206.

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).

Eligibility: All USA Swimming registered athletes are eligible. 2019 rules will govern the meet. Entrant's age as of November 22, 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: Joe Potts - josephpotts@sbcglobal.net

Administrative Official: - Alison Chambers - ajchambers1@yahoo.com

Meet Director: Jill Ponder - JPonder@nlr.ar.gov

Attending Coaches: Under ASI rules, each team must provide a copy of each attending coach's USA Swimming membership card. Attending coaches should be prepared to show proof of their USA Swimming 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 500 Freestyle events will be limited to the top 32 swimmers based on entry time. The 500 free will swim fast to slow alternating female and male. 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 Pool Opens: 4:00pm Meet Starts: 5:00pm

Saturday AM: (8 & Under, 10 & Under)

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

Saturday PM: (11-12, 11 & Over)

Pool Opens: 12:30pm. Meet Starts: 1:30pm.

Awards: Ribbons 1st - 8th places for individual events in 8 & Under, 10&Under, 11-12, 13-14 and 15 & Over age groups. Awards for high-point girls and boys in each age group. In the 11 and over events the 11-12, 13-14 and 15 & Over ages will swim together but be scored and awarded separately. In the 13 and over events the 13-14 and 15 and over age groups will swim together but be scored and awarded separately. 12 & Under events will be separated into 10 & Under and 11-12 for scoring and awards. 11-12 can earn points toward high-point in either the 11-12 events, the 12 and under events and the 11 and Over events. 8 & Unders swimming 10 & Under events will be treated as 10 & Under. Trey Heye Sportsmanship Award plaque will be awarded in the 10 & Under and 11 & Over age groups

Scoring: Individual Events: 9-7-6-5-4-3-2-1.

Entry Fees: Individual events \$2.65 each. **Surcharge:** \$17.00 (\$3.00 ASI and \$14.00 UALR) per swimmer.

Scratches: No money will be refunded for scratches.

Deck Entries: DECK ENTRIES WILL BE ACCEPTED WHERE SPACE IS AVAILABLE. Deck entry fee is \$5.30 per individual event. If not already entered the \$17.00 surcharge will apply.

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 Little Rock Athletic Club. Entries must be received by Wednesday, November 27, 2019. Enclosed summary sheet must be filled out and returned with entry fee to:

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

Entry Forms: We prefer that all teams enter using Hy-Tek or equivalent. 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 form 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.

Warm-up Guidelines: The warm-up guidelines set forth by ASI will be in effect. The first portion of each warm - up period will be general warm-up in all lanes. The second portion of each warm - up period will be specific warm - up:

Lanes 1 & 8 pace 25's, 50's or 100's.
Lanes 2, 3, 6 & 7 race starts only, swim one length only.
Lanes 4 & 5 general warm - up.

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. 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.

All Applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this meet.

All 18 and older athletes registered with the club must have completed the Athlete Protection Training. Failing to complete the ATP test will impact the athlete's ability to compete at meets.

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, track, classrooms, aerobic rooms and meeting rooms are off limits to swimmers and spectators. No unattended children are allowed in the Donaghey Student Center. 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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Order of Events

Friday Session

Warm up: 4:00pm

Meet Starts: 5:00pm

Girls	Event			Boys
1	12 & Under	200	Free	2
3	13 & Over	200	Free	4
5	12 & Under	500	Free	6
7	13 & Over	500	Free	8

Saturday Morning Session

Warm up: 8:00am

Meet Starts: 9:00am

Girls	Event			Boys
9	8 & Under	25	Free	10
11	10 & Under	50	Free	12
13	8 & Under	25	Back	14
15	10 & Under	50	Back	16
17	8 & Under	25	Breast	18
19	10 & Under	50	Breast	20
21	8 & Under	25	Fly	22
23	10 & Under	50	Fly	24
25	8 & Under	100	I.M.	26
27	10 & Under	100	I.M.	28
29	8 & Under	50	Free	30
31	10 & Under	100	Free	32

Saturday Afternoon Session

Warm up: 12:30pm

Meet Starts: 1:30pm

Girls	Event			Boys
33	11 & Over	100	Free	34
35	11 - 12	50	Back	36
37	11 & Over	100	Back	38
39	11 - 12	50	Breast	40
41	11 & Over	100	Breast	42
43	11 - 12	50	Fly	44
45	11 & Over	100	Fly	46
47	11 - 12	100	I.M.	48
49	11 & Over	200	I.M.	50
51	11 - 12	50	Free	52
53	13 & Over	50	Free	54

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Summary Sheet

Name of Club: _____ Club Code: _____

Attending Coaches' Names: _____

Number of individual entries _____ @ \$2.65 _____

Number of swimmers (UALR Surcharge) _____ @ \$14.00 _____

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 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 & Fax: (501) 225-5711
E-mail: coachkeith@dolphin-laser.com

Please make checks payable to: Little Rock Athletic Club

Trey Heye Sportsmanship Award

All coaches are asked to select and rank an athlete male or female in the 10 & Under age group and the 11& Over age group to receive this award based on the following criteria:

The athlete exhibits behavior that is	Excellent		Good		Fair
Encouraging	5	4	3	2	1
Supportive	5	4	3	2	1
Ethical	5	4	3	2	1
Understanding	5	4	3	2	1
Respectful	5	4	3	2	1
His/Her Maximum Effort	5	4	3	2	1

Athlete name _____ Team _____

Please explain in one sentence the reason(s) why you selected this athlete.

Ballots for the 10 & Under are due by the end of the 8 & Under 100 IM.
Ballots for the 11& Over are due by the end of the 11 & Over 200 IM.

Thank you!