



2019 Goldrush City Meet (NOME INVITATIONAL)



Nome Swimming Pool, Nome, AK

December 13-14, 2019 (Social Event December 15)

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, Dec. 5, 2019.**

SANCTION	Under sanction # AK-201920-18 by USA Swimming and Alaska Swimming.			
LOCATION	Nome Swimming Pool 2920B Nome-Teller Hwy Nome, AK 99762			
FACILITY	Six (6) lane, 25 METER competition pool, divided by Flo-thru lane lines. CTS6 timing system with CTS Dolphin back-up watches, and horn/strobe light start. Pool depth is 10 feet at start end and 3.5 feet at turn end. The competition course has not been certified in accordance with 104.2.2C(4).			
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		Friday	Saturday	Saturday Afternoon
	Warm Up	4:00p	9:00a	2:00pm
	Official's Meeting	4:30p	9:30a	2:30pm
	Coach's Meeting	4:50p	As needed	As needed
	Competition	5:00p	10:00a	3:00pm
	PROJECTED TIMELINE: will be established and distributed by Wednesday, December 11, along with the heat/lane assignment report.			
FORMAT	<ul style="list-style-type: none"> This meet will be conducted in SCM All events are timed finals, pre-seeded with heats swum FASTEST TO SLOWEST. Mixed relays must consist of two males and two females to score (USAS 101.7.3) There will NOT be Warm up/down during 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). No glass on deck at any time. No shaving allowed on site. Smoking or use of other tobacco products is not permitted before, during or after the meet within the facility of adjacent outdoor areas.			



ELIGIBILITY	USAS: Open to all USAS registered swimmers. <i>Post high school athletes may compete as exhibition only.</i>
ENTRY RULES	<p>SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file</p> <p>ENTRIES MUST INCLUDE: Full legal name, age, USAS Registration number AGE: Swimmer's age on the day of the meet determines age group for the competition. DECK ENTRIES: Deck entries will not be accepted.</p> <p>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. 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.</p>
ENTRY LIMITS	Three (3) individual events and one (1) relay event per session, with a total of six (6) individual events and two (2) relay events for the meet. Swimmers will not be guaranteed twenty minutes between events.
ENTRY DEADLINE AND SUBMISSION	<p>ENTRY DEADLINE: 11:59p on Thursday, Dec. 5, 2019. Late entries will not be accepted.</p> <p>MEET ENTRY CONTACT: Josh Gregory Email: coachjosh@aksst.com Phone: 970-689-1407</p>
ADAPTIVE SWIMMERS	Disabled or adapted swimmers are welcome and encouraged to participate. Coaches should include a written description of the special needs of the disables/adaptive swimmer with team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.
INCLUDE WITH TEAM ENTRY	Team Entry Report with USAS Membership ID #, and Team Fees Report
ENTRY FEES	<p>INDIVIDUAL EVENT: \$3.00 RELAY EVENT: \$6.00 ATHLETE SURCHARGE: \$10.00</p> <p>Please make checks payable to: Nome Northstar Swim Team</p> <p>Deliver fees to computer table during meet. <i>Meet fees are non-refundable.</i></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.
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.
WARM UPS	Warm up and warm down procedures will be enforced in accordance with ASI 2019-2020 Rules and Regulations.



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 Nome Northstar 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.
SCORING	<i>Results separated by age group & gender.</i> AGE GROUPS: 6&U, 7-8, 9-10, 11-12, 13-14, 15&O. INDIVIDUAL: 7-5-4-3-2-1 RELAY: 14-10-8-6-4-2
AWARDS	<i>Results separated by age group & gender.</i> AGE GROUPS: 6&U, 7-8, 9-10, 11-12, 13-14, 15&O INDIVIDUAL: Ribbons 1 st -6 th RELAY: Ribbons 1 st -3 rd
TIME TRIALS	Time trials will not be offered
CONCESSIONS	A concession stand will be offered
HOSPITALITY	Hospitality will be offered for coaches and volunteers only
TIMERS	The Nome Pool will provide all timers
MEET PROGRAMS AND RESULTS	Coach's heat sheets will be available at the beginning of warm ups. Live results will be available on Meet Mobile and the NA website. Final results will be posted on NA and ASI websites.
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. City of Nome 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
SUNDAY EVENT	An organized event/outing for all participating teams will be arranged for Sunday. More information will be emailed to participating teams. Sunday's social event will end by 4:00p to allow teams to get to the airport. Team leaving earlier on Sunday may participate in the Sunday social event 'part time' and leave for airport whenever necessary.
GROUND TRANSPORTATION	Ground transportation between the airport, lodging, and pool will be provided for participating teams. Teams will share the cost of the provided school bus/transportation.
LODGING	Limited lodging will be provided by NNST on a first-come-first-serve basis. Contact Nome Coach Davis Hovey (davis.hovey@knom.org) for information.



EVENT SCHEDULE

FRIDAY EVENING

MIXED EVENT #	EVENT
1	OPEN 200 FR RELAY
2	13&O 100 BK
3	12&U 100 BK
4	13&O 200 BR
5	12&U 100 BR
6	13&O 100 FL
7	12&U 100 FL
8	13&O 200 IM
9	12&U 200 FR
10	OPEN 500 FR*

*positive check in due by 4:30pm

SATURDAY MORNING

MIXED EVENT #	EVENT
11	12&U 200 Medley RELAY
12	12&U 100 FR
13	8&U 25 BK
14	12&U 50 BK
15	8&U 25 BR
16	12&U 50 BR
17	8&U 25 FL
18	12&U 50 FL
19	8&U 25 FR
20	12&U 50 FR

SATURDAY AFTERNOON

MIXED EVENT #	EVENT
21	13&O 200 Medley RELAY
22	13&O 400 IM*
23	13&O 100 FR
24	13&O 200 BK
25	13&O 100 BR
26	13&O 50 FR
27	13&O 200 FL
28	13&O 200 FR

*positive check in due by 2:30pm



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.

