



# 2019 Robb Coady Novice Invite

December 7, 2019

Hosted by Midnight Sun Swim Team



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 **11:59 p.m. Friday, November 29, 2019.**

<b>SANCTION</b>	Under sanction #AK-201920-13 by USA Swimming and Alaska Swimming.	
<b>LOCATION</b>	Hamme Pool 901 Airport Way Fairbanks, AK 99701 Pool phone number: 907.742.1800	
<b>FACILITY</b>	Six (6) lane, 25 yard competition pool, divided by Kiefer Flo-thru lane lines. Colorado Timing system with touch pads, six(6) lane display, one button manual back-up, Dolphin Wireless Watch per lane and horn/strobe light start. Pool depth at start end is 5 feet and 4 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>	Meet Director: Kaylene Ottoson <a href="mailto:Kayleneottoson@gmail.com">Kayleneottoson@gmail.com</a> 907-750-3252 Meet Referee: Robin Mills Safety Marshall: Tim Bristor Admin Official: Kaylene Ottoson Entry Chair: Patrick Burda <a href="mailto:MSSTCoaching@Gmail.com">MSSTCoaching@Gmail.com</a>	
		<b>Saturday</b>
<b>SCHEDULE</b>	<b>Warm-ups</b>	9:00 am
	<b>Official's Meeting</b>	9:30 am – 9:45 am
	<b>Coach's Meeting</b>	9:45 am – 10:00am
	<b>Add/Scratch Deadline</b>	8:30 am
	<b>Meet will begin</b>	10:00 am
<b>WARM UPS</b>	<ul style="list-style-type: none"> <li>• Warm-ups will be conducted in accordance with USA-S and ASI, warm-up/warm down procedures as outlined in ASI Rules &amp; Regulations, Appendix, page 39. Warm-ups will be swum as open warm-ups, without assigned lanes form teams.</li> <li>• The diving well will be open for warm-up and warm-down during the meet.</li> <li>• Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and cool-down lanes at any time.</li> </ul>	

<b>FORMAT</b>	<ul style="list-style-type: none"> <li>• All events will be swum as timed finals in SCY.</li> <li>• Heats shall be combined whenever possible.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• Events will be seeded slowest to fastest.</li> <li>• Male and female swimmers should be prepared to swim these events according to their times rather than age or gender (Alaska Swimming, Article 3.A.3)</li> </ul>
<b>CHECK-IN PROCEDURE</b>	Not applicable.
<b>SCRATCHES</b>	<ul style="list-style-type: none"> <li>• Each team is requested to provide Clerk of Course with a list of scratches for prelims by 8:30am. There are no penalties for late scratches. However, meet management is facilitated if scratches can be noted before the meet begins. Scratches from finals should be made within the timeframe announced when finals qualifiers are announced.</li> <li>• Individual scratch rules for events will be in effect as stated in the 2019-2020 ASI Rules.</li> <li>• There are no refunds for scratching swimmers from events.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to USAS registered swimmers who are 14 &amp; Under and if you have an Age Group Qualifying time you can't swim that event.</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.</li> <li>• 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>• Per ASI rules, swimmers may not be allowed to swim in the meet unless a signed coach's verification form has been received. (Available on ASI website: <a href="http://www.akswimming.org">www.akswimming.org</a>).</li> <li>• Swimmers must swim in the age group corresponding to their age on the day of the meet.</li> </ul>
<b>ADAPTIVE SWIMMERS</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.</li> </ul>
<b>ENTRY DEADLINE AND SUBMISSION</b>	<p>MEET ENTRY CONTACT: Patrick Burda</p> <p>ENTRY DEADLINE: <b>11:59 pm Friday, November 29, 2019</b> Late entries will not be accepted</p> <p>Email: <a href="mailto:MSSTCoaching@Gmail.com">MSSTCoaching@Gmail.com</a> P.O. Box 83625 Fairbanks, AK 99708</p>
<b>ENTRY LIMITS</b>	Each swimmer may enter no more than five (5) individual events for this meet.
<b>ENTRY RULES</b>	SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hytek).

