



2019 Alaska Swimming  
Summer Long Course Championship  
Hosted by  
Central Area Swimming  
July 26-28, 2019

<b>SANCTION</b>	<b>AK-201819-35 Under sanction of USA Swimming and Alaska Swimming, Inc.</b> 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.			
<b>LOCATION</b>	Bartlett Pool 1101 Golden Bear Drive Anchorage, AK 99540			
<b>FACILITY</b>	50-meter, 8-lane pool, utilizing Keifer Flo-Thru lane lines. 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 start (deep end) is 12 ft; pool depth at the turn (shallow end) is 4 ft.			
<b>EVENT PERSONNEL</b>	<p><b>Meet Referees:</b>  Renaë Blanton (<a href="mailto:renae_b@yahoo.com">renae_b@yahoo.com</a>) Phone: 970-946-6452  Jill Blackstone (<a href="mailto:blackstone@mtaonline.net">blackstone@mtaonline.net</a>) Phone: 907-444-1762</p> <p><b>Admin Referee:</b>  Susan Oakley (<a href="mailto:susanjoie@gmail.com">susanjoie@gmail.com</a>) Phone: 907-830-7487</p> <p><b>Meet Directors:</b>  Wendy Kolberg (<a href="mailto:kolbergw@gmail.com">kolbergw@gmail.com</a>) Phone: 602-369-4103  Angela Heaply (also <b>Entries Chair</b>) (<a href="mailto:heaply_angela@gmail.com">heaply_angela@gmail.com</a>) Phone: 703-473-6544</p> <p><b>Safety Marshall:</b>  David Kolberg (<a href="mailto:dhkolberg@yahoo.com">dhkolberg@yahoo.com</a>)</p>			
<b>SCHEDULE</b>		Friday	Saturday	Sunday
	<b>Prelims Warm Up</b>	8:00	8:00	8:00
	<b>Prelims Start</b>	9:00	9:00	9:00
	<b>Positive Check-in for distance events</b>	8:30	8:30	8:30
	<b>Finals Warm Up</b>	2:00	2:00	2:00
	<b>Finals Start</b>	3:00	3:00	3:00
	<b>Officials' Meeting – prelims</b>	8:15	8:15	8:15
	<b>Officials' Meeting – finals</b>	2:15	2:15	2:15
	<b>Coaches' Meeting</b>	7:45	As needed	As needed
	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.			

