



2019 NORTHERN AREA CONFERENCE CHAMPIONSHIPS



Hosted by
NORTHERN AREA AQUATIC COMMITTEE
APRIL 5-7

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 Thursday, March 28, 2019.**

SANCTION	Under sanction #AK-201819-25 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 been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool depth at start end is five feet and four feet at turn end.			
EVENT PERSONNEL	<p>Meet Referee: Scott Johnson 907-347-0303 Email: sjinalaska@hotmail.com</p> <p>Admin Referee: Diane Beshears 907-388-0295 Email: dbeshears@pavingproductsalaska.com</p> <p>Meet Director: Kaylene Ottoson 907-479-7780 Email: kayleneottoson@gmail.com</p> <p>Entry Chair: Josh Gregory 970-689-1407 Email: coachjosh@aksst.com</p> <p>Safety Coordinator: Jarrod Welsh 706-662-0603 Email: jarrod.d.welsh@gmail.com</p>			
SCHEDULE		Friday	Saturday	Sunday
	11&O Prelims Warm Up		7:30a	7:30a
	11&O Prelims Start		9:00a	9:00a
	10&U Timed Finals and 11&O Finals Warm Up	4:30p	3:00p	3:00p
	10&U Timed Finals and 11&O Finals Start	5:30p	4:00p	4:00p
	Official's Meeting	4:45p	As needed	As needed
	Coach's Meeting	5:15p	As needed	As needed
	<p>*PROJECTED TIMELINE: 10&U Timed Finals and 11&O Finals start times are estimated based on last year's timeline and are subject to change. There will be a minimum two-hour break between Prelims and Finals. An accurate timeline for this year will be established and distributed by Wednesday, April 3, along with the heat/lane assignment report.</p>			



FORMAT	<ul style="list-style-type: none"> • This meet will be conducted in SCY • All 11&O individual events (except 200s and distance events) are prelim/final. • All 10&U individual and relay events are timed final swum during the Finals session • All relays are timed final.
200s and Distance Events	<p>The 1650 Free, 1000 Free, 500 Free, and 400 IM will be swum as Timed Finals, fastest to slowest, without regard to gender or age. Scoring shall be adjusted for gender and age. These events have positive check-in due 30 minutes prior to the start of their respective session. The 1650 Free has qualification standards, and swimmers must have a time to enter the 1000 and 500 free (no NT's allowed). Proof of entry time is not required and times may be estimates, so long as the reasonably estimated time is faster than the qualification standard.</p> <p>All 11&O 200s will be swum as Timed Final during the Prelim session, seeded slowest to fastest.</p>
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 in not permitted before, during or after the meet within the facility of adjacent outdoor areas. No food on deck.
ELIGIBILITY	Open to all Northern Area Teams (Galena, MSST, NOME, NPAC, SST) currently registered with USA and Alaska Swimming. UN-DGT is also invited to participate. <i>Post high school athletes may compete as exhibition only and may not advance to finals or swim relays.</i>
ENTRY RULES	<p>SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file</p> <p>ENTRIES MUST INCLUDE: Full legal name, age, USA Swimming Registration number</p> <p>AGE: Swimmer's age on the first day of the meet determines age group for the entire competition.</p> <p>DECK ENTRIES: Deck entries will not be accepted.</p> <p>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.</p>
ENTRY LIMITS	Six (6) individual events and three (3) relays, with a maximum of three (3) individual events and one (1) relay event per day. Swimmers will not be guaranteed twenty minutes between events.
ENTRY DEADLINE AND SUBMISSION	<p>ENTRY DEADLINE: Midnight on Thursday, March 28, 2019. Late entries will not be accepted.</p> <p>MEET ENTRY CONTACT: Josh Gregory Email: coachjosh@aksst.com Phone: 970-689-1407</p>
ADAPTIVE SWIMMERS	Disabled or adapted swimmers are welcome and encouraged to participate. Coaches should include a written description of the special needs of the disables/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 with athlete's USAS ID #

