

2016 Alaska Swimming Age Group Championships
February 5 - 7, 2016
Hosted by Soldotna Silver Salmon Swim Team
Under Sanction by USA Swimming and Alaska Swimming
Sanction # 201602051

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.

LOCATION: Soldotna High School Pool
 425 W. Marydale Ave.
 Soldotna, AK 99669
 (907)-262-7419

DATE: February 5 -7, 2016

FACILITY: Indoor, 25 yard, six (6) lane pool. Pool depth is 13 feet at the start and 3.5 feet at the turn. Colorado timing system with touch pads, one button/two watch back-up, six line electronic timing display board and horn/strobe start. The competition course has not been certified in accordance with 104.2.2C (4).

TIMES:	<u>Warm-Up</u>	<u>Start</u>
Session 1: Friday Prelims	7:00 AM	8:30 AM
Session 2: Friday 10 & Under	TBA	TBA
Session 3: Friday Finals	TBA	TBA
Session 1: Saturday Prelims	7:00 AM	8:30 AM
Session 2: Saturday 10 & Under	TBA	TBA
Session 3: Saturday Finals	TBA	TBA
Session 1: Sunday Prelims	7:00 AM	8:30 AM
Session 2: Sunday 10 & Under	TBA	TBA
Session 3: Sunday Finals	TBA	TBA

Positive check-in for the 400 IM and 500 free closes at 8:30 AM on Friday and Saturday, respectively.

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. All 10 & under events will be swam as a session between preliminaries and finals. The exact time for 10 & under and finals 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 Alaska swimmers age 14 and younger on 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, 2015. Qualifying times may be made at USA sanctioned and approved meets and time trials provided USA officials are on deck whose sole purpose is to observe 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, January 27, 2016 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:	\$5.00	per swimmer
Individual Event Fee:	\$3.25	per swimmer
Relay Event Fee:	\$7.50	per relay
Facility Charge	\$18.00	per swimmer
AK Swimming General Chair Fee:	\$50.00	per team

***Please make checks payable to Soldotna Silver Salmon Swim Team** and deliver to the computer table prior to the start of the meet. Meet fees are non-refundable.

Entries should be sent to:

LaShon Evans
PO Box 1692
Soldotna, AK 99669
lashoninak@yahoo.com

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 and the 400 IM, which will be conducted as timed finals/consolidated events, fastest to slowest, alternating girls and boys with the girls swimming first. All 10 & under events will be conducted as timed finals, as a separate session between the preliminary and finals sessions. 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. "Fly-over" starts may be utilized during some prelims events at the discretion of the meet and/or deck referee.
7. Building and facility rules will be enforced.
8. All swimmers, coaches, timers and officials will be given badges. No one will be allowed on deck, into the locker rooms, or other restricted areas without showing their badge.
9. Disabled swimmers 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.

10. There will be at least a 2-hour break scheduled between preliminaries and finals; the pool will be open during the last hour for warm-ups.
11. USA Swimming and ASI warm up guidelines will be enforced.
12. 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.
13. 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 prohibited.
14. Per USA Swimming regulations, no smoking or other use of tobacco products are permitted during the meet in any area on the deck, in the pool building, or outside adjacent to the pool building prior to, during or after the meet.
15. In accordance with USAS Rules and Regulations 202.3.4(D), the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms.

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 8th 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 snacks intended as a supplement to healthy lunches provided by housing parents. Northwest Designs will be selling meet t-shirts and sweatshirts. SSS will provide a swim shop for goggles and suits.

OFFICIALS:

Southcentral Area will provide certified officials. Visitors who are certified and who wish to officiate are welcome. Please email the meet referee, Heather Snelders, at snelders@hotmail.com. There will be an officials meeting just prior to the beginning of the meet on Friday.

This meet has been designated as a National Certification Qualifying meet. If interested in N2 or N3 Certification, applications for observation must be submitted to Heather Snelders (snelders@hotmail.com) prior to the end of the first session.

POOL REMINDERS:

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

MEET DIRECTOR: Kelli Creglow, (907) 441-8343, ckcreglow@aol.com / Catie Coursen, (907) 394-6347, cecoursen@hotmail.com

MEET REFEREE: Heather Snelders, (907) 707-4076, snelders@hotmail.com

SAFETY MARSHALL: Stephanie Snyder, (907) 394-3149, cssnyder@hotmail.com

Order of Events

Friday, February 5, 2016

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

Saturday, February 6, 2016

Girls	Age	Event	Boys
27	11 – 14	200 IM	28
29	11 – 14	50 Freestyle	30
31	11 – 12	50 Breaststroke	32
33	11 – 14	200 Breaststroke	34
35	11 – 14	500 Freestyle	36
37	11 – 12	400 Freestyle Relay	38
39	13 – 14	400 Freestyle Relay	40
41	10 & Under	200 IM	42
43	10 & Under	50 Freestyle	44
45	10 & Under	100 Breaststroke	46
47	10 & Under	500 Freestyle	48

Sunday, February 7, 2016

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

Time Standards (USA Swimming Single Age "B" Motivational Times)

LCM	SCM	SCY		SCY	SCM	LCM
10 & Under Girls			Event	10 & Under Boys		
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	8:30.49	500 (400) Free	8:22.79	7:20.09	7:29.49
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 Old Girls			Event	11 Year Old Boys		
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	7:28.29	500 (400) Free	7:27.49	6:31.69	6:40.59
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 Old Girls			Event	12 Year Old Boys		
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	7:09.29	500 (400) Free	7:02.99	6:10.19	6:15.49
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

LCM	SCM	SCY		SCY	SCM	LCM
13 Year Old Girls			Event	13 Year Old Boys		
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	6:59.79	500 (400) Free	6:43.69	5:53.29	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 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 Old Girls			Event	14 Year Old Boys		
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	6:51.79	500 (400) Free	6:29.49	5:40.89	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	06:21.2	6:37.09