

2019 CAQ Fall Decathlon

Hosted by **CHARGER AQUATICS**

October 5-6, 2019

Pool Elevation 5,410 Feet

- Sanction:** This meet is being held under the sanction of USA Swimming and New Mexico Swimming. The sanction number is: USA Swimming: NMS19O17E.
- Facility:** Peter and David Barney Competition Pool on the grounds of Albuquerque Academy, 6400 Wyoming Blvd NE, Albuquerque, New Mexico, 87109. Eight competitive lanes in a 25 yard pool with a minimum depth of 7 feet. Continuous warm up/cool down available in a separate six (6) lane 25 yard pool. Colorado Timing System and Scoreboard will be used. **The competition course has been certified in accordance with 104.2.2c.**
- There is no food or drink, other than water, allowed on the deck of the Natatorium. Swimmers and coaches with food on the deck will be asked to move upstairs to the general seating area.**
- Eligibility:** The meet is open to all 2019 or 2020 USA Swimming registered athletes. All participating teams must return the attached certification of USA Swimming registration signed with their entries. **There will not be an opportunity to obtain a valid USA Swimming number or registration at the competition.** USA Swimming Athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.
- Liability:** New Mexico Swimming, USA Swimming, Charger Aquatics Swim Club, Albuquerque Academy, all meet sponsors, and all meet officials shall be held free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet. Damage to the facility, when proved, will cause the offending swimmer if unattached or the offending swimmer's club if attached to be held accountable for repairs.
- Format:** This is a timed final, short course yards meet. All events will mixed gender, and be pre-seeded from slowest to fastest. Fly-over starts may be used to control the timeline if it is deemed necessary to complete the session(s) within the requirements of New Mexico Swimming rules.
- Swimmers may only compete in either the AM Decathlon sessions, or the Saturday PM Novice Session.**
- There are no time standards for AM Sessions; the Saturday PM Novice Session will have the USA Swimming Motivational Standard of "B" as the maximum time standard for each event.*
- Rules:** 2019 USA Swimming Rules and Regulations govern this meet, except as noted in this meet information. See attached order of events for the list of events and their schedule.
- Coaches:** If needed, there will be a coaches meeting approximately 10 minutes prior to the start of each session. All coaches must display their current USA Swimming Coaches' card while on deck at the meet.
- Meet Directors:**
John Butcher, Butcher@aa.edu
Jack Feely, Feely@aa.edu
Carolyn Snyder, Snyder@aa.edu
- Swimwear:** Swimwear must conform to those rules specified in the USA Swimming Handbook 102.8 SWIMWEAR.
- Unaccompanied Swimmer:** Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Locker Rooms:

"Use of audio or visual recording devices, including a cell phone camera is not permitted in changing areas, restrooms or locker rooms."

"Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited."

"There is no shaving allowed anywhere in the Natatorium. Swimmers caught shaving will be removed from the remainder of the meet."

Entries:

All swimmers may swim a maximum of 5 individual events per day. **All registrations will be verified.** No on deck USA registrations will be accepted. The swimmers age as of October 5th, 2019 shall determine their age for the meet.

Entries will be cut off at 400 swimmers. If a team submits entries that exceed the limit of 400 swimmers, then all of that team's entries will be accepted.

Entry Fees:

Entry fees are \$4.50 per event; there will be a NMS Athlete Surcharge of \$7.00 and Pool Surcharge of \$8.00.

Entry Deadline:

All entries must be received by Wednesday, September 25th, 2019. Please send electronic entries to: John Butcher, Email: Butcher@aa.edu and mail payment to:

Charger Aquatics
Attn: Jack Feely
6400 Wyoming Blvd. NE
Albuquerque, NM 87109

YOU MUST INCLUDE THE NAME, EMAIL ADDRESS AND PHONE NUMBER OF THE PERSON WHO PREPARED THE ENTRIES FOR CLARIFICATION PURPOSES.

Entry Process:

Email the Entry File as an attachment to Jack Feely, Feely@aa.edu. Attach a meet entries report by name in PDF format.

Full payment can be made by Team Check or Cashier's Check and mailed to the address above.

Deck Entries:

There will not be any late entries for this meet.

Warm-Up Procedures:

Warm-up times are listed on the schedule of events page.

Should the number of swimmers in the meet warrant an additional warm-up session, one will be created and the teams notified of their specific warm-up time.

Sessions 1 & 3:

The following rules apply:

General warm-up (35 minutes):

- No diving from the blocks or pool edge; swimmers must enter the water feet first using a three-point entry in a cautious manner
- No sprinting or pace work permitted
- All lanes to be used for general warm-up

Specific warm-up (15 minutes)

- Push/pace – lanes 0 and 9. Push off from starting end. Circle swimming only. **NO DIVING**
- Racing starts – lanes 1 through 8. Sprint lanes are for race starts and backstroke starts, swimming in one direction only.

