



2020 St. Patrick's Day Meet

Hosted by North Pole Aquatic Club (NPAC)



All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) The SDIF file must be received, via email to the Entry Contact, by **11:59pm Friday, March 6, 2020.**

SANCTION	Under sanction #AK-201920-30 by USA Swimming and Alaska Swimming. "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."	
LOCATION	Wescott Pool, Fairbanks, AK 300 E. 8 th Avenue North Pole, AK 99705	
FACILITY	Six (6) lane, 25-yard competition pool, divided by Flo-thru lane lines. Colorado Electronic Timing system with touch pads, six (6) lane display, one button manual back-up one hand held digital watch per lane and horn/strobe light start. The competition course has not been certified in accordance with 104.2.2C(4). Pool depth at start end is 5 feet and 4 feet at turn end.	
EVENT PERSONNEL	Meet Referee: Scott Johnson – sjinalaska@hotmail.com Admin Official: Jennifer Young Meet Directors: Michael Barr – npacmeetdirector@gmail.com Entry Chair: Michael Barr – npacmeetdirector@gmail.com Safety Marshall – Kristi Boatman – ghbga@mosquitonet.com	
SCHEDULE	Warm-ups	9:00 – 9:45 am
	Official's Meeting	9:30 - 9:45 am
	Coach's Meeting	9:45 - 9:55 am
	Positive check-in for the 500 free	9:30 am
	Meet will begin	10:00 am
	Timers	In Place by 9:55 am
WARM UPS	Warm-ups will be conducted in accordance with USA-S and ASI, see Appendix A in this invite. Team need to have their teams in place by time listed above. For warm-up lane assignments and procedures. The deep end of the pool will be open for warm-up and warm-down before and during the meet.	
FORMAT	All events will be swum as timed finals in SCY.	
SEEDING	All events will be pre-seeded and swum Slowest to fastest.	
CHECK-IN PROCEDURE	Positive check-in for the 500 free is at 9:30 am.	

SCRATCHES	• Individual scratch rules for events will be in effect as stated in the 2019-2020 ASI Rules and Scratches. Article 3.A.9. The scratch rule will be applied as stated in Alaska Swim Guide Article 3.A.10. • Scratches shall be made each day and delivered to the Clerk of Course on the attached scratch. • A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event. • There are no refunds for scratching swimmers from events.
ELIGIBILITY	• Open to all USA-S registered swimmers. • 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. • 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.
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: Michael Barr ENTRY DEADLINE: 11:59pm Friday, March 6, 2020. Entries received after the deadline will not be accepted unless approval is given by meet director. No entries will be accepted at the meet. Email entries : npacmeetdirector@gmail.com Entries fees can be mailed to : NPAC, PO Box 56251 North Pole, AK 99705
ENTRY LIMITS	Each swimmer may enter no more than four (4) individual events and 1 relay event for this meet. Entries must be submitted by HY-tek file, sent by e-mail.
ENTRY RULES	SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hytek). COACHES: A list of coaches that will be on deck during the meet must be supplied with entries. 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. DECK ENTRIES: Deck entries will not be accepted.

	SEED TIMES: Entry seed times are preferred to be submitted for short course yards (SCY). Times must be submitted to the hundredth of a second. CHECK TEAM ENTRIES It is the responsibility of the TEAM entry person to confirm that entries have been received by the Entry Chair.						
INCLUDE WITH TEAM ENTRY	Team entries may be submitted by email in Hy-Tek / Team Unify format. Entry file can be downloaded from the NPAC Website: http://www.teamunify.com/Home.jsp?team=aknpac Teams must submit the following prior to the beginning of the meet: - Hy-Tek meet entry report - Hy-Tek team entry fee report - Coach/Swimmer USA-S Membership Verification form - Entry Fees						
ENTRY FEES	INDIVIDUAL EVENT: \$3.00 Entry Fees: <table> <tr> <td>Athlete Surcharge</td><td>\$ 9.00 per swimmer</td></tr> <tr> <td>Individual Event fee</td><td>\$ 3.00 per event</td></tr> <tr> <td>Relay Entry Fee</td><td>\$ 6.00 per swimmer</td></tr> </table> <i>Meet entry fees are nonrefundable</i> Make checks payable to: North Pole Aquatic Club Entry Fee checks may be delivered personally to the HyTek computer operator at the deep-end computer table at the meet or mailed to the following address: NPAC PO BOX 56251 North Pole, AK 99705	Athlete Surcharge	\$ 9.00 per swimmer	Individual Event fee	\$ 3.00 per event	Relay Entry Fee	\$ 6.00 per swimmer
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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.						
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	Events will be scored through 6th place in accordance with USA Swimming rules, 102.25.3 (7-5-4-3-2-1).
AWARDS	Ribbons will be awarded to the top six (6) place finishers in each individual event. <i>Results separated by age group & gender</i> AGE GROUPS: 10&U, 11-12, 13-14, 15&O

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	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.
RULES	- 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. - 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 or adjacent outdoor areas. - Photography (cameras, cell phones etc.) behind the blocks is not allowed.
DECK CHANGING	Deck Changes are prohibited. Per USA-S Rule 202.4.10(I).
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. Per USA-S Rule 202.4.10(J).
FIRST RESPONDERS	Coaches are the first responders in case of emergency. Lifeguards and officials will assist life guards 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	
TIMERS	Each team accepting the invitation is requested to provide four (4) timers with an adequate substitution of individuals to complete the meet.
CONCESSIONS	A concession stand will be offered.
HOSPITALITY	Hospitality will be offered for coaches and volunteers only.
HOUSING	None will be provided, but in an emergency, please contact the Meet Director.

Meet Schedule

Event Number: Girls	Event	Event Number: Boys
1	Open 200 Free Relay	2
3	12 & Under 50 Back	4
5	Open 100 Back	6
7	Open 200 Fly	8
9	12 & Under 50 Breast	10
11	Open 100 Free	12
13	Open 200 Breast	14
15	8 & Under 25 Free	16
17	Open 200 Free	18
19	12 & Under 50 Fly	20
21	Open 100 Fly	22
23	Open 200 Back	24
25	12 & Under 100 IM	26
27	Open 50 Free	28
29	Open 200 IM	30
31	8 & Under 25 Back	32
33	Open 100 Breast	34
35	Open 500 Free	36
37	Open 200 Medley Relay	38

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