

2019 Alaska Swimming Age Group Championships
February 15-17, 2019
Hosted by Central Area Swimming
Under Sanction by USA Swimming and Alaska Swimming
Sanction #

Entries must be received by 11:59 p.m., February 6, 2019

SANCTION: Held under sanction of USA Swimming and Alaska Swimming #AK-201819-28. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising reason of injuries to anyone during the conduct of the event.

LOCATION: Bartlett Pool
1101 Golden Bear Drive
Anchorage, AK 99504
907-343-6981

DATE: February 14-16, 2019

FACILITY/EQUIPMENT: 50-meter, 8-lane pool, utilizing Keifer Flo-Thru lane lines. Two movable bulkheads divide the pool into a 25-yard competition course and a 25-yard warm-up-warm-down course. Colorado Timing System 6 will be used with Colorado touchpads, 2-button semi-automatic backup, 1-button manual Dolphin stopwatches, 8-lane CTS display, and horn and strobe light start. Bartlett is not a USAS Certified Pool as the competition course has not been certified in accordance with 104.2.2C (4) of the USAS Rules and Regulations. The pool depth at the deep start is: 12 ft; deep turn: 5 ft; shallow start: 4 ft; shallow turn: 4 ft 10 in.

SCHEDULE:	<u>Warm-Up</u>	<u>Start</u>
Session 1: Friday Prelims	7:30-8:50 AM	9:00 AM
Session 2: Friday Finals	3:00-3:50 PM	4:00 PM
Session 3: Saturday Prelims	7:30-8:50 AM	9:00 AM
Session 4: Saturday Finals	3:00-3:50 PM	4:00 PM
Session 5: Sunday Prelims	7:30-8:50 AM	9:00 AM
Session 6: Sunday Finals	2:00-2:50 PM	3:00 PM

*** Bartlett High School starts at 7:30 am...so plan your drive time accordingly.**

COACHES MEETING: There will be a coaches meeting at 8:00 a.m. Friday. If necessary, there will be a coaches meeting on Saturday and Sunday also.

OFFICIALS MEETING: There will be an officials' meeting at 8:15 a.m. on Friday, Saturday and Sunday also.

PRELIMS: **Swum at BOTH ends of the pool, boys will be contested in the deep end Friday and Sunday; girls will be contested in the deep end on Saturday.** During prelims, at the discretion of meet management, boys may have a break after each set of events with warm ups/warm downs in the small pool between pools, OR boys will compete in six lanes, leaving a one lane buffer and one lane for warm ups/warm downs. Swimmers will need to warm up/warm down in a timely manner to allow succeeding heats of swimmers room to warm up/warm down.

FINALS: Age 11 & over: swum at the deep end of the pool. All timed final distance events will be seeded at the discretion of meet management and may be swum at both ends of the pool.

WARM UPS/ WARM DOWNS: Warm-ups will be conducted in accordance with ASI Procedures. Pool will close no later than 30 minutes after completion of last event for meet entrants. Warm up schedule and lane assignments will be determined by the meet referee once all entries have been received. Schedules/assignments will be forwarded to the coaches by email and posted on AK Swimming website prior the start of the meet. The shallow end pool will be open for warm-ups continuously during Finals on Friday, Saturday, and Sunday.

There will be at least a 2-hour break scheduled between preliminaries and finals; the pool will be open during the second hour for warm-ups. USA Swimming and ASI warm up guidelines will be enforced.

BREAKS: A break of at least two hours shall be scheduled between the end of preliminaries and the start of finals with warm ups during the last hour.

ELIGIBILITY: Open to all swimmers currently registered with USAS and Alaska Swimming who have met or exceeded the qualifying time standards after January 1, 2018 in USA Swimming sanctioned or approved meets and time trials. Swimmers must swim in the age bracket corresponding to their age on the first day of the meet. 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 beginning of the meet. Penalties for falsifying membership shall be imposed per 2018-2019 Alaska Swim Guide.

ADAPTIVE SWIMMERS: Disabled and adapted swimmers are welcome and encouraged to participate. Coaches will be asked to submit a written description of the special needs of the disabled/adaptive swimmers with their team entries. Questions regarding final assignment within specific heats must be brought to the attention of the Meet Referee.

RULES: Current USAS and ASI Rules and Regulations govern this meet, and take precedence over any item contained in this invitation.

MEET FORMAT Prelims/Finals, with the exception of the 400 IM, 500 Freestyle, and all relay events.

