

## 2019 OPA/ALASKA SWIMMING JUNIOR OLYMPIC CHAMPIONSHIP

**April 25-28, 2019**

Hosted by Central Area Swimming

**SANCTION:** Under sanction AK-201819-33 by USA Swimming (USAS) and Alaska Swimming, Inc. (ASI). In granting this sanction, it is understood and agreed that USA Swimming, Alaska Swimming, Inc. (ASI) and Central Area Swimming (CAS) shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**LOCATION:** Bartlett High School Pool  
1101 Golden Bear Drive  
Anchorage, Alaska 99504

**FACILITY/EQUIPMENT:** 50-meter, 8-lane pool, utilizing Keifer Flo-Thru lane lines. Two movable bulkheads divide the pool into a 25-yard competition course and a 25-yard warm-up-warm-down course. Colorado Timing System 6 will be used with Colorado touchpads, 2-button semi-automatic backup, 1-button manual Dolphin stopwatches, 8-lane CTS display, and horn and strobe light start. Bartlett is not a USAS Certified Pool as the competition course has not been certified in accordance with 104.2.2C (4) of the USAS Rules and Regulations. The pool depth at the deep start is: 12 ft; deep turn: 5 ft; shallow start: 4 ft; shallow turn: 4 ft 10 in.

Competition Schedule	Preliminaries	Finals
Thursday, April 25	N/A	Warm-ups: 3:50 pm Positive Check-in closes 4:30 pm Competition: 5:00 pm
Friday, April 26	Warm-ups: 8:30-9:50 am Positive Check-in closes 9:30 am Competition: 10:00 am	Warm-ups*: 3:20-4:20 pm Competition: 4:30 pm
Saturday, April 27	Warm-ups: 7:30-8:50 am Positive Check-in closes 8:30 am Competition: 9:00 am	Warm-ups*: 2:20-3:20 pm Competition: 3:30 pm
Sunday, April 28	Warm-ups: 7:30-8:50 am Positive Check-in closes 8:30 am Competition: 9:00 am	Warm-ups*: 2:20-3:20 pm Competition: 3:30 pm

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**\*The shallow end pool will be open continuously throughout the Finals session on Friday, Saturday and Sunday.**

Meeting Schedule	Preliminaries	Finals
Mandatory Coaches' Meeting		Friday, April 27 - 8:15 am
Officials' Meetings	Friday, April 26 - 9:15 am Saturday, April 27 - 8:15 am Sunday, April 28 - 8:15 am	Thursday, April 26 - 4:30 pm Friday, April 27 - 3:45 pm Saturday, April 28 - 3:00 pm Sunday, April 29 - 3:00 pm

**\*Remember - Bartlett High School starts at 7:30 am...so plan your drive time accordingly.**

**PRELIMS:** Swum at BOTH ends of the pool, girls will be contested in the deep end Thursday and Saturday, boys will be contested in the deep end on Friday and Sunday.

During prelims, at the discretion of meet management, boys may have a break after each set of events with warm ups/warm downs in the small pool between pools, OR boys will compete in six lanes, leaving a one lane buffer and one lane for warm ups/warm downs. Swimmers will need to warm up/warm down in a timely manner to allow succeeding heats of swimmers room to warm up/warm down.

**FINALS** Age 11 & over: Swum at the deep end of the pool. For all final distance events, after positive check-in, events will be seeded at the discretion of meet management and may be swum at both ends of the pools.

**WARM UPS/ WARM DOWNS:** In accordance with ASI Procedures. Pool will close no later than 30 minutes after completion of last event for meet entrants. Warm up schedule and lane assignments will be determined by the meet referee once all entries have been received. Schedules/assignments will be forwarded to the coaches by email and posted on AK Swimming website prior the start of the meet.

**BREAKS:** A break of at least two hours shall be scheduled between the end of preliminaries and the start of finals with warm ups during the last hour.

**ELIGIBILITY:** Open to all swimmers currently registered with USAS and Alaska Swimming who have met or exceeded the qualifying time standards after January 1, 2018 in USA Swimming sanctioned or approved meets and time trials, or approved ASAA meets. 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.** Penalties for falsifying membership shall be imposed per 2018-2019 Alaska Swim Guide.

