

2019 Region XIV/Alaska Swimming Senior Championships

January 25-27, 2019

Hosted by Kachemak Swim Club – Homer, AK

Sanction: Under sanction # **AK-201819-23** by USA Swimming and Alaska Swimming, Inc. (ASI). 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: Kate Kuhns Aquatic Center
Homer High School
600 E. Fairview Ave.
Homer, AK 99603

Facility: Indoor, six (6) lane, 25-yard competition pool. Colorado Timing system with touch pads, six (6) lane electronic timing display board, one button manual back-up, two hand held digital watch back-up, and horn/strobe light start. Pool depth is 12' 9" at the starting end and 3' 6" at the turning end. This competition course has not been certified in accordance with 104.2.2C(4) of the USAS Rules and Regulations.

Meet Times:	<u>Warm Up</u>	<u>Meet Start</u>
Friday timed finals	4:45-5:45pm	6:00pm ¹
	¹ <i>Positive check-in for 1000 Free closes 5:30pm</i>	
Saturday prelims	8:45-9:45am	10:00am
Saturday finals	TBA	TBA
Sunday prelims	7:45-8:45am	9:00am
Sunday finals	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.

Warm-ups will be conducted in accordance with Alaska Swimming Warm-up/Warmdown procedures and will include brief breaks between events at the discretion of the meet referee during which times the pool will be open.

Meetings:

Officials – Friday 4:45pm; Saturday 8:45am; Sunday 8:00am

Coaches –Friday 4:30pm; Saturday 8:30am; Sunday if necessary (time TBA).

Timers – Friday 5:30pm; Saturday 9:30am; Sunday 8:30am

Eligibility: Participants must be registered athlete members of any USA Swimming LSC or any recognized FINA member that have met the qualifying time since January 1, 2018. Times may be from a sanctioned USA/FINA Swim meet, time trial, or an Alaska High School Regional or State Championship

that were approved and loaded into SWIMS. All times must meet the appropriate qualifying standard, eligibility time frame and must be verified.

Adaptive Swimmers are welcome and encouraged to attend. Coaches should include a written description of the special needs of the disabled/adaptive swimmer with the team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.

Rules:

1. Current USA and Alaska Swimming Rules will govern this meet.
2. Swimmers may enter all individual events in which they are qualified, but will be limited to compete in six (6) individual events, exclusive of relay events and time trials. Only one relay entry per swimmer per session is allowed.
3. All individual events shall be conducted with preliminaries, consolation finals and championship finals on the same day except the 1000 freestyle event which shall be conducted as timed finals swum fastest to slowest, alternating girls/boys on Friday.
4. Relays shall be swum as timed finals during the prelim or finals sessions. Relay events shall have no qualifying times. Teams may enter no more than two (2) individually non-qualified swimmers per relay event.
5. The order of heats during finals for a preliminary and final event will be swum as consolation and final in that order. Empty lanes will be filled by moving swimmers up in order, from the slowest heats, without reseeding the heats.
6. This meet will be run as a “no recall meet”.
7. Fly-over starts may be used.
8. Time trial events will be available at the discretion of the Meet Referee.
9. 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.
10. 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.
11. 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. Deck changes are prohibited.
12. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
*Exceptions may be granted with prior written approval by the Program Operations Vice Chair.
13. The pool has NOT been certified in accordance with 104.2.2C(4) USAS rules and regulation.

Entries:

1. Article 3.B.1 states that "Swimmers may enter all individual events in which they are qualified but will be limited to compete in six (6) individual events, exclusive of relay events and time trials." Qualifiers can receive up to 5 bonus swims for a total of six (6) individual swims, exclusive of relay events. They must adhere to the appropriate scratch rules if they enter more than 6.
2. A Swimmer may only swim in three (3) events per day per USAS 102.2.2 (Time trials count towards this 3 event maximum.).
3. There is no limit to the number of relays a club may enter, but only the top two (2) can score in each event.
4. Email your entries on or before Wednesday, January 16, 2019 using either Hy-Tek TeamManager software or TeamUnify. Please include a Team Entry Report, Meet Fees Report, and current USAS registration number for each athlete.
5. Late entries will be accepted through Sunday, January 20, 2019 subject to a \$50 fee per team (or per swimmer if Unattached).
6. The name and contact information, email address and/or phone number, of the person responsible for the entries must be included with the entries.
7. Meet fees are nonrefundable.