- All events shall be conducted with preliminaries and finals on the same day with the exception of the 400 IM and 500 Freestyle which shall be conducted as timed final/consolidated events and swum fastest to slowest alternating girls/boys with girls swimming first during their respective preliminary sessions.
- All preliminary events will be consolidated by stroke and distance, but not by gender.
- The 10 and Under age group will compete in timed finals events held during Prelims.
- All individual events which require preliminary competition will be pre-seeded in accordance with USA 102.5.1.
- All preliminary events will be swum at both ends of the pool. The 400 IM and 500 Freestyle events MAY be swum at both ends of the pool at the discretion of meet management. If there are insufficient officials to double-end, the boys' and girls' heats shall alternate with girls swimming first.

- During the 400 IM and 500 Freestyle events, swimmers and coaches are responsible for providing timers; for the 500 Freestyle events, swimmers and coaches are responsible for providing lap counters.
- Relay events will be swum in accordance with USA Swimming Rule 102.3.
- All 11 and over relays will be swum as timed finals as follows: Friday and Saturday – at the beginning of Finals; Sunday – at the end of the Prelims.
- A team may enter no more than two (2) individually non-qualified swimmers per relay.
- This meet may be run as a “no recall meet,” and will use the whistle start method. “Fly-over” starts may be utilized during prelims events at the discretion of the Meet Referee.

CHECK-IN PROCEDURE Positive check-in for the 500 freestyle and the 400IM are due by 8:30am on their respective days.

ENTRY LIMIT Swimmers may enter three (3) events per day for a maximum total of seven (7) over the three (3) days. This is exclusive of relay events.

SAFETY RULES

Building and facility rules will be enforced. Municipal Pool safety guidelines mandate that there be **no shaving on site**.

Only swimmers, coaches, timers, official, and assigned volunteers are allowed on deck.

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

Per USA Swimming 305.4, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker room.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Per USAS and ASD regulations, smoking or use of other tobacco products is NOT permitted before, during, or after the meet in any area on the deck, in the pool building, or outside, adjacent to the pool building.

ELIGIBILITY

All swimmers must be currently registered with USA Swimming. For further eligibility requirements see Article 3.A.6. Contestants must enter the age bracket corresponding to their age on the first day of the meet.

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 member-coach, it is the responsibility of the swimmer or swimmer’s legal guardian to ensure compliance with this requirement.

SCRATCH RULES:

1. Individual scratch rules for events will be in effect as stated in the Alaska Swim Guide posted on the akswimming.org web page.
2. The relay scratch rule will be applied as stated in the Alaska Swim Guide posted on the akswimming.org web page.

3. Scratches shall be made each day and delivered to the computer table as soon as possible.
4. A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event.

ENTRIES:

1. Swimmers may enter a total of seven (7) events, with no more than three (3) events per day. This is exclusive of relay events.
2. **Email your entries on or before Wednesday, February 6, 2019 by using Hy-Tek software and choosing the “Export/Meet entries with proof of time checked” option along with the “team entry report” and the “team meet fees report” attached.**
3. If you do not have Team Manager or Team Unify, your entries need to be emailed on a consolidated form that includes the swimmers’ USA identification number.
4. The name and telephone number of the entry contact person must be included with entries.
5. Athlete and coach verification forms must be signed and delivered to the computer desk prior to the start of the meet.
6. **It is the individual club’s responsibility to confirm that entries have been received by meet management prior to the entry deadline.**
7. **No late entries will be accepted.**

MEET FEES:

Swimmer Entry Fee:	\$5.00	per swimmer
Individual Event Fee:	\$3.25	per swimmer
Relay Event Fee:	\$7.50	per relay
Facility Charge	\$20.00	per swimmer
AK Swimming General Chair Fee:	\$50.00	per team

***Please make checks payable to Central Area Swimming and deliver to the computer desk prior to the start of the meet on Friday. Meet fees are non-refundable.**

Entries must be received by 11:59 p.m., February 6, 2019 and sent to:

**Angela Heaphy
17249 Yellowstone Dr.
Eagle River, AK 99577
heaphy.angela@gmail.com**

SCORING:

1. Combined team and individual scores shall be determined.
2. Individual scores through 8th place **9-7-6-5-4-3-2-1**
3. Relays scores through 8th place **18-14-12-10-8-6-4-2**

AWARDS:

1. Medals will be awarded for places 1st through 3rd in individual and relay events.
2. Ribbons will be awarded for 4th through 8th places in individual and relay events.
3. High point awards will be given to the top three boys and girls in each age group.
4. Team awards are the top three combined teams, best time percentage and highest points per swimmer. Teams must have at least 6 swimmers participate in individual swims to be eligible for best time percentage and highest points per swimmer awards.

