



# 2020 ALASKA SWIMMING AGE GROUP CHAMPIONSHIPS

Hosted by KETCHIKAN KILLER WHALES SWIM CLUB

FEBRUARY 14-16, 2020



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 Wednesday, February 5, 2020.**

<b>SANCTION</b>	Under sanction #AK-201920-27 by USA Swimming and Alaska Swimming.			
<b>LOCATION</b>	Ketchikan Gateway Borough Aquatic Center 601 Schoenbar Road Ketchikan, AK 99901			
<b>FACILITY</b>	25-yard pool with separated warm up/warm-down pool, 8 lanes with flow-thru lane lines. Spectra track start starting blocks equipped with an adjustable wedge and rail system. Colorado Timing System with relay judging platforms, touch pads, two-button manual back up, eight lane electronic timing display board and horn/strobe start. In addition, two hand-held digital dolphin watch will be used per lane. Pool depth is 11 feet at the start end and 4 feet at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).			
<b>EVENT PERSONNEL</b>	<p><b>Meet Referee:</b> Catherine Foy 907-713-5744 <a href="mailto:catherinefoy.alaska@gmail.com">catherinefoy.alaska@gmail.com</a></p> <p><b>Admin Referee:</b> Angela Heaphy 703-473-6544 <a href="mailto:heaphy.angela@gmail.com">heaphy.angela@gmail.com</a></p> <p><b>Admin Official:</b> Ray Oakley 907-230-9059 <a href="mailto:ray.oakley.alaska@gmail.com">ray.oakley.alaska@gmail.com</a></p> <p><b>Meet Director:</b> Nissa Dash 509-792-4497 <a href="mailto:kkw.bod.meetdirector@gmail.com">kkw.bod.meetdirector@gmail.com</a></p> <p><b>Safety Marshall:</b> Jason Harris 907-617-4237 <a href="mailto:jwharrism@gmail.com">jwharrism@gmail.com</a></p>			
<b>SCHEDULE</b>		<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>Prelims Warm Up</b>	7:30-8:50 AM	7:30-8:50 AM	7:30-8:50 AM
	<b>Prelims Start</b>	9:00 AM	9:00 AM	9:00 AM
	<b>Finals Warm Up</b>	3:00-3:50 PM	3:00-3:50 PM	3:00-3:50 PM
	<b>Finals Start</b>	4:00 PM	4:00 PM	4:00 PM
	<b>Official's Meeting</b>	8:15 AM	8:15 AM	8:15 AM
	<b>Coach's Meeting</b>	8:00 AM	As needed	As needed
	<b>Positive Check-In</b>	8:30 AM	8:30 AM	8:30 AM
	<p><b>*PROJECTED TIMELINE:</b> Finals start times are estimated based on last year's timeline and are subject to change. There will be a minimum two-hour break between the end of Prelims and the start of Finals. An accurate timeline for this year will be established and distributed by Monday, February 10, along with the heat/lane assignment report.</p>			
<b>WARM UPS</b>	Warm up and warm down procedures will be enforced in accordance with ASI 2019-2020 Rules and Regulations. 10&U warm up lanes, general warm up schedule and lane assignments will be determined by the meet referee once all entries have been received. Schedules/assignments will be forwarded to the coaches by email by Feb. 12			

