



2019 ALASKA SWIMMING 10/YOUNGER POSTAL CHAMPIONSHIPS



DECEMBER 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 **11:59p Friday, November 29, 2019**.

SANCTION	Under sanction #AK-201920-08 by USA Swimming and Alaska Swimming.	
LOCATION	To be determined by each host site in Alaska. Must be swum in a 25 yard pool. Multiple teams may compete at one location. All sites will be under the same meet sanction listed above.	
SITE INFORMATION AND EVENT PERSONNEL	<p>Fairbanks Patty Pool 414 Tanana Loop E Fairbanks, AK 99709</p> <p>Meet Ref: Jarrod Welsh • jarrod.d.welsh@gmail.com Admin Ref: Diane Beshears • dbeshears@pavingproductsalaska.com Meet Director: Joanna Fox • joanna@gci.net</p>	<p>Juneau Diamond Park Aquatic Center 3045 Diamond Park Loop Juneau, AK 99801</p> <p>Meet Ref: Kate Peimann ○ kpeimann@gmail.com Admin Ref: Bob Foy ○ foy.alaska@gmail.com Meet Directors: Cheryl Fellman, Brooke Schwarting ○ cherylfellman@gmail.com ○ schwartings@mac.com</p>
	<p>Anchorage Service Pool 5577 Abbott Rd Anchorage, AK 99507</p> <p>Meet Ref: Susan Oakley Admin Ref: Angela Heaphy Meet Director: Ray Oakley</p>	<p>updated as teams request to hold meet at their location</p> <p>Site items needed during request:</p> <ul style="list-style-type: none">• City, pool address, pool name• Meet Ref name & email• Admin Ref name & email• Meet Director name & email• Meet date• Number of lanes used during meet



SCHEDULE	Events must be completed on one calendar day between December 1 – 31, 2019
WARM UPS	Warm up and warm down procedures will be enforced in accordance with ASI 2019-2020 Rules and Regulations. Continuous warm up/down offered based on facility. See appendix A for details.
FORMAT	<ul style="list-style-type: none"> • All sites will run this meet in Short Course Yards (SCY) • All events are timed final
SEEDING	Entry times are preferred to be submitted in short course yards (SCY). NT will be accepted. All events will be pre-seeded and swum slowest to fastest (500 free deck-seeding optional)
CHECK-IN PROCEDURE	Each site may choose if positive check-in is required for the 500 free. If requiring positive check-in, site host must publicize to all participating clubs and detail the procedure.
SCRATCHES	<ul style="list-style-type: none"> • Individual scratch rules for events will be in effect as stated in the 2019-2020 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 a provided scratch sheet.
ELIGIBILITY	Open to all Alaska swimmers age 10 and younger on December 1, 2019, currently registered as athlete members with USA Swimming and Alaska Swimming.
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 without the use of the backstroke ledge. 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.
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 team entries. Questions regarding final assignment within specified heats should be brought to the attention of the site's Meet Referee.
ENTRY DEADLINE AND SUBMISSION	<p>MEET ENTRY CONTACT: Josh Gregory</p> <p>ENTRY DEADLINE: 11:59p on Friday, November 29, 2019.</p> <p>Late entries will be accepted until psych sheet is posted for an additional fee of \$25 per swimmer. No late entries will be accepted after psych sheet is posted.</p> <p>Email: coachjosh@aksst.com</p> <p>Phone: 970-689-1407</p>
ENTRY LIMITS	Five (5) individual events and one (1) relay event. All events must conclude on the same calendar day.
ENTRY RULES	<p>Each site will receive a separate event file. Please contact Josh Gregory (coachjosh@aksst.com) to receive your event file <u>prior to the entry deadline</u>.</p> <p>Entries must be submitted in Team Manager or Team Unify format along with an entry report. Email entry file and entry report to Josh Gregory (coachjosh@aksst.com) by 11:59p, November 29, 2019.</p> <p>SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hy-Tek).</p> <p>ENTRIES MUST INCLUDE: Full legal name, age, USA Swimming Registration number</p> <p>DECK ENTRIES: Deck entries will not be accepted.</p>
INCLUDE WITH TEAM ENTRY	Team Entry Report