FORMAT	<ul style="list-style-type: none"><li>• This meet will be conducted in <b>LCM</b> (Long Course Meters)</li><li>• All events shall be conducted with preliminaries and finals on the same day with the following exceptions:<ul style="list-style-type: none"><li>○ The <b>400 IM</b> events will be swum as timed finals at the conclusion of preliminaries.</li><li>○ The <b>400 freestyle</b> events will be swum as timed finals during the preliminary session.</li><li>○ The <b>800 and 1500 freestyle</b> events shall be conducted as timed finals as the last event of their respective preliminaries sessions.</li></ul></li><li>• The <b>400 Medley and 400 Freestyle relays</b> (11 and older) will be swum as timed finals at the beginning of the finals;</li><li>• The <b>200 Medley and 200 Freestyle relays</b> (11 and older) will be swum as timed finals at the beginning of prelims.</li><li>• <u>All 10 &amp; U events (individual and relay) will be swum as timed finals during the preliminaries sessions.</u></li><li>• <b>Fly-over starts</b> may be used.</li><li>• Should <b>backstroke ledges</b> be used, identical ledges shall be provided for all lanes, per USAS 103.15.5.</li></ul>		
WARM UPS	Warm up and warm down procedures will be enforced in accordance with ASI 2019-2020 Rules and Regulations. (See appendix A)		
	For safety reason, feet first entry is required unless a lane has been designated for coach-starts.		
		First 30 minutes	Last 20 minutes
	Session Warm Up	Open warm ups	Lanes will be designated for coach-starts at the discretion of the meet referee.
	During Competition	Breaks may be taken after each event set at the discretion of the meet referee. Pool will be open during in-session breaks.	
Pool Closed	Session warm up will close 10 minutes prior to session start time. Pool will be closed between prelims and finals.		
SEEDING	The <b>400, 800 and 1500 freestyle and the 400 IM</b> events shall be deck seeded with positive check in and shall be swum fastest to slowest with all ages combined. The boys’ and girls’ heats shall alternate with girls swimming first. Scoring will be computed by age group event and awards will be generated by age group event.		
SCRATCH RULES	Individual and relay scratch rules will be in effect as stated in the 2019-2020 ASI Rules and Regulations (article 3.A.9).		
	A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event.		
	Scratches shall be made at the Clerk of Course on the provided scratch sheet.		
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	<b>Adaptive Swimmers</b> 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.	
<b>ENTRY RULES</b>	<p><b>Dive certification:</b> 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.</p> <p><b>Late entries:</b> Non-qualifying times/late entries will not be accepted.</p> <p><b>Qualifying times:</b> Swimmers must meet qualifying times for this meet (See appendix for details.) This meet shall include the 10&amp;U, 11-12, 13-14, and 15 &amp; Older age groups.</p> <p><b>Deck entries:</b> Deck entries shall not be included.</p> <p><b>USA Swimming and Alaska Swimming Rules:</b> Current USA and Alaska Swimming Rules will govern this meet.</p>	
<b>ENTRY LIMITS</b>	<p><b>Swimmers may enter three (3) events per day for a meet maximum of seven (7) individual events</b>, exclusive of relay events.</p> <p>A swimmer may only swim in three (3) events per day per USAS 102.2.2.</p> <p>Time trials are included in three event per day maximum USAS 102.2.7.</p> <p><b>Relay events</b> in the AK Swimming Summer Champs shall have no qualifying times. A swim team/club may enter no more than two (2) individually non-qualified swimmers per relay event.</p>	
<b>ENTRY SUBMISSIONS AND DEADLINES</b>	<p>Email your entries on or before <b><u>Wednesday, July 17, 2019</u></b> using either Hy-Tek team manager software or Team Unify.</p> <p><b><u>Entries must include a Team Entry Report, Meet Fees Report,</u></b> and <b>current USAS registration number</b> for each athlete.</p> <p>For each swim club/team, please include with the entries the name and contact information, email address and/or phone number, of the person responsible for the entries.</p> <p><b>Please email your entries to Angela Heaphy:</b>  <b>Email:</b> (<a href="mailto:heaphy.angela@gmail.com">heaphy.angela@gmail.com</a>).  <b>Phone number:</b> 703-473-6544  Contact Angela Heaphy for details or further questions.</p>	
<b>MEET FEES</b>	<b>Swimmer Facility Surcharge</b> <b>Swimmer Entry Fee</b> <b>Individual Event</b> <b>Relay Event</b> <b>AK General Chair Travel Fund</b>	\$20.00 per swimmer \$ 5.00 per swimmer \$ 3.25 per swimmer \$ 7.50 per relay \$50.00 per team
	<p>Please make checks payable to <b><i>Central Area Swimming</i></b> and can be delivered to the computer table on the first day of the meet.</p> <p>Meet fees are nonrefundable.</p>	

<b>SCORING</b>	<p>Scores shall be kept on combined team scores, men's and women's team scores and individual scores.</p> <p><b>Individual Events:</b> 20-17-16-15-14-13-12-11 for the 'A' Final</p> <p><b>15/O Consolation:</b> 9-7-6-5-4-3-2-1 for the 'B' Final</p> <p><b>Relays:</b> 40-34-32-30-28-26-24-22 (scoring 1-8 only)</p>
<b>AWARDS</b>	<p>Individual: Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 8<sup>th</sup>.  Relays: Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 8<sup>th</sup>.  High Point awards:  Girls 1<sup>st</sup> through 3<sup>rd</sup>.  Boys 1<sup>st</sup> through 3<sup>rd</sup>.  1<sup>st</sup> place girls' team  1<sup>st</sup> place boys' team  1<sup>st</sup>-3<sup>rd</sup> combined team</p> <p>Most points per swimmer team award (minimum 6 swimmers)  Best Time Percentage team award (minimum 6 swimmers)</p>
<b>TIME TRIALS</b>	Time trial events will be available at the discretion of the Meet Referee. Swimmers must provide their own timers.
<b>OFFICIALS</b>	<p>All certified officials would be appreciated and are encouraged to help. If interested, please email meet referee, Renae Blanton (<a href="mailto:renae_b@yahoo.com">renae_b@yahoo.com</a>).</p> <p>Application for a National Certification Qualifying meet is pending. If you are interested in N2 or N3 certification, please email Renae Blanton (<a href="mailto:renae_b@yahoo.com">renae_b@yahoo.com</a>).</p>
<b>DECK ACCESS AND CREDENTIALS</b>	Closed deck. Athletes, coaches and volunteers only. Coaches must supply computer table with current credentials prior to competition. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met. Deck Pass App will suffice.
<b>HOSPITALITY</b>	Hospitality will be offered for coaches, officials and volunteers only.
<b>RULES</b>	This meet will be run according to USA Swimming/Alaska Swimming rules and regulations.
<b>POOL RULES</b>	<ul style="list-style-type: none"> <li>• No glass on deck at any time.</li> <li>• No shaving allowed on site.</li> <li>• Smoking will not be permitted inside the pool building or on pool/school property.</li> </ul>
<b>DECK CHANGING</b>	Deck changing is prohibited.
<b>RECORDING BAN</b>	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.
<b>DRONES</b>	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.
<b>HOUSING</b>	Housing will not be arranged, nor provided by Central Area Swimming
<b>CONCESSIONS</b>	A concession stand with healthy snacks will be provided during the meet.