		First 30 Minutes	Next 30 Minutes	Last 20 Minutes
WARM UPS (CONT.)	Prelim Warm Up	Lane Assignments to be made at discretion of meet host	Lane Assignments to be made at discretion of meet host	Dive Sprint (1-3), Pace (7-8), General (4-6) *Dive Sprint conducted by coaches
	Final Warm Up	General: all lanes, first 40 minutes Dive Sprint (1-3), Pace (7-8), General (4-6), last 20 minutes. *Dive Sprint conducted by coaches		
	During Competition	The instructional pool will be open for warm-ups continuously during competition.		
	Pool Closed	Session warm up will close 10 minutes prior to session start time		
FORMAT	<ul style="list-style-type: none"><li>Relay events have no qualifying times.</li><li>Age groups shall be combined for all relay events: 10/U, 11/12, and 13/14. A swim team/club may enter no more than two (2) individually non-qualified swimmers per relay event. There is no limit to the number of relays a club may enter, but only the top two (2) relay teams per club can score in each event.</li><li>All 11 and over relays will be swum as timed finals as follows: Friday and Saturday – at the beginning of the finals sessions, Sunday – at the end of the preliminary session.</li><li>The 10&amp;U relays will be swum at the beginning of prelims.</li></ul>			
SEEDING	<ul style="list-style-type: none"><li>All prelim/final events will be pre-seeded for prelims with the fastest three (3) heats swum last and circle seeded. Remaining heats will swim first, seeded slowest to fastest.</li><li>All 11&amp;O distance events will be seeded fastest to slowest</li><li>All 10&amp;U events will be seeded slowest to fastest</li><li>All relays will be seeded slowest to fastest</li><li>Empty lanes in Finals will be filled by moving swimmers up in order, from the slowest heats, without reseeding the heats.</li></ul>			
PRELIMS	<ul style="list-style-type: none"><li>All swimmers will compete in prelims in consolidated events</li><li>All 10&amp;U events (individual and relay) will be swum as Timed Finals during the morning Prelims session</li></ul>			
FINALS	<ul style="list-style-type: none"><li>For 11/12 and 13/14 age groups, there will be one Championship Final heat held in evening sessions after a minimum two-hour break between the end of Prelims and the start of Finals</li></ul>			
TIMED FINALS	<ul style="list-style-type: none"><li>All 10 &amp; Under events (individual and relay) will be swum as Timed Finals during the Prelims session</li><li>All distance events (400 IM, 500 FR) will be swum as consolidated Timed Finals. These events have positive check-in due 30 minutes prior to session start time and will be swum fastest to slowest. Swimmers are responsible for their own lap counters; timers will be provided</li><li>All 11 &amp; Over relay events will be swum as Timed Finals.</li></ul>			
CHECK-IN	Positive check-in for the 400 IM and 500 FR are due by 8:30 AM on their respective days. Those			



<b>PROCEDURE</b>	not checked-in by the deadline will be scratched.
<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 each day and delivered to the computer table as soon as possible.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all swimmers currently registered with USAS and Alaska Swimming who have met or exceeded the qualifying time standards after January 1, 2019 in USA Swimming sanctioned or approved meets and time trials. Swimmers must swim in the age bracket corresponding to their age on the first day of the meet. Verification of athletes' membership in USA Swimming shall be made by Alaska Swimming's Registrar via registration reconciliation prior to the start of the meet. Coaches' verification due prior to beginning of the meet. Penalties for falsifying membership shall be imposed per 2019-2020 Alaska Swim Guide.</li> <li>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 (if available). 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.</li> </ul>
<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>ENTRY SUBMISSIONS AND DEADLINE</b>	<p><b>ENTRY DEADLINE: 11:59p on Wednesday, February 5, 2020.</b> Late entries will not be accepted.</p> <p>Please email your entries using either Hy-Tek Team Manager software or Teamunify to:</p> <p><b>Entry Contact:</b> Nissa Dash  <b>Email:</b> <a href="mailto:kkw.bod.meetdirector@gmail.com">kkw.bod.meetdirector@gmail.com</a>  <b>Phone number:</b> 509-792-4497</p> <p><b><u>Entries must include a Team Entry Report, Meet Fees Report, and current USAS registration number</u></b> for each athlete.</p> <p>For each swim club/team, please include with the entries the name and contact information, email address and/or phone number, of the person responsible for the entries.</p>
<b>ENTRY LIMITS</b>	Swimmers may enter three (3) events per day for a maximum total of seven (7) over the three (3) days. This is exclusive of relay events.



