

***Paul Blair Memorial Thanksgiving Invitational Swim Meet***  
***November 19-21, 2021***

**Sanction:** Held under USA Swimming through Arkansas Swimming Inc. Sanction Number: 21AR1119.

**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 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (5). All officials, coaches, parents, and spectators must wear face coverings at all times. Swimmers must wear face coverings up until the time they are entering the pool. Portions of the deck will be closed to spectators.

**Eligibility:** All USA Swimming registered athletes are eligible. 2021 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 ARSI 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](mailto:josephpotts@sbcglobal.net)

**Administrative Official:** Honor Canon - [h\\_canon@sbcglobal.net](mailto:h_canon@sbcglobal.net)

**Meet Director:** Cynthia Schultz – [schultz.cynthia@sbcglobal.net](mailto:schultz.cynthia@sbcglobal.net)

**Attending Coaches:** Under ARSI 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 1650, 400 IM, and 500 Free. 13-14 and Senior age groups will be swum together and scored separately. The senior 500 free and all Friday evening events except the 50 free and 1650 free will be limited to the fastest 40 swimmers male and female based on entry times. The 1650 free will be limited to the fastest 24 swimmers female and male based on the entry time. The Coaches will be notified of any swimmers not making the top 40. Depending on the number of participants we reserve the option of swimming some or all of the 8 & Under, 10 & Under and 11-12 age groups at the warm up end of the pool. A schedule of where events will be swum will be posted at the pool and coaches will be notified by Thursday before the meet.

**Entry Limit: 12&Under** swimmers may enter four (4) individual events per day and one relay per day regardless of whether they swim in 12 & Under events or Senior events. 13 and older swimmers may enter 5 individual events and 1 relay per day.

**Schedule:**

Friday Evening

Warm-up: 4:00pm Meet Starts: 5:00pm

Sat. & Sun. AM Session - Senior Events

Warm up: 7:00am Meet Starts: 8:00am.

Sat. & Sun. PM Session - 10&U, 12&U

Warm up: 12:30pm Meet Starts: 1:30pm\*\*

**Warm-up:** The warm-up guidelines set forth by ASI will be in effect. In the competition end of the pool the first 40 or 60 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.

\*\*Warm up will begin in the warm up - warm down end of the pool at 12:30pm if the morning session is not completed. Warm up will move to the competition end of the pool as soon as the morning session is complete. At least 30 minutes of warm up will be conducted in the competition end of the pool. The meet will start no earlier than 1:30pm. There will be at least one hour of warm up time.

**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, 11-12 and 13-14. There will only be high point awards for 15 & Over. There will be no scoring or awards for 12 and Unders swimming Senior events. 8 & Unders swimming in 10 and Under will be treated as 10&Under for those events. High point awards will be given for girls and boys in 8&Under, 10&Under, 11-12, 13-14 and 15 and Over. **Scoring:** Individual events: 9-7-6-5-4-3-2-1, Relay events 18, 14, 12, 10, 8, 6, 4, 2.

**Entry Fees:** Individual events \$5.00 each. Relays \$10.00 each. No fees will be refunded for scratches.

**Surcharge:** \$25.00 (\$3.00 ASI, \$22.00 UALR) per swimmer.

**Deck Entries: DECK ENTRIES WILL NOT BE ACCEPTED.**

**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. This limit will be strictly adhered to.

**Entry Deadline:** Make checks payable to Little Rock Athletic Club. Entries must be received by Wednesday, Nov. 10, 2021. 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.

**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. Athlete registration will be not allowed on deck. If you have already sent the registration and fee to ARSI, please send a copy of the registration form.

**Scratch Rules:** The scratch rules adopted by Arkansas Swimming will be in effect.

**Food: NO GLASS CONTAINERS OR FOOD OF ANY KIND 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: Arkansas Dolphins Disclaimer:** We have taken enhanced health and safety measures – for swimmers, coaches, officials, and spectators. You must follow all posted instructions while attending the Arkansas Dolphins Swim Meet at the University of Arkansas at Little Rock.

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 guests with underlying medical conditions are especially vulnerable. By attending the swim meet at the Veterans Park Community Center, you voluntarily assume all risks related to exposure to COVID-19

**USA Swimming Covid-19 Release:** 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, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against 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 ARKANSAS SWIMMING INC. AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**Additional Rules:** Use of a still or video camera or a cell phone with video capability is prohibited in all dressing rooms, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person found using such devices in these areas will immediately be removed from the meet with all fees forfeited, and subject to further LSC or USA Swimming sanctions and penalties.

Smoking and use of other tobacco products are prohibited on the deck, in the bleachers, locker rooms, and throughout the University of Arkansas at Little Rock.

Swimmers must use the locker rooms or changing rooms to change. On deck changing is not allowed.

This meet will have a “nut-free” deck. Please do not bring food items containing nuts on the pool deck.

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.

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.

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. 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.

**Arkansas DOH Guidelines:** Maintain minimum physical distancing of six feet between participants at all times, except when actively participating in the sports activity. Athletes, Coaches, and All Staff must be screened prior to any activity by asking the following questions and excluded if the answer is yes.

