

# 2018 SPOOKY SPRINT INVITE

OCTOBER 20



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 <b>midnight Friday, October 12, 2018.</b>		
<b>SANCTION</b>	Under sanction <b>#AK-201819-03</b> by USA Swimming and Alaska Swimming.	
<b>LOCATION</b>	Hamme Pool 901 Airport Way Fairbanks, AK 99701	
<b>FACILITY</b>	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.	
<b>EVENT PERSONNEL</b>	<p><b>Meet Referee:</b> Warren Lucero   907-750-2186 Email: warren.lucero@tananachiefs.org</p> <p><b>Admin Referee:</b> Diane Beshears   907-388-0295 Email: dbeshears@pavingproductsalaska.com</p> <p><b>Meet Director:</b> Joanna Fox   907-978-2516 Email: joanna@gci.net</p> <p><b>Entry Chair:</b> Josh Gregory 970-689-1407 Email: coachjosh@aksst.com</p>	
<b>SCHEDULE</b>	<b>11&amp;O/Advanced Warm Up (all lanes)</b>	9:00-9:25am
	<b>10&amp;U/Novice Warm Up (all lanes)</b>	9:25-9:40am
	<b>Pace (1-2) - Sprint (3-4) - General (5-6) Warm UP</b>	9:40-9:50am
	<b>Official's Meeting</b>	9:30am
	<b>Coach's Meeting</b>	9:50am
	<b>Competition</b>	10:00am
	<b>PROJECTED TIMELINE:</b> will be established and distributed by Thursday, October 18, along with the heat/lane assignment report.	
<b>FORMAT</b>	<ul style="list-style-type: none"> <li>• This meet will be conducted in SCY</li> <li>• All events are timed finals, pre-seeded with heats swum <b>FASTEST TO SLOWEST.</b></li> <li>• Mixed relays must consist of two males and two females (USAS 101.7.3)</li> <li>• Diving well will be open for continuous warm up/down.</li> </ul>	
<b>RULES</b>	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.	
<b>ELIGIBILITY</b>	Open to all USA-S registered swimmers. <i>Post high school athletes may compete as exhibition only.</i>	
<b>ENTRY RULES</b>	<p><b>SDIF REQUIRED:</b> All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file</p> <p><b>ENTRIES MUST INCLUDE:</b> Full legal name, age, USA Swimming Registration number</p>	

<b>ENTRY RULES (CONT.)</b>	<p><b>AGE:</b> Swimmer's age on the day of the meet determines age group for the competition.</p> <p><b>DECK ENTRIES:</b> Deck entries will not be accepted.</p> <p><b>DIVE START CERTIFICATION:</b> 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>
<b>ENTRY LIMITS</b>	<b>Four (4) individual events and one (1) relay event.</b> Swimmers will not be guaranteed twenty minutes between events.
<b>ENTRY DEADLINE AND SUBMISSION</b>	<p><b>ENTRY DEADLINE:</b> <b>Midnight on Friday, October 12, 2018.</b> Late entries will not be accepted.</p> <p><b>MEET ENTRY CONTACT:</b> Josh Gregory  Email: <a href="mailto:coachjosh@aksst.com">coachjosh@aksst.com</a>  Phone: 970-689-1407</p>
<b>ADAPTIVE SWIMMERS</b>	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.
<b>INCLUDE WITH TEAM ENTRY</b>	Team Entry Report and Team Fees Report
<b>ENTRY FEES</b>	<p><b>INDIVIDUAL EVENT:</b> \$3.00  <b>RELAY EVENT:</b> \$6.00  <b>ATHLETE SURCHARGE:</b> \$10.00</p> <p>Please make checks payable to: <b>Stingray Swim Team</b></p> <p>Deliver fees to computer table during meet, or mail to: PO Bo 72301, Fairbanks, AK 99707. Meet fees are non-refundable.</p>
<b>DECK ACCESS AND CREDENTIALS</b>	<b>Closed deck.</b> 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.
<b>SCRATCHES</b>	<ul style="list-style-type: none"> <li>Individual scratch rules for events will be in effect as stated in the 2018-2019 ASI Rules and Regulations (article 3.A.9)</li> <li>A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event.</li> <li>Scratches shall be made at the Clerk of Course on the provided scratch sheet.</li> </ul>
<b>WARM UPS</b>	Warm up and warm down procedures will be enforced in accordance with ASI 2018-2019 Rules and Regulations.
<b>LIABILITY</b>	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.
<b>SCORING</b>	<p><i>Results separated by age group &amp; gender</i></p> <p><b>AGE GROUPS:</b> 10&amp;U, 11-12, 13-14, 15&amp;O</p> <p><b>INDIVIDUAL:</b> 7-5-4-3-2-1</p> <p><b>RELAY:</b> 14-10-8-6-4-2</p>
<b>AWARDS</b>	<p><i>Results separated by age group &amp; gender</i></p> <p><b>AGE GROUPS:</b> 10&amp;U, 11-12, 13-14, 15&amp;O</p> <p><b>INDIVIDUAL:</b> Ribbons 1<sup>st</sup>-6<sup>th</sup></p> <p><b>RELAY:</b> Ribbons 1<sup>st</sup>-3<sup>rd</sup></p>

<b>TIME TRIALS</b>	Time trials will not be offered
<b>CONCESSIONS</b>	A concession stand will be offered
<b>HOSPITALITY</b>	Hospitality will be offered for coaches and volunteers only
<b>TIMERS</b>	Stingray Swim Team will provide all timers
<b>MEET PROGRAMS AND RESULTS</b>	Coach's heat sheets will be available at the beginning of warm ups. Live results will be available on Meet Mobile and the NA website. Final results will be posted on NA and ASI websites.
<b>DECK CHANGING</b>	Deck Changes are prohibited.
<b>RECORDING BAN</b>	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.
<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>FIRST RESPONDERS</b>	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
1	10&U Mixed 100 FREE RELAY
2	11&O Mixed 200 FREE RELAY
3	10&U 25 FLY
4	11&O 50 FLY
5	10&U 25 BACK
6	11&O 50 BACK
7	10&U 25 BREAST
8	11&O 50 BREAST
9	10&U 25 FREE
10	11&O 50 FREE
11	OPEN 100 IM
12	10&U 50 FLY
13	11&O 100 FLY
14	10&U 50 BACK
15	11&O 100 BACK
16	10&U 50 BREAST
17	11&O 100 BREAST
18	10&U 50 FREE
19	11&O 100 FREE

## **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.