**The Municipality of Anchorage reserves the right to impose additional fees for cleaning/maintenance beyond the normal course of the meet. These additional fees will be passed on to the parties/teams that are responsible.**

## List of Events

Friday	Saturday	Sunday
11/12 400 Med Relay <sup>1</sup>	11/12 400 Free Relay <sup>1</sup>	10/U 200 Free Relay <sup>1</sup>
13/14 400 Med Relay <sup>1</sup>	13/14 400 Free Relay <sup>1</sup>	11/12 200 Free Relay <sup>1</sup>
15/Over 400 Med Relay <sup>1</sup>	15/Over 400 Free Relay <sup>1</sup>	13/14 200 Free Relay <sup>1</sup>
		15/Over 200 Free Relay <sup>1</sup>
10/U 50 Breast <sup>2</sup>	10/U 200 Med Relay <sup>1</sup>	
11/12 50 Breast	11/12 200 Med Relay <sup>1</sup>	10/U 200 IM <sup>2</sup>
11/12 200 Breast	13/14 200 Med Relay <sup>1</sup>	11/12 200 IM
13/14 100 Breast	15/Over 200 Med Relay <sup>1</sup>	13/14 200 IM
15/Over 100 Breast		15/Over 200 IM
	10/U 50 Free <sup>2</sup>	
10/U 50 Back <sup>2</sup>	11/12 100 Free	10/U 100 Free <sup>2</sup>
11/12 50 Back	13/14 100 Free	11/12 200 Free
11/12 200 Back	15/Over 100 Free	13/14 200 Free
13/14 200 Back		15/Over 200 Free
15/Over 200 Back	10/U 100 Breast <sup>2</sup>	
	11/12 100 Breast	10/U 50 Fly <sup>2</sup>
10/U 100 Fly <sup>2</sup>	13/14 200 Breast	11/12 50 Fly
11/12 100 Fly	15/Over 200 Breast	11/12 200 Fly
13/14 200 Fly		13/14 100 Fly
15/Over 200 Fly	10/U 100 Back <sup>2</sup>	15/Over 100 Fly
	11/12 100 Back	
10/U 200 Free <sup>2</sup>	13/14 100 Back	11/12 1500 Free <sup>4</sup>
11/12 50 Free	15/Over 100 Back	13/14 1500 Free <sup>4</sup>
13/14 50 Free		15/Over 1500 Free <sup>4</sup>
15/Over 50 Free	11/12 400 IM <sup>3</sup>	
	13/14 400 IM <sup>3</sup>	
11/12 800 Free <sup>4</sup>	15/Over 400 IM <sup>3</sup>	
13/14 800 Free <sup>4</sup>		
15/Over 800 Free <sup>4</sup>	10/U 400 Free <sup>5</sup>	
	11/12 400 Free <sup>5</sup>	
	13/14 400 Free <sup>5</sup>	
	15/Over 400 Free <sup>5</sup>	

<sup>1</sup> All heats of 11 and older 400 Medley and 400 Freestyle relays will be swum at the beginning of finals. All 11 and older 200 Medley and 200 Freestyle relays will be swum at the beginning of prelims.

<sup>2</sup> All 10 & U events (individual and relay) will be swum as timed finals during the preliminaries sessions.

