



2019 IM PENTATHLON

Hamme Pool, Fairbanks

September 28, 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 **midnight Friday, September 20, 2019**.

SANCTION	Under sanction #AK-201920-01 by USA Swimming and Alaska Swimming.	
LOCATION	Hamme Pool 901 Airport Way Fairbanks, AK 99701	
FACILITY	Six (6) lane, 25 yard competition pool, divided by Flo-thru lane lines. CTS6 timing system with touch pads, DisplayLink scoreboard, CTS Dolphin back-up watches, and horn/strobe light start. Pool depth is 4.5 feet at start end and 3.5 feet at turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.	
EVENT PERSONNEL	<p>Meet Referee: Jarrod Welsh 706-662-0603 Email: jarrod.d.welsh@gmail.com</p> <p>Admin Referee: Diane Beshears 907-388-0295 Email: dbeshears@pavingproductsalaska.com</p> <p>Meet Director: Joanna Fox 907-978-2516 Email: joanna@gci.net</p> <p>Entry Chair: Josh Gregory 970-689-1407 Email: coachjosh@aksst.com</p>	
SCHEDULE	11&O/Advanced Warm Up (all lanes)	9:00-9:25am
	10&U/Novice Warm Up (all lanes)	9:25-9:40am
	Pace (1-2) - Sprint (3-4) - General (5-6) Warm UP	9:40-9:50am
	Official's Meeting	9:30am
	Coach's Meeting	9:50am
	Competition	10:00am
	PROJECTED TIMELINE: will be established and distributed by Thursday, September 26, along with the heat/lane assignment report.	
WARM UPS	Warm up and warm down procedures will be enforced in accordance with ASI 2019-2020 Rules and Regulations. Diving well will be open for continuous warm up/down. See appendix A for details.	
FORMAT	<ul style="list-style-type: none"> This meet will be conducted in SCY All events are timed finals 	
SEEDING	All events will be pre-seeded and swum FASTEST TO SLOWEST	
CHECK-IN PROCEDURE	There is no positive check-in required for this meet	
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 the provided scratch sheet. 	



ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA-S registered swimmers. <i>Post high school athletes may compete as exhibition only.</i> • 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. • Contestants must enter the age bracket 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 team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.
ENTRY DEADLINE AND SUBMISSION	MEET ENTRY CONTACT: Josh Gregory ENTRY DEADLINE: Midnight on Friday, September 20, 2019. Late entries will not be accepted. Email: coachjosh@aksst.com Phone: 970-689-1407
ENTRY LIMITS	Five (5) individual events. Swimmers must enter the five (5) pentathlon events for either the IMX division <u>OR</u> the IMR division, completed without disqualification, to receive a score. Swimmers will not be guaranteed twenty minutes between events.
ENTRY RULES	SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hy-Tek). ENTRIES MUST INCLUDE: Full legal name, age, USA Swimming Registration number DECK ENTRIES: Deck entries will not be accepted.
INCLUDE WITH TEAM ENTRY	Team Entry Report and Team Fees Report
ENTRY FEES	INDIVIDUAL EVENT: \$3.00 ATHLETE SURCHARGE: \$10.00 Please make checks payable to: Stingray Swim Team Deliver fees to computer table during meet, or mail to: PO Bo 72301, Fairbanks, AK 99707. Meet fees are non-refundable.
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	This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).



SCORING	<p>Pentathlon scoring. All five (5) events will be added together to get a final score and place. Swimmers who do not legally compete in all five (5) events for either the IMX division <u>OR</u> the IMR division will not receive a score. There will be an IMX scoring division and an IMR scoring division.</p> <p><i>Results separated by age group & gender</i> AGE GROUPS: 10&U, 11-12, 13-14, 15&O</p>
AWARDS	<p>1st place (IMX) – trophy 1st place (IMR) and 2nd through 3rd (both divisions) – medals 4th through 6th (both divisions) – ribbons</p> <p><i>Results separated by age group & gender</i> AGE GROUPS: 10&U, 11-12, 13-14, 15&O</p>
MEET PROGRAMS AND RESULTS	Coach's heat sheet will be available at the beginning of warm ups. Live results will be available on Meet Mobile and on the NA website. Final results will be posted on NA and ASI websites.
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 Stingray Swim Team 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. Food allowed in designated 'swimmer snack area' only.
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 devices 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.
FIRST RESPONDERS	Coaches are to be the first responders in case of emergency. Borough lifeguards will be present to assist coaches and activate the facility's Emergency Action Plan as needed.
Minor Athlete Abuse Prevention Policy (MAAPP)	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: https://www.usaswimming.org/utility/landing-pages/safe-sport/apt
TIME TRIALS	Time trials will not be offered with the exception of the 13&O 200 IM. This time trial event is offered to complete the sixth IMX event for 13&O, allowing swimmers to qualify for IMX Games. This event is a time trial only with no scoring, awards, or entry fee. This time trial does not count toward an athlete's event limit.
TIMERS	High School will provide all timers.
CONCESSIONS	A concession stand will be offered.
HOSPITALITY	Hospitality will be offered for coaches and volunteers only.



EVENT SCHEDULE

MIXED	EVENT
101	13&O 200 IM (IMX TIME TRIAL)
1	10&U 100 FR (IMR)
2	10&U 200 FR (IMX)
3	11&O 200 FR (IMR)
4	11&O 500 FR (IMX)
5	12&U 50 BK (IMR)
6	12&U 100 BK (IMX)
7	13&O 100 BK (IMR)
8	13&O 200 BK (IMX)
9	12&U 50 BR (IMR)
10	12&U 100 BR (IMX)
11	13&O 100 BR (IMR)
12	13&O 200 BR (IMX)
13	12&U 50 FL (IMR)
14	12&U 100 FL (IMX)
15	13&O 100 FL (IMR)
16	13&O 200 FL (IMX)
17	12&U 100 IM (IMR)
18	12&U 200 IM (IMX)
19	13&O 200 IM (IMR)
20	13&O 400 IM (IMX)

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.

