

2019 Spring Will Come? Invitational

Saturday, January 12, 2019

Sanction # AK-201819-20

Hosted by Midnight Sun Swim Team (MSST)

Sanction: Under sanction # AK-201819-20 by USA Swimming and Alaska Swimming, Inc. (ASI).

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

Facility: Six (6) lane, 25 yard competition pool, divided by Flo-thru lanes. Colorado Electronic 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. This pool is not currently certified by USAS. Pool depth at start end is 5 feet. Pool depth at turn end is 4 feet.

Meet Time:

| | |
|-------------------|--------------------|
| Warm-ups | 9:00-10:00am |
| Timers | In place by 9:50am |
| Officials Meeting | 9:30-9:44am |
| Coaches Meeting | 9:45-9:55am |
| Meet will begin | 10:00am |

Warm ups will be conducted in accordance with USAS and ASI warm-up/warm-down procedures as outlined in ASI Rules & Regulations, Appendix, page 39. For warm-up lane assignments and procedures, see Appendix A.

Teams need to have their timers in place by the time listed above.

Time trials may be swum after the meet if time allows. Time trials will be swum at the discretion of meet management and are NOT guaranteed. If offered, swimmers may enter a maximum of 1 time trial. There will be a \$2.50 charge per time trial, and the time trial entry fee must be paid before it is swum. Time trial entry procedures are provided in the "Entries" section on page 3 of this invitation. Time trials will only include events 200 yards and shorter.

If after receiving all entries and running the meet timeline, the meet director finds that the meet will exceed the allowable time, the following may be done to bring the meet into the allowed time:

- time trial events will not be offered
- flyover starts may be used
- relay events may be eliminated
- individual timed finals events may be eliminated, but this will be done only as a last resort

Eligibility: Open to all USAS registered swimmers. 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 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.

Rules:

1. Current USAS and ASI Rules & Regulations govern this meet and take precedence over any item contained in this invite.
2. This will be a pre-seeded meet.
3. All events will be swum as timed finals.
4. Events will be swum slowest to fastest.
5. The diving well will be open for warm-up and warm-down during the meet.

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6. Coaches are requested to scratch swimmers who will not be competing in the meet as soon as possible to ensure a smooth flow at the clerk of course. Scratch rules as given in Article 3.A.9 of the Alaska Swimming Rules and Regulations will be followed for individual events and Article 3.A.10 for relay events.

7. Heats shall be combined whenever possible. Scoring will be adjusted for age and gender.

8. Horn and strobe starts will be used.

9. Any swimmer entered in the meet, unaccompanied by a USA Swimming 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).

10. 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).

11. 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).

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 building.

4. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms (USA Swimming Rules 202.4.10 H)

5. Deck changes are prohibited (USA Swimming Rules 202.4.10 I).

6. No flash photography is permitted at the start of any event.

Scoring:

Only individual timed finals events will be scored. Time trials will not be scored. Scoring will be by age group (8 & under, 9-10, 11-12, 13-14 and 15 & over) for each individual event. Scoring will be through sixth (6) place (7-5-4-3-2-1) (USA Swimming Rules 102.25).

Awards:

Ribbons will be awarded to the top twelve (12) place finishers for each age group in each individual timed finals event and to the top twelve (12) place finishing teams in each relay event. Time trials will not receive awards.

Entry Date:

Entries must be e-mailed no later than **12:00 am on Friday, January 4, 2019**. Entries received after the deadline will NOT be accepted unless approval is given by the meet director. A list of coaches that will be on deck during the meet MUST be supplied with the entries for each team. **No late entries or deck entries will be allowed for timed finals events.**

Entries:

1. Each swimmer may enter a **maximum of five (5) individual events** for this meet (AK Swim Reg Appendix, Sanctions, E. 14 (a)).

2. Each swimmer may request a **maximum of one (1) time trial event** at the meet. Time trial events are counted as part of the maximum of five (5) individual events per swimmer; swimmers may not exceed that limit.

3. Entries must be submitted by Hy-tek COMMLINK file, sent by e-mail.

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4. A pre-built .HYV file for this meet will be available at the MSST website (<http://www.teamunify.com/Home.jsp?team=asmst>).
5. A current USAS registration number for each athlete must be provided with all entries.
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
6. **Entries should be submitted to:**
Kaylene Ottoson (kayleneottoson@gmail.com)
7. Coaches are asked to submit time trial requests by **12:30 pm on Jan. 12, 2019** to allow meet management time to set up the time trials and determine whether there is time for them. Requests received after that will be allowed at the discretion of meet management and may be given lower priority than requests submitted by 12:30 pm. There is **NO** guarantee that a requested time trial will take place. The fee for time trials must be paid before the event is swum.

Entry Fees: \$6.00 Facility surcharge
\$3.50 Swimmer entry fee
\$2.50 per individual event
\$5.50 per relay event

Entry fees can be mailed to MSST, PO Box 83625, Fairbanks, AK 99708 or turned in to the meet director at the meet. Entry fees are non-refundable.

Meet Directors: **Kaylene Ottoson** kayleneottoson@gmail.com

Meet Referee: **Robin Mills** rmills2112@gmail.com

Meet Safety Marshall: **Tim Bristor** timbristor@gci.net

Concessions: A light concession stand will be available.

General Info: Each team accepting the invitation is requested to provide two (2) timers with an adequate substitution of individuals to complete the meet.

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Schedule of events for Spring Will Come?

| Event Number: Girls | Event | Event Number: Boys |
|---------------------|---------------------------|--------------------|
| 1 | 8 & Under 100 Free Relay | 2 |
| 3 | 12 & Under 200 Free Relay | 4 |
| 5 | 8 & Under 25 Breast | 6 |
| 7 | 12 & Under 50 Breast | 8 |
| 9 | Open 100 Breast | 10 |
| 11 | Open 200 Breast | 12 |
| 13 | 8 & Under 25 Free | 14 |
| 15 | 12 & Under 100 IM | 16 |
| 17 | Open 200 Free | 18 |
| 19 | 8 & Under 25 Fly | 20 |
| 21 | 12 & Under 50 Fly | 22 |
| 23 | Open 100 Fly | 24 |
| 25 | Open 200 Fly | 26 |
| 27 | 8 & Under 25 Back | 28 |
| 29 | 12 & Under 50 Back | 30 |
| 31 | Open 100 Back | 32 |
| 33 | Open 200 Back | 34 |
| 35 | Open 50 Free | 36 |
| 37 | Open 100 Free | 38 |
| 39 | Open 200 IM | 40 |
| 41 | Open 400 IM | 42 |
| 43 | Open 200 Free Relay | 44 |
| | Time Trials* | |

* If time allows. Please see details on time trials entry requests in the "Entries" section on pages 2-3 of this invitation.

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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 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 |