

Candy Cane Splash Invitational Swim Meet

December 4, 2021

Hosted by Seward Tsunami Swim Club



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 **Tuesday, November 30th, 2021**

SANCTION	Under sanction #AK-202122-15 by USA Swimming and Alaska Swimming. It is understood and agreed that USA Swimming shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.	
LOCATION	Seward High School Pool 2100 Swetman Avenue Seward, AK 99664	
FACILITY	Indoor, 25-yard, six (6) lane pool. Colorado timing system with touch pads, one button/two watch back-up, six lane electronic timing display board, and horn/strobe start. Pool depth is 12' at the starting end and 3'6" at the turning end. This pool has not been certified in accordance with 104.2.2C(4) of the USAS Rules and Regulations.	
EVENT PERSONNEL	<p>Meet Referee: Cristan McLain</p> <p>Admin Official: Leslie Jacoby</p> <p>Meet Directors: Cristan McLain – email - cristancanoe@yahoo.com, - phone number 907-362-3722 Leslie Jacoby – email - stscleslie@gmail.com -phone number - 303-304-7932</p> <p>Safety Officer: Manette Stanley</p> <p>Entry Chair: Lynn Nappi – sewardtsunamis@gmail.com phone number 907-362-9028</p>	
SCHEDULE	Warm-ups	9:00 a.m.
	Official's Meeting	9:30 a.m.
	Coach's Meeting	9:15 a.m.
	Timers Meeting	9:45 a.m.
	Meet will begin	10:15 a.m.
WARM UPS	Warm ups in accordance with USAS warm-ups/warm-down procedures. Warm ups will be conducted in accordance with USAS and ASI. Breaks for warm-up/cool-down will be determined by meet referee.	

FORMAT	<ul style="list-style-type: none"> • All events will be swum as timed finals in SCY. • There will be a break of at least 15 minutes approximately mid-way through the events. Additional shorter breaks may be added. • Events may be combined at the discretion of meet management. Combined events will be awarded separately by age or gender.
SEEDING	All events will be pre-seeded, timed finals, and swum slowest to fastest
CHECK-IN PROCEDURE	Positive check-in at the computer table for the 400IM by 10:00 am, and for the 1000 free by the end of the break.
SCRATCHES	Scratches should be communicated to the computer table ideally before the start of the meet. There are no penalties for late scratches.
ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA-S registered swimmers. • 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 responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • Contestants must enter the age bracket corresponding to their age on the first day of the meet.
ADAPTIVE SWIMMERS	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.
ENTRY DEADLINE AND SUBMISSION	<p>MEET ENTRY CONTACT: Lynn Nappi</p> <p>ENTRY DEADLINE: Tuesday, November 30th, 2021</p> <p>Late entries may be considered on a case-by-case basis if they are received by 12pm Friday, 12/3/2021. Meet management will decide whether to accept the late entries, to reseed the meet, and to add heats.</p> <p>Send entries to: sewardtsunamis@gmail.com</p>
ENTRY LIMITS	Each swimmer may enter no more than four (4) individual events and one (1) relay

ENTRY RULES	<p>SDIF REQUIRED: Team entries may be submitted by email in Hytek/Team Unify format. A pre-built .HYV file for this meet will be available on the ASI website.</p> <p>ENTRIES MUST INCLUDE: Full legal name, age, USAS Swimming Registration number</p> <p>AGE: Swimmer's age on the day of the meet determines age group for the competition.</p> <p>DECK ENTRIES: Deck entries will not be accepted.</p> <p>SEED TIMES: Entry seed times are preferred to be submitted for short course yards (SCY). Times must be submitted to the hundredth of a second.</p> <p>DIVE START CERTIFICATION: 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 a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p>CHECK TEAM ENTRIES</p> <p>It is the responsibility of the TEAM entry person to confirm that entries have been received by the Entry Chair.</p>										
INCLUDE WITH TEAM ENTRY	<p>Team entries may be submitted by email in Hy-Tek / Team Unifyformat.</p> <p>Teams must submit the following prior to the beginning of the meet:</p> <ol style="list-style-type: none"> Hy-Tek meet entry report Hy-Tek team entry fee report Entry fees Coach/Swimmer USA-S Membership Verification form 										
ENTRY FEES	<p>INDIVIDUAL EVENT: \$3.00</p> <p>Entry Fees:</p> <table border="0"> <tr> <td>Facility charge:</td> <td>\$8.00 per swimmer</td> </tr> <tr> <td>Entry fee:</td> <td>\$3.50 per swimmer</td> </tr> <tr> <td>Individual event fee:</td> <td>\$2.50 per event</td> </tr> <tr> <td>Relay fee:</td> <td>\$5.50 per relay</td> </tr> <tr> <td>Late Fee:</td> <td>\$50.00</td> </tr> </table> <p>Please make checks payable to Seward Tsunami Swim Club (STSC). Meet fees can be mailed to PO Box 2328 Seward, AK 99664 with entries or delivered to the computer table prior to the start of the meet. Meet fees are nonrefundable.</p> <p>Scoring: No team or individual scoring.</p>	Facility charge:	\$8.00 per swimmer	Entry fee:	\$3.50 per swimmer	Individual event fee:	\$2.50 per event	Relay fee:	\$5.50 per relay	Late Fee:	\$50.00
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DECK ACCESS AND CREDENTIALS	<p>Closed deck. 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.</p>										
SPECTATORS	<p>Deck space is limited. We will not be allowing spectators at this meet. We hope to be able to livestream the meet.</p>										
RULES	<p>This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).</p>										

