

2014 Alaska Swimming Age Group Championship
February 14-16, 2014
Hosted by Northern Area Aquatics
Under Sanction by USA Swimming and Alaska Swimming
Sanction # 201402141

LOCATION: Hamme Swimming Pool
931 Airport Way, Fairbanks, AK 99701
907-459-1086

DATE: February 14-16, 2013

FACILITY: 25-yard, 6 lane pool with flow-thru lane lines. Colorado Timing System with touchpads, 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 not certified in accordance with 104.2.2C(4) USAS rules and regulations. Pool depth is 4.5 feet at the start and end and 4 feet at the turn end.

TIMES:	Warm-Up	Start
Prelims Friday Morning	7:00AM	9:00AM
Finals Friday Afternoon	TBA	TBA
Prelims Saturday Morning	7:00AM	9:00AM
Finals Saturday Afternoon	TBA	TBA
Prelims Sunday Morning	7:00AM	9:00AM
Finals Sunday Afternoon	TBA	TBA

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, 2013. 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 Wednesday, February 5, 2014 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 EXCEPTED.**

MEET FEES:

Swimmer Entry Fee	\$5.00	per swimmer
Individual Event Fee	\$3.25	per swimmer
Relay Event Fee	\$8.50	per relay
Facility Charge	\$18.00	per swimmer

* Please make checks payable to Northern Area Aquatics and deliver to the computer desk prior to the start of the meet. All fees are **NONREFUNDABLE.**

Entries should be sent to:
Greg Evershed
2410 Riddle Ct
North Pole, AK 99705
greg.evershed@gmail.com
907-978-6328

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 be 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.
 12. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged." The host club and/or LSC may change the last two words in this statement to "prohibited"

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.

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. MSST will provide a swim shop for goggles and suits.

OFFICIALS

Officials from all areas are invited and encouraged to participate on deck at this meet. If you have a interest in volunteering services, please forward you name to Meet Referee at the email address listed above. This meets has been designated as a Nationals Certification Qualifying meet. If interested in N2 or N3 Certification, application for observation must be submitted to prior to the end of the first session.

An N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluation must be done over two sessions. However, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. **There will be an official's meeting just prior to the beginning of each session at the meet.**

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 Denise Kind
dmkind@alaska.edu

Greg Evershed
(907) 978-6328, greg.evershed@gmail.com

MEET REFEREE Cheryl Severns
(907)
kcseverns@mosquitonet.com

SAFETY MARSHAL Corky Randall
corkrandall@gmail.com

ADMIN REFEREE Greg Evershed
(907) 978-6328, greg.evershed@gmail.com

Order of Events

Friday, February 22, 2013

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

Saturday, February 23, 2013

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	14 & Under	500 Freestyle	42
43	11-12	400 Freestyle Relay	44
45	13-14	400 Freestyle Relay	46

Sunday, February 24, 2013

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

2013 Alaska Age Group Championships Time Standards

10 Year Olds						
Girls			Boys			
LCM	SCM	SCY		SCY	SCM	LCM
44.99*	43.59*	39.49*	50 Free	38.49*	42.59*	43.79*
1:43.09*	1:40.29*	1:30.69*	100 Free	1:28.49*	1:37.79*	1:41.29*
3:48.49*	3:41.19	3:20.19	200 Free	3:09.09*	3:28.89*	3:34.79*
7:37.29	7:26.79		400 Free		7:20.09*	7:29.49*
		8:30.49	500 Free	8:22.79*		
55.69*	53.69*	48.59*	50 Back	48.59*	53.69*	55.69*
2:01.89*	1:56.19*	1:45.09*	100 Back	1:41.39*	1:51.99*	1:56.09*
1:01.29*	59.19	53.59	50 Breast	53.19*	58.79*	1:01.19*
2:16.89*	2:11.29*	1:58.79*	100 Breast	1:53.69*	2:05.69*	2:11.99*
54.39*	53.09*	47.99*	50 Fly	46.69*	51.59*	52.79*
2:11.19*	2:07.69*	1:55.49*	100 Fly	1:54.09*	2:06.09*	2:09.39*
	1:54.19*	1:43.39*	100 IM	1:40.39*	1:50.99*	
4:10.09*	4:03.49*	3:40.39*	200 IM	3:38.89*	4:01.89*	4:08.09*

11 Year Olds						
Girls			Boys			
LCM	SCM	SCY		SCY	SCM	LCM
40.29*	39.29*	35.59*	50 Free	35.69	39.39	40.19*
1:29.09*	1:26.39*	1:18.19*	100 Free	1:16.79*	1:24.79*	1:27.89*
3:13.29*	3:06.19*	2:48.49*	200 Free	2:47.69*	3:05.29*	3:09.79*
6:42.59*	6:32.39*		400 Free		6:31.69*	6:40.59*
		7:28.29*	500 Free	7:27.49*		
46.99*	44.89*	40.59*	50 Back	41.29*	45.69*	48.09*
1:45.89*	1:40.59*	1:30.99*	100 Back	1:29.99*	1:39.49*	1:44.29*
3:39.09*	3:29.19*	3:09.29*	200 Back	3:07.19*	3:26.79*	3:34.69*
52.29*	50.49*	45.69*	50 Breast	46.89*	51.79*	54.29*
1:55.79*	1:51.29*	1:40.69*	100 Breast	1:40.99*	1:51.59*	1:57.19*
4:07.29*	3:58.09*	3:35.49*	200 Breast	3:33.39*	3:55.79*	4:09.69*
43.79*	42.89*	38.79*	50 Fly	40.49*	44.69*	45.79*
1:42.49*	1:39.09*	1:29.59*	100 Fly	1:30.69*	1:40.19*	1:43.39*
3:39.49*	3:34.69*	3:14.29*	200 Fly	3:12.69*	3:32.99*	3:39.89*
	1:39.19*	1:29.79*	100 IM	1:28.89*	1:38.19*	
3:38.79*	3:31.49*	3:11.39*	200 IM	3:13.39*	3:33.69*	3:40.99*
7:51.49	7:31.49*	6:48.59*	400 IM	6:45.69*	7:28.29*	7:46.39*

