



# 2019 Swim Utah Winter Holiday Lights Meet

Hosted by Swim Utah  
Held under the sanction of USA Swimming

**Sanction#: UT19-114**  
**December 13-14<sup>th</sup>, 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 UTES 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.*

<b>Location:</b>	<b>University of Utah Don Reddish Pool</b> <b>270 South 1850 East</b> <b>Salt Lake City, UT 84112</b> Emergency calls the day(s) of the meet: 801-891-4874.		
<b>Session Dates and Times:</b>	<b>Session</b>	<b>Warm Up</b>	<b>Meet Starts</b>
	Friday December 13th	4:00pm	5:00pm
	Saturday December 14th	10:30am	11:30am
<p><b><u>This meet is Positive Check in for all swimmers!</u></b></p> <p>Positive check in will start at 3:50 pm Friday and 10:20am am on Saturday.</p> <p>All swimmers must be checked in by 4:20pm on Friday and 10:50am on Saturday or they will be scratched. Please plan accordingly and be on time.</p> <p><i>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>			

<b>Facility:</b>	<p><b>Pool Specifications:</b>  25-yard pool with eight (8) lanes  Separate 6 Lane Warm-Up pool available during warm-up with 2 lanes for remainder of the meet.  Start End Water Depth: 7 feet @ 1 meter from wall; 9.0 feet @ 5 meters from wall  Turn End Water Depth: 3.5 feet @ 1 meter from wall; 4.5 feet @ 5 meters from the wall</p> <p><b>Timing:</b> Daktronic timing system and pads</p> <p><b>Pool Certification:</b> The competition course has not been certified in accordance with 104.2.2C(4).</p>
<b>Meet Director:</b>	<p><b>Tim Leonhart, (801) 814-7823</b>  Email: tim_leonhart@yahoo.com</p>
<b>Meet Referee:</b>	<p><b>Susan Winter, (801) 558-3392</b>  Email: sawinter@me.com</p>
<b>Meet Starter:</b>	<p><b>Susan Jones, (801) 651-0635</b>  Email: susanjones157@gmail.com</p>
<b>Meet Admin. Official:</b>	<p><b>Theresa Werner, (801) 910-2089</b>  Email: theresawerner@gmail.com</p>
<b>Eligibility:</b>	<p>This meet is open to all Utah Swimming 2019 registered USA Swimming athletes. 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>
<b>Deck Registration:</b>	<p>No deck registration will be accepted; swimmers must be registered at time of entry.</p>
<b>Entry Limits, Fees and Deadlines:</b>	<p>This meet will be limited to the number required to comply with the 4-hour rule. Teams will not be split.</p> <p>Individual swimmers may enter up to EIGHT (8) individual events, swimming no more than FOUR (4) individual events per day. No Times (NT’s) are accepted.</p> <p>Surcharge per participating swimmer:           \$10.00  Individual Event Entry:                               \$6.00</p> <p>All fees must accompany entries and are nonrefundable. One team check is recommended. Make checks payable to Swim Utah. All entries must be received (in the hands of the below designated person) by 7:00 PM, Monday, December 9th, 2019.</p> <p>Mail or deliver entries to:  Tim Leonhart  Swim Utah  PO Box 581253  (801) 814-7823</p> <p>Or e-mail entries to: <a href="mailto:tim_leonhart@yahoo.com">tim_leonhart@yahoo.com</a></p>

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> </ul> <p><i>*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.</i></p> <p><i>*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.</i></p>
<b>Entry Rules:</b>	<p><b>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.</b> Event seeding will be in the following order: conforming SCY, non-conforming LCM, non-conforming SCM.</p> <p>Swimmers without a valid USA Swimming time in an event must be submitted as a "NT" in that event.</p> <p>A mandatory scratch down may apply to this meet if the timeline exceeds 4 hours for 12 &amp; 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>
<b>Meet Format, Check-in and Scratches:</b>	<p>This meet will be run as timed finals. This meet is Positive check-in for all swimmers for all events.</p> <p>Positive check in will begin at 3:50 pm and last until 4:20 pm on Friday.</p> <p>Positive check in will begin at 10:20 am and end at 10:50 am on Saturday.</p> <p>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.</p>

