

<b>VENDORS</b>	Northwest Designs will sell meet logo attire on the premises. Professional photographer will be available.
<b>TRAVEL ASSISTANCE</b>	Travel assistance for the Alaska Age Group Championships will be distributed on an equitable basis for all qualified participants attending the meet from areas outside the host area. Travel assistance forms are available on the Alaska Swimming website.
<b>NOTE TO COACHES</b>	Please encourage your swimmers to utilize refillable beverage containers for water and to pick up trash in your team area and the locker rooms. Thank you.

## EVENT SCHEDULE

FRIDAY, FEBRUARY 18 PRELIMS		
Warm up @ 8:30a, Races @ 10:00a		
GIRLS	EVENT	BOYS
1	11-12 50 Backstroke	2
3	11-14 200 Backstroke	4
5	10&U 50 Butterfly	6
7	11-14 100 Butterfly	8
9	10&U 100 Freestyle	10
11	11-14 100 Freestyle	12
13	10&U 100 IM	14
15	11-12 100 IM	16
17	10&U 500 Freestyle	18
19	11-14 400 IM	20
21	10&U 200 Medley Relay*	22
23	12&U 400 Free Relay+	24
25	14&U 400 Free Relay+	26

\*to be swum at the beginning of prelims session

+to be swum at the beginning of finals session

SATURDAY, FEBRUARY 19 PRELIMS		
Warm up @ 8:30a, Races @ 10:00a		
GIRLS	EVENT	BOYS
27	10&U 200 IM	28
29	11-14 200 IM	30
31	10&U 50 Freestyle	32
33	11-14 50 Freestyle	34
35	10&U 100 Breaststroke	36
37	11-12 50 Breaststroke	38
39	11-14 200 Breaststroke	40

41	10&U 50 Backstroke	42
43	11-14 500 Freestyle	44
45	12&U 200 Medley Relay+	46
47	14&U 200 Medley Relay+	48

+to be swum at the beginning of finals session

<b>SUNDAY, FEBRUARY 20 PRELIMS</b>		
Warm up @ 8:30a, Races @ 10:00a		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
49	10&U 200 Freestyle	50
51	11-14 200 Freestyle	52
53	10&U 50 Breaststroke	54
55	11-14 100 Breaststroke	56
57	10&U 100 Butterfly	58
59	11-12 50 Butterfly	60
61	11-14 200 Butterfly	62
63	10&U 100 Backstroke	64
65	11-14 100 Backstroke	66
67	10&U 200 Free Relay#	68
69	12&U 200 Free Relay#	70
71	14&U 200 Free Relay#	72

#to be swum at the end of prelims session

**APPENDIX A**  
**Swim Meet Warm-up/Warm-down Procedures**

**I. RULES FOR GENERAL WARM-UP**

A. Overview

1. The accepted method for entering the water is one hand on the wall, feet first, from the end of the pool. At no time should the athlete enter the water head -first unless starts are being directly supervised by their coach.
2. All swimming should be done in a counter-clockwise swimming direction.
3. No equipment including, but not limited to, paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers.

**II. GENERAL WARM-UP PERIOD**

A. Overview

1. *Recommended* for first 30 – 45 min. of the warm-up session.
2. NO DIVING... Swimmers must enter the water using the accepted pool entry method.
3. No sprinting or pace work.
4. All lanes will be used for general warm-up.

**III. SPECIFIC WARM-UP PERIOD**

A. Overview

1. *Recommended* for last 30-45 minutes of the warm-up session.
2. Push pace lanes: Push-off one or two lengths from the starting end, circle swimming only (counter-clockwise). NO DIVING...Swimmers must enter the water using the accepted pool entry method.
3. Racing starts: Sprint lanes for race starts from blocks, sides, or from in the water (as for backstroke). Starts initiated from coach's signal.
4. The meet referee or designee will post team assigned lanes for warm-ups.

## Covid-19 Mitigation and USA Swimming Required Language

<p><b>USA SWIMMING REQUIRED LANGUAGE</b></p>	<ul style="list-style-type: none"> <li>● In applying for this sanctioned event, the Host, Stingray Swim Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Alaska Swimming, the State of Alaska, and Fairbanks North Star Borough. It is understood that mandates may change. Meet management will stay abreast of the changes and will update and communicate mitigation plans accordingly.</li> <li>● An inherent risk of exposure to Covid-19 exists in any public place where people are present. Covid-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>● USA Swimming cannot prevent you (or your children) from becoming exposed to, contracting, or spreading Covid-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading Covid-19.</li> <li>● By attending or participating in this competition, you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless USA Swimming and Alaska Swimming and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or</li> </ul>
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	unknown, foreseen or unforeseen, in connection therewith. ( <a href="#">USA Swimming</a> )
<b>COVID-19 MITIGATION</b>	<ul style="list-style-type: none"> <li>• <b>Local borough protocols and requirements for the Hamme facility as of the event dates must be followed by ALL PARTICIPANTS at all times.</b> (<a href="#">FNSB Covid-19 Updates</a>). All building, local, and state protocols and requirements will be adhered to-plans will be updated and communicated by meet management prior to commencement of the event.</li> </ul>
<b>COVID-19 LOGISTICS FOR TEAMS</b>	<ul style="list-style-type: none"> <li>• Any additional logistics, updated requirements, and specifics will be distributed to participating teams prior to the meet. Questions will be answered at the first coach's meeting and any required signage will be displayed throughout the facility.</li> </ul>