



# 2020 ALASKA SWIMMING SENIOR CHAMPIONSHIPS

Hosted by ALASKA SWIMMING, INC.

JANUARY 24-26, 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 Chair, by **11:59p Wednesday, January 15, 2020.**

<b>SANCTION</b>	Under sanction #AK-201920-06 by USA Swimming and Alaska Swimming.			
<b>LOCATION</b>	Bartlett High School Pool 1101 Golden Bear Dr. Anchorage, AK 99504			
<b>FACILITY</b>	50-meter, 8-lane pool with Keifer Flo-Thru lane lines. Colorado Timing System 6 will be used with Colorado touchpads, 2-button semi-automatic backup, 1-button manual Dolphin stopwatches, 8-lane CTS display, and horn and strobe light start. Bartlett is not a USAS Certified Pool as the competition course has not been certified in accordance with 104.2.2C (4) of the USAS Rules and Regulations. Pool depth is: 12 ft deep end start/turn, 4 ft shallow end start/turn.			
<b>EVENT PERSONNEL</b>	<p><b>Meet Referee:</b> Cathy Foy 907-713-5744 Email: <a href="mailto:catherinefoy.alaska@gmail.com">catherinefoy.alaska@gmail.com</a></p> <p><b>Admin Referee:</b> Angela Heaphy (703-473-6544) &amp; Ray Oakley (907-230-5059) Email: Angela (<a href="mailto:heaphy.angela@gmail.com">heaphy.angela@gmail.com</a>) &amp; Ray (<a href="mailto:ray.oakley.alaska@gmail.com">ray.oakley.alaska@gmail.com</a>)</p> <p><b>Admin Official:</b> Paul Story 907-299-3523 Email: <a href="mailto:pstory@kpbsd.k12.ak.us">pstory@kpbsd.k12.ak.us</a></p> <p><b>Meet Directors:</b> Wendy Kolberg 602-369-4103 Email: <a href="mailto:kolbergw@yahoo.com">kolbergw@yahoo.com</a> Angela Heaphy 703-473-6544 Email: <a href="mailto:heaphy.angela@gmail.com">heaphy.angela@gmail.com</a></p> <p><b>Entry Chair:</b> Diane Beshears 907-388-0295 Email: <a href="mailto:dbeshears@pavingproductsalaska.com">dbeshears@pavingproductsalaska.com</a></p> <p><b>Safety Coordinator:</b> Stephanie Snyder phone Email: <a href="mailto:cssnyder@hotmail.com">cssnyder@hotmail.com</a></p>			
<b>SCHEDULE</b>		<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>Prelims Warm Up</b>		8:45a	7:45a
	<b>Prelims Start</b>		10:00a	9:00a
	<b>Finals Warm Up</b>	4:45p	2:45p	1:45p
	<b>Finals Start</b>	6:00p	4:00p	3:00p
	<b>Official's Meeting</b>	5:30p	9:30a	8:30a
	<b>Coach's Meeting</b>	4:30p	8:30a	As needed
	<b>Positive Check-in</b>	5:30p		
<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, January 20, along with the heat/lane assignment report.</p>				



WARM UPS	<ul style="list-style-type: none"><li>Warm up and warm down procedures will be enforced in accordance with ASI 2019-2020 Rules and Regulations.</li></ul>		
		First 45 Minutes	Last 20 Minutes
	Session Warm Up	Open	Sprint (1-3), Pace (7-8), General (4-6)
	During Competition	Breaks may be taken after each event set at the discretion of meet management. Pool will be open during breaks.	
	Pool Closed	Session warm up will close 10 minutes prior to session start time	
FORMAT	<ul style="list-style-type: none"><li>This meet will be conducted in Long Course Meters (LCM)</li><li>All individual events shall be conducted with preliminaries, consolation finals and championship finals (in that order) on the same day except the 1500 and 800 meter freestyle events which shall be conducted as timed finals swum fastest to slowest, alternating women/men.</li><li>Relays shall be swum as timed finals and shall have no qualifying times. Teams may enter no more than two (2) individually non-qualified swimmers per relay event.</li><li>This meet will be run as a ‘no recall meet’ and flyover starts may be used.</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 individual timed final events will be seeded fastest to slowest, alternating women/men</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>		
CHECK-IN PROCEDURE	Positive check-in is required for the 800 Free and 1500 Free, due by 5:30p on Friday		
SCRATCHES	<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 the provided scratch sheet.</li></ul>		
ELIGIBILITY	<ul style="list-style-type: none"><li>Open to all registered athlete members of USA Swimming or any recognized FINA member that have met a qualifying time since January 1, 2019. Times may be from a sanctioned USA/FINA swim meet, time trial, or an observed high school meet where times were loaded into SWIMS. Times must meet the appropriate qualifying standard, eligibility time frame, and must be verified.</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. 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>		
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 Meet Referee.		
ENTRY DEADLINE AND SUBMISSION	<p><b>MEET ENTRY CONTACT:</b> Diane Beshears</p> <p><b>ENTRY DEADLINE: 11:59p on Wednesday, January 15, 2020.</b></p> <p>Late entries will not be accepted.</p> <p>Email: <a href="mailto:dbeshears@pavingproductsalaska.com">dbeshears@pavingproductsalaska.com</a></p> <p>Phone: 907-388-0295</p>		



