



# 2022 Alaska Swimming Age Group Championships

**Hamme Pool, Fairbanks**  
**Hosted by Northern Area Aquatics**  
**February 18-20, 2022**



<p>All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file. The SDIF file must be received, via email to the Entry Contact, by <b>11:59p on Wednesday, February 9, 2022.</b></p>	
<b>SANCTION</b>	Under sanction <b>#AK-202122-24</b> by USA Swimming and Alaska Swimming.
<b>LOCATION</b>	Hamme Pool 901 Airport Way Fairbanks, AK 99701
<b>FACILITY</b>	Six (6) lane, 25 yard competition pool, divided by Flo-thru lane lines. CTS6 timing system with touch pads, DisplayLink scoreboard, CTS Dolphin back-up watches, and horn/strobe light start. Pool depth is 4.5 feet at start end and 3.5 feet at turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
<b>EVENT PERSONNEL</b>	<p><b>Meet Referee:</b> Susan Oakley   907-830-7487 Email: akswimsanctions@gmail.com</p> <p><b>Admin Referee:</b> Diane Beshears   907-388-0295 Email: dbeshears@pavingproductsalaska.com</p> <p><b>Meet Director:</b> Kaylene Ottoson   phone Email: kayleneottoson@gmail.com</p> <p><b>Entry Chair:</b> Diane Beshears   907-388-0295 Email: dbeshears@pavingproductsalaska.com</p>
<b>SCHEDULE</b>	<b>Friday, Saturday &amp; Sunday</b>
	<b>Prelims Warm Up</b> 8:30-9:50a
	<b>Prelims Start</b> 10:00a
	<b>Finals Warm Up</b> 4:00-4:50p
	<b>Finals Start</b> 5:00p
	<b>Coaches Meeting</b> Electronic – Wednesday, February 16 @ 7:00p
	<b>Officials Meeting</b> 9:15a
	<b>Positive Check-In</b> 9:30a
<b>PROJECTED TIMELINE:</b> will be established and distributed by Tuesday, February 15, along with the heat/lane assignment report.	
<b>WARM UPS</b>	Warm up and warm down procedures will be enforced in accordance with ASI 2021-2022 Rules and Regulations. Diving well will be open for continuous warm up/down. See appendix A for details. Warm up assignments may be utilized at the discretion of meet management. Any specifics regarding warm up will be communicated with participating teams by Tuesday, February 15.



<b>FORMAT</b>	<ul style="list-style-type: none"> <li>● Relay events have no qualifying times</li> <li>● Age groups for relays shall be: 10&amp;U, 12&amp;U, and 14&amp;U. A swim team/club may enter no more than two (2) individually non-qualified swimmers per relay event. There is no limit to the number of relays a club may enter, but only the top two (2) relay teams per club can score in each event.</li> <li>● All 10&amp;U relays will be swum at the beginning of prelims</li> <li>● All other relays will be swum as timed finals as follows: <ul style="list-style-type: none"> <li>○ Friday and Saturday – at the beginning of the Finals session</li> <li>○ Sunday – at the end of the Prelims session</li> </ul> </li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>● All prelim/final events will be pre-seeded for prelims with the fastest three (3) heats swum last and circle seeded. Remaining heats will swim first, seeded slowest to fastest</li> <li>● All 11&amp;O distance events will be seeded fastest to slowest</li> <li>● All 10&amp;U events will be seeded slowest to fastest</li> <li>● All relays will be seeded slowest to fastest</li> <li>● Empty lanes in finals will be filled by moving swimmers up in order, from the slowest heats, without reseeding the heats</li> </ul>
<b>PRELIMS</b>	<ul style="list-style-type: none"> <li>● All swimmers will compete in prelims in consolidated events</li> <li>● All 10&amp;U events (individual and relay) will be swum as Timed Finals during the morning Prelims session</li> </ul>
<b>FINALS</b>	<p>For 11&amp;O Finals events there will be one Championship Final heat for each age (11, 12, 13, 14) held during the evening Finals session</p>
<b>TIMED FINALS</b>	<ul style="list-style-type: none"> <li>● All 10&amp;U events (individual and relay) will be swum as Timed Finals during the Prelims session</li> <li>● All distance events (400 IM, 500 FR) will be swum as consolidated Timed Finals. These events have positive check-in due 30 minutes prior to session start time and will be swum fastest to slowest. Swimmers are responsible for their own lap counters (500 FR). Timers will be provided</li> <li>● All relays will be swum as Timed Finals</li> </ul>
<b>CHECK-IN PROCEDURE</b>	<p>Positive check-in for the 400 IM and 500 FR are due 30 minutes prior to session start time of their respective days. Those not checked-in by the deadline will be scratched</p>
<b>SCRATCHES</b>	<ul style="list-style-type: none"> <li>● Individual scratch rules for events will be in effect as stated in the 2021-2022 ASI Rules and Regulations (article 3.A.9)</li> <li>● A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event.</li> <li>● Scratches shall be made at the Clerk of Course on the provided scratch sheet.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>● Open to all swimmers currently registered with USAS and Alaska Swimming who have met or exceeded the qualifying time standards after January 1, 2021 (ASI R&amp;R 3.G.2) 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 (Deck Pass app will suffice). Penalties for falsifying membership shall be imposed per 2021-2022 Alaska Rules &amp; Regulations.</li> <li>● 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. When unaccompanied by a member-coach, it is the</li> </ul>

	responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
<b>ADAPTIVE SWIMMERS</b>	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.
<b>ENTRY DEADLINE AND SUBMISSION</b>	<p><b>MEET ENTRY CONTACT:</b> Diane Beshears  <b>ENTRY DEADLINE: 11:59P on Wednesday, February 9, 2022</b>  Late entries will not be accepted.  Email: dbeshears@pavingproductsalaska.com  Phone: 907-388-0295</p> <p>Please include with entries the name and contact information of the person responsible for the entries</p>
<b>ENTRY LIMITS</b>	<b>Three (3) individual events per day, seven (7) individual events total for the meet, and one (1) relay event per session (ASI R&amp;R 3.C.5).</b>
<b>ENTRY RULES</b>	<p><b>SDIF REQUIRED:</b> All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hy-Tek).</p> <p><b>ENTRIES MUST INCLUDE:</b> Full legal name, age, USA Swimming Registration number. Enter times in the course swum (SCY, LCM, SCM). Meet Management will seed all entries by conforming each to the course of competition (SCY) and list all entries with the times submitted (2021-2022 ASI R&amp;R 3.A.6.e)</p> <p><b>DECK ENTRIES:</b> Deck entries will not be accepted.</p>
<b>INCLUDE WITH TEAM ENTRY</b>	Team Entry Report with athlete's USAS ID #, as well as Team Fees Report
<b>ENTRY FEES</b>	<p><b>INDIVIDUAL EVENT FEE:</b> \$3.25 per event  <b>RELAY EVENT FEE:</b> \$7.50 per relay  <b>ATHLETE ENTRY FEE:</b> \$5.00 per swimmer  <b>FACILITY SURCHARGE:</b> \$20.00 per swimmer</p> <p>Please make checks payable to: <b>Northern Area Aquatics</b></p> <p>Deliver fees to computer table during meet. Meet fees are non-refundable.</p>
<b>DECK ACCESS AND CREDENTIALS</b>	<b>Closed deck.</b> Athletes, coaches and volunteers only. Coaches must supply computer table with current credentials prior to competition, Deck Pass app will suffice. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met.
<b>MEET RULES</b>	This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 (MAAPP).
<b>SCORING</b>	<p><b>INDIVIDUAL SCORES:</b> 7-5-4-3-2-1  <b>RELAY SCORES:</b> 14-10-8-6-4-2</p> <p><i>Results separated by age group &amp; gender</i>  <b>AGE GROUPS (individual):</b> 10&amp;U, 11, 12, 13, 14  <b>AGE GROUPS (relays):</b> 10&amp;U, 12&amp;U, 14&amp;U</p>
<b>AWARDS</b>	<p><b>INDIVIDUAL: Medals 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>-6<sup>th</sup></b>  <b>RELAY: Medals 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>-6<sup>th</sup></b></p>

	<p><b>INDIVIDUAL HIGH POINT:</b> 1<sup>st</sup>-3<sup>rd</sup> for each age and gender</p> <p><b>TEAM AWARDS:</b></p> <ul style="list-style-type: none"> <li>● 1<sup>st</sup>-3<sup>rd</sup> Combined Team</li> <li>● Highest Points per Swimmer (minimum 6 swimmers)</li> <li>● Best Time Percentage (minimum 6 swimmers)</li> </ul>
<b>MEET PROGRAMS AND RESULTS</b>	Coach's heat sheet will be available at the beginning of warm ups. Live results will be available on Meet Mobile and on the NA website. Final results will be posted on NA and ASI websites. Printed Meet Programs will be available for sale for \$10 each.
<b>LIABILITY</b>	<ul style="list-style-type: none"> <li>● It is understood and agreed that <b>USA Swimming</b> shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> <li>● It is understood and agreed that <b>Alaska Swimming</b> shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> </ul>
<b>POOL RULES</b>	<ul style="list-style-type: none"> <li>● Building and facility rules will be enforced.</li> <li>● No glass on deck at any time.</li> <li>● No shaving allowed on site.</li> <li>● Smoking or use of other tobacco products is not permitted before, during or after the meet within the facility or adjacent outdoor areas.</li> <li>● Food allowed in designated 'swimmer snack area' only.</li> </ul>
<b>DECK CHANGING</b>	Deck Changes are prohibited.
<b>RECORDING BAN</b>	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.
<b>DRONES</b>	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.
<b>FIRST RESPONDERS</b>	Coaches are to be the first responders in case of emergency. Borough lifeguards will be present to assist coaches and activate the facility's Emergency Action Plan as needed.
<b>MAAPP</b>	Not applicable. 14&U athletes only are eligible for this meet.
<b>TIME TRIALS</b>	Time trials will be offered on Friday, Saturday, and Sunday at the discretion of Meet Management. Tentative time trial schedule and procedure for entry shall be established at the first coach's meeting.
<b>CONCESSIONS</b>	A concession stand will be offered.
<b>HOSPITALITY</b>	Hospitality will be offered for coaches, officials and volunteers only.
<b>OFFICIALS</b>	<p>All certified officials would be appreciated and are encouraged to help. If interested, please email Meet Referee Jarrod Welsh. Those committing to work 75% of the sessions will be reimbursed an extra 25% for their swimmer's travel expenses.</p> <p>This meet will be a National Certification Qualifying meet. If interested in N2 Certification, applications for observation must be submitted to Cathy Foy (<a href="mailto:catherinefoy.alaska@gmail.com">catherinefoy.alaska@gmail.com</a>) prior to the end of the first session.</p> <p>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 evaluations(s) to be valid.</p>
<b>HOUSING</b>	Discounted hotel rates will be available via booking link on NA website as they become available. If you have already booked a room in advance, be sure to inquire about discounts with the hotel.