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**ADAPTIVE SWIMMERS:** Adaptive swimmers who have met the Alaska Swimming eligibility requirements are welcome and encouraged to participate. Coaches are responsible to contact the meet director and referee to confirm events, qualifying times and placements in advance.

## RULES:

1. Current USAS and ASI Rules and Regulations govern this meet, and take precedence over any item contained in this invitation. Meet format will be Prelims and Finals. For 11/12 and 13/14 age groups, there will be one Championship heat that will compete in finals. The 15 and over age group will have one Championship heat and one consolation heat in finals. The 10 and Under age group will compete in all timed finals during prelims.
2. All individual events which require preliminary competition will be pre-seeded in accordance with USA 102.5.1. The following events shall be swum as indicated per ASI Article 3.E.2:
  - a. The 400 IM and the 500, 1000 and 1650 Freestyle events shall be deck-seeded with positive check-in and shall be swum fastest to slowest with all ages combined. If there are insufficient officials to double-end, the boys' and girls' heats shall alternate with girls swimming first. Scoring by age group per ASI Article 3.E.2.
  - b. All preliminary events will be swum at both ends of the pool. The 400 IM, 500, 1000, and 1650 Freestyle events MAY be swum at both ends of the pool at the discretion of meet management.
  - c. During the 1650, 1000, and 500 Freestyle events and the 400 IM, swimmers and coaches are responsible for lap counters and timers.
3. Relay events will be swum in accordance with USA Swimming Rules 102.3.
  - a. All heats of the 400 Medley and 400 Freestyle relays shall be swum during prelims. Relay events may be combined at the referee's discretion.
  - b. A swim team may enter no more than (2) individually non-qualified swimmers per relay event.
  - c. Relay swimmers (including relay only swimmers) must be listed on the recap sheet and must pay all fees.
  - d. **COACHES PLEASE NOTE:** Relay cards must be submitted to the Clerk of Course Table (deep end computer table) thirty minutes prior to each relay. If changes have been made to the relay participants or their swim order after entries were submitted, these changes must be reflected by entering the first and last names of eligible relay swimmers on the relay card in their order of swim. **PINK & BLUE RELAY CARDS will be available at the Clerk of Course Table (deep end computer table).** Only top 8 relay teams will be scored.

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4. **10 & UNDER EVENTS:** Both individual and relay events will be swum as timed finals during the preliminary sessions in the respective ends of the pool.
5. **15/OLDER EVENTS:** Both a championship final and a consolation final heat will be included for the 15 and older age group. Both heats will be scored. The order of heats during the finals for a “preliminary & finals” event will be swum as consolation and championship final in that order.
6. Swimmers 20 years or older on the first day of the meet may not advance beyond prelims or score in timed finals, including relay events.
7. **TIME TRIALS:** Time trials shall be open only to swimmers entered in the meet. Time trials may be conducted each day between prelims and finals at the discretion of the meet management. **There is a \$5 non-refundable charge per time trial due at the time of sign-up-money for sign-ups will be collected at the deep end computer table.** The tentative time trial schedule and procedure for entry shall be established at the first coaches meeting of the meet. A coach desiring to time trial a swimmer shall make a request to the meet referee who shall determine the timing and feasibility of conducting the time trial. There shall be no guarantee that a requested time trial event will occur. There will be no time trial over 200 yards, and the count cannot exceed the swimmers maximum number of swims per day or meet.
8. Unattached swimmers or swimmers with coaches unable to attend the meet must be under the supervision of a USA-certified coach who has agreed to be responsible during the course of the meet. There will be no exhibition swimming.
9. **Scratches shall be delivered to the Clerk of Course Table (deep end computer table) no later than 9:30 AM for Friday’s events and no later than 8:30 AM for Saturday’s and Sunday’s events.** Individual and relay scratch rules will be in accordance with ASI Article 3.A.9 & 10.
10. 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 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.

