

**2013 Alaska Swimming Age Group Championship**  
**February 22-24, 2013**  
**Hosted by Kodiak Kingfishers Swim Club**  
**Under Sanction by USA Swimming and Alaska Swimming**  
**Sanction # 201302221**

LOCATION: Kodiak Community Swimming Pool  
Kodiak, AK 99615  
907-481-2519

DATE: February 22-24, 2013

FACILITY: 25-yard, 6 lane pool with flow-thru lane lines. Colorado Timing System with touch pads, one-button manual back up, 6 lane electronic timing display board and horn/strobe start. In addition at least two hand-held digital watches will be used per lane. This pool is certified in accordance with 104.2.2C(4) USAS rules and regulations. Pool depth is 12.5 feet at the start and end and 4 feet at the turn end.

TIMES:	<u>Warm-Up</u>	<u>Start</u>
Prelims Friday Morning	7:00AM	9:00AM
Finals Friday Afternoon		
Prelims Saturday Morning	7:00AM	9:00AM
Finals Saturday Afternoon		
Prelims Sunday Morning	7:00AM	9:00AM
Finals Sunday Afternoon		

A break of at least two (2) hours shall be scheduled between preliminaries and finals with the pool available for warm-ups during the last hour. The exact time for afternoon warm-ups and competition will be determined by the referee and announced as early as possible each day. Warm-ups will be conducted in accordance with Alaska Swimming Warm-up/Warm down procedures.

COACHES MEETING: There will be a coaches meeting just prior to the beginning of the meet on Friday. If needed, there will be coaches meeting on Saturday and Sunday also.

ELIGIBILITY: Open to all Alaskan swimmers age 14 and younger on the first day of meet, currently registered as athlete members with USA Swimming and Alaska Swimming who meet or exceeded the qualifying time standards since January 1, 2012. Qualifying times may be made at USA sanctioned and approved meets and time trials provided USA officials are on deck whose sole purposes is to serve that the individual swims conform to the USA rules and regulations.

Swimmers must swim in the age bracket corresponding to their age on the first day of the meet. 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 specified heats must be brought to the attention of the Meet Referee.

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 Thursday, February 14, 2013 by using Hy-Tek software 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. No LATE entries will be accepted.

MEET FEES:

Swimmer Entry Fee	\$4.50	per swimmer
Individual Event Fee	\$2.75	per swimmer
Relay Event Fee	\$8.00	per relay
Facility Charge	\$15.00	per swimmer

\* Please make checks payable to Kodiak Kingfishers Swim Club and deliver to the computer desk prior to the start of the meet. All fees are NONREFUNDABLE.

Entries should be sent to:

Bob Schauff  
P.O. Box 1528  
Kodiak, AK 99615  
[schauff6@gci.net](mailto:schauff6@gci.net)  
907-942-0391

RULES:

1. Current USA and Alaska Swimming Rules will govern this meet.
2. Swimmers may enter a total of seven (7) events, with no more than three (3) events per day. This is exclusive of relay events.
3. This will be a pre-seeded meet.
4. All events will be conducted as prelims and finals on the same day, with the exception of the 500 freestyle, the 400 IM, and all relays, which will be conducted as timed finals/consolidated events, fastest to slowest, alternating girls and boys with the girls swimming first. All 10 & Younger events will be conducted as timed finals, during the preliminary session. All Preliminary events will be consolidated by stroke and distance, but not by gender, and separated into individual ages for finals.
5. A team may enter no more than two (2) individually non-qualified swimmers per relay.
6. This meet may be run as a 'no-recall' meet. "Fly-over" starts may be utilized during some prelims events at the discretion of the meet a/o deck referee.
7. Building and facility rules will be enforced. Only swimmers, coaches, timers and officials on deck.
8. Disabled swimmers who have met the Alaska disability time standards are encouraged to participate. Coaches should include with the team entries a copy of the Information Form for Disabled Swimmers (available on the ASI website), specifying the special needs of any adoptive swimmer(s) with the team entries. Bring such requests for non-standard entries to the attention of the Meet Director.
9. 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.
10. USA Swimming and ASI warm up guidelines will be enforced.
11. 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.

## SCRATCH RULES

1. Individual scratch rules for events will be in effect as stated in the “Alaska Swim Guide” posted on the [“akswimming.org”](http://akswimming.org) web page.
2. The relay scratch rule will be applied as stated in the “Alaska Swim Guide” posted on the [“akswimming.org”](http://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.

