



# 2020 NORTHERN AREA CONFERENCE CHAMPIONSHIPS



Hosted by  
**NORTHERN AREA AQUATIC COMMITTEE**  
APRIL 3-5, 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 Thursday, March 26, 2020**.

<b>SANCTION</b>	Under sanction #AK-201920-28 by USA Swimming and Alaska Swimming.			
<b>LOCATION</b>	Hamme Pool 901 Airport Way Fairbanks, AK 99701			
<b>FACILITY</b>	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.			
<b>EVENT PERSONNEL</b>	<p><b>Meet Referee:</b> Jarrod Welsh Email: jarrod.d.welsh@gmail.com</p> <p><b>Admin Referee:</b> Diane Beshears Email: dbeshears@pavingproductsalaska.com</p> <p><b>Meet Director:</b> Kaylene Ottoson Email: kayleneottoson@gmail.com</p> <p><b>Entry Chair:</b> Diane Beshears Email: dbeshears@pavingproductsalaska.com</p> <p><b>Safety Coordinator:</b> Joanna Fox Email: joanna@gci.net</p>			
<b>SCHEDULE</b>		<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>11&amp;O Prelims Warm Up</b>		7:30a	7:30a
	<b>11&amp;O Prelims Start</b>		9:00a	9:00a
	<b>10&amp;U Timed Finals and 11&amp;O Finals Warm Up</b>	4:30p	3:00p	3:00p
	<b>10&amp;U Timed Finals and 11&amp;O Finals Start</b>	5:30p	4:00p	4:00p
	<b>Official's Meeting</b>	4:45p	3:15p	3:15p
	<b>Coach's Meeting</b>	4:15p	As needed	As needed
	<p><b>*PROJECTED TIMELINE:</b> 10&amp;U Timed Finals and 11&amp;O 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 Prelims and Finals. An accurate timeline for this year will be established and distributed by Wednesday, April 1, 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. Warm up assignments will be distributed by Monday, March 30. Diving well will be open for continuous warm up/down. See appendix A for details.
<b>FORMAT</b>	<ul style="list-style-type: none"> <li>• This meet will be conducted in SCY</li> <li>• All 11&amp;O individual events (except 200s and distance events) are prelim/final.</li> <li>• All 10&amp;U individual and relay events are timed final swum during the Finals session</li> <li>• All relays are timed final.</li> </ul>
<b>SEEDING</b>	All Prelim events will be pre-seeded with the fastest 3 heats circle-seeded and swum last. All remaining heats will be swum slowest to fastest. All relays and 10&U events will be pre-seeded and swim slowest to fastest. All 11&O Timed Final events will be seeded as outlined below.
<b>200s and DISTANCE EVENTS</b>	<p>The 1650 Free, 1000 Free, 500 Free, and 400 IM will be swum as Timed Finals, fastest to slowest, without regard to gender or age. Scoring shall be adjusted for gender and age. These events have positive check-in due 30 minutes prior to the start of their respective session. <b>The 1650 Free has qualification standards, and swimmers must have a time to enter the 1000 and 500 free (no NT's allowed).</b> Proof of entry time is not required, and times may be estimates so long as the reasonably estimated time is faster than the qualification standard.</p> <p>All 11&amp;O 200s will be swum as Timed Final during the Prelim session, seeded slowest to fastest.</p>
<b>CHECK-IN PROCEDURE</b>	The 1650 Free, 1000 Free, 500 Free, and 400 IM have positive check-in due 30 minutes prior to the start of their respective sessions. Check-in at the computer table. Swimmers 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 at the computer table on the provided scratch sheet.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all Northern Area swimmers currently registered with USA and Alaska Swimming. <i>Post high school athletes may compete as exhibition only.</i></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> <li>• Contestants must enter the age bracket corresponding to their age on the first day of the meet.</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 DEADLINE AND SUBMISSION</b>	<p><b>MEET ENTRY CONTACT:</b> Diane Beshears</p> <p><b>ENTRY DEADLINE: 11:59p on Thursday, March 26, 2020.</b></p> <p>Late entries will not be accepted.</p> <p>Email: dbeshears@pavingproductsalaska.com</p>
<b>ENTRY LIMITS</b>	<b>Six (6) individual events and three (3) relays, with a maximum of three (3) individual events and one (1) relay event per day.</b> Swimmers will not be guaranteed twenty minutes between 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</p> <p><b>DECK ENTRIES:</b> Deck entries will not be accepted.</p>
<b>INCLUDE WITH TEAM ENTRY</b>	Team Entry Report with USA-S ID for each athlete, and Team Fees Report
<b>ENTRY FEES</b>	<p><b>INDIVIDUAL EVENT:</b> \$3.25</p> <p><b>RELAY EVENT:</b> \$7.50</p> <p><b>ATHLETE SURCHARGE:</b> \$23.00</p> <p>Please make checks payable to: Northern Area Aquatics 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. Deck Pass app will suffice. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met.
<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 male, female, and combined team scores</i></p> <p><b>AGE GROUPS:</b> 8&amp;U, 9-10, 11-12, 13-14, 15&amp;O</p> <p><b>INDIVIDUAL Championship Final:</b> 16-13-12-11-10-9</p> <p><b>INDIVIDUAL 15&amp;O Consolation Final:</b> 7-5-4-3-2-1</p> <p><b>RELAY:</b> 32-26-24-22-20-18</p>
<b>AWARDS</b>	<p><b>INDIVIDUAL:</b> Medals 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>-6<sup>th</sup></p> <p><b>RELAY:</b> Medals 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>-6<sup>th</sup></p> <p><b>INDIVIDUAL HIGH POINT:</b> 1<sup>st</sup>-3<sup>rd</sup> (8&amp;U, 9-10, 11-12, 13-14, 15&amp;O)</p> <p><b>Team Awards:</b> Top combined two teams, Most Points per Swimmer, Best Improved Times Percentage. To be eligible for Most Points per Swimmer and Best Improved Times Percentage awards, a team must be represented by at least six (6) participating 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 on the NA website. Final results will be posted on NA and 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>Northern Area Aquatics</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> <li>Food allowed in designated 'swimmer snack area' only.</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>FIRST RESPONDERS</b>	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.

