

Arkansas Dolphins Swim Team
Trey Heye Memorial Invitational
December 10-11, 2021

Sanction: Held under USA Swimming through Arkansas Swimming, Inc. Sanction #: 21AR1211.

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. 2021 rules will govern the meet. Entrant's age as of December 10, 2021, 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: Honor Canon - h_canon@sbcglobal.net

Meet Director: Cynthia Schultz - schultz.cynthia@sbcglobal.net

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 and 400 IM. The 500 Freestyle events may 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 400 Im and 500 Freestyle is due by 4:30 p.m. Friday.

Entry Limit: Each swimmer may enter (3) individual events on Friday and five (5) individual events on Saturday.

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: Medals 1-3, ribbons 4th - 8th places for individual events in 8 & Under, 10 & Under, 11-12. 12 & Under events will be scored and awarded 11-12 and 10 & Under. Awards for high-point girls and boys in 8 & Under, 9-10, 11-12. 8 & Unders swimming 10 & Under or 12 & Under events will be treated as 10 & Under. Trey Heye Sportsmanship Award will be awarded in the 10 & Under and 11 & Over age groups. Open events will not be scored or awarded.

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

Entry Fees: Individual events \$5.00 each. **Surcharge:** \$25.00 (\$3.00 ASI and \$22.00 UALR) per swimmer.

Scratches: No money will be refunded for scratches.

Deck Entries: NO DECK ENTRIES WILL 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 entries will be accepted.

Entry Deadline: Make checks payable to Little Rock Athletic Club. Entries must be received by Thursday, December 2, 2021. 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.

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.

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 University of Arkansas at Little Rock, 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.

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Order of Events

Friday Session

Warm up: 4:00pm

Meet Starts: 5:00pm

Girls	Event			Boys
1	11 - 12	50	Free	2
3	Open	50	Free	4
5	Open	400	IM	6
7	12 & Under	200	Free	8
9	Open	200	Free	10
11	Open	200	Breast	12
13	Open	500	Free	14

Saturday Morning Session

Warm up: 8:00am

Meet Starts: 9:00am

Girls	Event			Boys
15	8 & Under	25	Free	16
17	10 & Under	50	Free	18
19	8 & Under	25	Back	20
21	10 & Under	50	Back	22
23	8 & Under	25	Breast	24
25	10 & Under	50	Breast	26
27	8 & Under	25	Fly	28
29	10 & Under	50	Fly	30
31	8 & Under	100	I.M.	32
33	10 & Under	100	I.M.	34
35	8 & Under	50	Free	36
37	10 & Under	100	Free	38

Saturday Afternoon Session

Warm up: 12:30pm

Meet Starts: 1:30pm

Girls	Event			Boys
39	Open	200	Back	40
41	11 - 12	50	Breast	42
43	Open	100	Breast	44
45	Open	200	Fly	46
47	11 - 12	50	Back	48
49	Open	100	Back	50
51	11 - 12	50	Fly	52
53	Open	100	Fly	54
55	11-12	100	Free	56
57	Open	100	Free	58
59	11-12	100	I.M.	60
61	Open	200	I.M.	62

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Summary Sheet

Name of Club: _____ Club Code: _____

Attending Coaches' Names: _____

Number of individual entries _____ @ \$5.00 _____

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

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!