



## 2019 PCS Sprint Mixer

Hosted by Park City Swimming, October 4<sup>th</sup>-5<sup>th</sup>, 2019  
Held under the Sanction of USA Swimming and Utah Swimming, Inc.

### **Sanction #: UT19-88**

"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 UTSI LSC, and Park City 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 the event."

### **Venue:**

Park City Aquatic Center (@ Ecker Hill Middle School)  
2465 West Kilby Rd.  
Park City, UT 84098

Pool Phone Number: 435-645-5617

Directions: From Salt Lake City, go East on I- 80 to Exit 141 Jeremy Ranch. Turn right at the ramp's stop sign. Turn left onto Kilby Rd. (Frontage Road). Continue east on Kilby Rd for 1.4 miles to Ecker Hill Middle School. Parking is available next to the Aquatic Center and the park 'n ride east of the school.

### **Dates/Times:**

Friday, October 4 <sup>th</sup>	Warm-up*	4:30 PM	Meet	5:30 PM
Saturday, October 5 <sup>th</sup>	Warm-up*	8:30 AM	Meet	9:30 AM

*\*Warm-Up will end 5 minutes prior to the starting of the meet.*

### **Pool Specifications & Certifications:**

- 25 yard pool with EIGHT (8) lanes
- Start End Water Depth: 6.5 feet @ 1 meter from wall; 8 feet @ 5meters from wall.
- Turn End Water Depth: 12.5 feet @ 1 meter from wall; 13 feet @ 5 meters from the wall.
- The competition course has not been certified in accordance with 104.2.2C(4).
- Colorado Timing System and Pads

### **Meet Personnel:**

Meet Director:	Mike Werner	801-949-5281	<a href="mailto:poseidonmike@gmail.com">poseidonmike@gmail.com</a>
Meet Referee:	Michelle Kiser	801-616-2021	<a href="mailto:michelle.j.kiser@gmail.com">michelle.j.kiser@gmail.com</a>
Meet Starter:	Mike Penttila	801-803-2851	<a href="mailto:mike.penttila@gmail.com">mike.penttila@gmail.com</a>
Admin Official:	Amy Etherington	801-671-0077	<a href="mailto:amayanichol@yahoo.com">amayanichol@yahoo.com</a>

### **Eligibility:**

This meet is open to 2019 USA Swimming registered athletes affiliated with BBS, CHAT, CUDA, CVM, HAST, KYAT, LA, PCS, PSC, RACE, SWAT, SURF, UTES, WFFM, WSC, WVA. Other teams may be invited after the first entry date for invited teams has passed. The swimmers age on the first day of the meet shall determine their age for the entire meet. Deck registration will be not be accepted as swimmers must be registered at time of entry. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

### **Coaches:**

- Only currently registered coach members of USA Swimming may be on deck in a coaching capacity. 202.5.5.
- All coaches will need to present their credentials to the clerk of course in order to pick up their team packets/heat sheets.

### **Rules & Entry Information:**

- Current USA Swimming rules and regulations, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet.
- 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.
- 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 parent or legal guardian to ensure compliance with this requirement. 202.4.10D
- A mandatory scratch down may apply to this meet if the time line 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.

### **Individual Entry Information:**

- This meet will be limited to the first 275 swimmers (excluding the host team swimmers) or number required to comply with the 4 hr. rule. Teams will not be split.
- Swimmers may enter up to 4 events per day for a total of 8 events.
- No Times (NT's) will be allowed.
- Deck entries will not be accepted.
- Time trials will not be offered at this meet.

### **Relay Events:**

- Swimmer may enter in ONE (1) relay.
- Teams may enter as many relays as they like.
- Relay teams must be made up of 2 girls and 2 boys.
- If the meet timeline is over the 4 hour rule, the relay events may not be swum.

### **Entry Fees:**

Swimmer Surcharge (including relay only swimmers):	\$9.00
Individual Event Entry:	\$5.00
Relay Event Entry	\$7.00

All fees should accompany entries, but can be turned in upon check-in the first day of the meet. All fees are non-refundable. **Make checks payable to PCS Boosters.**

### **Entry Deadline and Procedures:**

\*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 currently 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 submitted. It is understood that an automatic call before the review section may 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.

- Entries must be submitted in the course in which they were achieved. Converted times should NOT be used.
- 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.
- Please submit all entries using electronic meet entry software (Hy-Tek, TeamUnify, etc.), including a proof of time verification report.
- The person submitting a team's entry 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.

Entries may be submitted beginning Friday, September 13<sup>th</sup> at 12 PM and must be received by Thursday, September 26<sup>th</sup>, by 7 PM. After Wednesday, September 18<sup>th</sup>, other teams may be invited to fill the meet.

