



2021 ALASKA SWIMMING AGE GROUP POSTAL



Hosted by Alaska Swimming
April 1-29, 2021

SANCTION	Under sanction #AK-202021-XX by USA Swimming and Alaska Swimming.
LOCATION	Determined by each site
FACILITY	Determined by each sit
EVENT PERSONNEL	Determined by each site
SCHEDULE	Determined by each site. Events must be completed in no more than 3 days between April 1 - April 29.
WARM UPS	Warm up and warm down procedures will be enforced in accordance with ASI 2020-2021 Rules and Regulations. Specific warm up procedures will be determined by each site.
FORMAT	<ul style="list-style-type: none"> ● All events are timed final ● Events may be swum in any order, so long as all events are completed within three days (does not need to be consecutive days). ● All events swum in Short Course Yards ● Relay events have no qualifying times. ● Only two relays per event per club may score ● Swimmers with one Age Group Championship cut may swim an additional six bonus events. Bonus events do not have qualification standards. ● Swimmers with no Age Group Championship cut may participate in a site’s meet, provided they are 14&U, are <u>entered and swim as exhibition</u>, and are otherwise eligible for competition. ● Relays with <u>any</u> exhibition swimmers will compete as exhibition only. ● Age groups shall be combined for all relay events: 10/U, 12/U, and 14/U.
SEEDING	<ul style="list-style-type: none"> ● Determined by each site
POSITIVE CHECK-IN	<ul style="list-style-type: none"> ● Determined by each site



<p>SCRATCHES</p>	<ul style="list-style-type: none"> ● Individual scratch rules for events will be in effect as stated in the 2020-2021 ASI Rules and Regulations (article 3.A.9) ● A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event. ● Scratches shall be made at the Clerk of Course (computer table) on the provided scratch sheet.
<p>ELIGIBILITY</p>	<ul style="list-style-type: none"> ● Open to all 14&U swimmers currently registered with USAS and Alaska Swimming. To score, a swimmer must have met or exceeded the qualifying time standards <u>USAS 2017-2020 B Min Single Age Motivational Times</u> of at least one event on or after January 1, 2019 in USA Swimming sanctioned or approved meets and time trials. Age up date is April 29. Verification of athletes' membership in USA Swimming shall be made by Alaska Swimming's Registrar via registration reconciliation prior to the start of the meet. Coaches' verification due prior to the beginning of the meet. Penalties for falsifying membership shall be imposed per 2020-2021 Alaska Swim Guide. Site hosts are responsible for submitting pre-meet recon files and verifying coach credentials. ● 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 without the use of the backstroke ledge (if available). 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.
<p>ADAPTIVE SWIMMERS</p>	<p>Disabled or adapted swimmers are welcome and encouraged to participate. Coaches should include a written description of the special needs of the disabled/adaptive swimmer with team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.</p>
<p>ENTRY PROCESS & RESULTS SUBMISSION</p>	<p>ENTRY DEADLINE: There is no entry deadline, only a results deadline The Meet Manager database can be found on the ASI website. See 'Checklist for Site Hosts' at the end of this document. RESULTS DEADLINE: Results will not be accepted after 11:59pm on Thursday, April 29</p> <p>Please email your <u>RESULTS FILE AND MEET MANAGER BACKUP</u> to: Entry Contact: Carrie McGaughan Email: cacmeets@gmail.com Phone number: 302-540-8472</p> <p><u>Each site MUST submit a Membership Recon to Angela Heaphy (akswimmembership@gmail.com) AND a Times Recon to Patrick Burda (ak.swim.meet.results@gmail.com) at least three days prior to competition. Results will NOT BE ACCEPTED for meets held without submitting a Membership Recon AND Times Recon.</u></p>
<p>ENTRY LIMITS</p>	<p>Swimmers may enter up to six (6) events per day but no more than seven (7) events total for the meet. This is exclusive of relay events.</p>
<p>ENTRY RULES</p>	<p>Determined by site host</p>