<b>ENTRY LIMITS</b>	<p><b>Six (6) individual events and five (5) relays, with a maximum of three (3) individual events and one (1) relay event per session.</b> Swimmers will not be guaranteed twenty minutes between events.</p> <p><b>Bonus Swims:</b> Qualified swimmers may receive up to five (5) bonus swims for a total of six (6) individual swims. All swimmers must adhere to the appropriate scratch rules if entering more than six (6) events (scratches are due at the start of the meet on Friday for the entire meet. If a swimmer does not scratch races, they are automatically entered in their first six events and scratched from the remainder).</p> <p><b>Relays:</b> There is no limit to the number of relays a club may enter, but only the top two (2) can score in each relay event. Mixed relays must consist of two (2) males and two (2) females.</p>
<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 (LCM) 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:</b> \$3.25  <b>RELAY EVENT:</b> \$7.50  <b>ATHLETE SURCHARGE:</b> \$23.00</p> <p>Please make checks payable to: Alaska Swimming          Deliver fees to computer table during meet. <i>Entry fees are non-refundable</i></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. 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>Scores shall be kept on combined team scores, men's and women's team scores, and individual scores.</i></p> <p><b>INDIVIDUAL A Final:</b> 20-17-16-15-14-13-12-11  <b>INDIVIDUAL B Final:</b> 9-7-6-5-4-3-2-1  <b>RELAY:</b> 40-34-32-30-28-26-24-22</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> men and women</p> <p><b>TEAM AWARDS:</b>          1<sup>st</sup> place Men's Team          1<sup>st</sup> place Women's Team          1<sup>st</sup>-3<sup>rd</sup> Combined Team          Most 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.
<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>No glass on deck at any time. No shaving allowed on site.</li> <li>Smoking or use of other tobacco products in not permitted before, during or after the meet within the facility or adjacent outdoor areas.</li> </ul>
<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>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 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 Sean McLaughlin (<a href="mailto:mclasm@gmail.com">mclasm@gmail.com</a>).</p> <p>This meet will be a National Certification Qualifying meet. If interested in N2 or N3 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>An N3 evaluation must be done over four (4) sessions in the position to be valid. 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>CONTINGENCY PLAN</b>	If for any unforeseen reason Bartlett Pool becomes unsafe or otherwise unusable, Service Pool will act as the contingency location, run in SCY.
<b>HOUSING</b>	Discounted hotel rates will be available via booking link on the ASI website by Nov. 1, 2019
<b>TRAVEL ASSISTANCE</b>	<p>Travel assistance for the Alaska Senior 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.</p> <p>Per the amended ASI Rules &amp; 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.</p>



As a State hosted championship meet, volunteers will be needed from all participating clubs. Questions/concerns about volunteer assignments should be directed to Josh Gregory ([coachjosh@aksst.com](mailto:coachjosh@aksst.com)). Volunteer assignments are based on participation at the 2019 Alaska Senior Championships. If your club would like to increase your volunteer participation please contact Josh Gregory ([coachjosh@aksst.com](mailto:coachjosh@aksst.com)).

The below volunteer positions include: lane timers, concession staff, hospitality staff, deck runners, awards table, door guards, and safety marshals. Meet management personnel will be selected by the AK Senior Champ Planning Committee.

