

Mary Grace Tucker Memorial Invitational
July 8-10, 2015

Sanction: Held under USA Swimming through Arkansas Swimming Inc. Sanction #: 16AR0709.

Hosted by: Arkansas Dolphins Swim Team

Location: University of Arkansas at Little Rock, Donaghey Student Center, 2801 South University, 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 202.2.9C, is 7'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

Eligibility: All USAS registered swimmers are eligible. Entrants age as of July 08, 2016 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: Daris Bright - daris.bright@gmail.com
Don Erbach - don@paschallstrategic.com

Meet Director: Stephanie Johnson gremmamom@icloud.com

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 year, 10 year, 11 year and 12 year based on the scores from the 12 & Under events only. Open 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 400 swimmers that enter. 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 by phone when entries are received, and fees will be returned.

Entry Fees: \$2.60 for individual events, \$3.00 ASI Surcharge, \$10.00 facility surcharge. \$5.00 per relay. Deck entries are double.

Deck Entries: **DECK ENTRIES WILL BE ACCEPTED WHERE SPACE IS AVAILABLE.** Deck entry fee is \$5.00 per individual event and \$10.00 per relay. Deck entries will be accepted up until 30 minutes prior to the start of the session in which that event will be swum.

Entry Deadline: All entries must be received by Wednesday, Jun 29, 2016 whether emailed, mailed or delivered. Make checks payable to Little Rock Athletic Club.

Mail to: Arkansas Dolphin Swim Team, #1 Huntington Road, Little Rock, AR 72227. 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 pre-seeded except for the 400's and 800's which will be deck seeded. Positive check in with the Clerk of Course will be required for the 400 IM, 400 Freestyle and the 800 Freestyle. Swimmer must check in 30 minutes prior to start of the session. The 800 free and 400 IM will be limited to the top 24 swimmers of each gender. The 400 free will be limited to the top 40 swimmers of each gender. Additional heats may be accepted for the 400's and the 800 if the meet director determines that the session can be conducted in less than 4 hours. Coaches will be notified regarding any entries unable to swim. Swimmers in the 400 and 800 free must provide their own timers. 400 and 800 freestyle will be swum fastest to slowest, alternating women and men.

Dates & Times:

Friday, July 8: 1st Warm Up: 3:30pm - 4:10pm 2nd Warm Up: 4:10 - 4:50pm
Meet Starts: 5:00pm

Saturday, July 9 AM: 1st Warm Up: 7:30am - 8:10am 2nd Warm Up: 8:10 - 8:50am
Meet Starts: 9:00am

Saturday, July 9 PM: Times not Before: Warm Up: 1:00pm Meet Starts: 2:00pm

Sunday, July 10 AM: 1st Warm Up: 7:30am - 8:10am 2nd Warm Up: 8:10 - 8:50am
Meet Starts: 9:00am

Sunday, July 10 PM: Times not Before: Warm up: 12:30pm Meet Starts 1:00pm

Awards: 12 & Under Events - Medals 1st- 3rd, ribbons 4th- 8th; Relays ribbons 1st - 8th. 12 & under events will be awarded for 8 & under, 9-10, and 11-12 except for relay which will be 12 & Under only. High point awards will be given to the highest individual scores in the following age groups: 8 & under, 9 year, 10 year, 11 year and 12 year based on their scores from the 12 & Under events only.

Open Events - Open events will not be awarded and will not score. There will be an IM Tough Award for the Open events that will be awarded to the lowest total time for 200 Free, 200 Back, 200 Breast, 200 Fly, and 400 IM in female and male, you must swim all five events to be eligible. There will be a Mary Grace Spirit Award for 13 & Over Female and Male for athletes who show exceptional team spirit with nominations accepted from the coaches and voted on by the Meet Committee.

Warm-up: All ASI 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 re-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. Teams will be notified of which warm up session to attend.

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 in the closed portions of the deck, only registered athletes, coaches, officials and meet workers will be allowed in these areas. Spectator areas and closed areas will be marked.

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 possessing 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.

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.

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.

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.

Facility Rules: The gym, weight rooms, fitness equipment, racquetball courts, 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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Meet Summary Form

Name of Club: _____ Club Code: _____

Attending Coaches: _____

Number of Individual entries: _____ @ \$2.60 _____

Number of Relay entries: _____ @ \$5.00 _____

Number of Swimmers (Surcharge) _____ @ \$3.00 _____

Number of Swimmers (UALR Surcharge) _____ @ \$10.00 _____

TOTAL ENCLOSED _____

Team Address _____ Team Email: _____

Team Contact _____

Contact Email Address (if different) _____

Telephone: _____

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

Signature of Club representative: _____

Make checks payable to: Little Rock Athletic Club

Please send entries to: Arkansas Dolphins Swim Team
#1 Huntington Road
Little Rock, AR 72227
(501) 225-5711 phone
email: coachkeith@dolphin-laser.com

**Mary Grace Tucker Memorial Invitational
Order of Events**

Friday, July 8, 2016

Warm-up: 3:30 pm Competition starts 5:00pm

Women		Men
1	Open 50 Free	2
3	\$ * Open 400 IM	4
5	12 & under 200 IM	6
7	\$ * Open 800 Free	8

**Positive Check in required 30 minutes prior to start of session
limited to the fastest 24 of each gender*

*Additional heats may be accepted if the meet director determines that the session can be conducted in less than 4 hours.
Swimmers in the 800 free must provide their own timers and counters*

Saturday AM, July 9, 2016

Warm-up: 7:30 am – Competition starts 9:00 am

Women		Men
9	Open 200 Fly	10
11	Open 100 Free	12
13	Open 200 IM	14
15	Open 100 Breast	16
17	Open 200 Back	18

Saturday Afternoon, July 9, 2016

Warm-up: 1:00pm – Competition starts 2:00pm

Women		Men
19	12 and Under 100 Free	20
21	12 and Under 50 Breast	22
23	12 and Under 50 Back	24
25	12 and Under 50 Free	26
27	12 and Under 50 Fly	28
29	12 and Under 200 Free	30
31	12 and Under 200 Free Relay	32

Sunday Morning, July 10, 2016

Warm-up: 7:30am – Competition starts 9:00 am

Women		Men
33	Open 200 Free	34
35	Open 100 Back	36
37	Open 200 Breast	38
39	Open 100 Fly	40

Sunday Afternoon, July 10, 2016

Warm-up: 12:30pm – Competition starts 1:00pm

Women		Men
41	# * Open 400 Free	42

**Positive Check in required 30 minutes prior to start of session
limited to the fastest 40 swimmers of each gender
\$ limited to the fastest 24 swimmers of each gender*

*Additional heats may be accepted if the meet director determines that the session can be conducted in less than 4 hours.
Swimmers in the 400 free must provide their own timers and counters*