

2019 MIDNIGHT SUN INVITATIONAL

DATES: JUNE 21-23, 2019

Sanction # AK-201819-33 Hosted by Midnight Sun Swim Team

Sanction: Held under sanction # AK-201819-33 by USA Swimming and Alaska Swimming, Inc. (ASI).

Location: Hamme Pool, 901 Airport Way, Fairbanks, AK

Facility: Six (6) lane, 25 meter competition pool, divided by Kiefer Flo-thru lane lines. International Sports Timing system with touch pads, six (6) lane display, one button manual back-up, two hand held digital watches per lane and horn/strobe light start. Pool is 4 feet deep at starting blocks end and 10 feet deep at turn in. This pool is not currently certified by USAS.

Meet Time: **Friday**

Warm-ups	5:00 pm – 5:55 pm
Meet will begin	6:00 pm
Saturday & Sunday	
Warm-ups	8:30 am – 9:30 am
Officials Meeting	9:15 am – 9:30 am
Coaches Meeting	9:15 am – 9:30 am
Meet will begin	10:00 am

Warm ups will be conducted in accordance with USAS and ASI warm-up/ warmdown procedures as outlined in ASI Rules & Regulations, Appendix, page 39. Warm-ups will be swum as open warm-ups, without assigned lanes for teams.

Each team is requested to provide Clerk of Course with a list of scratches by 8:30am. There are no penalties for late scratches. However, meet management is facilitated if scratches can be noted before the meet begins.

After entries are received, if it is determined that the meet will exceed the allowed time, any or all of the following measures may be taken: 1) flyover starts may be used to cut down on transition time between events, 2) one or more relay events may be canceled, 3) one or more individual events may be canceled. Which events will be canceled will be decided by the meet director and meet referee, with the goal being to bring the meet into the required timeline but canceling as few events as possible. If, for unforeseen reasons beyond the control of meet management, there are un-swum events remaining at the end of the day on Saturday or Sunday, then those events may be cancelled. This may occur even if the meet appears to be within the timeline during the day.

Eligibility: Open to all USAS registered swimmers. Please note: Per ASI rules, swimmers may not be allowed to swim in the meet unless a signed coach's verification form

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Sanction # [AK-201819-33](#) Hosted by Midnight Sun Swim Team has been received. (Available on ASI website: www.akswimming.org).

Swimmers must swim in the age group 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 the team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.

- Meet Rules:**
1. Current USAS and ASI Rules and Regulations govern this meet and take precedence over any item contained in this invite.
 2. All events are timed finals.
 3. All events will be swum as short course meters (SCM).
 4. This will be a pre-seeded meet.
 5. The long event (1500 Freestyle) swum fastest to slowest, girls followed by boys.
 6. Swimmers entering the 1500 Freestyle must supply their own lap counter.
 7. The diving well will be open for warm-up and warm-down during the meet.
 8. Coaches please scratch those swimmers that you know will not be competing in the meet with the clerk of course as soon as possible to ensure a smooth flow of the meet. Scratch procedures will be as shown on pages 6-7 of the Alaska Swim Guide for events seeded on deck.
 9. Heats shall be combined whenever possible. Scoring shall be adjusted for age and gender.
 10. Horn and Strobe starts will be used.
 11. Any swimmer entered in the meet, when unaccompanied by a 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 (USA Swimming rules, 202.4.10 D).
 12. 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 this event (USA Swimming rules, 202.4.10 L).
 13. 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 (USA Swimming rules, 103.13)

Pool Rules:

1. No glass on deck at any time.
2. No shaving allowed on site.
3. 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.
4. The use of audio or visual recording devices, including a cell phone, is not permitted in changing area, rest rooms or locker rooms (USA Swimming rules, 202.4.10 H).
5. Deck changes are prohibited (USA Swimming rules, 202.4.10 I).

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Scoring: Events will be scored through sixth (6) place (A Final) in accordance with USA Swimming rules.

All events: 7-5-4-3-2-1

Scored 1-6 relays only: 14-10-8-6-4-2

Awards: Ribbons will be awarded to the top six (6) place finishers in each individual event.