<sup>3</sup> The 400 IM events will be swum as timed finals at the conclusion of preliminaries.

<sup>4</sup> The 800/ 1000 and 1500/1650 freestyle events shall be conducted as timed finals as the last event of their respective preliminaries sessions.

<sup>5</sup> The 400/500 freestyle events will be swum as timed finals during the preliminary session.

# Alaska Swimming Summer Championship Qualifying Time Standards

## Short Course Yards

Girls					Boys			
10U	11/12	13/14	15O		10U	11/12	13/14	15O
38.89	33.79	32.69	32.09	50 Free	38.09	32.59	29.99	28.89
1:29.59	1:13.59	1:10.79	1:09.59	100 Free	1:27.79	1:10.99	1:05.59	1:02.89
3:19.19	2:41.19	2:33.19	2:29.89	200 Free	3:06.69	2:35.69	2:22.99	2:17.29
8:26.09	7:09.09	6:49.39	6:40.69	400/500 Free	8:16.69	6:57.29	6:26.59	6:12.59
	14:48.09	14:01.99	13:49.19	800/1000 Free		14:32.59	13:21.19	12:52.99
	24:53.99	23:23.49	23:05.19	1500/1650 Free		24:21.89	22:18.89	21:35.39
46.99	38.29			50 Back	47.69	38.19		
1:41.99	1:25.19	1:17.19	1:15.39	100 Back	1:40.19	1:22.19	1:12.09	1:08.39
	2:56.59	2:47.29	2:44.09	200 Back		2:52.69	2:37.09	2:29.89
53.29	43.09			50 Breast	52.09	42.89		
1:58.09	1:34.39	1:28.69	1:26.89	100 Breast	1:53.59	1:32.49	1:21.39	1:17.59
	3:23.09	3:11.99	3:08.19	200 Breast		3:14.89	2:58.39	2:48.69
47.39	36.69			50 Fly	45.69	37.09		
1:53.99	1:25.09	1:16.89	1:15.39	100 Fly	1:52.39	1:23.29	1:11.49	1:08.29
	3:00.89	2:50.09	2:46.79	200 Fly		2:56.59	2:38.29	2:31.39
3:38.49	3:00.69	2:51.49	2:48.19	200 IM	3:35.49	2:57.59	2:39.99	2:32.69
	6:24.19	6:05.79	5:57.59	400 IM		6:13.09	5:41.79	5:29.09

## Long Course Meters

Girls					Boys			
10U	11/12	13/14	150		10U	11/12	13/14	150
44.09	38.49	37.29	36.39	50 Free	43.59	37.39	34.39	32.59
1:42.39	1:24.49	1:21.19	1:19.29	100 Free	1:40.69	1:21.49	1:15.39	1:12.29
3:45.79	3:03.49	2:55.09	2:50.89	200 Free	3:33.49	2:57.89	2:44.09	2:37.39
7:36.79	6:23.89	6:07.19	5:58.49	400 Free	7:29.49	6:15.49	5:49.09	5:33.69
	13:26.79	12:35.99	12:21.29	800 Free		13:11.69	12:05.89	11:40.49
	25:45.79	24:06.39	23:43.89	1500 Free		25:13.59	23:06.49	22:08.99
54.89	44.29			50 Back	55.29	44.19		
1:59.19	1:38.89	1:29.99	1:28.29	100 Back	1:55.69	1:36.79	1:24.39	1:20.39
	3:24.79	3:13.19	3:09.09	200 Back		3:20.79	3:02.69	2:53.79
1:00.49	48.99			50 Breast	59.69	49.29		
2:16.69	1:49.49	1:42.29	1:39.59	100 Breast	2:11.29	1:46.69	1:34.89	1:29.89
	3:52.69	3:41.39	3:36.29	200 Breast		3:44.69	3:26.29	3:16.49
53.59	41.29			50 Fly	51.79	41.99		
2:09.99	1:36.19	1:27.29	1:25.59	100 Fly	2:07.79	1:33.99	1:21.29	1:17.39
	3:24.89	3:13.29	3:08.19	200 Fly		3:22.09	3:02.19	2:52.69
4:09.39	3:26.29	3:17.39	3:13.49	200 IM	4:06.19	3:24.69	3:05.29	2:56.59
	7:19.69	6:57.39	6:47.89	400 IM		7:10.19	6:32.69	6:14.09