• *General warm-up – in the six-lane pool. No diving or sprinting. Circle swimming only. Please enter using a three-point entry, from the right side of the block.*

Sessions 2:

General warm-up (30 minutes):

- *No diving from the blocks or pool edge; swimmers must enter the water feet first using a three-point entry in a cautious manner*
- *No sprinting or pace work permitted*
- *All lanes to be used for general warm-up*

Specific warm-up (10 minutes)

- *Push/pace – lanes 0 and 9. Push off from starting end. Circle swimming only. NO DIVING*
- *Racing starts – lanes 1 through 8. Sprint lanes are for race starts and backstroke starts, swimming in one direction only.*
- *General warm-up – in the six-lane pool. No diving or sprinting. Circle swimming only.*

Continuous warm-up/cool-down will be available in the separate six-lane pool. Lanes will not be assigned. NO DIVING in the separate six lane pool. **Please enter using a three-point entry, from the right side of the block.**

Meet Referee: Pam Medley, pammedley31@gmail.com

Administrative Official: Aaron Bauman, ambauman@gmail.com

Scoring/Awards:

There will be no awards for this meet.

Programs, Heat Sheets, Psych Sheets and Final Results:

Programs will be available at a one time charge of \$5.00. Final results will be emailed to all participating teams and also posted on the New Mexico Swimming website: www.nmswim.org

Hospitality and Concessions:

Food concessions will be available at the meet. Officials and coaches will be provided with meals and refreshments in the hospitality area.

Officials and Timers:

Volunteer timers and officials are always welcome and encouraged.

Drones:

Drones are prohibited over venues any time athletes, coaches, officials and /or spectators are present.

Safety Guidelines:

Safety Marshals shall be on deck to enforce the safety guidelines. The marshals, under the direction of the Meet Referee, shall have the authority to remove any swimmer or coach found to be in violation of unsportsmanlike conduct, swimming ethics, or procedures outlined in the meet information. USA Swimming certified coaches shall direct their swimmers regarding the safety guidelines and warm-up procedures. All swimmers must be supervised by a certified USA Swimming Coach throughout the warm-up session.

All swimmers must enter the pool for warm-up using a three-point entry.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

2019 CAQ Fall Decathlon

Order of Events

October 5-6, 2019

Session 1 – Saturday Morning

EVENT

1
2
3
4
5
6
7
8
9
10

Warm-ups 8:00am

Meet starts 9:00am

EVENT DESCRIPTION

12 & Under 50 BACK
13 & Over 100 BACK
12 & Under 50 BREAST
13 & Over 100 BREAST
12 & Under 200 IM
13 & Over 100 IM
12 & Under 50 FLY
13 & Over 100 FLY
12 & Under 50 FREE
13 & Over 100 FREE

Session 3 – Sunday Morning

EVENT

21
22
23
24
25
26
27
28
29
30

Warm-ups 8:00am

Meet starts 9:00am

EVENT DESCRIPTION

12 & Under 100 BACK
13 & Over 50 BACK
12 & Under 100 BREAST
13 & Over 50 BREAST
12 & Under 100 IM
13 & Over 200 IM
12 & Under 100 FLY
13 & Over 50 FLY
12 & Under 100 FREE
13 & Over 50 FREE

Session 2 – Saturday Afternoon Novice Session

EVENT

11
12
13
14
15
16
17
18
19
20

Warm-ups TBA

Meet starts TBA

EVENT DESCRIPTION

8 & Under 25 FLY
12 & Under 50 FLY
8 & Under 25 FREE
12 & Under 50 FREE
10 & Under 100 IM
12 & Under 200 IM
8 & Under 25 BREAST
12 & Under 50 BREAST
8 & Under 25 BACK
12 & Under 50 BACK

Charger Aquatics

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Swimmer's Name _____
(Last) (First) (Middle)

Birth Date _____ USA Swimming # _____

Team _____ Sex _____ Age _____

<u>Event #</u>	<u>Distance</u>	<u>Stroke</u>	<u>Entry Time</u>
_____	50 100	FR BK BR FL IM	____:____.____
_____	50 100	FR BK BR FL IM	____:____.____
_____	50 100	FR BK BR FL IM	____:____.____
_____	50 100	FR BK BR FL IM	____:____.____
_____	50 100	FR BK BR FL IM	____:____.____
_____	50 100	FR BK BR FL IM	____:____.____
_____	50 100	FR BK BR FL IM	____:____.____
_____	50 100	FR BK BR FL IM	____:____.____
_____	50 100	FR BK BR FL IM	____:____.____
_____	50 100	FR BK BR FL IM	____:____.____

Swimmers may compete in 5 individual events per day, 10 events total.

Total Number of Events: _____ X \$4.50 = _____

NMS Surcharge and Pool Fee + \$15.00

TOTAL FEES: _____

Charger Aquatics

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TEAM MASTER ENTRY FORM – ONE PER TEAM

TEAM _____ CLUB CODE _____

Total Number of Individual Events _____ X \$4.50 = \$ _____

Meet Surcharges (number of swimmers) _____ X \$15.00 = \$ _____

Total Fees for Team = \$ _____

Please send ONE Team Check payable to Charger Aquatics – Thank you.

USA SWIMMING REGISTRATION VERIFICATION STATEMENT**

I CERTIFY THAT ALL SWIMMERS OF _____
SWIM TEAM ENTERED IN THE 2019 CAQ Fall Decathlon ARE CURRENTLY REGISTERED
MEMBERS OF USA SWIMMING.

SIGNATURE

DATE

PRINTED NAME

TEAM POSITION

COACHES: _____

** This form must be mailed with Team entries, or turned in to the Meet Director before the meet