### RESTRICTIONS

1. In accordance with USAS Rules and Regulations 202.4.9(H), the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms.
2. **Municipal Pool safety guidelines mandate that there be no shaving on site.**

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3. Deck suit changes are prohibited (202.4.9(I)).
4. All swimmers entered in the competition must comply with current USA Swimming rules regarding swimwear.
5. 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. (202.4.9(J))

### ENTRY INFORMATION:

1. **Swimmers may enter a maximum of three (3) events per day, with a total of seven (7) events for the meet, exclusive of relays.** Coaches are ultimately responsible for verifying the total number of events per swimmer for their team.
2. Relay entries: Clubs entering two or more relay teams in an event shall designate them as Team A, Team B, etc. Relay-only swimmers **MUST** pay all entry fees.
3. Events may be entered with a short course yards/meters, or long course meters entry time (SCY, SCM, LCM). **DO NOT** convert the times. Enter them as swum.
4. Entries, including all non-qualifying relay swimmers, must be submitted in Team Manager or Team Unify format sent by e-mail. A pre-built .HYV file for this meet is available on the ASI website at: [www.akswimming.org](http://www.akswimming.org)
5. A current USAS registration number for each athlete must be provided with entries.
6. Teams must submit the following with their entries:
  - a. Hy-Tek or Team Unify meet entry report
  - b. Hy-Tek or Team Unify team entry fee report
7. **All entries must be Postmarked OR Emailed/ received no later than 6 p.m. Wednesday, April 17th, 2019** (see AK Swimming Rules and Regs.. Art. 3.A. 8b). **LATE ENTRIES will not be accepted.** Meet Fees are due at Bartlett no later than Friday, April 26, 2019. Make checks payable to: Central Area Swimming. Entry fees are non-refundable.
8. It is the individual club's responsibility to confirm that entries have been received by meet management prior to the entry deadline.

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## SUBMIT ENTRIES TO:

Becky Cook: [becky@rbcook.net](mailto:becky@rbcook.net)

(Please enter "JO Entries <<Team Name>" in the subject line)

7541 Soldotna Drive  
Anchorage, AK 99507  
907-223-7925

Type of Charge	Amount	Per
Swimmer Surcharge	\$5.00	Per Swimmer
Facility Surcharge	\$18.00	Per Swimmer
Individual Event Fee	\$3.25	Per Event
Relay Event Fee	\$7.50	Per Relay

**SCORING:**      **All events:**      20-17-16-15-14-13-12-11 "A" Final  
                  **15 & UP Consoles:**      9-7-6-5-4-3-2-1 "B" Final  
                  **Relays:**      40-34-32-30-28-26-24-22 "A" Final

**AWARDS:**      **Individuals:**      1st - 3rd Medals      4th-8th Ribbons  
                  **Relays:**      1st - 3rd Meals

**HIGH POINT:**      Boys: 1st-3rd (10&U, 11/12, 13/14, 15&O)  
                            Girls: 1st-3rd (10&U, 11/12, 13/14, 15&O)

**TEAM AWARDS:**      1st-3rd combined scores  
                            Team with highest percentage of individual best times  
                            Team with most points per swimmer

**SWIMMER SEATING:** During the meet, space will be very limited on deck. Athletes, coaches, officials and volunteers only will be admitted to the deck. Parents and spectators are not allowed on deck.

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**HOUSING:** No housing will be provided or coordinated by meet management for this meet. A list of local hotels & motels is attached for your convenience. If housing assistance is needed in the event of an emergency, please contact the Meet Director.

**TRAVEL ASSISTANCE:** Travel assistance for the Alaska Swimming, Inc. Junior Olympic Championship 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.

**CONCESSIONS/HOSPITALITY:** There will be a concession stand (Friday, Saturday and Sunday) for spectators, and a hospitality room for coaches, official, timers and all other volunteer workers.

### MEET DIRECTORS:

Wendy Kolberg                      [kolbergw@yahoo.com](mailto:kolbergw@yahoo.com)                      Phone: 602-369-4103

Angela Heaphy                      [heaphy.angela@gmail.com](mailto:heaphy.angela@gmail.com)                      Phone: 703-473-6544

### MEET REFEREE:

Jill Blackstone                      [blackstone@mtaonline.net](mailto:blackstone@mtaonline.net)                      Phone: 907-444-1762

### ADMIN OFFICIAL:

Susan Oakley                      [susanjoie@gmail.com](mailto:susanjoie@gmail.com)                      Phone: 907-830-7487

### SAFETY MARSHAL:

David Kolberg                      [dhkolberg@yahoo.com](mailto:dhkolberg@yahoo.com)

**OFFICIALS:** Officials from all areas are invited and encouraged to participate on deck at this meet. If you have officials that have an interest in volunteering services, please forward their names to Jill Blackstone at the e-mail address above.

