



Arkansas Swimming, Inc. Long Course Championships

- Sanctioned By:** USA Swimming through Arkansas Swimming, Inc. (ARSI) **Sanction #:** AR-07202023
- Sponsored By:** Razorback Aquatic Club AquaHawgs & Fort Smith Tideriders.
- Date:** Thursday, July 20, 2023 – Sunday, July 23, 2023
- Location:** Creekmore Park Pool
3201 S M St.
Fort Smith, Arkansas 72903
- Facility:** 10 lanes x 50-meter outdoor pool with 9-foot lanes. All 10 lanes will be used in the morning sessions. Kiefer competition lane lines and non-skid slant starting blocks. A separate 6 lane 70-foot warm-up pool is available. Dressing rooms are air-conditioned. The competition course has not been certified in accordance with Article 104.2.2C(4). The minimum water depth measured in accordance with Article 202.4.9C is 4' at the start and 4' at the turn end.
- Eligibility:** Open to all USA Swimming registered swimmers through ASI meeting age and time standards. The qualifying times are as shown on the schedule of events. Non-conforming times will be entered at the qualifying times. Times will be proven using the SWIMS database prior to the meet. A hard copy of official meet results must be submitted when official distance splits are not found in SWIMS but are being used to prove a time. Hy-Tek Best
- Times reports or equivalent cannot be used to prove splits. Entries not meeting the qualifying time will be removed from the meet except as specified below. All entry times must have been achieved on or after July 21, 2022. 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 Type:** Championship Meet. All 11-12, 13-14, and 15 & Over Events will be Prelims / Finals with the exception of the 11-12 400 Free, 13-14 1500 free, 15 & Over 1500 free, and Relays. All 10 & Under events will be timed finals and will be swum during finals.
- Rules:** 2023 USA Swimming Rules will prevail.
- Officials:**
- | | |
|--------------------------|--|
| Meet Referee: | David Wicklund - dave.wicklund423@gmail.com
Krissy Glass - krissymglass@gmail.com |
| Administrative Official: | Joe Bussell - joebussell@aquahawgs.org
Jana Olson – jana@aquahawgs.org |
| Meet Director: | John Moseley – john@aquahawgs.org
Megan McAfee – meetdirector@aquahawgs.org |
- Entries:** Include all USA Swimming registration numbers and birth dates on the official entry forms. Clubs may enter by using Hy-Tek or compatible software. Swimmers who have not registered with USA Swimming will have their entries returned. Entries must be received by the host club on or before **Monday, July 17, 2023 at 10:00 AM**. Entries received after the deadline will not be accepted.

Each club will be notified of entries that do not meet the qualifying times based on SWIMS. These entries will be removed from the meet unless proof of an error or omission from SWIMS can be verified using official meet results. **Corrections must be accomplished before 12:00 PM on Tuesday, July 18, 2023.**



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Entry Fees: \$30.00 Surcharge per Swimmer (\$5.00 ARSI Surcharge + \$25.00 Facility Fee)
\$7.00 per Individual Event
\$14.00 per Relay Event

Mail Checks To: Razorback Aquatic Club AquaHawks
C/o John Moseley
PO Box 7062
Springdale, AR 72766
(713) 551-6487
John@AquaHawks.org

Entry Limit: All swimmers may enter a maximum of three (3) individual events and one (1) relay per day including time trials. A maximum of nine (9) individual events for the Long Course Championships (Time Trial Events do not count against meet limit, however, they will count against the daily limits).

Swimmers qualified to swim in individual events or relay only swimmers will be allowed bonus events based on the chart below.

Qualifying Times	Bonus Swims
Relay Only	2
1	3
2	2
3	1
4+	0

ALL bonus swims must be in events that are 200 yards or less. Swimmers must achieve at least a USA Swimming Motivational 'B' Time in order to compete in any bonus events. The 400 IM, 400 Freestyle, and 1500 Freestyle are not eligible for bonus swims.

Ages: Each swimmer's age as of July 20, 2023 will determine his/her competition age for the meet

Relays: Each club is eligible to enter at least one (1) relay in each event. Any additional relays must be comprised of swimmers entered in one or more individual events. Relays are timed finals and will be swum in finals. Relay cards must be submitted to the Clerk of Course 30 minutes before the start of the session.