PRE-MEET RECONS	SITE HOSTS MUST SUBMIT A MEMBERSHIP RECON TO ANGELA HEAPHY <u>AND</u> TIMES RECON TO PATRICK BURDA AT LEAST THREE DAYS PRIOR TO COMPETITION. RECONS MUST INCLUDE USAS ID #. RESULTS WILL NOT BE ACCEPTED FROM MEETS WHO DID NOT SUBMIT PRE-MEET RECONS.
ENTRY FEES	<p>INDIVIDUAL EVENT: \$3.25/event RELAY EVENT: \$7.50/relay SWIMMER ENTRY FEE: \$5.00/swimmer FACILITY CHARGE: Determined by each site (site retains any facility charges)</p> <p>Please make entry fee checks payable to: Alaska Swimming. Facility charges are retained by site host. Logistics for payment determined by site host. Site hosts shall mail all participant entry fee checks to ASI Treasurer. Entry fees are non-refundable.</p>
DECK ACCESS AND CREDENTIALS	Closed deck. Athletes, coaches and volunteers only. Coaches must supply computer table with current coaching credentials prior to competition. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met. Deck Pass App will suffice.
COVID TESTING REQUIREMENTS	<ul style="list-style-type: none"> • Determined by each site
TEAM COVID MARSHAL & COACH NUMBER LIMITS	<ul style="list-style-type: none"> • Determined by each site
BUILDING CHECK-IN	<ul style="list-style-type: none"> • Determined by each site
MITIGATION	<ul style="list-style-type: none"> • Determined by each site
MEET RULES	This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).
SCORING	<p><i>Mixed events will have scores and awards separated by gender and individual age.</i></p> <p>INDIVIDUAL SCORES THROUGH 8TH PLACE: 9-7-6-5-4-3-2-1 RELAY SCORES THROUGH 8TH PLACE: 18-14-12-10-8-6-4-2</p>
AWARDS	<p>INDIVIDUAL: Medals 1st-3rd, Ribbons 4th-8th RELAY: Medals 1st-3rd, Ribbons 4th-8th INDIVIDUAL HIGH POINT: 1st-3rd men and women</p>



	<p>TEAM AWARDS:</p> <p>1st place Men's Team</p> <p>1st place Women's Team</p> <p>1st-3rd Combined Team</p> <p>Most Points per Swimmer (minimum 6 swimmers)</p> <p>Best Time Percentage (minimum 6 swimmers)</p>
MEET PROGRAMS AND RESULTS	Determined by each site. SITES SHALL NOT PUBLICIZE RESULTS UNTIL APRIL 30 ONCE ALL SITES HAVE SUBMITTED RESULTS. Final results will be posted on the ASI websites.
LIABILITY	<ul style="list-style-type: none"> It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is understood and agreed that Alaska Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
POOL RULES	<ul style="list-style-type: none"> Determined by each site
DECK CHANGING	Deck Changes are prohibited.
RECORDING BAN	Per USA Swimming 305.4, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Visual recording devices are not permitted behind the blocks during the start sequence throughout the meet.
LIVE FEED & PHOTOGRAPHER	Determined by each site
DRONES	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.
MINOR ATHLETE ABUSE PREVENTION POLICY (MAAPP)	All USA Swimming athletes 18 years of age and older must complete Athlete Protection Training prior to competition. Those who have not completed Athlete Protection Training, with training completion loaded into SWIMS, prior to this meet will <u>not be allowed to compete</u> . Athlete Protection Training can be found here: https://www.usaswimming.org/utility/landing-pages/safe-sport/apt
TIME TRIALS	Determined by each site
VENDOR	We will attempt to send out a link to an online store with logo apparel. On-site sales determined by each site.
CONCESSIONS	Determined by each site
HOSPITALITY	Determined by each site



OFFICIALS	Determined by each site
CONTINGENCY PLAN	Determined by each site
VOLUNTEER ASSIGNMENTS	Determined by each site