We are applying for this to be a National Certification Qualifying meet. If interested in N2 or N3 Certification, applications for observation must be submitted to Jill Blackstone ([alaskaofficials@gmail.com](mailto:alaskaofficials@gmail.com)) prior to the end of the first session.

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An N3 evaluation to be valid it must be done over 4 sessions in the position. N2 Evaluations must be done over 3 sessions in the position. Recertification evaluations must each 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.

## POOL MANAGEMENT REQUIREMENTS:

1. **NO GLASS ON DECK** at any time.
2. Per USAS and ASD regulations, smoking or use of other tobacco products is NOT permitted before, during, or after the meet in any area on the deck, in the pool building, or outside, adjacent to the pool building.
3. **Swimming under the bulkhead will result in immediate disqualification and ejection from the entire meet.**
4. Municipality of Anchorage lifeguards are first responders to any emergency.

**PARKING:** Will be available in the Bartlett High School parking lot. **School will be in session on Friday. Please park in the far west half of the lot on Friday (as far from the Bartlett gym as possible), as the nearer lot will be in use for school buses during the day. Vehicles parked in the area used by the school buses will be towed at the owner's expense.**

On Friday, Bartlett HS JROTC will be helping with parking on Friday. **There will be a small fee for parking in the BHS parking lot as a fundraiser for JROTC on Friday only.**

**NOTE TO COACHES:** After-meet clean-up costs have increased and we may be charged to dispose of the garbage/trash that is generated. Please encourage your swimmers (and others in attendance) to utilize refillable beverage containers and to recycle disposable items such as paper, aluminum and plastic in the appropriate receptacles located around the facility. Please be certain the area your team uses on deck has been cleaned of all debris prior to leaving the area to include team decorations. We are now being charged pool time until the LAST individual leaves the pool building. Please clean up your area and instruct your swimmers and parents to leave the building promptly upon completion of the meet each day.

Available for Download on the Alaska Swimming Website - [www.akswimming.org](http://www.akswimming.org)



## **2019 OPA/ALASKA SWIMMING JUNIOR OLYMPIC CHAMPIONSHIP**

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- Alaska Swimming and Junior Olympic Time Standards including SCM, LCM & SCY
- Officials Observation Application for N2 Certification
- Meet Entry Form
- Official's Application of Officiate Form

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Girls Event #	Girls Qualifying Time	Age Group	Event Description	Boys Qualifying Time	Boys Event #
<b>Day 1, Thursday April 25, 2019</b>					
1	23:07.29 SCY	11/12	1650 Free (1)	22:37.49 SCY	2
1	21:43.19 SCY	13/14	1650 Free (1)	20:43.19 SCY	2
1	21:26.19 SCY	15 & UP	1650 Free (1)	20:02.89 SCY	2
<b>Day 2, Friday April 26, 2019</b>					
3	NT	11/12	200 M. Rel. (3)	NT	4
5	NT	13/14	200 M. Rel. (3)	NT	6
7	NT	15 & UP	200 M. Rel. (3)	NT	8
9	47.49 SCY 53.99 LCM 52.49 SCM	10 & U (2)	50 Breast	46.59 SCY 53.29 LCM 51.39 SCM	10
11	39.99 SCY 45.49 LCM 44.19 SCM	11/12	50 Breast	39.59 SCY 45.39 LCM 43.69 SCM	12
13	1:22.39 SCY 1:34.99 LCM 1:30.99 SCM	13/14	100 Breast	1:15.59 SCY 1:28.09 LCM 1:23.49 SCM	14
15	1:20.69 SCY 1:32.49 LCM 1:29.19 SCM	15 & UP	100 Breast	1:12.09 SCY 1:23.49 LCM 1:19.59 SCM	16
17	41.89 SCY 48.89 LCM	10 & U (2)	50 Back	42.39 SCY 49.19 LCM	18

