

Arkansas Swimming, Inc.
Long Course Championships
July 25-28, 2019

Sanctioned By: USA Swimming through Arkansas Swimming, Inc. (ASI)

Sanction #: 19AR0726

Sponsored By: Northwest Arkansas Aquatics

Location: The Melvin Ford Aquatic Center, Memorial Park, Bentonville, Arkansas. Located on Highway 72 East and Moberly Lane, next to Washington Junior High School. (Just west of exit 88 off Interstate 49).

Facility: 8-lane, 50-meter outdoor pool with 9-foot wide lanes. Each lane is equipped with Kiefer non-turbulent lane lines, non-skid Colorado Timing System touch pads and slanted starting blocks at both ends. The competition course has not been certified in accordance with Section 104.2.2C (5). The minimum water depth, measured in accordance with Article 202.4.10C is 4' 0" at the start end and 4' 0" 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 equivalents 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 26, 2018.

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: All events are prelim-finals except for 400 free, 1500 free, 400 IM, 10 & Under 200 IM, and relays.

Ages: Each swimmer's age as of the first day of the meet will determine his/her competition age for the meet.

Rules: 2019 USA Swimming and ASI rules will prevail.

Officials:

Referee:	Muhao Yu – yu.muhao@gmail.com Dave Wicklund – dave.wicklund423@gmail.com
Administrative Official:	Laura Fox - jon.fox@mac.com
Meet Director:	Emily Tong - emtong@yahoo.com

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 **Wednesday, July 17**. Entries received after the deadline will not be accepted except as specified below. A completed, signed summary form and check must be brought to the meet for the payment of entries and received by the Clerk of Course **30 minutes prior to the start of the Thursday session**.

Clubs that have entered by the above deadline will be allowed changes of events entered or additional entries until 6:00 PM on **Monday, July 22**. All additions and changes made after the July 17 deadline must pay double entry fees. A swimmer who scratches one event and enters another event to replace it will be charged double entry fees for the new event. Payment of all fees for additions, changes, and deck entries must be made **30 minutes prior to the start of the Friday prelims session**.

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 6:00 p.m. on **Monday, July 22**.

Deck Entries: Deck entries are limited to swimmers not already in the meet. All deck entries must be received by the Clerk of Course on Thursday at least one hour before the published start of the meet. All deck entries will be accepted at the qualifying time. Deck-entered swimmers must show proof of ASI 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 be created to accommodate deck entries if necessary. The original heats will not be reseeded.

Entry Limit: All swimmers may enter a maximum of three (3) individual events and one (1) relay per day including time trials and a maximum of seven (7) individual events for the Long Course Championships.

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 prelims. Relay names must be submitted to the Clerk of Course 30 minutes before the start of the session.

Breaks: There will be 10-minute breaks between each series of events during finals on Friday, Saturday and Sunday.

Prelims Warm-up Procedure: Warm-up procedures will be in effect. The warm-up period for prelims will be divided into three sessions:
1st 30 Minutes: General warm-up in all lanes for specified teams.
2nd 30 Minutes: General warm-up in all lanes for specified teams.
Last 20 Minutes: All teams specific warm-up.
Lanes 2, 3, 6, 7 One-way sprints from the blocks.
Lanes 4, 5 General warm-up, circle swimming only.
Lanes 1, 8 Pace work only.

The host team will notify each club of its warm-up times. The highest ranking team from the previous Long Course ASI Age Group Championship Meet will have the first choice of warm-up times, then the second place team, etc. The number of warm-up lanes per team will be determined by the number of swimmers entered in the meet by that club.

Finals Warm-up Procedure: The warm-up period for finals will be divided into the following sessions:
1st 30 min. General warm-up all lanes.
2nd 20 min. All teams specific warm-up
Lanes 2, 3, 6, 7 One-way sprints from the blocks.
Lanes 4, 5 General warm-up, circle swimming only.
Lanes 1, 8 Pace work only.

Starting Times:

Thursday, July 25
1500 Free only: Warm-up: 4:00 PM. Meet Starts: 5:00 PM

Friday, July 26
Prelims: Warm-up: 7:00 AM. Meet Starts: 8:30 AM.
Finals: Warm-up: 4:00 PM. Meet Starts: 5:00 PM.

