



2023 Valentine Invite February 4th, 2023

- Sanction:** Held under USA Swimming through Arkansas Swimming, Inc. Sanction Number: **AR-02042023**
- Host:** Arkansas Dolphins Swim Team
- Dates:** February 4th, 2023
- Location:** University of Arkansas at Little Rock
Donaghey Student Center
Little Rock, AR 72204
- Facility:** 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).
- Officials:** Meet Referee: Joe Potts - josephpotts@sbcglobal.net
Administrative Official: Amy Priddle - apriddle.kidneycarecenter@yahoo.com
Meet Director: Cynthia Shultz - [Shultz.cynthia@sbcglobal.net](mailto:cynthia@sbcglobal.net)
- Eligibility:** All USA Swimming registered athletes are eligible, and the 2023 rules will govern the swim meet. Entrant's age as of February 4, 2023 will determine age for the duration of the meet. Swimmers who entered as "pending" or "applied for " must send their Athlete Registration Application and payment with the team entries. Copies of athlete registration number has not been received must be included with the meet entries. On deck registration is not permitted. 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:** 2023 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:** Individual 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 will not score for this swim meet.
- Entry Limit:** Each swimmer may enter a maximum of five (5) individual events per day. This meet will be limited to the first 250 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. Team entries not accepted will be notified when entries are received, and fees will be returned.
- Entry Fees:** \$6.00 Entry Fee per individual event
\$3.00 ARSI surcharge per swimmer
\$22.00 Facility surcharge per swimmer



- Deck Entries:** Deck Deck entries will be accepted where space is available up to 30 minutes before the published starting time on Saturday. Deck Pass will be accepted as such proof. Cost is \$12.00 per individual event. (A swimmer who is not previously entered in the meet must also pay the facility fee of \$22.00 and ARSI surcharge of \$3.00). entries will be accepted in open lanes for anyone already entered in the meet and the deck entry cost is \$12.00 per event.
- Entry Deadline:** All entries must be received by Wednesday, January 25th 2023. Make checks payable to Little Rock Athletic Club.
- Make Checks Payable To:** Little Rock Athletic Club
- Mail Entry Fees To:** Little Rock Athletic Club
Attn: Kelley McCuen
P.O. Box 17090
Little Rock, AR 72222-7090
- Email Entries To:** CoachKeith@Dolphin-Laser.com
- Entry Forms:** We prefer that all teams enter using **Hy-Tek** or the equivalent and all teams must use the enclosed summary form.
- Events:** All events will be timed finals. Submit Swimmers best short course times to ensure proper seeding.
- Warm-Up:** **Saturday** February 4th Pool Opens: 8:30 AM, Meet starts at 9:10 AM
- Scratches:** 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 not result in the swimmer being barred from the next individual event in which the swimmer is entered on that day. Events seeded on the deck shall be closed for seeding no earlier than thirty (20) 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 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. There will be eight lanes open for warm-up and warm down during Saturday morning session after the swim meet has started in the non-competition end of the facility. These warm-up/cool down lanes will be feet first entry only and are first come first serve. Swimmers and spectators will not be allowed to use the diving well or will be allowed on the diving boards at any time during the swim meet.
- Scratch Rules:** The scratch rules adopted by Arkansas Swimming will be in effect. Swimmers will report directly to the blocks for all events.
- Tobacco &** Alcoholic beverages, smoking and use of other tobacco products is prohibited on the pool deck, in the locker rooms



Alcohol: 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 & 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 be 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.

Rules & Safety Continue: 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 Maintain minimum physical distancing of six feet between participants at all times, except when actively participating in the sports activity.

Guidelines: 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 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/listndisinfectants-use-against-sars-cov-2>

Avoid non-sport-related personal contact. This includes, but is not limited to, huddles, high-fives, handshaking, 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.

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.



2023 Valentine Invite
Saturday, February 4th 2023

Girls	Saturday	Boys
1	Open 50 Free	2
3	Open 100 IM	4
5	12 & Under 25 Free	6
	<u>5 Minute Break</u>	
7	Open 50 Fly	8
9	Open 100 Breast	10
11	12 & Under 25 Fly	12
	<u>5 Minute Break</u>	
13	Open 50 Breast	14
15	Open 100 Back	16
17	12 & Under 25 Breast	18
	<u>5 Minute Break</u>	
19	Open 50 Back	20
21	Open 100 Fly	22
23	12 & Under 25 Back	24
	<u>5 Minute Break</u>	
25	Open 100 Free	26
27	Open 200 IM	28
29	Open 200 Free	30



**2023 Valentine Invite
Meet Summary Sheet
February 4th, 2023**

Team Name: _____

Team Abbreviation: _____ LSC Code: _____

Attending Coaches: _____

Entry Information:

Number of individual entries _____ @ \$6.00 = _____

Number of swimmers (ARSI surcharge) _____ @ \$3.00 = _____

Number of swimmers (facility fee) _____ @ \$22.00 = _____

TOTAL \$ _____

Team Address: _____

Phone: (_____) _____

E-mail: _____

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

Signature of coach or club representative:

Please send entries to: The Arkansas Dolphins
Little Rock Athletic Club
Attn: Kelley McCuen
P.O. Box 17090 Little Rock,
AR 72222-7090