



# 2019 SPOOKY SPRINT INVITE

Hamme Pool, Fairbanks

OCTOBER 12, 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, October 4, 2019.**

<b>SANCTION</b>	Under sanction <b>#AK-201920-02</b> by USA Swimming and Alaska Swimming. Under sanction # by USMS and Alaska Masters 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. <b>USAS:</b> 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>USMS:</b> The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1	
<b>EVENT PERSONNEL</b>	<p><b>Meet Referee:</b> Jarrod Welsh   706-662-0603 Email: jarrod.d.welsh@gmail.com</p> <p><b>Admin Referee:</b> Diane Beshears   907-388-0295 Email: dbeshears@pavingproductsalaska.com</p> <p><b>Meet Director:</b> Joanna Fox   907-978-2516 Email: joanna@gci.net</p> <p><b>Entry Chair:</b> Josh Gregory 970-689-1407 Email: coachjosh@aksst.com</p>	
<b>SCHEDULE</b>	<b>11&amp;O/Advanced Warm Up (all lanes)</b>	9:00-9:25am
	<b>10&amp;U/Novice Warm Up (all lanes)</b>	9:25-9:40am
	<b>Pace (1-2) - Sprint (3-4) - General (5-6) Warm UP</b>	9:40-9:50am
	<b>Official's Meeting</b>	9:30am
	<b>Coach's Meeting</b>	9:50am
	<b>Competition</b>	10:00am
	<b>PROJECTED TIMELINE:</b> will be established and distributed by Thursday, October 10, along with the heat/lane assignment report.	
<b>WARM UPS</b>	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.	
<b>FORMAT</b>	<ul style="list-style-type: none"> <li>This meet will be conducted in SCY</li> <li><b>Dual sanctioned</b> (USAS and USMS)</li> <li>All events are timed finals</li> <li>Mixed relays must consist of two males and two females to score (USAS 101.7.3) <ul style="list-style-type: none"> <li>USAS and USMS athletes can compete on the same relay team as exhibition only, but the time will not count for either organization.</li> </ul> </li> </ul>	



<b>SEEDING</b>	All events will be pre-seeded and swum <b>FASTEST TO SLOWEST</b>
<b>CHECK-IN PROCEDURE</b>	There is no positive check-in required for this meet
<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 Clerk of Course on the provided scratch sheet.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all USA-S registered swimmers. <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 disables/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>	<b>MEET ENTRY CONTACT:</b> Josh Gregory <b>ENTRY DEADLINE:</b> <b>Midnight on Friday, October 4, 2019.</b> Late entries will not be accepted. Email: <a href="mailto:coachjosh@aksst.com">coachjosh@aksst.com</a> Phone: 970-689-1407
<b>ENTRY LIMITS</b>	<b>Four (4) individual events and one (1) relay event.</b> Swimmers will not be guaranteed twenty minutes between events.
<b>ENTRY RULES</b>	<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)  <b>ENTRIES MUST INCLUDE:</b> Full legal name, age, USAS/USMS Registration number <b>DECK ENTRIES:</b> Deck entries will not be accepted.
<b>INCLUDE WITH TEAM ENTRY</b>	Team Entry Report with USAS/USMS Membership ID #, and Team Fees Report
<b>ENTRY FEES</b>	<b>INDIVIDUAL EVENT:</b> \$3.00 <b>RELAY EVENT:</b> \$6.00 <b>ATHLETE SURCHARGE:</b> \$10.00  Please make checks payable to: <b>Stingray Swim Team</b>  Deliver fees to computer table during meet, or mail to: PO Bo 72301, Fairbanks, AK 99707. Meet fees are non-refundable.
<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/USMS/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).



<b>SCORING</b>	<p><i>Results separated by age group &amp; gender.</i></p> <p><b>AGE GROUPS:</b> 10&amp;U, 11-12, 13-14, 15&amp;O, Masters Age Groups</p> <p><b>INDIVIDUAL:</b> 7-5-4-3-2-1</p> <p><b>RELAY:</b> 14-10-8-6-4-2</p> <p>*Masters scores will be kept for their LMSC Workout Group (or AKMS if no Workout Group is specified) and will not count toward any USAS team.</p>
<b>AWARDS</b>	<p><i>Results separated by age group &amp; gender.</i></p> <p><b>AGE GROUPS:</b> 10&amp;U, 11-12, 13-14, 15&amp;O (no awards for Masters)</p> <p><b>INDIVIDUAL:</b> Ribbons 1<sup>st</sup>-6<sup>th</sup></p> <p><b>RELAY:</b> Ribbons 1<sup>st</sup>-3<sup>rd</sup></p>
<b>MEET PROGRAMS AND RESULTS</b>	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.
<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>USMS/Stingray Swim Team</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>	<p>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></p> <p><b>This does not apply to US Masters athletes unless that athlete is also a registered USAS member.</b></p>
<b>TIME TRIALS</b>	Time trials will not be offered
<b>TIMERS</b>	High School will provide all timers
<b>CONCESSIONS</b>	A concession stand will be offered
<b>HOSPITALITY</b>	Hospitality will be offered for coaches and volunteers only



## EVENT SCHEDULE

MIXED	EVENT
1	10&U Mixed 100 FREE RELAY
2	11&O Mixed 200 FREE RELAY
3	10&U 25 FLY
4	11&O 50 FLY
5	10&U 25 BACK
6	11&O 50 BACK
7	10&U 25 BREAST
8	11&O 50 BREAST
9	10&U 25 FREE
10	11&O 50 FREE
11	OPEN 100 IM
12	10&U 50 FLY
13	11&O 100 FLY
14	10&U 50 BACK
15	11&O 100 BACK
16	10&U 50 BREAST
17	11&O 100 BREAST
18	10&U 50 FREE
19	11&O 100 FREE

### 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.

