

2018 Coach Robb Coady Novice Invite
Saturday, December 1, 2018
Sanction # AK-201819-10 Hosted by Midnight Sun Swim Team (MSST)

Sanction: Under sanction #AK-201819-10 by USA Swimming and Alaska Swimming, Inc. (ASI).

Location: Hamme Pool, 901 Airport Way, Fairbanks, AK, 99701

Facility: Six (6) lane, 25 yard 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, one hand held digital watch per lane and horn/strobe light start. This pool is not currently certified by USAS. Pool depth at Start end is 5 feet and 4 feet at turn end.

Meet Time:	Warm-ups	9:00 am – 9:40 am
	Timers	In Place by 9:35 am
	Officials Meeting	9:15 am – 9:25 am
	Coaches Meeting	9:25 am – 9:35 am
	Meet will begin	9:45 am

Eligibility: Open to USAS registered swimmers who are 14 & Under and if you have an Age Group Qualifying time you can't swim that event. Per ASI rules, swimmers may not be allowed to swim in the meet unless a signed coach's verification form has been received. (Available on ASI website: www.akswimming.org). Swimmers must swim in the age group corresponding to their age on the 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.

Rules:

1. Current USAS and ASI Rules & Regulations govern this meet and take precedence over any item contained in this invite.
2. All events will be swum as timed finals.
3. The diving well will be open for warm-up and warm-down before and during the meet.
4. 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 (USA Swimming rules, 202.4.10 D).
5. 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.
6. Horn and Strobe starts will be used.

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7. 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).
8. Coaches please scratch those swimmers that you know will not be competing in the meet as soon as possible to ensure a smooth flow at the clerk of course. Scratch rules will be as stated in the Alaska Swim Guide.
9. 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, 202.4.10 J).

Scoring: Points will not be awarded at this meet. Only ribbons will be given.

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

Entry Date: Entries must be e-mailed no later than 6:00 pm Friday, **November 30, 2018. ENTRIES RECEIVED AFTER THE DEADLINE WILL NOT BE ACCEPTED UNLESS APPROVAL IS GIVEN BY MEET DIRECTOR. NO ENTRIES WILL BE ACCEPTED AT THE MEET.**

Entries: Open to USAS registered swimmers who are 14 & Under and if you have an Age Group Qualifying time you can't swim that event. Per ASI rules, swimmers may not be allowed to swim in the meet unless a signed coach's verification for has been received. (Available on ASI website: www.akswimming.org). Swimmers must swim in the age group corresponding to their age on the day of the meet.

1. Each swimmer may enter **no more than six (6) individual events** for this meet.
2. Entry seed times must be submitted for a short course yards. Times must be submitted to the hundredth.
2. Entries must be submitted by Hy-tek COMMLINK file, sent by either disk or e-mail.
3. A pre-built .HYV file for this meet is available on the MSST website.
4. A current USAS registration number for each athlete must be provided with all entries.
5. Entry file can be downloaded for MSST Website:
<http://www.teamunify.com/Home.jsp?team=asmst>
6. 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

Entry Fees:	Facility charge per swimmer	\$6.00
	Entry fee per swimmer	\$3.50
	Individual event fee	\$2.50

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Entries fees can be mailed to MSST, PO BOX 83625, Fairbanks, AK 99708 or turned in to the meet director on the day of the meet. Entry fees are non-refundable.

Submit to: Kaylene Ottoson
P.O. Box 73205
Fairbanks, AK 99707
E-Mail Entries: kayleneottoson@gmail.com

Meet Directors: Kaylene Ottoson 907-750-3252
kayleneottoson@gmail.com

Meet Referee: Robin Mills 907-378-3282
Rmills2112@gmail.com

Meet Safety Marshall: Tim Bristor 907-460-2102
timbristor@gci.net

Concessions: A light concession stand will be available.

- 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, 202.4.9 H).
 5. "Deck changes are prohibited (USA Swimming rules, 202.4.9 I).
 6. No flash photography is permitted at the start of any event.
 7. The competition course has not been certified in accordance with 104.2.2C(4).

General Info: Each team accepting the invitation is requested to provide two (2) timers with an adequate substitution of individuals to complete the meet.
Each family entering a swimmer in the meet is strongly encouraged to volunteer to help at the meet. In addition to providing a competitive meet opportunity for novice swimmers, this meet is intended to help families relatively new to swimming learn the various volunteer positions that are essential for a meet to run.

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Girls

Boys

1	Open 100 Free	2
3	Open 200 Free	4
5	8 & Under 25 Back	6
7	12 & Under 50 Back	8
9	Open 100 Back	10
11	Open 200 Back	12
13	8 & Under 25 Breast	14
15	12 & Under 50 Breast	16
17	Open 100 Breast	18
19	Open 200 Breast	20
21	8 & Under 25 Fly	22
23	12 & Under 50 Fly	24
25	Open 100 Fly	26
27	8 & Under 25 Free	28
29	Open 50 Free	30
31	Open 100 IM	32
33	Open 200 IM	34

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.

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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 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