



# 2019 ALASKA SWIMMING 10/YOUNGER POSTAL CHAMPIONSHIPS



DECEMBER 19, 2019

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>11:59p Friday, November 29, 2019.</b>	
<b>LOCATION</b>	UAF Patty Pool, 414 Tanana Loop E., Fairbanks, AK 99709
<b>MEET PERSONNEL</b>	<b>Meet Ref: Jarrod Welsh</b> <ul style="list-style-type: none"><li>• jarrod.d.welsh@gmail.com</li></ul> <b>Admin Ref: Diane Beshears</b> <ul style="list-style-type: none"><li>• dbeshears@pavingproductsalaska.com</li></ul> <b>Meet Director: Joanna Fox</b> <ul style="list-style-type: none"><li>• joanna@gci.net</li></ul>
<b>SCHEDULE</b>	Meet Warm Up @ 4:00p Races Begin @ 4:45p <i>Meet must finish by 7:00p</i>
<b>FACILITY ENTRANCE</b>	To enter the pool area, please use the door at the South entrance. Enter glass building doors at the bottom of the ramp, turn left into the waiting area, and enter through the door on the left. There will not be access through the hallway locker room doors.
<b>WARM UPS</b>	Warm up and warm down procedures will be enforced in accordance with ASI 2019-2020 Rules and Regulations. Continuous warm up/down during meet in lane 6.
<b>CHECK-IN PROCEDURE</b>	There is no positive check-in required
<b>SCRATCHES</b>	<ul style="list-style-type: none"><li>• Individual scratch rules for events will be in effect as stated in the 2019-2020 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 a provided scratch sheet.</li></ul>
<b>ELIGIBILITY</b>	Open to all Alaska swimmers age 10 and younger on December 1, 2019, currently registered as athlete members with USA Swimming and Alaska Swimming.
<b>LIABILITY</b>	<ul style="list-style-type: none"><li>• It is understood and agreed that <b>Northern Area Aquatics and affiliated teams</b> shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li></ul>
<b>POOL RULES</b>	<ul style="list-style-type: none"><li>• No glass on deck at any time. No shaving allowed on site.</li><li>• Smoking or use of other tobacco products is not permitted before, during or after the meet within the facility or adjacent outdoor areas.</li></ul>
<b>MAAPP</b>	Non-athletes please use ADA restroom near South entrance. Non-athletes please refrain from entering locker rooms whenever possible. <i>Please note: non-event related (general public) persons may be in locker room during the meet.</i>
<b>TIME TRIALS</b>	Time trials will not be offered.
<b>TIMERS</b>	TBD
<b>CONCESSIONS</b>	Concessions will not be offered
<b>HOSPITALITY</b>	Hospitality will not be offered
<b>ADDITIONAL INFORMATION</b>	For more information, please view the AK 10&U State Championship meet invite on the Alaska Swimming website.