Saturday, July 27
Prelims: Warm-up: 7:00 AM. Meet Starts: 8:30 AM.
Finals: Warm-up: 4:00 PM. Meet Starts: 5:00 PM.

Sunday, July 28
Prelims: Warm-up: 7:00 AM. Meet Starts: 8:30 AM.
Finals: Warm-Up: 3:00 PM. Meet Starts: 4:00 PM.

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.

Check In and Scratch Rules: ASI scratch rules apply. All events except the relays, 400 free, 400 IM 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.

10 & Under 200 IM The 10 & Under 200 IM will swim as timed finals on Friday night.

Distance events: The 400 and 1500 freestyle and 400 IM 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 equivalents will be accepted. Proof of time for the 400 Free, 1500 Free and 400 IM should be submitted with entries whenever possible. The fastest heat of the 400 free and 400 IM will be swum during finals, with the rest of the heats swimming at the end of prelims. The 1500 free and 400 IM will be swum fastest to slowest, alternating girls and boys.

Finals: The top 8 swimmers for each event from the prelims will compete in finals. All heats of the 10 & Under 200 IM will be swum at Finals. The scratch rules apply to both of these events. For the 13-18 200 back, 200 breast and 200 fly, ages 13-18 will swim together in prelims. These events will be swum and scored separately as 13-14, 15-16, and 17-18 age groups. All the events for ages 15-18 will swim together in prelims. In those events, there will be a 15-16 final and 17-18 final.

Entry Fees: \$17.00 Surcharge per Swimmer (\$5.00 surcharge + \$12.00 facility fee)
\$3.10 per Individual Event
\$5.00 per Relay

Entry Deadline: Please make checks payable to Northwest Arkansas Aquatics. Payment must accompany summary forms. All entries and information must be received in accordance with the previously stated requirements and deadlines.

Mail Entries to: Northwest Arkansas Aquatics
c/o John Moseley
PO Box 1335
Bentonville, AR 72712
(713) 515-6487
nwaajohn@gmail.com

Please supply an e-mail address for acknowledgment of receipt or send a self-addressed stamped postcard with entries to ensure acknowledgment of entries. The host club will not be responsible for undeliverable e-mail. Initial meet entry submissions must be received by the host club by **Wednesday, July 17**. All initial submissions must include all of the following items.

- a) Either a Hy-Tek or compatible file containing all entries sent as an e-mail attachment
- b) A list of all attending coaches sent as an e-mail attachment,

c) A statement of preference for early or late warm-ups.

The host club cannot include a team's entries in the meet unless they have received a complete submission as defined above. The host club will notify a team as soon as possible after receipt if one or more of the items constituting a complete initial submission are missing. Missing items must be emailed to the host club upon receipt of notification by the host. Additional changes allowed until the July 22 deadline may be e-mailed to the host club.

- 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. Individuals awards will be presented during the Finals session after each set of events, with the exception of the 50 of each stroke events. The awards for the 50s will be presented with the next set of events (as shown on the order of events table). The relays awards will be presented at the conclusion of all the relay events for that day (during prelims). 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.
- Scoring:** Individual 9, 7, 6, 5, 4, 3, 2, 1; Relays 18, 14, 12, 10, 8, 6, 4, 2.
- Concessions:** Concessions will be available during all sessions of the meet. Swim supplies will also be available. NO GLASS CONTAINERS WILL BE ALLOWED ON THE POOL DECK.
- Tobacco & Alcohol:** Smoking and the use of other tobacco products as well as alcohol 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 and 103.12).
- 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.
- 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 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.

This meet will have a “nut-free” deck. Please do not bring food items containing nuts on the pool deck.

Use of audio or visual recording devices, including cell phone type devices with such capability, are absolutely prohibited in all changing areas, locker rooms, bathrooms or any other location where swimmers may be dressing. Any USA Swimming member so found possessing such devices in these areas will be immediately removed from the meet with all fees forfeited, and subject to further LSC and/or USA Swimming sanctions and penalties. Non-USA Swimming members will be removed from the venue. Swimmers must use the locker rooms to change. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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.

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.

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).

