



# 2020 SWEETHEART INVITE

Presented by Aurora Foot & Ankle Surgical Specialists

Hamme Pool, Fairbanks

JANUARY 31 - FEBRUARY 2



All USA-S entries shall be submitted using a USA-S approved Standard Database Interchangeable Format (SDIF) electronic file. The SDIF file must be received, via email to the Entry Contact, by **11:59p Thursday, January 23, 2020.**

<b>SANCTION</b>	Under sanction <b>#AK-201920-03</b> by USA Swimming and Alaska Swimming. Under sanction <b>#560-S001</b> by Alaska Masters for USMS, Inc.				
<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>USA-S:</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: <a href="mailto:jarrod.d.welsh@gmail.com">jarrod.d.welsh@gmail.com</a></p> <p><b>Admin Referee:</b> Diane Beshears 907-388-0295 Email: <a href="mailto:dbeshears@pavingproductsalaska.com">dbeshears@pavingproductsalaska.com</a></p> <p><b>Meet Director:</b> Joanna Fox 907-978-2516 Email: <a href="mailto:joanna@gci.net">joanna@gci.net</a></p> <p><b>Entry Chair:</b> Josh Gregory 970-689-1407 Email: <a href="mailto:coachjosh@aksst.com">coachjosh@aksst.com</a></p>				
<b>SCHEDULE</b>		<b>Friday</b>	<b>Saturday AM</b>	<b>Saturday PM</b>	<b>Sunday</b>
	<b>11&amp;O/Advanced Warm UP (all lanes)</b>	4:30-5:10p	9:00-9:25a	3:00-3:40p	9:00-9:25a
	<b>10&amp;U/Novice Warm Up (all lanes)</b>	4:30-5:10p	9:25-9:40a	Na	9:25-9:40a
	<b>Pace (1-2) – Sprint (3-4) – General (5-6) Warm Up</b>	5:10-5:20p	9:40-9:50a	3:40-3:50p	9:40-9:50a
	<b>Official's Meeting</b>	5:00p	9:30a	3:30p	9:30a
	<b>Coach's Meeting</b>	5:20p	As needed	As needed	As needed
	<b>Positive Check-In</b>		9:30a		9:30a
	<b>Competition</b>	5:30p	10:00a	4:00p	10:00a
	<b>*PROJECTED TIMELINE:</b> will be established and distributed by Wednesday, January 29, 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>• All events are timed finals</li> <li>• Positive check-in due thirty (30) minutes prior to respective session start time</li> <li>• <b>Dual Sanctioned:</b> USMS will compete on Saturday afternoon only. Must be current USMS member and sign liability waiver (appendix B).</li> </ul>
<b>SEEDING</b>	All events will be pre-seeded and swum <b>FASTEST TO SLOWEST</b> with the exception of positive check-in events
<b>CHECK-IN PROCEDURE</b>	Positive check-in for the 500 Free, 1000 Free, 1650 Free, and 400 IM are due by 9:30a on their respective days. Positive check-in events will be swum in event order FASTEST TO SLOWEST.
<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>• <b>USAS Athletes:</b> Open to all USA-S registered swimmers. <i>Post high school athletes may compete as exhibition only.</i></li> <li>• <b>USMS Athletes:</b> Open to all USMS registered swimmers.</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> 11:59p on Thursday, January 23, 2020. 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>Three (3) individual events and one (1) relay event per session, seven (7) individual events total.</b> Swimmers will not be guaranteed twenty minutes between events.
<b>RELAYS</b>	Mixed relays must consist of two (2) females and two (2) males to place and score. Any other combination of genders will swim exhibition only. Relay teams consisting of USAS and USMS members will be exhibition only, and times will not count for either organization.
<b>USAS/USMS 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 #
<b>ENTRY FEES</b>	<p><b>INDIVIDUAL EVENT:</b> \$3.00  <b>RELAY EVENT:</b> \$6.00  <b>ATHLETE SURCHARGE:</b> \$20.00</p> <p>Please make checks payable to: <b>Stingray Swim Team</b></p> <p>Deliver fees to computer table during meet, or mail to: PO Bo 72301, Fairbanks, AK 99707. Meet fees are non-refundable.</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/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>  <b>AGE GROUPS:</b> 10&amp;U, 11-12, 13-14, 15&amp;O, Masters Age Groups  <b>INDIVIDUAL:</b> 7-5-4-3-2-1  <b>RELAY:</b> 14-10-8-6-4-2          *Masters scores will be kept for their LMSC Workout Group (or AKMS if no Workout Group is specified) and will not count toward any USA-S team.</p>
<b>AWARDS</b>	<p><i>Results separated by age group &amp; gender</i>  <b>AGE GROUPS:</b> 10&amp;U, 11-12, 13-14, 15&amp;O (no awards for Masters)  <b>INDIVIDUAL:</b> Ribbons 1<sup>st</sup>-6<sup>th</sup>  <b>RELAY:</b> Ribbons 1<sup>st</sup>-3<sup>rd</sup>  <b>High Point:</b> Trophy 1<sup>st</sup> – 3<sup>rd</sup></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 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 active the facility's 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>This does not apply to US Masters athletes unless that athlete is also a registered USAS member.</b>
<b>TIME TRIALS</b>	Time trials will not be offered
<b>TIMERS</b>	SST 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

### FRIDAY EVENING

MIXED EVENT #	EVENT
1	12&U 200 MED RELAY
2	12&U 50 BK
3	11-12 200 BK
4	12&U 50 BR
5	11-12 200 BR
6	12&U 50 FL
7	11-12 200 FL
8	12&U 50 FR

### SATURDAY MORNING

MIXED EVENT #	EVENT
9	12&U 200 FR RELAY
10	OPEN 500 FR*
11	12&U 100 BR
12	13&O 200 BR
13	12&U 100 FR
14	13&O 200 FR
15	12&U 100 IM
16	11&O 1,000 FR*

\*positive check in due by 9:30am



### SATURDAY AFTERNOON

MIXED EVENT #	EVENT
17	13&O/Masters 200 MED RELAY
18	Masters 200 FR
19	13&O 100 BK
20	Masters 50 BK
21	Masters 100 BK
22	13&O 100 BR
23	Masters 50 BR
24	Masters 100 BR
25	13&O 100 FL
26	Masters 50 FL
27	Masters 100 FL
28	13&O 100 FR
29	Masters 100 FR
30	Masters 100 IM
31	13&O 200 IM
32	Masters 50 FR

### SUNDAY MORNING

MIXED EVENT #	EVENT
33	13&O 200 FR RELAY
34	11&O 400 IM*
35	12&U 100 BK
36	13&O 200 BK
37	12&U 100 FL
38	13&O 200 FL
39	12&U 200 IM
40	13&O 50 FR
41	12&U 200 FR
42	11&O 1,650 FR*

\*positive check in due by 9:30am



**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.

**APPENDIX B**  
**USMS LIABILITY WAIVER**

Athlete Name \_\_\_\_\_

Athlete Age \_\_\_\_\_

USMS ID# \_\_\_\_\_

LMSC \_\_\_\_\_

Workout Group \_\_\_\_\_

**Liability Waiver:**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule book article 204.1)

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

