

2020 Savannah Cayce Southeast Alaska Regional Championships

April 3-5, 2020

Hosted by Glacier Swim Club



Under Sanction by USA Swimming, Alaska Swimming, and AKMS for USMS Inc
USA Swimming Sanction #AK-
USMS Sanction #

All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) The SDIF file must be received, via email to the Entry Contact ***on or before March 25, 2020.***

SANCTION	Under sanction #AK- by USA Swimming and Alaska Swimming. "It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."					
LOCATION	Dimond Park Aquatic Center 3045 Dimond Park Loop Juneau AK 99801					
FACILITY	25-yard pool with separated warm up/warm-down pool, 8 lanes with flow-thru lane lines. Colorado Timing System with touch pads, two-button manual back up, eight lane electronic timing display board and horn/strobe start. In addition, at least two hand-held digital watches will be used per lane. This pool is certified in accordance with 104.2.2C(4) USAS rules and regulations: http://www.usaswimming.org/Rainbow/Documents/43a53116-b929-4c40-86ca-045b0f3fb501/Pool%20Certifications%20for%20Web.pdf . Pool depth is 13 feet at the start end and 4 feet at the turn end. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.					
EVENT PERSONNEL	<p>Meet Referee: Kate Peimann, kpeimann@gmail.com</p> <p>Admin Official: Bob Foy, foy.alaska@gmail.com</p> <p>Meet Directors: Brooke Schwarting, schwartings@mac.com, (907) 723-4416 Cheryl Fellman, cherylfellman@gmail.com</p> <p>Entry Chair: Brooke Schwarting, schwartings@mac.com</p> <p>Safety Marshall: Justin Kanouse, jkanouse@dowl.com</p>					
		Friday	Sat prelims	Sat finals	Sun prelims	Sun Finals
	Warm-ups	12:00 pm	7:00 am	2:00 pm	7:00 am	2:00 pm

SCHEDULE	Official's Meeting	12:30 pm	8:00 am	2:30 pm	8:00 am	2:30 pm
	Coaches' Meeting	12:45 (if needed)	None	None	None	None
	Meet Begins	1:00 pm	8:30 am	3:00 pm	8:30 am	3:00 pm
	Timers	12:45 pm	8:15 am	2:45 pm	8:15 am	2:45 pm
WARM-UPS	<p>Warm-ups will be conducted in accordance with USA-S and ASI, see Appendix A in this invite.</p> <p>Team need to have their teams in place by time listed above for warm-up lane assignments and procedures.</p>					
FORMAT	<p>Friday:</p> <ul style="list-style-type: none"> All events are timed finals. There will be a 1-hour break for warm-ups after event 4. <p>Saturday & Sunday:</p> <ul style="list-style-type: none"> Prelim/Finals format for all 11/olders (top 8 qualify for finals). All 8/y and 10/y events are timed finals. All 11/older 500 frees are timed finals swum in prelims. All 11/older 200 fly, 200 back, and 200 breast are timed finals swum in finals. All relays are timed finals. 					
SEEDING	<p>All events will be pre-seeded and swum slowest to fastest.</p> <p>Entry seed times must be submitted for SCY. Times must be submitted to the hundredth. NT's are ok.</p>					
CHECK-IN PROCEDURE	<p>Positive Check-In for the following events only: 1650 free, 500 free, 400 IM</p> <p>Positive Check-in will close 15 min before start of session in which the event is swum.</p>					
SCRATCHES	<ul style="list-style-type: none"> Individual scratch rules for events will be in effect as stated in the 2019-2020 ASI Rules and Scratches. Article 3.A.9. The scratch rule will be applied as stated in Alaska Swim Guide Article 3.A.10. Scratches shall be made each day and delivered to the Clerk of Course on the attached scratch. A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event. There are no refunds for scratching swimmers from events. 					
ELIGIBILITY	<ul style="list-style-type: none"> Open to all swimmers currently registered as athlete members with USA Swimming or master swimmers registered with USMS. There are no qualifying times. Contestants must enter the age bracket corresponding to their age on the first day of the meet. DIVE START CERTIFICATION: Any 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 the 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. 					

MASTERS SWIMMERS	Master Swimmers MUST sign USMS participant liability waiver and provide USMS membership number. Master swimmers will be entered as 'exhibition only'. Times will count but swims will NOT be scored nor awarded.
ADAPTIVE SWIMMERS	Disabled or adapted swimmers are welcome and encouraged to participate. Coaches should include a written description of the special needs of the disabled/adaptive swimmer with team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.
ENTRY DEADLINE AND SUBMISSION	<p>MEET ENTRY CONTACT: Brooke Schwarting, (907) 723-4416</p> <p>ENTRY DEADLINE: Wednesday, March 25, 2020.</p> <p>Entries received after the deadline will not be accepted unless approval is given by meet director. No entries will be accepted at the meet.</p> <p>Email entries: schwartings@mac.com</p>
LATE ENTRIES	Late entries will be accepted , for an additional fee of \$5 per swimmer entry fee (\$17.00 total) and \$1 individual event fee (\$4.50 total), and \$2 for relay events (\$9.00 total).
ENTRY LIMITS	Swimmers may enter a total of nine (9) events , with no more than three (3) events per session . This is exclusive of relay events.
ENTRY RULES	<p>SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hytek).</p> <p>ENTRIES MUST INCLUDE: Full legal name, age, USA Swimming Registration number</p> <p>AGE: Swimmer's age on the day of the meet determines age group for the competition.</p> <p>DECK ENTRIES: Deck entries will not be accepted.</p> <p>SEED TIMES: Entry seed times are preferred to be submitted for short course yards (SCY). Times must be submitted to the hundredth of a second.</p> <p>CHECK TEAM ENTRIES It is the responsibility of the TEAM entry person to confirm that entries have been received by the Entry Chair.</p>
INCLUDE WITH TEAM ENTRY	<p>Team entries may be submitted by email in Hy-Tek / Team Unify format. Teams must submit the following prior to the beginning of the meet:</p> <ol style="list-style-type: none"> a. Hy-Tek meet entry report b. Hy-Tek team entry fee report c. Current USA-S registration number for each athlete

