

Mary Grace Tucker Memorial Invitational
July 12-14, 2019

Sanction: Held under USA Swimming through Arkansas Swimming Inc. Sanction #: 19AR0713.

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 202.4.10C, 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 (5).

Eligibility: All USA Swimming registered athletes are eligible. 2019 rules will govern the meet. Entrant's age as of July 12, 2019 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

Meet Director: Leah Ford - leah.ford2023@gmail.com

Administrative Official: Alison Chambers - ajchambers1@yahoo.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 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 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: \$2.65 for individual events, \$3.00 ASI Surcharge, \$17.00 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 \$5.30 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, July 3, 2019 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 IM, 400 Free, 800 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, 800 Freestyle and 1500 Freestyle. Swimmer must check in 30 minutes prior to start of the session. The 1500 Free and the 800 Freestyle 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 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. 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, 800 and 1500 Freestyle must provide their own timers. 400, 800 and 1500 freestyle will be swum fastest to slowest, alternating women and men.

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.

Dates & Times:

Friday, July 12: 1st Warm Up: 3:30pm - 4:10pm 2nd Warm Up: 4:10 - 4:50pm
Meet Starts: 5:00pm

Saturday, July 13 AM: 1st Warm Up: 7:30am - 8:10am 2nd Warm Up: 8:10 - 8:50am
Meet Starts: 9:00am

Saturday, July 13 PM: Times not Before: Warm Up: 1:00pm Meet Starts: 2:00pm

Sunday, July 14 AM: 1st Warm Up: 7:30am - 8:10am 2nd Warm Up: 8:10 - 8:50am
Meet Starts: 9:00am

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 and 11 and Over Events** will not be awarded and will not score. There will be a Mary Grace Spirit Award for 12 & Under and 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 deck enter an event to replace the event from which they were removed. This rule applies to the separate warm-up pool during all sessions. 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.

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.

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 without the use of a backstroke ledge. 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 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: _____

Number of Individual entries: _____ @ \$2.65 _____

Number of Relay entries: _____ @ \$5.00 _____

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

Number of Swimmers (UALR Surcharge) _____ @ \$17.00 _____

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 12, 2019

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	11 & Over 1500 Free *	8

**Positive Check in required 30 minutes prior to start of session*

The Open 400 IM is limited to the top 24 each female and male. The 1500 is limited to top 16 each female and male
Additional heats may be accepted if the meet director determines that the session can be conducted in less than 4 hours.
Swimmers in the 1500 free must provide their own timers and counters.

Saturday AM, July 13, 2019

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
19	11 & Over 800 Free *	20

**Positive Check in required 30 minutes prior to start of session*

The 11 & Over 800 Free is limited to the top 16 each female and male.

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 Afternoon, July 13, 2019

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

Women		Men
21	12 and Under 100 Free	22
23	12 and Under 50 Breast	24
25	12 and Under 50 Back	26
27	12 and Under 50 Free	28
29	12 and Under 50 Fly	30
31	12 and Under 200 Free	32
33	12 and Under 200 Free Relay	34

Sunday Morning, July 14, 2019

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

Women		Men
35	Open 200 Free	36
37	Open 100 Back	37
39	Open 200 Breast	39
41	Open 100 Fly	40
43	Open 400 Free *	44

**Positive Check in required 30 minutes prior to start of session*

The Open 400 Free is limited to the top 40 each female and male

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.