E-mail entries to: Mike Werner [poseidonmike@gmail.com](mailto:poseidonmike@gmail.com) 801-949-5281  
 Mail entry fees to: Park City Swimming, 12372 S Koppers Ln, Herriman, UT 84096

### **Seeding:**

Event seeding will be in the following order: conforming SCY, non-conforming LCM, non-conforming SCM.

### **Meet Format:**

- This meet will be run as timed finals.
- This meet is negative check-in.
- All events will be mixed ages and mixed genders.
- All heats will be run **FASTEST TO SLOWEST**.
- Time trials will not be offered.

### **Scratch Procedure:**

- Please submit scratches via e-mail to Mike at [poseidonmike@gmail.com](mailto:poseidonmike@gmail.com) by 6 PM on Thursday, October 3<sup>rd</sup>.
- If a swimmer misses an event, they will not be allowed to swim that event. Swimmers will not be further penalized for missing an event.

### **Warm-up Procedures:**

USA Swimming and Utah Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

- 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.
- During the last 15 minutes of warm-up, lanes 3, 5 and 7 will be available for starts.
- A separate warm-up and cool down area will be available throughout the meet.

### **Restrictions:**

- Deck changes are prohibited. 202.4.10I
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 202.10H
- Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting area of the competition pool.

- 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, coach, officials and/or spectators are present. 202.4.10J
- Only USA Swimming legal competition suits may be worn during competition and warm-up. Drag suits may be added during warm-up.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- Smoking and the use of other tobacco products, (including e-cigarettes/vaping), is prohibited on the pool deck, in the locker rooms, in spectator seating, in standing areas and in all areas used by athletes during the meet and during warm up periods.

### **Safety:**

Meet marshals will be in place during the warm-up periods. Coaches have the responsibility of ensuring that all their swimmers follow all USA Swimming and Utah Swimming safety procedures. When unaccompanied by a member coach, it is the responsibility of the swimmer's legal guardian to ensure compliance.

### **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.

Swimmers with disabilities are encouraged to apply to attend. Please contact the meet director as well as the entry contact chairperson for more information. The athlete, or the athlete's coach, is also responsible for notifying the meet referee of any disability prior to the first day of competition.

### **Awards:**

All meet participants will receive a meet gift.  
Team Awards will be given for 1<sup>st</sup>-3<sup>rd</sup> place.

### **Scoring:**

Individual Event Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
12-Under events will be scored as 11-12 and 10-Under age groups.  
13-Over Events will be scored as 13-14 and 15-Over age groups.  
Senior Events will NOT be scored.

Relays: No scoring.

### **Results:**

Results will be e-mailed after the completion of the meet and posted on both the Park City Swimming and Utah Swimming Websites.

### **Deck Access:**

- Deck access is limited to swimmers, coaches, officials and meet workers in designated areas. Officials and coaches must show their USA Swimming ID's to be allowed near the competition pool.
- There is seating for spectators in the upstairs gallery and in limited areas on the pool deck.

### **Timers:**

All teams participating in the meet that have more than 10 swimmers will be responsible to provide timers for each session of the meet. Lane assignments will be sent out after entries are received and will be announced each day of the meet. Timers will be expected to check-in with the Head Timer 10 minutes prior to the start of each session.



**Event Schedule:**

**2019 PCS Sprint Mixer Event List**

<b>Friday, October 4</b>		<b>Saturday, October 5</b>	
<b>W/U @ 4:30 PM Meet @ 5:30 PM</b>		<b>W/U @ 8:30 AM Meet @ 9:30 AM</b>	
<b>Mixed</b>	<b>Events</b>	<b>Mixed</b>	<b>Events</b>
1	12-Under Mixed 100 Free	12	12-Under Mixed 200 Free
2	13-Over Mixed 200 Free	13	13-Over Mixed 100 Free
3	12-Under Mixed 50 Breast	14	12-Under Mixed 100 Breast
4	13-Over Mixed 100 Breast	15	13-Over Mixed 50 Breast
5	12-Under Mixed 100 Butterfly	16	12-Under Mixed 50 Butterfly
6	13-Over Mixed 50 Butterfly	17	13-Over Mixed 100 Butterfly
7	12-Under Mixed 50 Back	18	12-Under Mixed 100 Back
8	13-Over Mixed 100 Back	19	13-Over Mixed 50 Back
9	12-Under Mixed 100 IM	20	12-Under Mixed 50 Free
10	Senior Mixed 200 IM	21	13-Over Mixed 50 Free
11	13-Over Mixed 200 Free Relay	22	13-Over Mixed 100 IM
		23	12-Under Mixed 200 Free Relay

Senior events open to all swimmers.