ENTRY FEES	<p>INDIVIDUAL EVENT: \$1.50 per event RELAY EVENT: \$3.00 per relay event ATHLETE SURCHARGE: \$3.00 per swimmer (\$28.00 per swimmer after Nov. 29)</p> <p>Please make checks payable to: Alaska Swimming Inc. with "10/y Champs" as the memo</p> <p>Mail checks, along with meet entry fee report, to Wendy Kolberg, ASI Treasurer, 13891 E. Jersey Loop, Palmer, AK 99645 (kolbergw@yahoo.com). Meet fees are non-refundable.</p>
DECK ACCESS AND CREDENTIALS	Closed deck. 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.
MEET RULES	<p>This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP). It is the sole responsibility of the host club/location to provide adequate facility and administrative support as defined in the 2019-2020 USA Swimming Rules & Regulations.</p> <p>Building and facility rules will be enforced. Clubs/facilities may charge a Facility Fee, to be collected by the host location.</p>
SCORING	<p><i>Scores shall be kept on combined team scores and individual scores</i> <i>Individual and relay events score through 8th place</i> INDIVIDUAL: 9-7-6-5-4-3-2-1 RELAY: 18-14-12-10-8-6-4-2</p>
AWARDS	<p>ASI Senior Coach Rep, Carl Young, will distribute all awards by the 2020 AK Age Group Championships.</p> <p>TEAM: Top three (3) combined team scores will be awarded Team Awards INVIDIDUAL: Medals 1st-3rd, Ribbons 4th-8th RELAY: Medals 1st-3rd, Ribbons 4th-8th</p>
RESULTS SUBMISSION	<p>Results must be submitted to Josh Gregory (coachjosh@aksst.com) by 11:59p, December 31, 2019. Results from all locations will be merged to create statewide results. Results will be distributed and posted on akswimming.org as soon as possible.</p>
LIABILITY	<ul style="list-style-type: none"> 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 the event. It is understood and agreed that Alaska Swimming/Site Host shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
POOL RULES	<ul style="list-style-type: none"> 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 or adjacent outdoor areas. Additional pool rules will be publicized to all participating teams on a site-by-site basis.
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 devises 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.
TIME TRIALS	Time trials will not be offered.
TIMERS	TBD by site host. Site host shall publicize to all participating teams.
CONCESSIONS	TBD by site host. Site host shall publicize to all participating teams.
HOSPITALITY	TBD by site host. Site host shall publicize to all participating teams.



EVENT SCHEDULE

GIRLS	EVENT	BOYS
1	200 FREE RELAY	2
3	100 IM	4
5	50 BACK	6
7	100 FLY	8
9	50 FREE	10
11	200 FREE	12
13	50 BREAST	14
15	200 IM	16
17	100 BACK	18
19	50 FLY	20
21	100 FREE	22
23	100 BREAST	24
25	500 FREE	26
27	200 MEDLEY RELAY	28

Checklist for Host Meet Director/Team:

- By Mid-November
 - Contact Josh Gregory and let him know which team or teams you will represent at your event. He will need your site information (see 'Site Information' on page one), date of meet, and number of lanes used during meet. Request your event file for entries.
- By November 29
 - Submit entries to Josh Gregory. **NO ENTRY CHANGES ALLOWED AFTER PSYCH SHEET IS POSTED.** Mail check and meet entry fee report to Wendy Kolberg.
- Between December 1 – 31, 2019
 - Run the entire meet on one calendar day.
 - *If you will run your site's 10u State Championship in conjunction with another meet, you must use two separate Meet Manager databases or merge results to your 10u State Championship database to include 10u events only. Contact Josh Gregory with questions PRIOR to your meet.*
- By December 31
 - Submit PDF meet results AND meet backup to Josh Gregory.
 - *If running your site's 10u State Championship in conjunction with another meet, only submit 10u State Championship results.*



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.