<b>Minor Athlete Abuse Prevention Policy (MAAPP)</b>	<ul style="list-style-type: none"> <li>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></li> <li>Spectators, Coaches, Officials, and Volunteers are to use the restroom located at the building entrance. Pool locker room is reserved for athletes only.</li> </ul>
<b>TIME TRIALS</b>	Time trials may be offered on Saturday and Sunday at the discretion of the Meet Referee and Meet Management. Time Trial logistics will be established at the coach's meeting on Friday.
<b>TIMERS</b>	MSST, NPAC, and SST will each provide four (4) lane timers and relief timers throughout the meet.
<b>CONCESSIONS</b>	A concession stand will be offered
<b>HOSPITALITY</b>	Hospitality will be offered for coaches, officials and volunteers only
<b>VOLUNTEER ASSIGNMENTS</b>	Volunteer assignments for each team will be established and distributed by March 1.

## EVENT SCHEDULE

### SESSION 1: FRIDAY, APRIL 3 11&O TIMED FINALS

GIRLS	EVENT	BOYS
1 (Qual Time 25:01.49)	11&O 1650 FR*	1 (Qual Time 24:39.79)
3	11-12 400 FR REL	4
5	13-14 400 FR REL	6
7	15&O 400 FR REL	8

\*Timed Final – fastest to slowest. Positive check-in due by 5:00p

### SESSION 2: SATURDAY, APRIL 4 11&O PRELIMS

GIRLS	EVENT	BOYS
9	11&O 400 IM*	9
11	11-12 50 BK	12
13	13-14 100 BK	14
15	15&O 100 BK	16
17	11-12 50 FL	18
19	13-14 100 FL	20
21	15&O 100 FL	22
23	11-12 200 FR**	24
25	13-14 200 FR**	26
27	15&O 200 FR**	28
29	11-12 100 BR	30
31	13-14 100 BR	32
33	15&O 100 BR	34
35	11-12 100 IM	36
37 (Qual Time 25:01.49)	11&O 500 FR*	37 (Qual Time 24:39.79)

\*Timed Final – fastest to slowest. Positive check-in due by 8:30a

\*\*Timed Final

### SESSION 3: SATURDAY, APRIL 4 11&O FINALS and 10&U TIMED FINALS

GIRLS	EVENT	BOYS
39	10&U 200 MR	40
41	11-12 200 MR	42
43	13-14 200 MR	44
45	15&O 200 MR	46
47	10&U 50 BK	48
11	11-12 50 BK	12
13	13-14 100 BK	14
15	15&O 100 BK	16
49	10&U 50 FL	50
17	11-12 50 FL	18
19	13-14 100 FL	20
21	15&O 100 FL	22
51	10&U 200 FR	52
29	11-12 100 BR	30
31	13-14 100 BR	32
33	15&O 100 BR	34
53	10&U 50 BR	54
55	10&U 100 IM	56
35	11-12 100 IM	36
57 (Qual Time 25:01.49)	10&U 500 FR*	57 (Qual Time 24:39.79)

\*Fastest to slowest. Positive check-in due by 3:30p

### SESSION 4: SUNDAY, APRIL 5 11&O PRELIMS

GIRLS	EVENT	BOYS
59	11-12 100 FR	60
61	13-14 100 FR	62
63	15&O 100 FR	64
65	11-12 100 BK	66
67	13-14 200 BK**	68
69	15&O 200 BK**	70
71	11-12 100 FL	72
73	13-14 200 FL**	74
75	15&O 200 FL**	76
77	11-12 50 FR	78
79	13-14 50 FR	80
81	15&O 50 FR	82
83	11-12 50 BR	84
85	13-14 200 BR**	86
87	15&O 200 BR**	88
89	11-12 200 IM**	90
91	13-14 200 IM**	92
93	15&O 200 IM**	94
95 (Qual Time 25:01.49)	11&O 1000 FR*	95 (Qual Time 24:39.79)

\*Timed Final – fastest to slowest. Positive check-in due by 8:30a

\*\*Timed Final

## SESSION 5: SUNDAY, APRIL 5 11&O FINALS and 10&U TIMED FINALS

GIRLS	EVENT	BOYS
97	10&U 200 FR REL	98
99	11-12 200 FR REL	100
101	13-14 200 FR REL	102
103	15&O 200 FR REL	104
105	10&U 100 FR	106
59	11-12 100 FR	60
61	13-14 100 FR	62
63	15&O 100 FR	64
107	10&U 100 BK	108
65	11-12 100 BK	66
109	10&U 100 FL	110
71	11-12 100 FL	72
111	10&U 50 FR	112
77	11-12 50 FR	78
79	13-14 50 FR	80
81	15&O 50 FR	82
113	10&U 100 BR	114
83	11-12 50 BR	84
115	10&U 200 IM	116

### 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.