Please email your entries to Quinten Arndt – gkarndt@yahoo.com ; (907) 399-1999

Meet Fees:

- Swimmer Surcharge \$18.00**
- Swimmer Entry Fee \$ 5.00**
- Individual Event \$ 3.25**
- Relay Event \$ 7.50**
- AK Swimming General Chair Fee \$50.00 per team**

Please make checks payable to ***Kachemak Swim Club.***

Scoring: Scores shall be kept on combined team scores, men's and women's team scores and individual scores.

Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1

Relays: 32-26-24-22-20-18-14-10-8-6-4-2

Awards: Individual: Medals 1st – 3rd, Ribbons 4th – 6th.

Relays: Ribbons 1st – 3rd.

High Point awards:

Girls 1st through 3rd.

Boys 1st through 3rd.

1st place girl's team

1st place boy's team

1st-3rd combined team

Most points per swimmer team award (minimum 6 swimmers)

Best Time Percentage team award (minimum 6 swimmers)

Sponsored Lodging:

Best Western Bidarka Inn - <http://www.bidarkainn.com/> - (907) 235-8148

\$89 per room with two queen beds and complimentary hot breakfast buffet

Land's End - <https://www.lands-end-resort.com/> - (800) 478-0400

\$69-\$79 for 1 double and 1 twin trundle

\$79-\$99 for 2 doubles

\$119 for 3 bed suites

Concessions: A concession stand will be running during the meet with snacks available for purchase.

Swim Shop: Limited numbers of goggles available for purchase.

Hospitality: Food and beverage items available to coaches and officials during meet.

Officials: All certified officials would be appreciated and are encouraged to help.

If interested, please email Meet Referee Renae Blanton at renae_b@yahoo.com.

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 Heather Snelders (alaskaofficials@gmail.com) prior to the end of the first session.

An N3 evaluation must be done over 4 sessions in the position to be valid. 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 Rules: No glass on deck at any time. No shaving allowed on site. No smoking nor use of other tobacco products on KPBSD grounds.

Meet Director/Safety Officer: Paul Story – pstory@kpbsd.org – (907) 299-3523

Meet Referee: Renae Blanton – renae_b@yahoo.com

**Alaska Sr Champs Qualifying Time Standards are current 13-14 "A" times listed on last page.*

***If a swimmer qualifies in just one event, s/he gets 5 bonus swims!*

****ASI travel reimbursement for Sr. Champs has been very generous for swimmers attending from outside the host area. So come join us!*

Friday, January 25, 2019		
Women	Event	Men
1	1000 Free ¹	2
3	800 Free Relay	4

¹ Positive check-in closes at 5:30pm

Saturday, January 26, 2019		
Women	Event	Men
5	200 Free	6
7	100 Back	8
9	200 Breast	10
11	100 Fly	12
13	50 Free	14
15	400 IM	16
End of Saturday Prelims		
Women	Event	Men
17	400 Med. Relay	18
End of Saturday Finals		
Women	Event	Men
19	200 Free Relay	20
921	Mixed 200 Free Relay	921

Sunday, January 27, 2019		
Women	Event	Men
21	200 IM	22
23	100 Free	24
25	200 Fly	26
27	100 Breast	28
29	200 Back	30
31	500 Free	32
End of Sunday Prelims		
Women	Event	Men
33	400 Free Relay	34
End of Sunday Finals		
Women	Event	Men
35	200 Med. Relay	36
922	Mixed 200 Med. Relay	922

2019 AK Sr. Champs Q-times (13-14 USAS A times)

<i>Girls</i>		<i>Boys</i>
27.99	50 Y Free	25.69
1:00.69	100 Y Free	56.29
2:11.29	200 Y Free	2:02.59
5:50.89	500 Y Free	5:31.39
12:01.69	1000 Y Free	11:26.69
20:02.99	1650 Y Free	19:07.59
1:06.19	100 Y Back	1:01.79
2:23.39	200 Y Back	2:14.69
1:15.99	100 Y Breast	1:09.79
2:44.59	200 Y Breast	2:32.89
1:05.99	100 Y Fly	1:01.29
2:25.79	200 Y Fly	2:15.69
2:26.99	200 Y IM	2:17.19
5:13.59	400 Y IM	4:52.99