



## ***2023 Mary Grace Tucker Memorial Invitational*** ***July 7<sup>th</sup> – 9<sup>th</sup> 2023***

- Sanction:** Held under USA Swimming through Arkansas Swimming, Inc. Sanction Number: AR-07072023
- Host:** Arkansas Dolphins Swim Team
- Dates:** July 7<sup>th</sup> – 9<sup>th</sup> 2023
- Location:** University of Arkansas at Little Rock  
Donaghey Student Center  
Little Rock, AR 72204
- Facility:** 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 all the sessions we will use 6 lanes for competition with a buffer lane and 1 lane for warm up-warm down.
- Officials:** Meet Referee: Joe Potts - [josephpotts@sbcglobal.net](mailto:josephpotts@sbcglobal.net)  
Barbara McDonald – [bmcdonaldisgoinggreen@gmail.com](mailto:bmcdonaldisgoinggreen@gmail.com)  
Administrative Official: Amy Priddle - [apriddle.kidneycarecenter@yahoo.com](mailto: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 July 7<sup>th</sup>, 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. 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.
- Entry Limit:** Each swimmer may enter a maximum of five (5) individual events and one relay per day regardless of whether they swim in 12 & Under events or Open events. 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. Team entries not accepted will be notified when entries are received, and fees will be returned.



- Seeding:** All events will be pre-seeded, except for the Open 400 IM, Open 400 Freestyle & Open 1500 Freestyle. The Open 400 IM, Open 400 Freestyle and Open 1500 Freestyle will be deck-seeded and will require positive check-in. Positive check-in deadline will be 30 minutes prior to the announced start time of the session. The Open 400 IM, Open 400 Freestyle and Open 1500 Freestyle may be limited to the fastest 24 swimmers. The Open 400 IM and Open 400 Freestyle will alternate Girls and Boys fastest to slowest. The 1500 Freestyle heats may be combined into mix genders and swam fastest to slowest.
- Entry Fees:** \$6.00 Entry Fee per individual event  
\$12.00 Entry Fee per relay  
\$3.00 ARSI surcharge per swimmer  
\$22.00 Facility surcharge per swimmer
- Entry Deadline:** All entries must be received by Wednesday, June 28th, 2023. Please 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](mailto: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.
- Deck Entries:** Deck entries will be accepted where space is available up to 30 minutes before the published starting times of the swim meet. 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. No heats will be added to accommodate deck entries.
- Events:** All events will be timed finals. Submit Swimmers best long course times to ensure proper seeding.
- Warm-Up:** **Friday Evening Session: July 7<sup>th</sup>** – Warm-ups Start at 4:30 PM & The Meet starts at 5:30 PM  
**Saturday Morning Session: July 8<sup>th</sup>** – Warm-ups Start at 8:00 AM & The Meet starts at 9:00 AM  
**Saturday Afternoon Session: July 8<sup>th</sup>** – Warm-ups Start at 12:00 PM & The Meet starts at 1:00 PM  
**Sunday Morning Session: July 9<sup>th</sup>** – Warm-ups Start at 8:30 AM & The Meet Starts at 9:30 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 twenty (20) minutes prior to the start of the event.
- Scoring:** Individual events: 9, 7, 6, 5, 4, 3, 2, 1. Will be scored for only 12 & Under events. 12 & Under individual events will be separated and scored for 11 to 12 or 10 & Under high point for both girls and boys individual events. Open events and relays will not score for this swim meet.



- Awards:** 12 & under individual events will receive medals 1<sup>st</sup> – 3<sup>rd</sup> and ribbons 4<sup>th</sup> – 8<sup>th</sup> for the following age groups 11 – 12 and 10 & Under for both girls & boys Individual Events. High Point will be given for girls and boys in the following Age Groups: 11 -12 and 10 and Under. 12 & Under Relays for both girls and boys will be awarded medals for 1<sup>st</sup> – 3<sup>rd</sup> and ribbons 4<sup>th</sup> – 8<sup>th</sup>
- 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.
- The warm-up guidelines set forth by ASI will be in effect. The last 10 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. If more lanes are needed for one-way sprints during specific warm up we will open lanes 4 and 5 for one way sprints. One lane will be open for warm up and warm down during all competition sessions. 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 &** 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 Mary Grace Tucker Memorial Invitational***  
**Friday July 7<sup>th</sup> Afternoon Session**

<b>Girls</b>	<b>Friday</b>	<b>Boys</b>
1	Open 200 Freestyle	2
3	12 & Under 200 IM	4
5	Open 200 Backstroke	6
7	Open 400 IM	8

***2023 Mary Grace Tucker Memorial Invitational***  
**Saturday July 8<sup>th</sup> Morning Session (Open Session)**

<b>Girls</b>	<b>Saturday</b>	<b>Boys</b>
9	Open 200 Free Relay	10
11	Open 200 IM	12
13	Open 100 Free	14
15	Open 200 Breaststroke	16
17	Open 100 Fly	18
	Five Minute Break	
19	Open 400 Free	20

***2023 Mary Grace Tucker Memorial Invitational***  
**Saturday July 8<sup>th</sup> Afternoon Session (12 & Under Session)**



<b>Girls</b>	<b>Saturday</b>	<b>Boys</b>
21	12 & Under 50 Free	22
23	12 & Under 50 Fly	24
25	12 & Under 50 Backstroke	26
27	12 & Under 50 Breaststroke	28
29	12 & Under 100 Free	30
31	12 & Under 200 Free Relay	32

***2023 Mary Grace Tucker Memorial Invitational***  
**Sunday July 9th, Morning Session (Open Session)**

<b>Girls</b>	<b>Sunday</b>	<b>Boys</b>
33	Open 200 Fly	34
35	Open 100 Breaststroke	36
37	Open 50 Free	38
39	Open 100 Backstroke	40
	Five Minute Break	
41	Open 1500 Free	42

***2023 Mary Grace Tucker Memorial Invitational***  
**Meet Summary Sheet**



July 7<sup>th</sup> – 9<sup>th</sup> 2023

Team Name: \_\_\_\_\_

Team Abbreviation: \_\_\_\_\_ LSC Code: \_\_\_\_\_

Attending Coaches: \_\_\_\_\_

\_\_\_\_\_

**Entry Information:**

Number of individual entries \_\_\_\_\_ @ \$6.00 = \_\_\_\_\_

Number of relay entries \_\_\_\_\_ @ \$12.00 = \_\_\_\_\_

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:** Little Rock Athletic Club  
Attn: Kelley McCuen  
P.O. Box 17090 Little Rock,  
AR 72222-7090