ENTRY FEES	INDIVIDUAL EVENT: \$3.25 RELAY EVENT: \$7.50 ATHLETE SURCHARGE: \$23.00 Please make checks payable to: NAAC Deliver fees to computer table during meet. <i>Entry fees are non-refundable</i>
DECK ACCESS AND CREDENTIALS	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.
SCRATCHES	<ul style="list-style-type: none"> 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	Specific warm up lanes/times will be established and distributed by meet management after entries are received. Warm up and warm down procedures will be enforced in accordance with ASI 2018-2019 Rules and Regulations. The diving well will be open throughout the meet for warm up/down.
LIABILITY	It is understood and agreed that USA Swimming and Northern Area Aquatics shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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.
SCORING	<i>Scores shall be kept on combined team scores</i> AGE GROUPS: 8&U, 9-10, 11-12, 13-14, 15&O INDIVIDUAL 14&U A Final: 16-13-12-11-10-9 INDIVIDUAL 15&O B Final: 7-5-4-3-2-1 RELAY: 32-26-24-22-20-18
AWARDS	INDIVIDUAL: Medals 1 st -3 rd , Ribbons 4 th -6 th RELAY: Medals 1 st -3 rd , Ribbons 4 th -6 th HIGH POINT: 1 st -3 rd (8&U, 9-10, 11-12, 13-14, 15&O) Team Awards: Top combined two teams, Most Points per Swimmer, Best Improved Times Percentage. To be eligible for Most Points per Swimmer and Best Improved Times Percentage awards, a team must be represented by at least six (6) participating swimmers.
TIME TRIALS	Time trials may be offered at the discretion of the Meet Referee and Meet Management
CONCESSIONS	A concession stand will be offered
HOSPITALITY	Hospitality will be offered for coaches, officials and volunteers only
TIMERS	MSST, NPAC, and SST will each provide four (4) lane timers and relief timers throughout the meet.
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. Final results will be posted on NAAC 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.
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EVENT SCHEDULE

SESSION 1: FRIDAY, APRIL 5 11&O TIMED FINALS

GIRLS	EVENT	BOYS
1 (Qual Time 25:01.49)	11&O 1650 FR*	1 (Qual Time 24:39.79)
3	11-12 400 FR REL	4
5	13-14 400 FR REL	6
7	15&O 400 FR REL	8

*Timed Final – fastest to slowest. Positive check-in due by 5:00p

SESSION 2: SATURDAY, APRIL 6 11&O PRELIMS

GIRLS	EVENT	BOYS
9	11&O 400 IM*	9
11	11-12 50 BK	12
13	13-14 100 BK	14
15	15&O 100 BK	16
17	11-12 50 FL	18
19	13-14 100 FL	20
21	15&O 100 FL	22
23	11-12 200 FR**	24
25	13-14 200 FR**	26
27	15&O 200 FR**	28
29	11-12 100 BR	30
31	13-14 100 BR	32
33	15&O 100 BR	34
35	11-12 100 IM	36
37 (Qual Time 25:01.49)	11&O 500 FR*	37 (Qual Time 24:39.79)

*Timed Final – fastest to slowest. Positive check-in due by 8:30a

**Timed Final

SESSION 3: SATURDAY, APRIL 6 11&O FINALS and 10&U TIMED FINALS

GIRLS	EVENT	BOYS
39	10&U 200 MR	40
41	11-12 200 MR	42
43	13-14 200 MR	44
45	15&O 200 MR	46
47	10&U 50 BK	48
11	11-12 50 BK	12
13	13-14 100 BK	14
15	15&O 100 BK	16
49	10&U 50 FL	50
17	11-12 50 FL	18
19	13-14 100 FL	20
21	15&O 100 FL	22
51	10&U 200 FR	52
29	11-12 100 BR	30
31	13-14 100 BR	32
33	15&O 100 BR	34
53	10&U 50 BR	54
55	10&U 100 IM	56
35	11-12 100 IM	36
57 (Qual Time 25:01.49)	10&U 500 FR*	57 (Qual Time 24:39.79)

*Fastest to slowest. Positive check-in due by 3:30p

SESSION 4: SUNDAY, APRIL 7 11&O PRELIMS

GIRLS	EVENT	BOYS
59	11-12 100 FR	60
61	13-14 100 FR	62
63	15&O 100 FR	64
65	11-12 100 BK	66
67	13-14 200 BK**	68
69	15&O 200 BK**	70
71	11-12 100 FL	72
73	13-14 200 FL**	74
75	15&O 200 FL**	76
77	11-12 50 FR	78
79	13-14 50 FR	80
81	15&O 50 FR	82
83	11-12 50 BR	84
85	13-14 200 BR**	86
87	15&O 200 BR**	88
89	11-12 200 IM**	90
91	13-14 200 IM**	92
93	15&O 200 IM**	94
95 (Qual Time 25:01.49)	11&O 1000 FR*	95 (Qual Time 24:39.79)

*Timed Final – fastest to slowest. Positive check-in due by 8:30a

**Timed Final

SESSION 5: SUNDAY, APRIL 7 11&O FINALS and 10&U TIMED FINALS

GIRLS	EVENT	BOYS
97	10&U 200 FR REL	98
99	11-12 200 FR REL	100
101	13-14 200 FR REL	102
103	15&O 200 FR REL	104
105	10&U 100 FR	106
59	11-12 100 FR	60
61	13-14 100 FR	62
63	15&O 100 FR	64
107	10&U 100 BK	108
65	11-12 100 BK	66
109	10&U 100 FL	110
71	11-12 100 FL	72
111	10&U 50 FR	112
77	11-12 50 FR	78
79	13-14 50 FR	80
81	15&O 50 FR	82
113	10&U 100 BR	114
83	11-12 50 BR	84
115	10&U 200 IM	116

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.