

# NARWHAL INVITE

June 17-19, 2016

Held under the sanction of USA Swimming, Inc.  
Arizona Swimming Inc. Sanction # AZ16-88R

**Liability:** In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Mesa Aquatics Club, City of Mesa, Mesa Unified School District, and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.

**Hosted By:** Mesa Aquatics Club

**Meet Director:** Katie Kowalski [katierae@cox.net](mailto:katierae@cox.net)

**Meet Referee:** David Brooks [dbrooks@brooksandaffiliates.com](mailto:dbrooks@brooksandaffiliates.com)

**Meet location:** The Kino Aquatic Center, 848 N. Horne, Mesa, AZ 85203. Facility consists of an outdoor Olympic-size, 50 meter by 25 yards with a warm up area and a 6-lane 25 yard recreational pool that may be used for continuous warm up. Fully automated Colorado start & timing.

## Rules Governing Sanctioned Meets:

1. Age on the first day of competition will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
3. Swimming competitions shall be conducted in conformance with USA Swimming Technical Rules.
4. 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. 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.
5. The competition courses have been certified in accordance with 104.2.2C(4) as to pool length. A copy of such certification is on file with USA Swimming.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 7 inches at the start end and 7 feet, 2 inches at the turn end.
7. Deck changes are prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
9. No swimmer will be permitted to compete unless swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the blocks.
11. All referees, starters, administrative officials, chief judges and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
12. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectfully, to the Meet Referee prior to the start of each session of competition. If requested, Arizona Officials and Meet Marshals must present their AzSI issued Picture ID's to the Meet Referee.
13. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition. If requested, Arizona Coaches must present their AzSI issued Picture ID's to the Clerk of Course.
14. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshal's shall wear their identifying vests.
15. Swimmers with a disability are welcome. The Swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.

## Eligibility:

1. This is an invitational open to USA Swimming registered athlete holding a current USA Swimming registration card as of the meet entry deadline who is registered with or training with Mesa Aquatics Club, Colorado Stars, Arizona Aquatics Club and Japan Swim Team formally invited by USA Swimming.

## Rules:

1. Swimmers are limited to three (3) individual events per session and no more than 5 individual events per day
2. All events are non-time standard events. Swimmers may enter with a LCM, SCM, or SCY entry time, but no converted times may be used. A NT is also acceptable. Events will be seeded as LCM, SCM, LCY.
3. Events 1-6 will be pre-seeded, timed final events.
4. Events 7-12 will be deck-seeded, timed final events. Athletes will be required to check in at the clerk of course no later than 15 minutes after the start of warm-up for Session 2 to be seeded into these events. Swimmers are limited to either the 800 or 1500 but may not swim both events. Athletes will be asked to provide timers (2) and counter (as applicable). These events will be seeded fastest to slowest, alternating women & men.
5. Events 23, 24, 35 & 36 will be deck-seeded, timed finals events with the top heat of 12&U (in 400F), 13-14, and 15&O swimming in finals. The remaining heats will be swum during prelims, fastest to slowest, alternating women and men. Athletes will be asked to provide timers (2) and counter (as applicable).

6. All other events will be prelim/final events. Swimmers will be seeded in the traditional prelim format during prelims. Swimmers will swim by age in finals as follows, as applicable per event age designation:  
10 & U: 50's, 100's, & 200 Free- A final  
12&U: 200's of stroke- A final  
11-12: All 50's & 100's B final, A final  
13-14: All 50's 100's & 200's - B final, A final  
15 & Over: 50's 100's & 200's - C final, B final, A final
7. Time Trials may be offered at the discretion of the Meet Referee..

**Event Schedule:**

Session 1, Friday, June 17- "Sprint Session" Timed Finals: Warm-up: 2:00pm, Meet Start: 2:45pm

Session 2, Friday, June 17- "Distance Session" Timed Finals: Warm-up: immediately following session 1\*

Meet Start: 30 minutes after the start of session 2 warm up. Will not start before 5:00 PM

Session 3, Saturday, June. 18- Prelims: Warm-up: 7:00am, Meet Start: 8:00am Finals: Warm-up: 4:00pm, Meet Start: 5:00pm

Session 4, Sunday, June 19- Warm-up: 7:00am, Meet Start: 8:00am Finals: Warm-up: 4:00pm, Meet Start: 5:00pm

\* Swimmers are welcomed to utilize the warm-up lanes available during session 1 to warm up for session 2.

