

2018 IM PENTATHLON

September 29



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 midnight Friday, September 21, 2018.		
SANCTION	Under sanction #AK-201819-02 by USA Swimming and Alaska Swimming.	
LOCATION	Hamme Pool 901 Airport Way Fairbanks, AK 99701	
FACILITY	Six (6) lane, 25 yard competition pool, divided by Flo-thru lane lines. CTS6 timing system with touch pads, DisplayLink scoreboard, CTS Dolphin back-up watches, and horn/strobe light start. The competition course has not been certified in accordance with 104.2.2C(4). Pool depth at start end is five feet and four feet at turn end.	
EVENT PERSONNEL	Meet Referee: Warren Lucero 907-750-2186 Email: warren.lucero@tananachiefs.org Admin Referee: Diane Beshears 907-388-0295 Email: dbeshears@pavingproductsalaska.com Meet Director: Joanna Fox 907-978-2516 Email: joanna@gci.net Entry Chair: Josh Gregory 970-689-1407 Email: coachjosh@aksst.com	
SCHEDULE	11&O/Advanced Warm Up (all lanes)	9:00-9:25am
	10&U/Novice Warm Up (all lanes)	9:25-9:40am
	Pace (1-2) - Sprint (3-4) - General (5-6) Warm UP	9:40-9:50am
	Official's Meeting	9:30am
	Coach's Meeting	9:50am
	Competition	10:00am
	PROJECTED TIMELINE: will be established and distributed by Thursday, September 27, along with the heat/lane assignment report.	
FORMAT	- This meet will be conducted in SCY - All events are timed finals, pre-seeded with heats swum FASTEST TO SLOWEST. - Diving well will be open for continuous warm up/down.	
RULES	This meet will be run according to USA Swimming/Alaska Swimming/Northern Area Swimming rules and regulations. 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. No food allowed on deck.	
ELIGIBILITY	Open to all USA-S registered swimmers. <i>Post high school athletes may compete as exhibition only.</i>	
ENTRY RULES	SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file ENTRIES MUST INCLUDE: Full legal name, age, USA Swimming Registration number AGE: Swimmer's age on the day of the meet determines age group for the competition.	

ENTRY RULES (CONT.)	DECK ENTRIES: Deck entries will not be accepted. 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.
ENTRY LIMITS	Five (5) individual events. Swimmers must enter the five (5) pentathlon events for either the IMX division <u>OR</u> the IMR division, completed without disqualification, to receive a score. Swimmers will not be guaranteed twenty minutes between events.
ENTRY DEADLINE AND SUBMISSION	ENTRY DEADLINE: Midnight on Friday, September 21, 2018. Late entries will not be accepted. MEET ENTRY CONTACT: Josh Gregory Email: coachjosh@aksst.com Phone: 970-689-1407
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.
INCLUDE WITH TEAM ENTRY	Team Entry Report and Team Fees Report
ENTRY FEES	INDIVIDUAL EVENT: \$3.00 ATHLETE SURCHARGE: \$10.00 Please make checks payable to: Stingray Swim Team Deliver fees to computer table during meet, or mail to: PO Bo 72301, Fairbanks, AK 99707. Meet fees are non-refundable.
DECK ACCESS AND CREDENTIALS	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.
SCRATCHES	• Individual scratch rules for events will be in effect as stated in the 2018-2019 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.
WARM UPS	Warm up and warm down procedures will be enforced in accordance with ASI 2018-2019 Rules and Regulations.
LIABILITY	It is understood and agreed that USA Swimming and Stingray Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
SCORING	Pentathlon scoring. All five (5) events will be added together to get a final score and place. Swimmers who do not legally compete in all five (5) events for either the IMX division <u>OR</u> the IMR division will not receive a score. There will be an IMX scoring division and an IMR scoring division. <i>Results separated by age group & gender</i> AGE GROUPS: 10&U, 11-12, 13-14, 15&O

AWARDS	1 st place (IMX) – trophy 1 st place (IMR) and 2 nd through 3 rd (both divisions) – medals 4 th through 6 th (both divisions) – ribbons <i>Results separated by age group & gender</i> AGE GROUPS: 10&U, 11-12, 13-14, 15&O
TIME TRIALS	Time trials will not be offered with the exception of the 13&O 200 IM. This time trial event is offered to complete the sixth IMX event for 13&O, allowing swimmers to qualify for IMX Games. This event is a time trial only with no scoring, awards, or entry fee. This time trial does not count toward an athlete's event limit.
CONCESSIONS	A concession stand will be offered
HOSPITALITY	Hospitality will be offered for coaches and volunteers only
TIMERS	SST will provide all timers
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 and on the NA website. Final results will be posted on NA and ASI websites.
DECK CHANGING	Deck Changes are prohibited.
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.
FIRST RESPONDERS	Coaches are to be the first responders in case of emergency. Borough lifeguards will be present to assist coaches and activate the facility's Emergency Action Plan as needed.

EVENT SCHEDULE

MIXED	EVENT
101	13&O 200 IM (IMX TIME TRIAL)
1	10&U 100 FR (IMR)
2	10&U 200 FR (IMX)
3	11&O 200 FR (IMR)
4	11&O 500 FR (IMX)
5	12&U 50 BK (IMR)
6	12&U 100 BK (IMX)
7	13&O 100 BK (IMR)
8	13&O 200 BK (IMX)
9	12&U 50 BR (IMR)
10	12&U 100 BR (IMX)
11	13&O 100 BR (IMR)
12	13&O 200 BR (IMX)
13	12&U 50 FL (IMR)
14	12&U 100 FL (IMX)
15	13&O 100 FL (IMR)
16	13&O 200 FL (IMX)
17	12&U 100 IM (IMR)
18	12&U 200 IM (IMX)
19	13&O 200 IM (IMR)
20	13&O 400 IM (IMX)

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.