	<p>There will be no penalty for a NS, swimmers will be allowed to swim their subsequent events. Time trials will not be offered.</p> <p>500 free and 400 IM will be swum fast to slow.</p>
<b>Warm-up:</b>	<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"> <li>● <b>Warm-up:</b> 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.</li> <li>● 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 <b>unaccompanied swimmers</b> 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</li> <li>● During the last 15 minutes of warm-up, lanes 2 &amp; 5 will be opened for dive starts in the competition pool only. Adjustments may be made at the discretion of the meet referee.</li> <li>● Warm up lane assignments will be assigned in relation to the number of swimmers per team and sent out prior to the day of the meet.</li> </ul>
<b>Dive Certification:</b>	<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>
<b>Concussion:</b>	<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>
<b>Restrictions:</b>	<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>
<b>Adaptive Swimming:</b>	<p>Adaptive swimming: In accordance with USA Swimming rule 202.4.14 &amp; Article 105.1, the Meet Referee has the authority to accommodate swimmers with disabilities in accordance with USI P&amp;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.</p>

<b>Scoring:</b>	This is a non-scored meet.
<b>Awards:</b>	Heat winner awards will be provided.
<b>Results:</b>	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 be emailed after the completion of the meet.
<b>Deck access:</b>	Deck access is limited to swimmers, coaches, officials, and assigned 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
<b>Officials:</b>	Officials from other teams working both sessions will be reimbursed for their swimmer's meet fees. Please let us know who will be available to officiate so the entrance fees can be deducted.
<b>Hospitality:</b>	There will be food and drinks available at all sessions for officials and coaches.
<b>Timers:</b>	Teams with more than 10 swimmers will be asked to provide timers. Lane assignments will be sent out prior to the meet.
<b>Athlete Protection:</b>	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 to the east of the pool in the HPER EAST building. 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 walking through the changing and shower areas during the meet.
<b>Parking:</b>	Free parking is available around the pool, specifically at (1700 E Campus Center Dr. Salt Lake City, UT 84112) to the West of the Huntsman Center. Metered parking can also be found in parking lots around the venue or is free with a University A or U Pass.
<b>Web Site:</b>	For meet info, please visit the Utah Swimming web site at: <a href="http://www.swimutah.com">http://www.swimutah.com</a>



**2019 SWIM UTAH  
WINTER HOLIDAY LIGHTS MEET  
EVENT LIST**

**SESSION #1**

**Friday Afternoon – December 13th  
(Warm-up 4:00 pm - Start 5:00 pm)**

<b>Mixed</b>		<b>Event Description</b>		<b>Mixed</b>
<b>1</b>		<b>10 &amp; Under 50 Free</b>		<b>1</b>
<b>2</b>		<b>11 &amp; Over 50 Free</b>		<b>2</b>
<b>3</b>		<b>12 &amp; Under 50 Breast</b>		<b>3</b>
<b>4</b>		<b>11 &amp; Over 200 Back</b>		<b>4</b>
<b>5</b>		<b>10 &amp; Under 100 IM</b>		<b>5</b>
<b>6</b>		<b>11 &amp; Over 200 IM</b>		<b>6</b>
<b>7</b>		<b>10 &amp; Under 100 Fly</b>		<b>7</b>
<b>8</b>		<b>11 &amp; Over 100 Fly</b>		<b>8</b>
<b>9</b>		<b>10 &amp; Under 100 Back</b>		<b>9</b>
<b>10</b>		<b>11 &amp; Over 100 Breast</b>		<b>10</b>
<b>11</b>		<b>11 &amp; Over 500 Free (need to provide own timers and counters)</b>		<b>11</b>

**SESSION #2**

**Saturday Morning – December 14th  
(Warm-up 10:30 am - Start 11:30 pm)**

<b>Mixed</b>		<b>Event Description</b>		<b>Mixed</b>
<b>12</b>		<b>10 &amp; Under 100 Free</b>		<b>12</b>
<b>13</b>		<b>11 &amp; Over 200 Free</b>		<b>13</b>
<b>14</b>		<b>12 &amp; Under 50 Back</b>		<b>14</b>
<b>15</b>		<b>11 &amp; Over 100 Back</b>		<b>15</b>
<b>16</b>		<b>10 &amp; Under 200 IM</b>		<b>16</b>
<b>17</b>		<b>11 &amp; Over 200 Fly</b>		<b>17</b>
<b>18</b>		<b>10 &amp; Under 100 Breast</b>		<b>18</b>
<b>19</b>		<b>11 &amp; Over 200 Breast</b>		<b>19</b>
<b>20</b>		<b>10 &amp; Under 200 Free</b>		<b>20</b>
<b>21</b>		<b>11 &amp; Over 100 Free</b>		<b>21</b>
<b>22</b>		<b>12 &amp; Under 50 Fly</b>		<b>22</b>
<b>23</b>		<b>11 &amp; Over 400 IM (need to provide own timers)</b>		<b>23</b>