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	46.29 SCM			46.79 SCM	
19	35.59 SCY 41.19 LCM 39.29 SCM	11/12	50 Back	35.29 SCY 40.89 LCM 38.99 SCM	20
21	2:35.39 SCY 2:59.39 LCM 2:51.69 SCM	13/14	200 Back	2:25.89 SCY 2:49.69 LCM 2:41.19 SCM	22
23	2:32.39 SCY 2:55.59 LCM 2:48.39 SCM	15 & UP	200 Back	2:19.19 SCY 2:41.39 LCM 2:33.79 SCM	24
25	1:39.09 SCY 1:52.99 LCM 1:49.49 SCM	10 & U (2)	100 Fly	1:37.99 SCY 1:51.39 LCM 1:48.29 SCM	26
27	1:18.29 SCY 1:28.49 LCM 1:26.49 SCM	11/12	100 Fly	1:16.49 SCY 1:26.29 LCM 1:24.49 SCM	28
29	2:37.89 SCY 2:59.49 LCM 2:54.49 SCM	13/14	200 Fly	2:26.99 SCY 2:49.19 LCM 2:42.49 SCM	30
31	2:34.89 SCY 2:54.79 LCM 2:51.09 SCM	15 & UP	200 Fly	2:20.59 SCY 2:40.39 LCM 2:35.39 SCM	32
33	35.19 SCY 39.89 LCM 38.89 SCM	10 & U (2)	50 Free	34.49 SCY 39.49 LCM 38.09 SCM	34
35	31.49 SCY 35.79 LCM 34.69 SCM	11/12	50 Free	30.29 SCY 34.69 LCM 33.39 SCM	36
37	30.29 SCY 34.59 LCM 33.49 SCM	13/14	50 Free	27.89 SCY 31.99 LCM 30.79 SCM	38

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39	29.79 SCY 33.79 LCM 32.89 SCM	15 & UP	50 Free	26.79 SCY 30.19 LCM 29.59 SCM	40
41	3:08.59 SCY 3:36.09 LCM 3:28.39 SCM	11/12	200 Breast	3:00.99 SCY 3:28.69 LCM 3:19.99 SCM	42
43	7:35.49 SCY	10 & U (2)	500 Free (4)	7:26.99 SCY	44
43	6:38.39 SCY	11/12	500 Free (4)	6:27.49 SCY	44
43	6:20.09 SCY	13/14	500 Free (4)	5:58.99 SCY	44
43	6:12.09 SCY	15 & UP	500 Free (4)	5:45.99 SCY	44
<b>Day 3, Saturday April 27, 2019</b>					
45	NT	10 & U (2)	200 M. Rel (5)	NT	46
47	NT	11/12	400 M. Rel (5)	NT	48
49	NT	13/14	400 M. Rel (5)	NT	50
51	NT	15 & U	400 M. Rel. (5)	NT	52
53	NT	11/12	200 Fr. Rel. (6)	NT	54
55	NT	13/14	200 Fr. Rel. (6)	NT	56
57	NT	15 & UP	200 Fr. Rel. (6)	NT	58
59	2:57.39 SCY 3:20.99 LCM 3:15.99 SCM	10 & U (2)	200 Free	2:47.99 SCY 3:12.09 LCM 3:05.69 SCM	60
61	1:08.29 SCY	11/12	100 Free	1:05.89 SCY	62

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	1:18.49 LCM 1:15.49 SCM			1:15.69 LCM 1:12.89 SCM	
63	1:05.79 SCY 1:15.39 LCM 1:12.69 SCM	13/14	100 Free	1:00.89 SCY 1:09.99 LCM 1:07.29 SCM	64
65	1:04.59 SCY 1:13.59 LCM 1:11.39 SCM	15 & UP	100 Free	58.39 SCY 1:07.09 LCM 1:04.49 SCM	66
67	1:44.99 SCY 2:01.49 LCM 1:55.99 SCM	10 & U (2)	100 Breast	1:41.89 SCY 1:57.69 LCM 1:52.59 SCM	68
69	1:27.39 SCY 1:41.39 LCM 1:36.59 SCM	11/12	100 Breast	1:25.49 SCY 1:38.49 LCM 1:34.39 SCM	70
71	2:58.29 SCY 3:25.59 LCM 3:16.99 SCM	13/14	200 Breast	2:45.59 SCY 3:11.59 LCM 3:02.99 SCM	72
73	2:54.69 SCY 3:20.79 LCM 3:13.09 SCM	15 & UP	200 Breast	2:36.59 SCY 3:02.49 LCM 2:53.09 SCM	74
75	1:30.69 SCY 1:45.99 LCM 1:40.19 SCM	10 & U (2)	100 Back	1:29.69 SCY 1:43.59 LCM 1:39.09 SCM	76
77	1:18.49 SCY 1:31.09 LCM 1:26.69 SCM	11/12	100 Back	1:15.79 SCY 1:29.09 LCM 1:23.69 SCM	78
79	1:11.69 SCY 1:23.59 LCM 1:19.19 SCM	13/14	100 Back	1:06.89 SCY 1:18.29 LCM 1:13.89 SCM	80
81	1:10.09 SCY 1:21.99 LCM 1:17.39 SCM	15 & UP	100 Back	1:03.49 SCY 1:14.69 LCM 1:10.19 SCM	82