Deck Entries: All deck entries must be received by the Clerk of Course on Thursday at least one (1) hour before the published start of the meet. All deck entries will be accepted at the qualifying time. Deck entries are limited to swimmers not already in the meet. Deck entered swimmers must show proof of ARSI membership to the host team's registration chairperson with the original or photocopy of their current USA Swimming card. Deck Pass may be used to verify USA Swimming membership. All deck entries will be double the entry fee. New heats will not be created to accommodate deck entries if necessary. The original heats will not be reseeded.

Starting Times: **Thursday, July 20, 2023**
Timed Finals: Warm-up: 3:30 PM. Meet Starts: 5:00 PM

Friday, July 21, 2023
Prelims: Warm-Up: 7:00 AM. Meet Starts: 8:30 AM.
Finals: Warm-Up: 3:30 PM. Meet Starts: 5:00 PM.



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Saturday, July 22, 2023

Prelims: Warm-Up: 7:00 AM. Meet Starts: 8:30 AM.

Finals: Warm-Up: 3:30 PM. Meet Starts: 5:00 PM.

Sunday, July 23, 2023

Prelims: Warm-Up: 7:00 AM. Meet Starts: 8:30 AM.

Finals: Warm-Up: 2:30 PM. Meet Starts: 4:00 PM.

- Warm-ups:** All lanes will be general warm-ups for the first hour. The next twenty minutes the pool will be divided into Pace, Dive, & General Warm-ups. The competition pool will close 10 minutes before the start of each session. Warm-ups lanes will not be assigned.
- Time Trials:** Time trials will be conducted at the conclusion of prelims on Friday, Saturday and Sunday for the express purpose of qualifying for a higher level of competition. Time trials are limited to those swimmers entered in individual events in this meet only. A swimmer may not exceed his or her maximum limit of events per day as allowed under USA Swimming rules.
- Breaks:** There will be breaks between each series of events during finals for awards.
- Check In & Scratch Rules:** ASI scratch rules apply. All events except the relays, 11-12 400 free, and 1500 free are pre-seeded. Scratching is necessary to allow space for deck entries. Any swimmer who is entered in any event in Sunday finals, including consolation heats, and does not swim the event will be subject to a \$10.00 fine per event not swum as well as removal from the remainder of the meet. Unpaid fines must be paid through the ASI General Chairman or the swimmer will be barred from future ASI meets by notice to all ASI registered clubs. This action does not negate an athlete's rights as specified by the USA Swimming Rules and Regulations.
- Distance events:** The 11-12 400 and 13-14/15&O 1500 freestyle are timed final events. Check-in and proof of time are required for participants 30 minutes before the start of the session in which the event is swum. The exact time must be proven to ensure proper seeding. Times that are proven from non-conforming distances must be entered at the qualifying time. Official distance splits not found in SWIMS must be proven by hard copy of official meet results. No Hy-Tek reports or equivalent will be accepted. Proof of time for the 11-12 400 Free and 13-14/15&O 1500 Free should be submitted with entries whenever possible. The 11-12 400 free events will be swum fastest to slowest alternating girls and boys. The 13&O 1500 freestyle will be swum fastest to slowest, alternating girls and boys. These events will be scored separately for the 13-14 and 15&O age groups. Swimmers will be able to qualify for the 1500 with a compatible 800 time.
- Finals:** The top 8 swimmers for each event from the prelims will compete in finals. There will be a non-scoring bonus final for all 15 & Over Events. The scratch rules apply to both of these events. For the 13 & Over 200 Backstroke, 200 Breaststroke, 200 Butterfly, 400 IM, & 400 Free all ages will swim together in prelims. These events will be swum and scored separately as 13-14, 15 & Over age groups.
- Awards:** Medals will be awarded for 1st –8th places in each individual event and 1st–3rd place for relays. Ribbons will be awarded for 4th –8th place for relays.
- High point awards will be awarded to boys and girls in each age group.
- Team awards will be given for the 1st –3rd place teams in the men, women and combined divisions.
- Individual awards will be presented in finals after the following event (as shown on the order of events table). The awards for the 400 Freestyle Relay (Friday) and the 200 Medley Relay (Saturday) will be awarded after the first event of the final's session on the following day. During the warm-up for finals, the top 3 in each age group running for high point will be announced. If any award presentation gets cancelled on Thursday, Friday, or Saturday, there will be a make-up award presentation at the end of the Sunday prelims.



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Scoring: Individual 9, 7, 6, 5, 4, 3, 2, 1
Relays 18, 14, 12, 10, 8, 6, 4, 2.

Timing: Swim teams with between 10-20 athletes participating in the meet shall provide two timers for each morning preliminary session. Swim teams with more than twenty athletes participating in the meet shall provide two timers for each morning preliminary session and two timers for each afternoon finals session. If a team chooses to rotate timers during a session, all timers for that session must attend the timers meeting at the start of the session.