Entry Date: Entries must be emailed no later than 11:59 pm, Thursday, June 13, 2019. **A list of coaches that will be on deck during the meet MUST be supplied with entries for each team. NO LATE ENTRIES OR DECK ENTRIES WILL BE ALLOWED.**

Entries: 1. Each swimmer may enter **no more than five (5) individual events** per day (per USA Swimming rules, 102.2.3)

2. Each swimmer may be entered in a maximum of three (3) relay events.
3. Entries must be submitted by Hy-tek file, sent by e-mail.
4. A pre-built .HYV file for this meet is available on the MSST website (<http://www.teamunify.com/Home.jsp?team=asmst>).
5. Entry times: Entry seed times must be submitted for short course meters. Times must be submitted to the hundredth.
6. A current USAS registration number for each athlete must be provided with all entries.
7. Teams must submit the following prior to the beginning of the meet:
 - a. Hy-tek meet entry report
 - b. Hy-tek team entry fee report
 - c. Coach/Swimmer USAS Membership Verification form
 - d. Entry Fees
 - f. **Entry fees are nonrefundable.** Make check payable to MSST.

Entry Fees:	Facility charge per swimmer	\$18.00
	Entry fee per swimmer	\$3.50
	Individual event fee	\$2.50
	Relay Fee	\$5.50

Submit to: Kaylene Ottoson

E-Mail Entries: kayleneottoson@gmail.com

PO Box 73205
Fairbanks, AK 99707

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Meet Directors: Sanction # AK-201819-33 Hosted by Midnight Sun Swim Team
Kaylene Ottoson
Kayleneottoson@gmail.com
907-750-3252

Meet Referee: Robin Mills
rmills2112@gmail.com
907-378-3238

Safety Marshall: Tim Bristor
Timbristor@gci.net

Housing: NA

Concessions: There will be a light concession available.

General Info: Each team accepting the invitation is requested to provide two (2) timers per session with adequate substitution of individuals to complete the meet. Lap counters for the 1500 should be provided from the swimmer's team.

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Girls SCM	<u>Friday 6:00pm</u>	Boys SCM
1	11 & Older 400 Free Relay	2
3	11 & Older 1500 Free*	4
5	11 & Older 800 Free	6
	<u>Saturday 9:45 am</u>	
7	11 & Older 200 Medley Relay	8
9	Open 200 IM	10
11	Challenge 50 Free	12
13	12 & U 50 Back	14
15	13 & Older 200 Back	16
17	10 & Under 100 Breast	18
19	12 & Under 100 Fly	20
21	13 & Older 200 Fly	22
23	11-12 50 Breast	24
25	Open 400 Free	26
27	Open 200 Medley Relay	28
29	13 & Older 100 Fly	30
31	11 & Older 100 Free	32
33	11 & Older 200 Breast	34
35	Open 100 Back	36

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Girls SCM	Sunday 10:00 am	Boys SCM
37	Open 200 Free Relay	38
39	11-12 200 Back	40
41	12 & Under 50 Breast	42
43	12 & Under 50 Free	44
45	10 & Under 100 Free	46
47	10 & Under 200 Free	48
49	11 & Older 200 Free	50
51	12 & Under 50 Fly	52
53	12 & Under 100 IM	54
55	11 & Older 100 Breast	56
57	11 & Older 400 IM	58
59	Semi Final Challenge 50 Free	60
24.39.99	11-12 1500 qualifying times	24.39.99
23.59.33	13 & Older qualifying times	23.59.99

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Swim Meet Warm-up / Warm-down Procedures

2016-2017 Alaska Swimming LSC Rules & Regulations, page 39

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 are resisted cords and/or similar such devices that could result in injuries to swimmers.
4. No swimming under bulkheads of pools.

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: Spring lanes for race starts from blocks, sides, or from in the water (as for backstroke). Starts initiated from coach's signal.

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4. The meet referee or designee should follow the chart below, but may alter as needed.

Pool Size	Race starts / Sprints	Push Pace	General
5 Lane	Lanes 2 & 4	Lanes 1 & 5	Lane 3
6 Lane	Lanes 2 & 5	Lanes 1 & 6	Lanes 3 & 4
8 Lane	Lanes 2, 3 & 7	Lanes 1 & 8	Lanes 4, 5 & 6