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83	1:31.69 SCY 1:41.29 SCM	10 & U (2)	100 IM	1:29.39 SCY 1:38.79 SCM	84
85	2:47.79 SCY 3:10.19 LCM 3:05.59 SCM	11/12	200 Fly	2:43.99 SCY 3:07.69 LCM 3:01.19 SCM	86
87	5:56.79 SCY 6:48.29 LCM 6:34.19 SCM	11/12	400 IM (7)	5:46.39 SCY 6:39.39 LCM 6:22.79 SCM	88
87	5:39.69 SCY 6:27.59 LCM 6:15.39 SCM	13/14	400 IM (7)	5:17.39 SCY 6:04.69 LCM 5:50.69 SCM	88
87	5:31.99 SCY 6:18.79 LCM 6:06.89 SCM	15 & UP	400 IM (7)	5:05.59 SCY 5:47.29 LCM 5:37.69 SCM	88
<b>Day 4, Sunday April 28, 2019</b>					
89	NT	10 & U (2)	200 Fr. Rel. (8)	NT	90
91	NT	11/12	400 Fr. Rel. (8)	NT	92
93	NT	13/14	400 Fr. Rel. (8)	NT	94
95	NT	15 & UP	400 Fr. Rel. (8)	NT	96
97	2:43.99 SCY 3:10.19 LCM 3:01.29 SCM	11/12	200 Back	2:40.29 SCY 3:06.49 LCM 2:57.19 SCM	98
99	3:15.59 SCY 3:43.19 LCM 3:36.19 SCM	10 & U (2)	200 IM	3:13.19 SCY 3:40.79 LCM 3:33.49 SCM	100
101	2:47.79 SCY 3:11.49 LCM 3:05.39 SCM	11/12	200 IM	2:44.19 SCY 3:09.29 LCM 3:01.49 SCM	102

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103	2:39.19 SCY 3:03.39 LCM 2:55.89 SCM	13/14	200 IM	2:28.59 SCY 2:51.99 LCM 2:44.19 SCM	104
105	2:36.19 SCY 2:59.69 LCM 2:52.59 SCM	15 & UP	200 IM	2:21.79 SCY 2:43.99 LCM 2:36.69 SCM	106
107	1:19.99 SCY 1:31.49 LCM 1:28.39 SCM	10 & U (2)	100 Free	1:18.79 SCY 1:30.29 LCM 1:26.99 SCM	108
109	2:29.69 SCY 2:50.39 LCM 2:45.39 SCM	11/12	200 Free	2:24.59 SCY 2:45.19 LCM 2:39.79 SCM	110
111	2:22.19 SCY 2:42.59 LCM 2:37.19 SCM	13/14	200 Free	2:12.79 SCY 2:32.29 LCM 2:26.69 SCM	112
113	2:19.19 SCY 2:38.69 LCM 2:33.79 SCM	15 & UP	200 Free	2:07.49 SCY 2:26.09 LCM 2:20.89 SCM	114
115	41.79 SCY 47.29 LCM 46.19 SCM	10 & U (2)	50 Fly	40.49 SCY 45.99 LCM 44.79 SCM	116
117	34.09 SCY 38.29 LCM 37.69 SCM	11/12	50 Fly	34.19 SCY 38.69 LCM 37.79 SCM	118
119	1:11.39 SCY 1:21.09 LCM 1:18.89 SCM	13/14	100 Fly	1:06.39 SCY 1:15.49 LCM 1:13.29 SCM	120
121	1:09.99 SCY 1:19.49 LCM 1:17.29 SCM	15 & UP	100 Fly	1:03.39 SCY 1:11.79 LCM 1:10.09 SCM	122