CONCESSIONS:

A concession stand with healthy snacks will be provided during the meet.

VENDORS: Northwest Designs will sell meet logo attire on the premises.

OFFICIALS: Officials from all areas are invited and encouraged to participate on deck at this meet. If you have an interest in volunteering services, please forward your name to the Meet Referee, Heather Snelders (alaskaofficials@gmail.com). There will be an officials meeting just prior to the beginning of the meet on Friday.

This meet has been designated as a Nationals Certification Qualifying meet. If interested in N2 or N3 Certification, application for observation must be submitted to Heather Snelders (alaskaofficials@gmail.com) prior to the end of the first session. An N3 evaluation must be done over four (4) sessions in the position to be valid. N2 evaluations must be done over three (3) sessions in the position. Recertification evaluations must each be done over two (2) sessions. However, the official must work at least four (4) sessions at the meet for advancement or recertification evaluation(s) to be valid.

MEET DIRECTORS: **Angela Heaphy**
703-473-6544
heaphy.angela@gmail.com

Wendy Kolberg
602-369-4103
kolbergw@yahoo.com

MEET REFEREE: **Heather Snelders**
907-707-4076
alaskaofficials@gmail.com

ADMIN OFFICIALS: **Angela Heaphy**
703-473-6544
heaphy.angela@gmail.com

Wendy Kolberg
602-369-4103
kolbergw@yahoo.com

SAFETY MARSHAL: **Kathy Tatakis**
907-440-6602
kathytatakis@icloud.com

POOL MANAGEMENT REQUIREMENTS:

1. **NO GLASS ON DECK** at any time.
2. Municipality of Anchorage lifeguards are first responders to any emergency.
3. **Swimming under the bulkhead will result in immediate disqualification and ejection from the entire meet.**

PARKING: Parking is available in the Bartlett High School parking lot. **School will be in session on Friday. Please park in the far west half of the lot on Friday (as far from the Bartlett gym as possible), as the nearer lot will be in use for school buses during the day. Vehicles parked in the area used by the school buses will be towed at the owner's expense.**

NOTE TO COACHES:

Please encourage your swimmers (and others in attendance) to utilize refillable beverage containers and to recycle in the appropriate receptacles located around the facility. Please clean your team area, including any team decorations.

MEET RESOURCES

Available for Download on the Alaska Swimming Website -
www.akswimming.org

- Alaska Swimming Age Group and Junior Olympic Time Standards including SCM, LCM & SCY
- Officials' Observation Application for N2/N3 Certification/Application to Officiate Form
- [Meet Entry Form](#)

Order of Events

Friday, February 15, 2019

Girls	Age	Event	Boys
1	11-12	50 Backstroke	2
3	11-14	200 Backstroke	4
5	10 & Under	50 Butterfly	6
7	11-14	100 Butterfly	8
9	10 & Under	100 Freestyle	10
11	11-14	100 Freestyle	12
13	10 & Under	100 IM	14
15	11-12	100 IM	16
17	10 & Under	200 Medley Relay+	18
19	11-14	400 IM	20
21	10 & Under	500 Free	22
23	11-12	400 Free Relay*	24
25	13-14	400 Free Relay*	26

+ Swum at the beginning of PRELIMS

* Swum at the beginning of FINALS

Saturday, February 16, 2019

Girls	Age	Event	Boys
27	10 & Under	200 IM	28
29	11-14	200 IM	30
31	10 & Under	50 Freestyle	32
33	11-14	50 Freestyle	34
35	10 & Under	100 Breast	36
37	11-12	50 Breast	38
39	11-14	200 Breast	40
41	10 & Under	50 Backstroke	42
43	11-14	500 Freestyle	44
45	11/12	200 Medley Relay*	46
47	13/14	200 Medley Relay*	48

* Swum at the beginning of FINALS

Sunday, February 17, 2019

Girls	Age	Event	Boys
49	10 & Under	200 Freestyle	50
51	11-14	200 Freestyle	52
53	10 & Under	50 Breast	54
55	11-14	100 Breast	56
57	10 & Under	100 Butterfly	58
59	11-12	50 Butterfly	60
61	11-14	200 Butterfly	62
63	10 & Under	100 Backstroke	64
65	11-14	100 Backstroke	66
67	10 & Under	200 Freestyle Relay +	68
69	11-12	200 Freestyle Relay *	70
71	13-14	200 Freestyle Relay *	72

+ Swum at the beginning of PRELIMS

* Swum at the end of PRELIMS