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 Swimming, Inc.
Long Course Championships
Order of Events**

THURSDAY, JULY 25, 2019				
Qualifying Time	Girls	Event	Boys	Qualifying Time
22:23.09	101a	13-14 1500 Free^^	102a	21:27.39
22:02.19	101b	15-16 1500 Free^^	102b	20:33.99
21:57.19	101c	17-18 1500 Free^^	102c	20:22.19
		<i>Awards Presentation</i>		

FRIDAY, JULY 26, 2019				
Qualifying Time	Girls	Event	Boys	Qualifying Time
3:43.19	201	10 & Under 200 IM**	202	3:40.79
1:41.39	203	11-12 100 Breast	204	1:38.49
1:34.99	205	13-14 100 Breast	206	1:28.09
1:32.49	207a	15-16 100 Breast	208a	1:23.49
1:32.49	207b	17-18 100 Breast	208b	1:22.19
		<i>Awards Presentation</i>		
41.19	209	11-12 50 Back	210	40.89
2:42.59	211	13-14 200 Free	212	2:32.29
2:38.69	213a	15-16 200 Free	214a	2:26.09
2:37.49	213b	17-18 200 Free	214b	2:24.89
		<i>Awards Presentation</i>		
1:18.49	215	11-12 100 Free	216	1:15.49
2:59.49	217a	13-14 200 Fly*	218a	2:49.19
2:54.79	217b	15-16 200 Fly*	218b	2:40.39
2:54.49	217c	17-18 200 Fly*	218c	2:37.49
		<i>Awards Presentation</i>		
	219	11-12 400 Free Relay	220	
	221	13-14 400 Free Relay	222	
	223	15-18 400 Free Relay	224	
		<i>Awards Presentation (prelims)</i>		
3:11.49	225	11-12 200 IM	226	3:09.29
5:56.49	227	11-12 400 Free^	228	5:48.69
5:40.89	229	13-14 400 Free^	230	5:24.09
5:32.89	231a	15-16 400 Free^	232a	5:09.89
5:32.89	231b	17-18 400 Free^	232b	5:08.19
		<i>Awards Presentation</i>		

SATURDAY, JULY 27, 2019				
Qualifying Time	Girls	Event	Boys	Qualifying Time
	301	10 & Under 200 Medley Relay	302	
	303	11-12 200 Medley Relay	304	
	305	13-14 200 Medley Relay	306	
	307	15-18 200 Medley Relay	308	
		<i>Awards Presentation (Prelims)</i>		
38.29	309	11-12 50 Fly	310	38.69
3:03.39	311	13-14 200 IM	312	2:51.99
2:59.69	313a	15-16 200 IM	314a	2:43.99
2:56.99	313b	17-18 200 IM	314b	2:41.69
		<i>Awards Presentation</i>		
39.89	315	10 & Under 50 Free	316	39.49
35.79	317	11-12 50 Free	318	34.69
34.59	319	13-14 50 Free	320	31.99
33.79	321a	15-16 50 Free	322a	30.19
33.59	321b	17-18 50 Free	322b	30.09
		<i>Awards Presentation</i>		
2:01.49	323	10 & Under 100 Breaststroke	324	1:57.69
3:25.59	325a	13-14 200 Breast*	326a	3:11.59
3:20.79	325b	15-16 200 Breast*	326b	3:02.49
3:17.89	325c	17-18 200 Breast*	326c	2:59.59
		<i>Awards Presentation</i>		
47.29	327	10 & Under 50 Fly	328	45.99
1:31.09	329	11-12 100 Back	330	1:29.09
1:23.59	331	13-14 100 Back	332	1:18.29
1:21.99	333a	15-16 100 Back	334a	1:14.69
1:21.29	333b	17-18 100 Back	334b	1:13.39
1:45.99	335	10 & Under 100 Back	336	1:43.59
		<i>Awards Presentation</i>		