<b>VENDORS</b>	Northwest Designs will sell meet logo attire on the premises. Professional photographer will be available.
<b>TRAVEL ASSISTANCE</b>	Travel assistance for the Alaska Age Group Championships will be distributed on an equitable basis for all qualified participants attending the meet from areas outside the host area. Travel assistance forms are available on the Alaska Swimming website.
<b>NOTE TO COACHES</b>	Please encourage your swimmers to utilize refillable beverage containers for water and to pick up trash in your team area and the locker rooms. Thank you.

## EVENT SCHEDULE

FRIDAY, FEBRUARY 18 PRELIMS		
Warm up @ 8:30a, Races @ 10:00a		
GIRLS	EVENT	BOYS
1	11-12 50 Backstroke	2
3	11-14 200 Backstroke	4
5	10&U 50 Butterfly	6
7	11-14 100 Butterfly	8
9	10&U 100 Freestyle	10
11	11-14 100 Freestyle	12
13	10&U 100 IM	14
15	11-12 100 IM	16
17	10&U 500 Freestyle	18
19	11-14 400 IM	20
21	10&U 200 Medley Relay*	22
23	12&U 400 Free Relay+	24
25	14&U 400 Free Relay+	26

\*to be swum at the beginning of prelims session

+to be swum at the beginning of finals session

SATURDAY, FEBRUARY 19 PRELIMS		
Warm up @ 8:30a, Races @ 10:00a		
GIRLS	EVENT	BOYS
27	10&U 200 IM	28
29	11-14 200 IM	30
31	10&U 50 Freestyle	32
33	11-14 50 Freestyle	34
35	10&U 100 Breaststroke	36
37	11-12 50 Breaststroke	38
39	11-14 200 Breaststroke	40

41	10&U 50 Backstroke	42
43	11-14 500 Freestyle	44
45	12&U 200 Medley Relay+	46
47	14&U 200 Medley Relay+	48

+to be swum at the beginning of finals session

<b>SUNDAY, FEBRUARY 20 PRELIMS</b> Warm up @ 8:30a, Races @ 10:00a		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
49	10&U 200 Freestyle	50
51	11-14 200 Freestyle	52
53	10&U 50 Breaststroke	54
55	11-14 100 Breaststroke	56
57	10&U 100 Butterfly	58
59	11-12 50 Butterfly	60
61	11-14 200 Butterfly	62
63	10&U 100 Backstroke	64
65	11-14 100 Backstroke	66
67	10&U 200 Free Relay#	68
69	12&U 200 Free Relay#	70
71	14&U 200 Free Relay#	72

#to be swum at the end of prelims session

**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 30-45 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.

## Covid-19 Mitigation and USA Swimming Required Language

<p><b>USA SWIMMING REQUIRED LANGUAGE</b></p>	<ul style="list-style-type: none"> <li>● In applying for this sanctioned event, the Host, Stingray Swim Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Alaska Swimming, the State of Alaska, and Fairbanks North Star Borough. It is understood that mandates may change. Meet management will stay abreast of the changes and will update and communicate mitigation plans accordingly.</li> <li>● 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.</li> <li>● 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.</li> <li>● 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</li> </ul>
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	unknown, foreseen or unforeseen, in connection therewith. ( <a href="#">USA Swimming</a> )
<b>COVID-19 MITIGATION</b>	<ul style="list-style-type: none"> <li>• <b>Local borough protocols and requirements for the Hamme facility as of the event dates must be followed by ALL PARTICIPANTS at all times.</b> (<a href="#">FNSB Covid-19 Updates</a>). All building, local, and state protocols and requirements will be adhered to-plans will be updated and communicated by meet management prior to commencement of the event.</li> </ul>
<b>COVID-19 LOGISTICS FOR TEAMS</b>	<ul style="list-style-type: none"> <li>• Any additional logistics, updated requirements, and specifics will be distributed to participating teams prior to the meet. Questions will be answered at the first coach's meeting and any required signage will be displayed throughout the facility.</li> </ul>