Concessions: Concessions will be available during all sessions of the meet.

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 HPER.

Swimmers must use the locker 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 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.

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.

ORDER OF EVENTS

THURSDAY, JULY 20 - TIMED FINALS				
Time	Girls	Event	Boys	Time
5:56.49	101	11-12 400 Freestyle	102	5:48.69
22:23.09	103a	13-14 1500 Freestyle*	104a	21:27.39
22:02.19	103b	15 & Over 1500 Freestyle*	104b	20:33.99

* 13-14 and 15&O will be seeded together and then scored separately. They will swim fastest to slowest alternating gender.



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FRIDAY, JULY 21 – PRELIMS				
Time	Girls	Event	Boys	Time
3:11.39	205	11-12 200 IM	206	3:08.49
3:01.79	207	13-14 200 IM	208	2:51.39
2:58.19	209	15 & Over 200 IM	210	2:43.99
:35.69	213	11-12 50 Free	214	:34.62
:34.49	215	13-14 50 Free	216	:31.99
:33.79	217	15 & Over 50 Free	218	:30.19
1:28.49	221	11-12 100 Fly	222	1:26.29
1:20.39	223	13-14 100 Fly	224	1:15.49
1:19.29	225	15 & Over 100 Fly	226	1:11.79
5:40.59	201a	13-14 400 Free**	202a	5:24.09
5:32.89	201b	15 & Over 400 Free**	202b	5:09.89

** 13-14 and 15&O 400 Free will be seeded together in prelims and separated into an A final for 13-14 and an A and Bonus final for 15&O. The fastest two heats of each gender will be circle seeded and all heats will run fastest to slowest.

FRIDAY, JULY 21 – FINALS				
Time	Girls	Event	Boys	Time
	201a	13-14 400 Free**	202a	
	201b	15 & Over 400 Free**	202b	
3:43.19	203	10 & Under 200 IM	204	3:40.79
	205	11-12 200 IM	206	
	207	13-14 200 IM	208	
	209	15 & Over 200 IM	210	
:39.89	211	10 & Under 50 Free	212	:39.49
	213	11-12 50 Free	214	
	215	13-14 50 Free	216	
	217	15 & Over 50 Free	218	
1:52.99	219	10 & Under 100 Fly	220	1:50.79
	221	11-12 100 Fly	222	
	223	13-14 100 Fly	224	
	225	15 & Over 100 Fly	226	
	227	10 & Under 400 Free Relay	228	
	229	11-12 400 Free Relay	230	
	231	13-14 400 Free Relay	232	
	233	15 & Over 400 Free Relay	234	



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SATURDAY, JULY 22 – PRELIMS				
Time	Girls	Event	Boys	Time
1:30.99	305	11-12 100 Back	306	1:27.99
1:23.59	307	13-14 100 Back	308	1:17.89
1:21.09	309	15 & Over 100 Back	310	1:14.39
:45.49	313	11-12 50 Breast	314	:45.19
3:23.99	315a	13-14 200 Breast^	316a	3:10.79
3:20.49	315b	15 & Over 200 Breast^	316b	3:01.39
2:49.19	319	11-12 200 Free	320	2:44.89
2:41.79	321	13-14 200 Free	322	2:32.29
2:38.29	323	15 & Over 200 Free	324	2:26.09
6:25.89	301a	13-14 400 IM	302a	6:04.69
6:18.79	301b	15 & Over 400 IM	302b	5:47.29

^ The 13-14 and 15&O 200 Breast will be seeded together in the prelims and then separated into an A Final for 13-14 and aa A final and bonus final for 15&O.

** 13-14 and 15&O 400 Free will be seeded together in prelims and separated into an A final for 13-14 and an A Final and Bonus final for 15&O. The fastest two heats of each gender will be circle seeded and all heats will run fastest to slowest.

