



2019 Tsunami Fall Kick Off

Hosted by
SDAT

Held under the sanction of USA Swimming

Sanction#: **UT19-81**

October 4th-5th, 2019

In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. It is further understood that Utah Swimming LSC, and SDAT club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Location:	South Davis Recreation Center 550 N 200 W Bountiful, UT 84010 Emergency calls the day(s) of the meet: 801-906-1888		
Session Dates and Times:	Session	Warm Up	Meet Starts
	#1- Friday October 4th	4:30 pm	5:30 pm
	#2- Saturday October 5th	8:00 am	9:00 am
	<p style="text-align: center;"><u>This meet is Positive Check in!! Positive check in will start at 4:25 pm Friday and 7:55 am on Saturday. All swimmers must be checked in by 4:55 pm on Friday and 8:25 on Saturday or they will be scratched. Please plan accordingly and be on time.</u></p>		
<p><i>Notes on Positive check in: Positive check in is used to run more efficient and effective meets. By ensuring that swimmers check in during warm up, the meet can be seeded, eliminating those swimmers who "no-show". This benefits the swimmers by increasing competition and eliminating empty lanes. It also saves time and energy for officials, coaches, volunteers, swimmers, and parents, as meets run smoother and eliminate wasted time. The purpose of positive check in is to ensure that swimmers are present and intend to swim their events. Coaches should not check in swimmers, unless unforeseen circumstances prevent the swimmer from being on time and the coach has received confirmation that the swimmer will be present.</i></p>			

Facility:	<p>Pool Specifications: 25 yard pool with TEN (10) lanes Start End Water Depth: 13.0 feet @ 1 meter from wall; 13.0 feet @ 5 meters from wall Turn End Water Depth: 5.0 feet @ 1 meter from wall; 7.0 feet @ 5 meters from the wall</p> <p>Timing: Colorado Timing System and Pads with a horn start</p> <p>Pool Certification: The competition course has not been certified in accordance with 104.2.2C(4).</p>
Meet Director:	<p>Kiele Nelson, (801) 298-6220 Email: southdavisaquaticsteam@gmail.com</p>
Meet Referee:	<p>Barry Hayden, (801) 546-0540 Email: brryhy@aol.com</p>
Meet Starter:	<p>Mike Glissmeyer, (801) 906-1388 Email: mglissmeyer@westminstercollege.edu</p>
Meet Admin. Official:	<p>Stephenie Glissmeyer, (801) 906-1888 Email: tsunamiswimmeet@gmail.com</p>
Eligibility:	<p>This meet is open to all Utah Swimming 2019 registered USA Swimming athletes ages 19 and under. Teams will be limited to 100 swimmers, excepting the host team. If the meet is not full by October 1st, teams may add swimmers beyond 100 until the meet is full. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. Swimmer’s age on the first day of the meet determines age group for the entire competition.</p>
Deck Registration:	<p>No deck registration will be accepted; swimmers must be registered at time of entry.</p>
Entry Limits, Fees and Deadlines:	<p>This meet will be limited to approximately 350 swimmers, or until the meet reaches timeline. Friday night’s session will be limited so that it will end at approximately 9 pm or 3.5 hours. Saturday will be limited to comply with the four (4) hour rule. Teams will not be split.</p> <p>Individual swimmers may enter up to SIX (6) individual events, swimming no more than THREE (3) individual events per day.</p> <p>No Times (NT’s) are accepted. The 200 Back, Breast and Fly have q-times, any swimmer wanting to swim these events with a NT, will need to send in proof of the 100 qualifying time before being entered. The 500 free will be limited to the 1st 30 female swimmers and the 1st 30 male swimmers, 6 heats total. There will be one heat of the 1650, the host team will be entered first, other teams may enter until the heat is full.</p> <p>Surcharge per participating swimmer: \$10.00 Individual event entry: \$4.00</p> <p>All fees must accompany entries and are nonrefundable. One team check is recommended. Make checks payable to SDRC.</p>

All entries must be received (in the hands of the below designated person) by 7pm Wednesday, September 25th. Scratches before September 25th will not be charged. Entries will be accepted starting Wednesday, September 4th at 9am.

Mail or deliver fees to:

SDRC ATTN: SDAT
550 N 200 W
Bountiful, UT 84010
(801) 298-6233

E-mail entries to: **tsunamiswimmeets@gmail.com**

- Please submit all entries using electronic meet entry software (Hy-tek, TeamUnify, etc.), including proof of time verification. Individuals/Teams mailing the USI Official Entry form found on the sanctions page of the Utah Swimming website (www.swimutah.com) must make sure that each form is signed and provide time verification for each entry. Entries are not accepted without said verification.
- Entries are not considered confirmed until the team entry representative receives official confirmation from the meet entry contact. If the team entry representative does not receive an email confirmation regarding your entries within 24 hours of the entry deadline, please contact the meet entry contact immediately. A printed copy of submitted entries will be used to resolve any entry issues.
- The person submitting a team's entries is the team entry representative and the received email implies the official signature of the team entry representative. Said person will be the only person to make changes and will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers.

**Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter, whether the swimmer, coach, parent or team representative certifies that the swimmer is a registered member of USA Swimming and that all times stated in the entry are true and correct.*

**The submitter further assumes responsibility for any false or incorrect times and understands that all listed entry times are subject to Utah Swimming Time Verification Procedures, and that a fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected before the entry deadline. It is understood that an automatic call before the review section shall be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.*

Entry Rules:

Entries must be submitted in the course in which they were achieved. Converted times should NOT be used. All times submitted must be the swimmer's best time. Event seeding will be in the following order: conforming SCY, non-conforming LCM, non-conforming SCM

Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.

A mandatory scratch down may apply to this meet if the timeline exceeds 4 hours for 12-Under swimmers, subject to the provisions of USA Swimming Rules and Regulations 205.3.1F. If a scratch down is necessary, teams will be reimbursed for said scratched events.

<p>Meet Format, Check-in and Scratches</p>	<p>This meet will be run as timed finals. This meet is Positive check-in.</p> <p><u>Positive check in will begin at 4:25 pm and last until 4:55 pm on Friday. Positive check in will begin at 7:55 am and end at 8:25 am on Saturday. Swimmers not checked in, will be scratched from the meet. If a swimmer who is scratched from the meet shows up late, that swimmer can be deck entered into an empty lane in a non-full event at the Referee’s discretion. There will be no penalty for a NS, swimmers will be allowed to swim their subsequent events.</u></p> <p>Time trials will not be offered.</p>
<p>Warm-up:</p>	<p>USA Swimming and Utah Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:</p> <ul style="list-style-type: none"> • Warm-up: Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3-point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool. • All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist unaccompanied swimmers in making arrangements for such supervision, but it is the swimmer’s responsibility to make such arrangements prior to the start of the meet. 202.5.3 • Warm up assignments will be assigned and emailed before the meet. Both the competition and small pool will be used for warm up. The small pool will be available for warm up and cool down throughout the meet. Lanes 2, 4, 7 and 9 will open for dive starts the last 15 minutes of warm up and will be one-way swimming only. The pool will be cleared 5 minutes before meet start.
<p>Dive Certification:</p>	<p>“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.” 202.4.10D</p>
<p>Concussion:</p>	<p>Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer’s parent or legal guardian to ensure compliance with this requirement.</p>
<p>Restrictions:</p>	<p>Deck changes are prohibited. 202.4.10I</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 202.4.10H</p> <p>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. 202.4.10J</p>

Adaptive Swimming	Adaptive swimming: In accordance with USA Swimming rule 202.4.14 & Article 105.1, the Meet Referee has the authority to accommodate swimmers with disabilities in accordance with USI P&P 1.17. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.
Scoring:	There will be no scoring
Awards:	Ribbons will be awarded 1st – 8th place in each individual event.
Results:	Final Results will be available on the Utah Swimming web site in a (HTML) printable format and in a downloadable Team Manager (Cfile.zip) format. Results will not be e-mailed.
Deck access:	Deck access is limited to swimmers, coaches, officials, and meet workers. Officials and coaches must wear their USA Swimming ID cards to be allowed on deck. Only currently registered coach members of USA Swimming may be on deck in a coaching capacity. 202.5.5
Officials:	Officials from other teams who work both sessions will receive a gift card, please contact the meet director or Referee so that we can plan.
Hospitality:	There will be food and drinks available at all sessions for officials and coaches.
Timers:	Teams with more than 10 swimmers will be asked to provide timers. Lane assignments will be sent out prior to the meet.
Athlete Protection	All coaches and officials must show proof that they are certified to be on deck at check in. We ask that all spectators use the restrooms on the second floor. Volunteers/Coaches that must use the pool restrooms, we ask you enter/exit the locker rooms from the entrance nearest the pool doors and refrain from entering and walking through the changing and shower areas during the meet.
Parking:	Free parking is available next to the building
Web Site:	For meet info, please visit the Utah Swimming web site at: http://www.swimutah.com

Friday October 4th				
Warm Ups 4:30 PM, Meet 5:30 PM Check in by 4:55				
Girls	Q-Time	Events	Q-Time	Boys
1	2:59.49 or ++ 1:26.29 (100 back)	Senior 200 Back	2:55.29 ++ 1:24.09 (100 back)	2
3		12 & Under 100 Backstroke		4
5		13 & Older 100 Freestyle		6
7		12 & Under 100 Freestyle		8
9		13 & Over 100 Butterfly		10
11		12 & Under 100 Butterfly		12
13	3:25.89 ++1:35.79 (100 breast)	Senior 200 Breaststroke	3:17.69 ++1:33.69 (100 breast)	14
15		12 & Under 100 Breast		16
17	Limited to 1 st 30 female swimmers	13 & over Mixed 500 Freestyle	Limited to 1 st 30 male swimmers	17

Saturday October 5th				
Warm Ups 8:00 AM, Meet 9:00 AM Check in by 8:25				
Girls	Q-Time	Events	Q-Time	Boys
19		12 & Under 200 Freestyle		20
21		13 & over 200 Freestyle		22
23		12 & Under 50 Backstroke		24
25		13 & over 100 Backstroke		26
27		12 & Under 100 Butterfly		28
29	3:02.39 or ++1:26.29 (100 fly)	Senior 200 Butterfly	2:58.09 or ++1:24.49 (100 fly)	30
31		12 & Under 50 Freestyle		32
33		13 & Older 50 Freestyle		34
35		12 & Under 50 Breaststroke		36
37		13 & Older 100 Breaststroke		38
39		12 & Under 100 IM		40
41		13 & over 200 IM		42
43		Open Mixed 1650 (1 heat)		43