12 Year Olds						
Girls			Boys			
LCM	SCM	SCY		SCY	SCM	LCM
38.69*	37.69*	34.09*	50 Free	33.09*	36.59*	37.89*
1:24.99*	1:21.29	1:13.59	100 Free	1:12.19*	1:19.79*	1:22.19*
3:03.79*	2:58.19*	2:41.29*	200 Free	2:37.19*	2:53.69*	2:58.99*
6:23.89*	6:15.69*		400 Free		6:10.19*	6:15.49*
		7:09.29*	500 Free	7:02.99*		
44.89*	42.89*	38.79*	50 Back	38.99*	43.09*	45.09*
1:38.89	1:35.29*	1:26.29*	100 Back	1:24.09*	1:32.89*	1:37.79*
3:27.69*	3:18.79*	2:59.89*	200 Back	2:55.29*	3:13.69*	3:22.79*
49.09	48.29*	43.69*	50 Breast	43.79*	48.39*	49.89*
1:49.99	1:45.89*	1:35.89*	100 Breast	1:33.79*	1:43.59*	1:48.39*
3:54.59*	3:47.59*	3:25.99*	200 Breast	3:18.39*	3:39.19*	3:49.99*
41.79*	41.19*	37.29*	50 Fly	37.69*	41.69*	42.69*
1:37.49*	1:35.29*	1:26.29*	100 Fly	1:24.49*	1:33.39*	1:36.19*
3:29.09	3:21.49*	3:02.39*	200 Fly	2:58.09*	3:16.79*	3:22.49*
	1:34.19*	1:25.29*	100 IM	1:23.19*	1:31.89*	
3:28.39*	3:21.69*	3:02.49*	200 IM	3:01.09*	3:20.09*	3:27.09*
7:23.79*	7:09.39*	6:28.59*	400 IM	6:20.09*	6:59.99*	7:13.79*

13 Year Olds						
Girls			Boys			
LCM	SCM	SCY		SCY	SCM	LCM
38.49*	37.19*	33.69*	50 Free	31.59*	34.89*	36.39*
1:23.29*	1:20.49*	1:12.79*	100 Free	1:08.99*	1:16.29*	1:18.99*
2:59.89*	2:53.79*	2:37.29*	200 Free	2:30.79*	2:46.59*	2:51.99*
6:14.19*	6:07.39*		400 Free		5:18.09*	6:06.09
		6:59.79*	500 Free	6:03.39*		
1:32.99*	1:28.29*	1:19.89*	100 Back	1:16.49*	1:24.49*	1:28.99*
3:19.19*	3:11.69*	2:53.49*	200 Back	2:45.69*	3:02.99*	3:11.99*
1:45.79*	1:41.49*	1:31.79*	100 Breast	1:27.09*	1:36.19*	1:39.79*
3:48.29*	3:39.39*	3:18.59*	200 M Breast	3:08.99*	3:28.79*	3:37.19*
1:29.99*	1:28.29*	1:19.89*	100 Fly	1:15.19*	1:23.09*	1:26.09*
3:20.59*	3:14.79*	2:56.29*	200 Fly	2:47.19*	3:04.79*	3:11.59*
3:23.89*	3:16.39*	2:57.69*	200 IM	2:48.69*	3:06.49*	3:14.99*
7:09.99	6:54.89*	6:15.49*	400 IM	5:59.49*	6:37.19*	6:53.59*

14 Year Olds						
Girls			Boys			
LCM	SCM	SCY		SCY	SCM	LCM
37.59*	36.29*	32.89*	50 Free	30.39*	33.59*	35.09*
1:21.29*	1:18.99*	1:11.49*	100 Free	1:06.39*	1:13.29*	1:16.29*
2:55.79*	2:50.09*	2:33.89*	200 Free	2:24.19*	2:39.29*	2:45.69*
6:07.79*	6:00.39		400 Free		5:08.29*	5:53.29
		6:51.79	500 Free	5:52.19*		
1:30.19*	1:26.89*	1:18.59*	100 Back	1:13.59*	1:21.29*	1:26.19*
3:14.59*	3:06.09*	2:48.49*	200 Back	2:38.39*	2:54.99*	3:02.99*
1:43.69*	1:39.39*	1:29.89*	100 Breast	1:22.89*	1:31.59*	1:34.89
3:42.99*	3:34.99	3:14.59	200 Breast	3:00.59*	3:19.59*	3:30.09*
1:28.09*	1:26.19*	1:17.99*	100 Fly	1:12.59*	1:20.19*	1:22.19*
3:14.39*	3:11.09*	2:52.99*	200 Fly	2:40.39*	2:57.19*	3:02.59*
3:19.49*	3:11.79*	2:53.49*	200 IM	2:41.99*	2:59.09*	3:07.09*
7:01.09*	6:47.69*	6:08.99*	400 IM	5:44.99*	6:21.19*	6:37.09*

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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.