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123	1:18.39 SCY 1:26.59 SCM	11/12	100 IM	1:14.99 SCY 1:22.89 SCM	124
125	13:44.69 SCY	11/12	1000 Free (9)	13:30.19 SCY	126
125	13:01.79 SCY	13/14	1000 Free (9)	12:23.89 SCY	126
125	12:49.99 SCY	15 & UP	1000 Free (9)	11:57.79 SCY	126
<b>Notes</b>					
(1)	The 1650 Free is a consolidated, timed final – swum Thursday afternoon/evening. It will be double-ended, if number of officials will allow. Otherwise it will be swum in deep end in an alternating fashion with girls swimming first. Positive check in due by 4:30 pm to Clerk of Course. Those not checked in WILL be scratched. <b>Swimmers are responsible for providing timers and lap counters.</b>				
(2)	All 10 & U events are swum as timed finals during the preliminary session.				
(3)	The 11/12, 13/14, and 15 & Up 200 Med. Relay is a timed final event – swum at the beginning of finals.				
(4)	The 500 Free is a consolidated, timed final event – swum at the end of prelims. Positive check will close at 9:30 am. Those not checked in WILL be scratched. <b>Swimmers are responsible for providing timers and lap counters.</b>				
(5)	The 10 & U 200 Med. Relay and 11/12, 13/14, and 15 & Up 400 Med. Relays are timed final events– swum at the beginning of prelims.				
(6)	The 11/12, 13/14, and 15 & Up 200 Free Relays are timed final events – swum at the beginning of finals.				



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(7)	The 400 IM is a consolidated, timed final – swum at the end of prelims. Positive check in due by 8:30 am to clerk of course. Those not checked in WILL be scratched. <b>Swimmers are responsible for providing timers.</b>
(8)	The 10 & U 200 Free Relay and 11/12, 13/14, and 15 & Up 400 Free Relays are timed final events– swum at the beginning of prelims.
(9)	The 1000 Free is a consolidated, timed final – swum at the end of prelims. Positive check in closes at 8:30 am. Those not checked in WILL be scratched. <b>Swimmers are responsible for providing timers and lap counters.</b>

### EVENT LISTS

#### Anchorage Hotels and Motels:

Hotel	Phone	URL
Comfort Inn Ship Creek, 11 Ship Creek Blvd.	277-6887	<a href="http://www.comfortin.com">www.comfortin.com</a>
Dimond Center Hotel, 700 E. Dimond Blvd.	770-5000	<a href="http://www.dimondcenterhotel.com">www.dimondcenterhotel.com</a>
Fairfield Inn and Suites, 5060 A Street	222-9000	<a href="http://www.marriot.com">www.marriot.com</a>
Hampton Inn, 4301 Credit Union Drive	550-7000	<a href="http://www.hamptonanchorage.com">www.hamptonanchorage.com</a>
Clarion Suites Downtown, 1110 W. 8th Avenue	222-5005	<a href="http://www.clarionhotel.com">www.clarionhotel.com</a>
Hilton Garden Inn, 4555 Union Square Drive	729-7000	<a href="http://www.hgihotelanchorage.com">www.hgihotelanchorage.com</a>

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Homewood Suites by Hilton, 101 W. 48th Ave.	762-7000	<a href="http://www.homewoodanchorage.com">www.homewoodanchorage.com</a>
Motel 6, 5000 A Street	677-8000	<a href="http://www.motel6.com">www.motel6.com</a>
Marriott Springhill Suites, Midtown, 3401 A Street	562-3247	<a href="http://www.marriott.com">www.marriott.com</a>
Residence Inn Anchorage, Midtown, 1025 E. 35th Ave.	563-9844	<a href="http://www.marriott.com">www.marriott.com</a>
Alaska Ramada Inn, 115 E. 3rd Ave.	907-272-7561	<a href="http://www.ramada.com">www.ramada.com</a>