ENTRY FEES	<p>Entry Fees: Swimmer Entry fee \$ 18.00 per swimmer Individual Event fee \$ 3.50 per swimmer Relay Entry Fee \$ 7.00 per relay</p> <p><i>Meet entry fees are nonrefundable.</i></p> <p>Make checks payable to: Glacier Swim Club</p> <p>Entries fees can be mailed to: Brooke Schwarting 10487 Fox Farm Trail Juneau, AK 99801</p> <p>*Please make checks payable to Glacier Swim Club and deliver to the computer desk prior to the start of the meet.</p>
DECK ACCESS AND CREDENTIALS	<p>Closed deck. Athletes, coaches and volunteers only. Coaches must supply computer table with current credentials prior to competition, Deck Pass app will suffice. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met.</p>
RULES	<p>This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).</p>
SCORING	<p>Team and individual scores will be kept. Individual scores through 8th place (9-7-6-5-4-3-2-1). Only one relay may score per team (18-14-12-10-8-6-4-2)</p> <p>The following events will NOT be scored: Open 50 Fly, Open 50 Back, Open 50 Breast, Open 100IM.</p>
AWARDS	<ul style="list-style-type: none"> • Medals will be awarded for 1st - 3rd place in all events. • Ribbons will be awarded for 4th-8th place in all events. • High Point award will be given to the top 3 boys and girls in each age group. • Top 3 combined team scores will be awarded.
MEET PROGRAMS AND RESULTS	<p>Coach's heat sheet will be available at the beginning of warm-ups. Live results will be available on Meet Mobile.</p>
LIABILITY	<p>It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>
RULES	<ul style="list-style-type: none"> • Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and cool-down lanes at any time. • No glass on deck at any time. • No shaving allowed on site. • Smoking or use of other tobacco products in not permitted before, during or after the meet within the facility or adjacent outdoor areas. • Photography (cameras, cell phones etc.) behind the blocks is not allowed.

DECK CHANGING	Deck Changes are prohibited. Per USA-S Rule 202.4.10(I).
RECORDING BAN	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Visual recording devices are not permitted behind the blocks during the start sequence throughout the meet.
DRONES	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. Per USA-S Rule 202.4.10(J).
FIRST RESPONDERS	Lifeguards are the first responders in case of emergency. Coaches and officials will assist lifeguards and activate the facility's Emergency Action Plan as needed.
Minor Athlete Abuse Prevention Policy (MAAPP)	All USA Swimming athletes 18 years of age and older must complete Athlete Protection Training prior to competition. Those who have not completed Athlete Protection Training, with training completion loaded into SWIMS, prior to this meet will not be allowed to compete. Athlete Protection Training can be found here: https://www.usaswimming.org/utility/landing-pages/safe-sport/apt
TIME TRIALS	May being offered.
OFFICIALS	GSC will provide certified officials. Visitors who are certified and who wish to officiate are welcome. Please have your deck pass available. There will be an Officials Meeting just prior to the beginning of each session.
TIMERS	GSC will provide lane timers.
CONCESSIONS	A concession stand will be offered.
HOSPITALITY	Hospitality will be offered for coaches and volunteers only.
HOUSING	None will be provided, but in an emergency, please contact the Meet Director.

2020 SE Champs

April 3-5

Hosted by Glacier Swim Club

Girls	Age Group	Event	Boys
Friday			
1	11 & older	1650 free	2
3	10 & under	500 Free	4

1 HOUR BREAK FOR WARM UP			
5**	Open	50 Fly	6**
7	11 & older	400 IM	8
9**	Open	50 Back	10**
11	10 & under	200 IM	12
13**	Open	50 Breast	14**
15**	Open	100 IM	16**
SATURDAY			
17	8 & under	100 Medley Relay	18
19	10 & under	200 Medley Relay	20
21*	11/12	200 Medley Relay	22*
23*	13/14	200 Medley Relay	24*
25*	Open	200 Medley Relay	26*
27	8 & under	25 Fly	28
29	10 & under	100 Fly	30
31	11 & older	100 Fly	32
33	11/12	200 IM	34
35	10 & under	50 Free	36
37	11 & older	50 Free	38
39	10 & under	50 Back	40
41	11/12	50 Back	42
43*	11 & older	200 Back	44*
45	8 & under	25 Breast	46
47	10 & under	100 Breast	48

49	11 & older	100 Breast	50
51	11 & older	500 Free	52
Sunday			
53	8 & under	100 Free Relay	54
55	10 & under	200 Free Relay	56
57*	11/12	200 Free Relay	58*
59*	13/14	200 Free Relay	60*
61*	Open	200 Free Relay	62*
63	10 & under	100 IM	64
65	11/12	100 IM	66
67	13 & older	200 IM	68
69	10 & under	100 Free	70
71	11 & older	100 Free	72
73	10 & under	50 Breast	74
75	11/12	50 Breast	76
77*	11 & older	200 Breast	78*
79	8 & under	25 Back	80
81	10 & under	100 Back	82
83	11 & older	100 Back	84
85	8 & under	25 Free	86

87	10 & under	200 Free	88
89	11 & older	200 Free	90
91	10 & under	50 Fly	92
93	11/12	50 Fly	94
95*	11 & older	200 Fly	96*

*** Swum in Final only**

****Friday Open Events will NOT be Scored**

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.