**Entry Fees:**

10 and under events:	\$6.00
11 and Over	\$6.00
11 and over prelim/ final events:	\$6.00
LSC Surcharge:	\$6.00
Time Trials	\$10.00

**Make checks payable to Mesa Aquatics Club, delivered to the clerk of course at the first session of the meet.**

**Entry Submissions:**

All entries must be submitted in a USA SDIF format file (Hy-Tek Commlink) by e-mail. Entries must be accompanied by a PDF meet entry report. The electronic file will have precedence in case of a discrepancy. Teams will be notified if their entries have been accepted. If a team is not notified about the status of their entries it is the coaches' responsibility to follow up on their team's entry status.

**Entry Deadline:** Entries are due by **Wednesday, June 8, 2016** Email entries to: **Mesaaquaticsclub@gmail.com**

**Awards:**

Ribbons will be given for 1st-8th place in each event for 10&U, 11-12

Distinctive high-point awards will be given for the top 2 swimmers for 10&U, 11-12, 13-14, and 15&O. **Awards will be available for pickup at the conclusion of the final day's events. Teams leaving early should make arrangements for delivery of awards with host team prior to the start of the meet.**

**Officials:**

All officials are encouraged to work at the meet. Please contact the Meet Referee prior to the meet if you plan to work the meet.

**Concessions:**

A full snack bar will be available at both locations.

Vendors will be encouraged to attend both locations, but will not be guaranteed.

**Closed Deck:**

Kino pool deck is closed to spectators. Deck access is restricted to registered athletes, registered coaches, registered officials and volunteers working that session of the meet.

**Parking:**

**Kino-** Free parking will be available in the North and South parking lots along N. Horne drive at the Kino Aquatic Center main entrance. On Sunday, free parking will move to the grass parking area on the West side of the Kino Aquatic Center.

**Hotels:**

Please refer to the host team's web site for a list of recommended hotels and those offering special rates for this meet.

*No photography or videography of any kind by any device is allowed behind, or in the vicinity of, the starting blocks.*

**Timed final events #1****Friday, June 17, 2016****Warm Up 2:00pm****Meet Starts 3:00pm**

Women	Event	Men
1	Open 50 Fly	2
3	Open 50 Back	4
5	Open 50 Breast	6

All these events will be swum as timed final events

**Timed final events #2****Friday, June 17, 2016**

Warm-up: immediately following session 1

Meet Start: 30 minutes after the start of session 2 warm up.

**Meet will not begin before 5:00 pm**

Women	Event	Men
7	Open 800 Free	8
9	12&Under 400 IM	10
11	Open 1500 Free	12

All these events will be swum as timed final events

**Prelims #3****Saturday June 18, 2016****Warm up 7:00am****Meet Starts 8:00am**

Women	Event	Men
13	Open 200 Free	14
15	Open 100 Breast	16
17	Open 200 Back	18
19	Open 100 Fly	20
21	Open 50 Free	22
23	13& Over 400 IM	24

Finals for these events will be swum on Saturday June 17, 2016 4pm warm up, 5pm start.

Event 23/24 The top heat of 13-14, and 15&amp;O will be swimming in finals.

The remaining heats will be swum during prelims, fastest to slowest, alternating women and men.

**Prelims #4****Sunday, June 19, 2016****Warm up 7:00am****Meet Starts 8:00am**

Women	Event	Men
25	Open 100 Free	26
27	Open 200 IM	28
29	Open 200 Fly	30
31	Open 100 Back	32
33	Open 200 Breast	34
35	Open 400 Free	36

Finals for these events will be swum on Sunday June 18, 2016 4pm warm up, 5pm start.

Event 35/36 The top heat of 12&amp;U, 13-14, and 15&amp;O will be swimming in finals.

The remaining heats will be swum during prelims, fastest to slowest, alternating women and men.

**Finals at Kino Aquatic Center****Saturday June 18th, 2016**

Warm up 4:00pm, Race Start 5:00pm

Open 200 Free  
 Open 100 Breast  
 Open 200 Back  
 Open 100 Fly  
 Open 50 Free  
 13& Over 400 IM

**Sunday June 19th, 2016**

Warm up 4:00pm, Race Start 5:00pm

Open 100 Free  
 Open 200 IM  
 Open 200 Fly  
 Open 100 Back  
 Open 200 Breast  
 Open 400 Free