<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 (i.e. Hy-Tek).</p> <p><b>ENTRIES MUST INCLUDE:</b> Full legal name, age, USA Swimming Registration number. Enter times in the course swum (LCM, SCY, SCM). Meet Management will seed all entries by conforming each to the course of competition (SCY) and list all entries with the times submitted (2019-2020 ASI Rules &amp; Regs 3.A.6.e)</p> <p><b>AGE:</b> Swimmer's age on the first day of the meet determines age for the entire competition.</p> <p><b>DECK ENTRIES:</b> Deck entries will not be accepted.</p>
<b>INCLUDE WITH TEAM ENTRY</b>	Team Entry Report with athlete's USAS ID #
<b>ENTRY FEES</b>	<p><b>INDIVIDUAL EVENT FEE:</b> \$3.25 per event  <b>RELAY EVENT FEE:</b> \$7.50 per relay  <b>SWIMMER ENTRY FEE:</b> \$5.00 per swimmer  <b>FACILITY CHARGE:</b> \$20.00 per swimmer  <b>AK SWIMMING GENERAL CHAIR FEE:</b> \$50.00 per team</p> <p>Please make checks payable to: <b>Ketchikan Killer Whales Swim Club</b>          Deliver fees to computer table during meet. <b>Entry fees are non-refundable</b></p>
<b>DECK ACCESS AND CREDENTIALS</b>	<b>Closed deck.</b> Athletes, coaches and assigned volunteers only. Coaches must supply computer table with current credentials prior to competition. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met. Deck Pass App will suffice.
<b>MEET RULES</b>	This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).
<b>SCORING</b>	<p><i>Combined scores shall be determined.</i></p> <p><b>INDIVIDUAL SCORES THROUGH 8TH PLACE:</b> 9-7-6-5-3-2-1  <b>RELAY SCORES THROUGH 8TH PLACE:</b> 18-14-12-10-8-6-4-2</p>
<b>AWARDS</b>	<p><b>INDIVIDUAL:</b> Medals 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>-8<sup>th</sup>  <b>RELAY:</b> Medals 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>-8<sup>th</sup>  <b>INDIVIDUAL HIGH POINT:</b> 1<sup>st</sup>-3<sup>rd</sup> for each age in each gender</p> <p><b>TEAM AWARDS:</b>          1<sup>st</sup>-3<sup>rd</sup> Combined Team:              Highest Points per Swimmer (minimum 6 swimmers)              Best Time Percentage (minimum 6 swimmers)</p>
<b>MEET PROGRAMS AND RESULTS</b>	Coach's heat sheet will be available at the beginning of warm ups. Live results will be available on Meet Mobile and the ASI website. Final results will be posted on the ASI websites. Printed Meet Programs will be available for sale for \$10 each.



<b>LIABILITY</b>	<ul style="list-style-type: none"> <li>It is understood and agreed that <b>USA Swimming</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> <li>It is understood and agreed that <b>Alaska Swimming</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>Building and facility rules will be enforced.</li> <li>No glass on deck at any time.</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> <li>Ketchikan Gateway Aquatic Center lifeguards are first responders to any emergency.</li> </ul>
<b>DECK CHANGING</b>	Deck Changes are prohibited.
<b>RECORDING BAN</b>	Per USA Swimming 305.4, the 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>MINOR ATHLETE ABUSE PREVENTION POLICY (MAAPP)</b>	All USA Swimming athletes 18 years of age and older must complete Athlete Protection Training prior to competition. Those who have not completed Athlete Protection Training, with training completion loaded into SWIMS, prior to this meet will not be allowed to compete. Athlete Protection Training can be found here: <a href="https://www.usaswimming.org/utility/landing-pages/safe-sport/apt">https://www.usaswimming.org/utility/landing-pages/safe-sport/apt</a>
<b>TIME TRIALS</b>	Time trials will be offered on Friday, Saturday and Sunday at the discretion of Meet Management. Tentative time trial schedule and procedure for entry shall be established at the first coach's meeting.
<b>CONCESSIONS</b>	A concession stand will be offered.
<b>HOSPITALITY</b>	Hospitality will be offered for coaches, officials and volunteers only
<b>OFFICIALS</b>	<p>All certified officials would be appreciated and are encouraged to help. If interested, please email Meet Referee Catherine Foy at <a href="mailto:catherinefoy.alaska@gmail.com">catherinefoy.alaska@gmail.com</a>. Those committing to work 75% of the sessions will be reimbursed an extra 25% for their swimmers travel expenses. A training clinic is planned for the afternoon of February 13<sup>th</sup>. There will be an officials meeting just prior to the beginning of the meet on Friday.</p> <p>This meet will be a National Certification Qualifying meet. If interested in N2 Certification, applications for observation must be submitted to Cathy Foy (<a href="mailto:catherinefoy.alaska@gmail.com">catherinefoy.alaska@gmail.com</a>) prior to the end of the first session.</p> <p>N2 evaluations must be done over three (3) sessions in the position. Recertification evaluations must each be done over two (2) sessions. However, the official must work at least four (4) sessions at the meet for advancement or recertification evaluation(s) to be valid.</p>
<b>HOUSING</b>	Discounted hotel rates will be available via booking link on KKW website as they become available. If you have already booked a room in advance, be sure to inquire about discounts with the hotel.