**VOLUNTEER  
ASSIGNMENTS**

	FRIDAY	SAT. PRELIM	SAT. FINAL	SUN. PRELIM	SUN. FINAL
AST	5	5	5	5	5
BBSC					
BTSC					
CAC	4	4	4	4	4
CI					
CWSC					
GSC	1	2	2	2	2
KSC	1	2	2	2	2
KKW		1	1	1	1
KKF	1	2	2	2	2
MSST	4	5	5	5	5
NNST					
NPAC					
NLSC	6	6	6	6	6
PPST	1	2	2	2	2
STSC		1	1	1	1
SSL					
SSS		1	1	1	1
SST	5	6	6	6	6
VTSC		1	1	1	1
VSC					
WSC		1	1	1	1
YMCA	3	3	3	3	3
<b>TOTALS</b>	<b>31</b>	<b>42</b>	<b>42</b>	<b>42</b>	<b>42</b>



## EVENT SCHEDULE

### SESSION 1: FRIDAY, JANUARY 24 TIMED FINALS

GIRLS	EVENT	BOYS
1	800 FREE*	
	1500 FREE*	2
3	800 FREE RELAY	4

\*Timed Final – fastest to slowest, alternating women (800m FR)/men (1500m FR). Positive check-in due by 5:30p

### SESSION 2-3: SATURDAY, JANUARY 25 PRELIMS AND FINALS

GIRLS	EVENT	BOYS
5	200 FREE	6
7	100 BACK	8
9	200 BREAST	10
11	100 FLY	12
13	50 FREE	14
15	400 IM	16
17	400 MEDLEY RELAY*	18
19	200 FREE RELAY**	20
21	MIXED 200 FREE RELAY**	21

\*Timed Final – swum at the end of Prelims

\*\*Timed Final – swum at the end of Finals. Mixed relays must consist of two (2) males and two (2) females

### SESSION 4-5: SUNDAY, JANUARY 26 PRELIMS AND FINALS

GIRLS	EVENT	BOYS
23	200 IM	24
25	100 FREE	26
27	200 FLY	28
29	100 BREAST	30
31	200 BACK	32
33	400 FREE	34
35	400 FREE RELAY*	36
37	200 MEDLEY RELAY**	38
39	MIXED 200 MEDLEY RELAY**	39

\*Timed Final – swum at the end of Prelims

\*\*Timed Final – swum at the end of Finals. Mixed relays must consist of two (2) males and two (2) females



# Time Standards

			Open			
Female			Event	Male		
LCM	SCM	SCY		SCY	SCM	LCM
:31.99	:30.89	:27.99	<b>50 FREE</b>	:25.69	:28.39	:29.49
1:09.59	1:07.09	1:00.69	<b>100 FREE</b>	:56.29	1:02.19	1:04.59
2:30.09	2:25.09	2:11.29	<b>200 FREE</b>	2:02.59	2:15.39	2:20.59
5:14.69	5:07.09	5:50.89	<b>400/500 FREE</b>	5:31.39	4:49.99	4:59.19
10:47.99	10:31.59	12:01.69	<b>800/1000 FREE</b>	11:26.69	10:00.99	10:22.19
20:39.79	19:55.99	20:02.99	<b>1500/1650 FREE</b>	19:07.59	19:00.89	19:48.39
1:17.09	1:13.09	1:06.19	<b>100 BACK</b>	1:01.79	1:08.19	1:12.29
2:45.59	2:38.49	2:23.39	<b>200 BACK</b>	2:14.69	2:28.79	2:36.59
1:27.69	1:23.99	1:15.99	<b>100 BREAST</b>	1:09.79	1:17.09	1:21.29
3:09.79	3:01.89	2:44.59	<b>200 BREAST</b>	2:32.89	2:48.89	2:56.79
1:14.79	1:12.89	1:05.99	<b>100 FLY</b>	1:01.29	1:07.69	1:09.69
2:45.69	2:41.09	2:25.79	<b>200 FLY</b>	2:15.69	2:29.99	2:36.19
2:49.19	2:42.39	2:26.99	<b>200 IM</b>	2:17.19	2:31.59	2:38.79
5:57.79	5:46.49	5:13.59	<b>400 IM</b>	4:52.99	5:23.79	5:36.59

## 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.

