



**Mary Grace Tucker Memorial Invitational
July 08-10, 2022**

Sanction: Held under USA Swimming through Arkansas Swimming Inc. Sanction #: AR22-0708.

Hosted by: Arkansas Dolphins Swim Team

Location:

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 6'0" 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). For the Saturday Afternoon and Sunday Morning sessions we will use 6 lanes for competition with a buffer lane and 1 lane for warm up-warm down.

Meet Referees: Joe Potts - josephpotts@sbcglobal.net

Administrative Official: Mandy Jenkins - jenkins.mandy@yahoo.com

Meet Director: Stephanie Stalnaker - stephaniestalnaker1@gmail.com

Eligibility: All USA Swimming registered athletes are eligible. 2022 rules will govern the meet. Entrant's age as of July 8, 2022 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.

RULES: 2022 USA Swimming and Arkansas Swimming, Inc. Rules and Regulations will govern the meet. ARSI safety guidelines and warm-up procedures will be in effect. 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 the MAAPP policy is a condition of participation in the conduct of this competition. All 18 and older registered athletes club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets.

Attending Coaches: Attending coaches should be prepared to show proof of their USA Swimming registration and valid certification in CPR, and First Aid, and Safety Training, if requested.

Scoring: Individuals events: 9, 7, 6, 5, 4, 3, 2, 1. 12 & under events will be scored for high point 8 & under, 9-10, 11-12 based on the scores from the 12 & Under events only. Open events and 11 & Over events will not score.

Entry Limit: Each swimmer may enter a maximum of five (5) individual events per day. This meet will be limited to the first 350 swimmers that enter, more swimmers may be accepted if the facility guidelines can be met per session. Entries will be accepted in the order that they are received. A team will be accepted or rejected as a unit. Teams entries not accepted will be notified when entries are received, and fees will be returned.

Entry Fees: \$6.00 for individual events, \$3.00 ARSI Surcharge, \$22.00 facility surcharge.

Mail entry fees to:

Little Rock Athletic Club

Attn: Kelley McCuen

P.O. Box 17090

Little Rock, AR 72222-7090



Deck Entries: Deck entries will be accepted in open lanes for anyone already entered in the meet. The deck entry cost is \$12.00 per event.

Entry Deadline: All entries must be received by Wednesday, June 29, 2022. Make checks payable to Little Rock Athletic Club.

Mail ENTRIES to: Email to coachkeith@dolphin-laser.com.

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

Events: All events will be timed finals. Submit Swimmers best long course times to ensure proper seeding. This meet will be preseeded except for the 400 IM, 400 Free and 1500 Free which will be deck seeded. Positive check in with the Clerk of Course will be required for the 400 IM, 400 Freestyle and 1500 Freestyle. Swimmers must check in 30 minutes prior to start of the session. The 1500 Free will be limited to 16 swimmers of each gender. The 400 IM will be limited to the top 24 swimmers of each gender. The 400 free will be limited to the top 32 swimmers of each gender. Additional heats may be accepted for the 400's if the meet director determines that the session can be conducted in less than 4 hours. The host club reserves the right to seed its "NT" swimmers before those of other teams. Coaches will be notified regarding any entries unable to swim. Swimmers in the 400 and 1500 Freestyle must provide their own timers. 400 and 1500 freestyle will be swum fastest to slowest, alternating women and men.

Starting Times:

Friday, July 8:

Warm Up: 4:30 - 5:20pm Meet Starts: 5:30pm

Saturday, July 9 Morning:

Warm Up: 8:30 - 9:20am Meet Starts: 9:30am

Saturday, July 9 Afternoon:

Times not Before

Warm Up: 1:00pm Meet Starts: 2:00pm

Sunday, July 10 Morning:

Warm Up: 8:30 - 9:20am Meet Starts: 9:30am

****This is based on the current guidelines of the Centers for Disease Control, Arkansas Department of Health and the University of Arkansas at Little Rock. If anything changes new times will be announced.

Scratch Rules: Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim the event unless the Clerk of Course is notified before the seeding for the event has begun that the swimmer wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer is entered on that day or the next meet day. Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the event.

Awards: 12 & Under Events - Medals 1st- 3rd, ribbons 4th- 8th. 12 & under events will be awarded for 8 & under, 9-10, and 11-12. High point awards will be given to the highest individual scores in the following age groups: 8 & under, 9-10, 11-12 based on their scores from the 12 & Under events only. **Open Events and 11 and Over Events** will not be awarded and will not score.

Warm-up: All ARSI warm-up rules will be followed. 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 may dive into the pool during a designated sprint warm-up. Swimmers without a coach at the meet must check in with the Meet Referee and will be assigned to a coach during the warm up portion of the meet. One lane will be open for warm up and warm down during Saturday and Sunday afternoon 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.



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. UALR requires that everyone on campus wear a face mask. Athletes may remove their masks to warm-up or compete. 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. 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

Arkansas Department of Health Guidelines:

Maintain minimum physical distancing of six feet between participants at all times, except when actively

Guidelines: participating in the sports activity.

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

Face coverings (if required) must 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.

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. This includes, but is not limited to, huddles, high-fives, handshaking, fistbumping, 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.

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. **Facility Rules:** The gym, weight rooms, fitness equipment classrooms and meeting rooms are off limits to swimmers and spectators. No unattended children are allowed in the Donaghey Student Center. The entire UALR campus is “Tobacco Free”, use of tobacco, e-cigarette and chewing tobacco is prohibited anywhere on the campus



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Meet Summary Form

Name of Club: _____ Club Code: _____

Attending Coaches' Names: _____

Number of individual entries	_____	@	\$6.00	_____
Number ARSI Surcharge	_____	@	\$3.00	_____
Number of swimmers Facility Surcharge	_____	@	\$22.00	_____
Total enclosed	_____			_____

Team Address: _____

Telephone: (_____) _____ Fax: (_____) _____

E-mail: _____

Make checks payable to and mail to:
Little Rock Athletic Club
Attn: Kelley McCuen
P. O. Box 17090
Little Rock, AR 72222-7090

Please send entries to:
email: coachkeith@dolphin-laser.com



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Order of Events**

Friday PM Session

Open Session

This Session will compete in 8 Lanes

Girls	Event	Boys
1	Open 50 Free	2
3	Open 400 IM	4
5	12 & Under 200 IM	6
10 Minute Break		
7	11 & Over 1500 Free	8

Saturday AM Session

12 & Under Session

The Session will compete in 8 Lanes

Girls	Event	Boys
9	12 & Under 100 Free	10
11	12 & Under 50 Breast	12
13	12 & Under 50 Back	14
15	12 & Under 50 Free	16
17	12 & Under 50 Fly	18
19	12 & Under 200 Free	20

Saturday PM Session

Open Session

The Session will compete in 6 Lanes

Girls	Event	Boys
21	Open 200 Fly	22
23	Open 100 Free	24
25	Open 200 I.M.	26
27	Open 100 Breast	28
29	Open 200 Back	30

Sunday AM Session

Open Session

The Session will compete in 6 Lanes

Girls	Event	Boys
31	Open 200 Free	32
33	Open 100 Back	34
35	Open 200 Breast	36
37	Open 100 Fly	38
39	Open 400 Free	40