## SCORING

1. Scores shall be kept on combined team scores and individual scores.
2. Individual scores through 6th place **7-5-4-3-2-1**.
3. Relays scores through 6th place **14-10-8-6-4-2**

## AWARDS

1. Medals will be awarded for places 1st through 3rd in individual and relay events.
2. Ribbons will be awarded for 4th through 6th 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 will be provided during the meet that will provide healthy snacks. Meet t-shirts and sweatshirts will be available for purchase. KKF will provide a swim shop for goggles and suits.

## OFFICIALS

KKF will provide certified officials. Visitors who are certified and who wish to officiate are welcome. Please email the meet director, Jennie Schauff, at [jschauff01@me.com](mailto:jschauff01@me.com). There will be an official’s meeting just prior to the beginning of the meet on Friday.

## POOL REMINDERS

No smoking will be permitted inside the pool building or on pool/school property. No glass on deck at any time. Please be certain that your team has cleaned up their area of all debris and personal belongings prior to leaving the pool. Per USA Swimming regulations the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

## MEET DIRECTOR

Jennie Schauff  
(907) 942-0388  
[jschauff01@me.com](mailto:jschauff01@me.com)

## MEET REFEREE

Doug Moody  
(907) 317-2277  
[douglasmoody122@gmail.com](mailto:douglasmoody122@gmail.com)

## SAFETY MARSHAL

Robert Foy  
[foy.alaska@gmail.com](mailto:foy.alaska@gmail.com)

## Order of Events

### Friday, February 22, 2013

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

### Saturday, February 23, 2013

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
<b>27</b>	10 & Under	200 IM	<b>28</b>
<b>29</b>	11-14	200 IM	<b>30</b>
<b>31</b>	10 & Under	50 Freestyle	<b>32</b>
<b>33</b>	11-14	50 Freestyle	<b>34</b>
<b>35</b>	10 & Under	100 Breast	<b>36</b>
<b>37</b>	11-12	50 Breast	<b>38</b>
<b>39</b>	11-14	200 Breast	<b>40</b>
<b>41</b>	14 & Under	500 Freestyle	<b>42</b>
<b>43</b>	11-12	400 Freestyle Relay	<b>44</b>
<b>45</b>	13-14	400 Freestyle Relay	<b>46</b>

### Sunday, February 24, 2013

<b>Girls</b>	<b>Age</b>	<b>Event</b>	<b>Boys</b>
<b>47</b>	10 & Under	200 Freestyle	<b>48</b>
<b>49</b>	11-14	200 Freestyle	<b>50</b>
<b>51</b>	10 & Under	50 Breast	<b>52</b>
<b>53</b>	11-14	100 Breast	<b>54</b>
<b>55</b>	10 & Under	100 Butterfly	<b>56</b>
<b>57</b>	11-12	50 Butterfly	<b>58</b>
<b>59</b>	11-14	200 Butterfly	<b>60</b>
<b>61</b>	10 & Under	100 Backstroke	<b>62</b>
<b>63</b>	11-14	100 Backstroke	<b>64</b>
<b>65</b>	10 & Under	200 Freestyle Relay	<b>66</b>
<b>67</b>	11-12	200 Freestyle Relay	<b>68</b>
<b>69</b>	13-14	200 Freestyle Relay	<b>70</b>

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Appendix A

Swim Meet  
Warm-up/Warm-down Procedures

- I. RULES FOR GENERAL WARM-UP
  - a. Overview
    - i. 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.
    - ii. All swimming should be done in a counter-clockwise swimming direction.
    - iii. No equipment including, but not limited to, paddles, pull buoys, fins, assisted or resistance cords and/or similar such devices that could result in injuries to the swimmers.
- II. GENERAL WARM UP PERIOD
  - a. Overview
    - i. *Recommended* for first 30-45 minutes of the warm-up session.
    - ii. **NO DIVING- Swimmers must enter the water using the accepted pool entry method.**
    - iii. No sprinting or pace work.
    - iv. All lanes will be used for general warm-up.
- III. SPECIFIC WARM UP PERIOD
  - a. Overview
    - i. Recommended for last 30-45 minutes of the warm-up session
    - ii. 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.**
    - iii. Racing starts: Sprint lanes for race starts from blocks, sides, or from in the water (as for backstroke). Starts initiated from coach's signal.
    - iv. The meet referee or designee will post team assigned lanes for warm-ups.