<b>VENDORS</b>	Northwest Designs will sell meet logo attire on the premises. Professional photographer will be available.
<b>TRAVEL ASSISTANCE</b>	Travel assistance for the Alaska Age Groups Championship will be distributed on an equitable basis for all qualified participants attending the meet from areas outside the host area. Travel assistance forms are available on the Alaska Swimming Website.  Per the amended ASI Rules & Regulations at the 2019 House of Delegates meeting, swimmers from outside the host area who have a parent officiate at least 75% of the meet will be eligible for an additional 25% travel assistance.
<b>PARKING</b>	Limited parking will be available in the Gateway Parks and Recreation parking lot on Friday. School will be in session on Friday from 7:25 til 3:40. Please be aware there are spots in front of school with signs noting acceptable times to park. There are clearly marked bus lanes. Vehicles parked in the area used by school buses will be towed at the owner's expense.  If possible, consider taking a shuttle from your hotel and/or carpooling with others.
<b>NOTE TO COACHES</b>	Please encourage your swimmers to utilize refillable beverage containers for water and to pick up trash in your team area and the locker rooms.

## EVENT SCHEDULE

<b>FRIDAY, FEBRUARY 14 PRELIMS</b> Warm Up @ 7:30 AM, Races @ 9:00 AM		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	11-12 50 Backstroke	2
3	11-14 200 Backstroke	4
5	10&Under 50 Butterfly	6
7	11-14 100 Butterfly	8
9	10&Under 100 Freestyle	10
11	11-14 100 Freestyle	12
13	10&Under 100 IM	14
15	11-12 100 IM	16
17	10/U 500 Freestyle	18
19	11-14 400 IM	20
21	10&Under 200 Medley Relay*	22
23	11-12 400 Free Relay+	24
25	13-14 400 Free Relay+	26

\*to be swum at beginning of prelims  
+to be swum at the beginning of finals session



<b>SATURDAY, APRIL 25 PRELIMS</b> Warm Up @ 7:30AM, Races @ 9:00AM		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
27	10&Under 200 IM	28
29	11-14 200 IM	30
31	10&Under 50 Freestyle	32
33	11-14 50 Freestyle	34
35	10&Under 100 Breast	36
37	11-12 50 Breast	38
39	11-14 200 Breast	40
41	10&Under 50 Backstroke	42
43	11-14 500 Freestyle	44
45	11/12 200 Medley Relay+	46
47	13/14 200 Medley Relay+	48

\*to be swum at beginning of prelims  
+to be swum at the beginning of finals session

<b>SUNDAY, APRIL 26 PRELIMS</b> Warm Up @ 7:30 AM, Races @ 9:00AM		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
49	10&Under 200 Freestyle	50
51	11-14 200 Freestyle	52
53	10&Under 50 Breast	54
55	11-14 100 Breast	56
57	10&Under 100 Butterfly	58
59	11-12 50 Butterfly	60
61	11-14 200 Butterfly	62
63	10&Under 100 Backstroke	64
65	11-14 100 Backstroke	66
67	10&Under 200 Freestyle Relay+	68
69	11-12 200 Freestyle Relay+	70
71	13-14 200 Freestyle Relay+	72

+to be swum at the end of prelims





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