SCORING	Scoring: No team or individual scoring.
AWARDS	Ribbons will be awarded for 1st through 6th place <i>Results separated by age group & gender</i> AGE GROUPS: 10&U, 11-12, 13-14, 15&O
MEET PROGRAMS AND RESULTS	Coach's heat sheet will be available at the beginning of warm ups. Live results will be available on Meet Mobile.
LIABILITY	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.
RULES	<ul style="list-style-type: none"> • Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and cool-down lanes at any time. • No glass on deck at any time. • No shaving allowed on site. • Smoking or use of other tobacco products is not permitted before, during or after the meet within the facility or adjacent outdoor areas. • Photography (cameras, cell phones etc.) behind the blocks is not allowed.
DECK CHANGING	Deck Changes are prohibited. Per USA-S Rule 202.4.10(I).
RECORDING BAN	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.
DRONES	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. Per USA-S Rule 202.4.10(J).
FIRST RESPONDERS	Life guards are the first responders in case of emergency. Coaches and officials will assist life guards and activate the facility's Emergency Action Plan as needed.
Minor Athlete Abuse Prevention Policy (MAAPP)	All USA Swimming athletes 18 years of age and older must complete Athlete Protection Training prior to competition. Those who have not completed Athlete Protection Training, with training completion loaded into SWIMS, prior to this meet will not be allowed to compete. Athlete Protection Training can be found here: https://www.usaswimming.org/utility/landing-pages/safe-sport/apt
TIME TRIALS	Time trials will not be offered
TIMERS	STSC will provide the timers. Clubs having swimmers in the 1000 Free event, please provide your own timers. If you want to volunteer, please contact Leslie Jacoby
CONCESSIONS	Concessions will not be offered.
HOSPITALITY	A light hospitality will be available for coaches and volunteers.
HOUSING	Housing will not be provided.

USA SWIMMING REQUIRED LANGUAGE	<ul style="list-style-type: none"> • In applying for this sanctioned event, the Host, Seward Tsunami Swim club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Alaska Swimming, the State of Alaska, and the Kenai Peninsula Borough. It is understood that mandates may change. Meet management will stay abreast of the changes and will update and communicate mitigation plans accordingly. • 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. • 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. • 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 unknown, foreseen or unforeseen, in connection therewith. (USA Swimming)
COVID-19 MITIGATION	<ul style="list-style-type: none"> • Local city and borough protocols and requirements for the facility as of the event dates must be followed by ALL PARTICIPANTS at all times. (KPBSD Covid-19 Updates). 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.
COVID-19 LOGISTICS FOR TEAMS	<ul style="list-style-type: none"> • 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.

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.

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Girls	Event	Boys
1	Open 200 medley relay	2
3	12u 200 medley relay	4
5	10u 200 medley relay	6
7	Mixed open 400 IM	7
9	Mixed open 200 IM	9
11	12u 100 IM	12
13	8u 25 free	14
15	12u 50 free	16
17	Open 50 free	18
19	8u 25 Fly	20
21	12u 50 fly	22
23	Open 100 fly	24
25	8u 50 free	26
27	12U 100 free	28
29	Open 100 free	30
31	8u 100 free relay	32
33	Mixed open 200 free	33
35	8u 25 back	36
37	12u 50 back	38
39	Open 100 back	40
41	8u 25 breast	42
43	12 u 50 breast	44
45	Open 100 breast	46
47	Mixed open 1000	47