- Have had a fever of 100.4°F or greater in the last 2 days
- Have a cough, difficulty breathing, sore throat, or loss of taste or smell
- Had contact with a person known to be infected with COVID-19 within the previous 14 days

Coaches and All Staff must have temperature checked by digital thermometer prior to entry, and those whose temperature is greater than 100.4°F must be excluded.

Face coverings that completely cover the nose and mouth are required for everyone 10 years of age or older for indoor sports. Face coverings are strongly encouraged for outdoor sports.

Athletes - Face coverings are strongly encouraged when not actively participating in an outdoor sports activity. - Face coverings or masks must be worn during indoor sports where a face covering is not inhibitory.

Coaches and Staff - Face coverings must be worn at all times for indoor sports and are strongly encouraged for outdoor sports.

Use of communal spas, showers, saunas or other similar equipment are prohibited. Locker rooms may only be used for storage of personal items. Social distancing of 6 feet must be maintained in the locker room.

An alcohol-based hand sanitizer or adequate handwashing facilities must be provided for use by all attendees. Sports equipment, restrooms, lockers, water fountains and other high touch surfaces must be sanitized frequently during each event. For a list of cleaning products that will eliminate the Covid-19 virus, visit

<https://www.epa.gov/pesticide-registration/list-ndisinfectants-use-against-sars-cov-2>.

Avoid non-sport related personal contact at all times. This includes, but is not limited to, huddles, high-fives, hand shaking, fist bumping, and chest bumping.

For games, competitions, tournaments, meets, and other athletic events held in a facility, the facility hosting the event must follow the current Directive for Large Indoor or Large Outdoor Venues. Spectators are covered under these Directives.

For training and conditioning held in an athletic facility, the facility must follow the current Directive for Gym, Fitness Center, Athletic Club and Weight Rooms.

Concession Stands may operate but must follow all applicable sections of the Directive for Resuming Restaurant Dine-In Operations.

**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.

**Paul Blair Memorial Thanksgiving Invitational  
Swim Meet  
November 19-21, 2021  
Order of Events**

**Friday Evening**

Warm Up: 4:00 pm

Meet Starts: 5:00 pm

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	Senior 50 Free	2
3	10 & U 200 Free*	4
5	Senior 400 IM *	6
7	11-12 500 Free* #	8
9	Senior 1650 Free* #	10

**Sunday Morning**

Warm Up: 7:00 am

Meet Starts: 8:00am

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
51	Senior 200 Medley Relay	52
53	Senior 100 Back	54
55	Senior 200 I.M.	56
57	Senior 100 Fly	58
59	Senior 200 Breast	60
61	Senior 500 Free* #	62

**Saturday Morning**

Warm Up: 7:00 am

Meet Starts: 8:00 am

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
11	Senior 200 Free Relay	12
13	Senior 200 Fly	14
15	Senior 100 Free	16
17	Senior 200 Back	18
19	Senior 100 Breast	20
21	Senior 200 Free	22

**Sunday Afternoon**

Warm Up: 12:30 pm

Meet Starts: 1:30 pm

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
63	12 - U 200 Medley Relay	64
65	11 - 12 200 Free	66
67	10 - U 100 Breast	68
69	11 - 12 100 Breast	70
71	10 -U 50 Back	72
73	11 - 12 50 Back	74
75	10 - U 100 Fly	76
77	11 - 12 100 Fly	78
79	10 - U 50 Free	80
81	11 - 12 50 Free	82
83	10 - U 200 IM	84
85	11 - 12 200 IM	86

**Saturday Afternoon**

Warm Up: 12:30 pm

Meet Starts: 1:30 pm

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
23	12 - U 200 Free Relay	24
25	8 - U 25 Free	26
27	10 - U 100 Free	28
29	11-12 100 Free	30
31	8 - U 25 Breast	32
33	10 - U 50 Breast	34
35	11-12 50 Breast	36
37	8 - U 25 Back	38
39	10 - U 100 Back	40
41	11-12 100 Back	42
43	8 - U 25 Fly	44
45	10 - U 50 Fly	46
47	11-12 50 Fly	48
49	10 - U 100 I.M.	50

\*All events will be pre-seeded except the 1650 Free, 400 IM, and the 500 Frees which will be deck seeded, check in by due by 4:30pm on Friday and by 7:30am on Saturday. The 1650 will be limited to the fastest 24 female and male swimmers. The 11-12 and Senior 500 free, the 10&U 200 Free and the Senior 400 IM will be limited to the fastest 40 swimmers male and female based on entry times.

# The Senior 1650 and 500 Free and the 11-12 500 Free will swim fastest to slowest alternating female and male. Each swimmer will need to provide his or her own counter, and will need to provide two timers for the 1650.

**Arkansas Dolphins Swim Team**  
**Paul Blair Memorial Thanksgiving Invitational Swim Meet**  
**November 19-21, 2021**  
**Summary Sheet**

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

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

Number of individual entries \_\_\_\_\_ @ \$5.00 \_\_\_\_\_

Number of relay entries \_\_\_\_\_ @ \$10.00 \_\_\_\_\_

Number of swimmers (UALR Surcharge) \_\_\_\_\_ @ \$22.00 \_\_\_\_\_

Number of swimmers (ARSI 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, ARSI, 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**