

## SOUTH WIND SWIM CONFERENCE CHAMPIONSHIP MEET

Hosted by:

PAC Dolphins

**July 20th, 2019**

**Pocahontas, AR**

**Participating Teams: All SWSC Teams** including Dart Frog Aquatics, Delta Marlins, Greene County Gators, Jonesboro Jets, Mt. Home Hurricanes, and Pocahontas Dolphins

**Location:** Pocahontas Aquatic Center, 300 Geneva Drive, Pocahontas, AR 72455

**Facility:** 25 meter pool with 8 lanes and touchpads. **The 2<sup>nd</sup> and 4<sup>th</sup> swimmers in the 100 meter relays may want to start in the water because of the pool depth. Also, all the 25 events will start in the “shallow” end, opposite the blocks.** Swimmers will not be allowed in the therapeutic pool.

**Bullpen:** NO bullpen will be used.

**Eligibility:** AAU registered athletes and South Wind Swim Conference team members who have competed in a total of at least 6 individuals events at a minimum of 3 South Wind Swim conference swim meets during the 2019 summer swim season. NO TIME entries are not allowed. Proof of time may be requested. Times during South Wind 2019 summer league only. DQ's count as an individual event completed, but swimmers must have a legal time in an event to participate at this meet. THERE ARE NO QUALIFYING TIME REQUIREMENTS FOR THIS MEET. The Junior Olympic qualifier meets that are outside of the South Wind Swim Conference do not count towards the 3 South Wind meets.

**Age Divisions:** Individual events will be 8 & Under, 9-10 years, 11-12 years, 13-14 years, and 15-18 years. Relays will be 8 & Under, 10 & Under, 12 & Under, 14 & Under, and 18 & Under with the stipulation that at least one swimmer on the relay must be in that age group. There will also be Mixed Relays with the stipulation that there are 2 swimmers of each gender on the relay. Only 2 relay entries per team per event. A swimmer's age as of June 1<sup>st</sup> shall determine their age division, unless they have declared otherwise.

**Awards:** Awards will be presented after the completion of the entire swim meet. The awards ceremony will be held in the Community Center adjacent to the pool.  
Individual Events: Medals will be awarded for 1st - 8th place in all age groups, as well as ribbons for 9th-16th place.

Relay Events: Medals will be awarded for 1st – 4th place and ribbons for 5th-8th place.  
High Point Awards will be given for each age group, both girls and boys.

Championship banner for Large Team and Small Team.

Heat Ribbons will be awarded to the winner of each heat for each event.

**Scoring:** Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 (through 16 places)  
Relay Events: 40-34-32-30-28-26-24-22 (through 8 places)

**Results:** Will be posted between the pool and lobby throughout the day.

**Warm-up Times:** Warm up times will be sent out after entries are received.

**Entry Limit:** Each swimmer may swim a maximum of **three (3) individual** events and **two (2) relays**. Each team may only have **two (2) relays** per event. NO deck entries.

**Entry Deadline:** Entries must be submitted no later than 5:00 p.m., Sunday, July 14th, 2019. Confirmation, with a proof sheet of your entries, will be sent as soon as possible. A psych sheet will be sent out on Wednesday, July 17th. You will have 24 hours for CORRECTIONS on the psych sheet. No new athletes may be entered after the Sunday deadline. Send Entries To: Sara Frazier (wsfrazier@live.com)  
Contact telephone numbers: Sara Frazier 870-892-8799 or 870-810-2110

**Rules and Safety:** 2019 SWSC and USA rules shall govern this meet. No alcohol, smoking, or vaping in the Pocahontas Aquatic Center. No cell phones to be USED in bathrooms or behind the blocks, please!

**Concessions** stand will be available. There will be a **pro swim shop**. Heat sheets are \$5.00. **Meet fees:** \$5.00 per individual events, \$10.00 per relay. Make one team check payable to South Wind Swim Conference. An itemized bill will be sent to your team based on your entries. No refunds.

**Hospitality:** Refreshments will be available for Timers. Hospitality (snack/lunch) will be available for coaches and officials.

**Meet Director:** Sara Frazier

**Referee:** James Foster

**Starter:** Michael Lawhon

**Timers and Officials:** Once entries are received and our swimmers families are signed up, we will let you know how many timers your team will need to provide. It is recommended that your team submit a timer's sheet to the announcer the day of the meet to insure that there are plenty of timers from your team. Also, each team must provide as many stroke and turn judges as possible.

**Meetings:** Coaches: **8:45 AM**

Stroke & Turn Judges: **8:30 AM**

Timers: **8:45 AM**

Parade of Athletes: **9:00 AM** BRING TEAM BANNERS FOR THE TEAM PARADE OF ATHLETES PRIOR TO THE MEET!

Meet starts at **9:15 AM**