SATURDAY, JULY 22 – FINALS				
Time	Girls	Event	Boys	Time
	301a	13-14 400 IM	302a	
	301b	15 & Over 400 IM	302b	
1:45.99	303	10 & Under 100 Back	304	1:43.09
	305	11-12 100 Back	306	
	307	13-14 100 Back	308	
	309	15 & Over 100 Back	310	
:53.99	311	10 & Under 50 Breast	312	:53.29
	313	11-12 50 Breast	314	
	315a	13-14 200 Breast	316a	
	315b	15 & Over 200 Breast	316b	
3:20.99	317	10 & Under 200 Free	318	3:12.09
	319	11-12 200 Free	320	
	321	13-14 200 Free	322	
	323	15 & Over 200 Free	324	
	325	10 & Under 200 Medley Relay	326	
	327	11-12 200 Medley Relay	328	
	329	13-14 200 Medley Relay	330	
	331	15 & Over 200 Medley Relay	332	



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SUNDAY, JULY 23 – PRELIMS				
Time	Girls	Event	Boys	Time
:38.29	411	11-12 50 Fly	412	:38.59
2:59.19	413a	13-14 200 Fly^	414a	2:47.99
2:53.99	413b	15 & Over 200 Fly^	414b	2:39.99
1:18.09	417	11-12 100 Free	418	1:15.49
1:14.79	419	13-14 100 Free	420	1:09.89
01:13.5	421	15 & Over 100 Free	422	1:06.89
:40.79	425	11-12 50 Back	426	:40.39
2:58.69	427a	13-14 200 Back^	428a	2:49.09
2:54.99	427b	15 & Over 200 Back^	428b	2:41.39
1:40.89	431	11-12 100 Breast	432	1:38.39
1:34.79	433	13-14 100 Breast	434	1:28.09
1:32.39	435	15 & Over 100 Breast	436	1:23.49

^ Both the 13-14 and 15&O 200 Fly and 200 Back events will be seeded together in their respected events and will be placed into A finals for the 13-14 and A and Bonus finals for the 15&O.

SUNDAY, JULY 23 – FINALS				
Time	Girls	Event	Boys	Time
	401	10 & Under 200 Free Relay	402	
	403	11-12 200 Free Relay	404	
	405	13-14 200 Free Relay	406	
	407	15 & Over 200 Free Relay	408	
:47.09	409	10 & Under 50 Fly	410	:45.99
	411	11-12 50 Fly	412	
	413a	13-14 200 Fly^	414a	
	413b	15 & Over 200 Fly^	414b	
1:31.19	415	10 & Under 100 Free	416	1:30.19
	417	11-12 100 Free	418	
	419	13-14 100 Free	420	
	421	15 & Over 100 Free	422	
:48.89	423	10 & Under 50 Back	424	:49.19
	425	11-12 50 Back	426	
	427a	13-14 200 Back^	428a	
	427b	15 & Over 200 Back^	428b	
1:59.79	429	10 & Under 100 Breast	430	1:55.99
	431	11-12 100 Breast	432	
	433	13-14 100 Breast	434	
	435	15 & Over 100 Breast	436	



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Meet Summary

Team Name: _____

Team Abbreviation: _____ LSC Code: _____

Attending Coaches: _____

Entry Information:

Number of individual entries _____ @ \$7.00 = _____

Number of Relay entries _____ @ \$14.00 = _____

Number of swimmers (ARSI surcharge) _____ @ \$5.00 = _____

Number of swimmers (Facility Fee) _____ @ \$25.00 = _____

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: RAC AquaHawgs
C/o John Moseley
PO Box 7062
Springdale, AR 72766
(713) 515-6487
John@AquaHawgs.org



Arkansas Swimming, Inc.
Long Course Championships
Friday, Saturday and Sunday Time Trials

- Sanctioned By:** USA Swimming through Arkansas Swimming, Inc. (ARSI) **Sanction #:** AR-07212023TT
- Sponsored By:** Razorback Aquatic Club AquaHawgs & Fort Smith Tideriders
- Dates:** Friday, July 21, 2023 – Sunday July 23, 2023
- Officials:**
- | | |
|--------------------------|---|
| Meet Referee: | David Wicklund - dave.wicklund423@gmail.com |
| | Krissy Glass - krissymglass@gmail.com |
| Administrative Official: | Joe Bussell - joebussell@aquahawgs.org |
| Meet Director: | John Moseley – john@aquahawgs.org |
| | Megan McAfee – meetdirector@aquahawgs.org |
- Eligibility:** Open to all USA Swimming registered swimmers through Arkansas Swimming, Inc. Swimmers must be entered in an individual event in the Arkansas Age Group Championship Meet and must be trying to achieve qualifying times for a higher level of competition.
- Event Limit:** A swimmer may not exceed his/her limit of three (3) events per day.
- Start Time:** Immediately following prelims on Friday, Saturday and Sunday.
- Cost:** \$10 per individual event and \$20 per relay
- Event Order:** Event order will be determined based on entries.
- Scoring:** The time trial will not be scored.