SUNDAY, JULY 28, 2019				
Qualifying Time	Girls	Event	Boys	Qualifying Time
	401	10 & Under 200 Free Relay	402	
	403	11-12 200 Free Relay	404	
	405	13-14 200 Free Relay	406	
	407	15-18 200 Free Relay	408	
		<i>Awards Presentation(Prelims)</i>		
3:20.99	409	10 & Under 200 Free	410	3:12.09
2:59.39	411a	13-14 200 Back*	412a	2:49.69
2:55.59	411b	15-16 200 Back*	412b	2:41.39
2:54.59	411c	17-18 200 Back*	412c	2:38.79
		<i>Awards Presentation</i>		
45.49	413	11-12 50 Breast	414	45.39
48.89	415	10 & Under 50 Back	416	49.19
1:15.39	417	13-14 100 Free	418	1:09.99
1:13.59	419a	15-16 100 Free	420a	1:07.09
1:12.99	419b	17-18 100 Free	420b	1:05.99
		<i>Awards Presentation</i>		
1:52.99	421	10 & Under 100 Fly	422	1:51.39
2:50.39	423	11-12 200 Freestyle	424	2:45.19
53.99	425	10 & Under 50 Breast	426	53.29
1:21.09	427	13-14 100 Fly	428	1:15.49
1:19.49	429a	15-16 100 Fly	430a	1:11.79
1:18.59	429b	17-18 100 Fly	430b	1:10.69
		<i>Awards Presentation</i>		
1:28.49	431	11-12 100 Butterfly	432	1:26.29
1:31.49	433	10 & Under 100 Free	434	1:30.29
6:27.59	435a	13-14 400 IM#	436a	6:04.69
6:18.79	435b	15-16 400 IM#	436b	5:47.29
6:16.29	435c	17-18 400 IM#	436c	5:43.79
		<i>Awards Presentation</i>		

** 10 & under 200 IM will swim as timed finals on Friday night.

*200 fly, 200 breast, and 200 back will swim as 13 – 18 combined in prelims, but finals are swum, scored and awarded separately.

^ 400 free will swim at the end of prelims except for the fastest heat of (11-12), (13-14) & (15-18) which swims at the beginning of finals.

The 400 IM will be swum combined 13-18, fast to slow, alternating girls/boys in prelims, except for the fastest heat which swims at the beginning of finals.

^^ The 1500 freestyle will be swum combined 13-18, fast to slow, and alternating girls/boys

**Arkansas Swimming, Inc.
Long Course Championships
Summary Sheet**

Name of Club: _____ Club Code: _____

Attending Coaches' Names: _____

E-mail: _____

Number of individual entries _____ @ \$3.10 _____

Number of relay entries _____ @ \$5.00 _____

Number of swimmers (Surcharge) _____ @ \$17.00 _____

Total enclosed _____

Team Address: _____

E-mail _____

Telephone: (____) _____ - _____

Do you prefer early or late warm-up? _____

The highest ranking team from the previous Long Course ASI Age Group Championship Meet will have the first choice of warm-up times, then the second place team, etc. The number of warm-up lanes per team will be determined by the number of swimmers entered in the meet by that club.

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 coach or club representative: _____

Please send entries to: Northwest Arkansas Aquatics
c/o John Moseley
PO Box 1335
Bentonville, AR 72712
(713) 515-6487
nwaajohn@gmail.com

Arkansas Swimming, Inc.
Long Course Championships
Friday, Saturday and Sunday Time Trials
July 26-28, 2019

Sanctioned By: USA Swimming through Arkansas Swimming, Inc. (ASI) **Sanction #:** 19AR0726t

Sponsored By: Northwest Arkansas Aquatics

Officials:
Referees: Muhao Yu – yu.muhaio@gmail.com
 Dave Wicklund – dave.wicklund423@gmail.com
Administrative Official: Laura Fox - jon.fox@mac.com
Meet Director: Emily Tong - emtong@yahoo.com

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: \$5 per individual event and \$10 per relay

Event Order: Friday: Friday's Age Group Championship events, followed by Saturday's events, then Sunday's events
Saturday: Saturday's Age Group Championship events, followed by Sunday's events, then Friday's events
Sunday: Sunday's Age Group Championship events, followed by Friday's events, then Saturday's events
For 11-12 age group, the 200s of each stroke and 400 IM can be time trial all three (3) days at the end of all the other time trials for that day. The event order will be the same as found in the event list.

Scoring: The time trial will not be scored.