Covid-19 Mitigation and USA Swimming Required Language

USA SWIMMING REQUIRED LANGUAGE	<ul style="list-style-type: none"> ● In applying for this sanctioned event, the Host, Central Area Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Alaska Swimming, the State of Alaska, and Municipality of Anchorage. It is understood that mandates may change. Meet management will stay abreast of the changes and will update and communicate mitigation plans accordingly. ● An inherent risk of exposure to Covid-19 exists in any public place where people are present. Covid-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. ● USA Swimming cannot prevent you (or your children) from becoming exposed to, contracting, or spreading Covid-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading Covid-19. ● By attending or participating in this competition, you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless USA Swimming and Alaska Swimming and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection therewith. (USA Swimming)
COVID-19 MITIGATION DETERMINED BY EACH SITE (EXAMPLE)	<ul style="list-style-type: none"> ● Local protocols and requirements (MOA Covid Response Emergency Orders) <ul style="list-style-type: none"> ○ Updated and communicated closer to event (adherence to mask mandate etc.) ● Stands used for team seating only (no parents, they may watch live stream) ● Planned number of individuals gathering in spaces <ul style="list-style-type: none"> ○ Not to exceed 50% capacity (per current Municipal emergency orders) ● Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child <ul style="list-style-type: none"> ○ Livestream ● Non-athletes must wear face coverings at all times ● Athletes must wear face coverings at all times except behind the blocks and in the water
COVID-19 LOGISTICS FOR TEAMS DETERMINED BY EACH SITE (EXAMPLE)	<ul style="list-style-type: none"> ● Teams will be spaced throughout the facility to ensure proper social distance. Possible options include: use of spectator stands, use of vehicles, or use of auxiliary facilities. ● Swimmers will progress through multiple staging areas as each heat finishes. <ul style="list-style-type: none"> ○ The final staging area is behind the blocks. Face coverings must be worn until athlete is behind their own block. At that time, swimmers may remove their face



- covering, place it into a waterproof container (i.e. zip lock bag), place container at the base of their block, and prepare for their race.
- After their race, swimmers will exit the pool, collect their face covering container and put on. Follow one way traffic pattern back to warm up area.
- Additional logistics, updated requirements, and specifics will be distributed to participating teams prior to the meet. A tutorial will be provided at the first coach meeting, and signage will be displayed throughout the facility.

EVENT LIST

(events do not have to be swum in this order)

FEMALE	MIXED	EVENT	MALE
1		12U 400 FREE RELAY	2
3		14U 400 FREE RELAY	4
	5	12U 50 BACK	
	6	11-14 200 BACK	
	7	14U 100 FLY	
	8	14U 100 FREE	
	9	12U 100 IM	
	10	11-14 400 IM	
11		10U 200 MEDLEY RELAY	12
13		12U 200 MEDLEY RELAY	14
15		14U 200 MEDLEY RELAY	16
	17	14U 200 IM	
	18	14U 50 FREE	
	19	12U 50 BREAST	
	20	11-14 200 BREAST	
	21	14U 500 FREE	
22		10U 200 FREE RELAY	23
24		12U 200 FREE RELAY	25
26		14U 200 FREE RELAY	27
	28	14U 200 FREE	
	29	14U 100 BREAST	
	30	12U 50 FLY	
	31	11-14 200 FLY	
	32	14U 100 BACK	



APPENDIX A
Swim Meet Warm-up/Warm-down Procedures

I. RULES FOR GENERAL WARM-UP

A. Overview

1. The accepted method for entering the water is one hand on the wall, feet first, from the end of the pool. At no time should the athlete enter the water head -first unless starts are being directly supervised by their coach.
2. All swimming should be done in a counter-clockwise swimming direction.
3. No equipment including, but not limited to, paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers.

II. GENERAL WARM-UP PERIOD

A. Overview

1. *Recommended* for first 30 – 45 min. of the warm-up session.
2. NO DIVING... Swimmers must enter the water using the accepted pool entry method.
3. No sprinting or pace work.
4. All lanes will be used for general warm-up.

III. SPECIFIC WARM-UP PERIOD

A. Overview

1. *Recommended* for last 20 minutes of the warm-up session.
2. Push pace lanes: Push-off one or two lengths from the starting end, circle swimming only (counter-clockwise). NO DIVING... Swimmers must enter the water using the accepted pool entry method.
3. Racing starts: Sprint lanes for race starts from blocks, sides, or from in the water (as for backstroke). Starts initiated from coach's signal.
4. The meet referee or designee will post team assigned lanes for warm-ups.

CHECKLIST FOR SITE HOSTS

Pre Meet

1. Download the 2021 Age Group Postal Meet Manager database from the Alaska Swimming website.
2. Edit your database as your site requires (number of lanes, dates, sessions, event order/numbers, etc.)
 - a. **PLEASE DO NOT** change the aspects of the events themselves (i.e. – do not change a 12u event to 14u). You may change the event numbers and order as needed. Please do not add additional events or delete events.
3. 'SAVE AS' YOUR UPDATED DATABASE AS 2021 AG POSTAL - *SITE NAME*
4. Publicize your site's entry file to participating clubs and receive entries.
5. Submit a Membership Recon to Angela Heaphy AND a Times Recon to Patrick Burda.
6. Run your meet as you normally would.

Post Meet

1. Send your results file AND Meet Manager Backup to Carrie McGaughan