	<p>COACHES: A list of coaches that will be on deck during the meet must be supplied with entries.</p> <p>ENTRIES MUST INCLUDE: Full legal name, age, USA Swimming Registration number AGE: Swimmer's age on the day of the meet determines age group for the competition.</p> <p>SEED TIMES: Entry seed times must be submitted for short course yards (SCY). Times must be submitted to the hundredth of a second.</p> <p>CHECK TEAM ENTRIES: It is the responsibility of the TEAM entry person to confirm that entries have been received by the Entry Chair.</p>						
<b>INCLUDE WITH TEAM ENTRY</b>	<p>Team entries may be submitted by email in Hy-Tek / Team Unify format. A pre-built .HYV file for this meet is available on the MSST website (<a href="http://www.teamunify.com/Home.jsp?team=asmst">http://www.teamunify.com/Home.jsp?team=asmst</a>) Teams must submit the following prior to the beginning of the meet:</p> <ol style="list-style-type: none"> <li>Hy-Tek meet entry report</li> <li>Hy-Tek team entry fee report</li> <li>Coach/Swimmer USA-S Membership Verification form</li> <li>Entry fees <b>(All entry fees are nonrefundable.)</b></li> </ol>						
<b>ENTRY FEES</b>	<p><b>Entry Fees:</b></p> <table> <tr> <td>Facility charge</td><td>\$18.00 per swimmer</td></tr> <tr> <td>Swimmer Entry fee</td><td>\$ 3.50 per swimmer</td></tr> <tr> <td>Individual Event fee</td><td>\$ 2.50 per event</td></tr> </table> <p>Meet entry fees are nonrefundable</p> <p>Make checks payable to: Midnight Sun Swim Team</p> <p>Check needs to be submitted to Meet Management on the first day of the meet Patrick Burda P.O. Box 83625 Fairbanks, AK 99708</p> <p>E-Mail Entries: <a href="mailto:MSSTCoaching@Gmail.com">MSSTCoaching@Gmail.com</a></p>	Facility charge	\$18.00 per swimmer	Swimmer Entry fee	\$ 3.50 per swimmer	Individual Event fee	\$ 2.50 per event
Facility charge	\$18.00 per swimmer						
Swimmer Entry fee	\$ 3.50 per swimmer						
Individual Event fee	\$ 2.50 per event						
<b>DECK ACCESS AND CREDENTIALS</b>	<p><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.</p>						
<b>RULES</b>	<p>This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).</p>						
<b>SCORING</b>	<p>Points will not be awarded at this meet. Only ribbons will be given.</p>						
<b>AWARDS</b>	<p>Results will be separated into the following age groups: 10 &amp; Under, 11-12, 13-14, and 15 &amp; over. Award ribbons will be awarded to the top six (6) place finishers in each individual event / age group.</p>						

<b>MEET PROGRAMS AND RESULTS</b>	Coach's heat sheet will be available at the beginning of warmups. Live results will be available on Meet Mobile. Final results will be posted on NA and ASI websites.
<b>LIABILITY</b>	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.
<b>POOL RULES</b>	<ul style="list-style-type: none"> <li>• No glass on deck at any time.</li> <li>• No food allowed on deck.</li> <li>• No shaving allowed on site.</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>• No flash photography is permitted at the start of any event.</li> <li>• Photography (cameras, cell phones etc.) behind the blocks is not allowed.</li> </ul>
<b>DECK CHANGING</b>	<b>Deck Changes</b> are prohibited. Per USA-S Rule 202.4.10(I).
<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. Per USA-S Rule 202.4.10(J).
<b>FIRST RESPONDERS</b>	Coaches are the first responders and lifeguards will assist if Emergency Action Plan as needed.
<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 not be offered.
<b>TIMERS</b>	Each team accepting the invitation is requested to provide two (2) timers per session with adequate substitution of individuals to complete the meet. Each family entering a swimmer in the meet is strongly encouraged to volunteer to help at the meet. In addition to providing a competitive meet opportunity for novice swimmers, this meet is intended to help families relatively new to swimming learn the various volunteer positions that are essential for a meet to run.
<b>CONCESSIONS</b>	A light concession stand will be available.
<b>HOSPITALITY</b>	Hospitality will be offered for coaches and volunteers only.
<b>HOUSING</b>	NA

# 2019 Robb Coady Novice Invite

December 7, 2019

Hosted by Midnight Sun Swim Team

## Meet Schedule

<b>Girls</b>		<b>Boys</b>
1	Open 100 Free	2
3	Open 200 Free	4
5	8 & Under 25 Back	6
7	Open 200 Back	8
9	12 & Under 50 Back	10
11	Open 100 Back	12
13	8 & Under 25 Breast	14
15	Open 200 Breast	16
17	12 & Under 50 Breast	18
19	Open 100 Breast	20
21	8 & Under 25 Fly	22
23	12 & Under 50 Fly	24
25	Open 100 Fly	26
27	8 & Under 25 Free	28
29	Open 200 IM	30
31	Open 50 Free	32
33	Open 100 IM	34

## **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.