



2019 Wishbone Invitational

November 22-24, 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 **midnight Friday, November 15, 2019.**

SANCTION	Under sanction #AK-201920-13 by USA Swimming and Alaska Swimming.		
LOCATION	Hamme Pool 901 Airport Way Fairbanks, AK 99701 Pool phone number: 907.742.1800		
FACILITY	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. This pool is not currently certified in accordance with 104.2.2C(4)by. Pool depth at start end is 5 feet and 4 feet at turn end.		
EVENT PERSONNEL	Meet Directors: Kaylene Ottoson – Kayleneottoson@gmailcom Meet Referee: Robin Mills Safety Marshall: Tim Bristor Admin Official: Kaylene Ottoson Entry Chair: Patrick Burda - MSSTCoaching@Gmail.com		
		Friday	Saturday and Sunday
SCHEDULE	Warm-ups	5:00 pm	9:00 am
	Official's Meeting		9:30 am – 9:45 am
	Coach's Meeting		9:45 am – 10:00am
	Add/Scratch Deadline		8:30 am
	Meet will begin	6:00 pm	10:00 am
WARM UPS	Warm-ups will be conducted in accordance with USA-S and ASI, warm-up/warm down procedures as outlined in ASI Rules & Regulations, Appendix, page 39. Warm-ups will be swum as open warm-ups, without assigned lanes form teams. The diving well will be open for warm-up and warm-down during the meet.		
FORMAT	<ul style="list-style-type: none"> All events will be swum as timed finals in SCY. Swimmers entering the 1650 Freestyle, 500 Freestyle, or 1000 Freestyle must supply their own lap counters and lane times. Single Age"B" time or faster in the 500 to qualify for the 1650 . 		

	<ul style="list-style-type: none"> Heats shall be combined whenever possible. Scoring shall be adjusted for age and gender.
SEEDING	Events will be swim slowest to fastest , with the exception of the 1650 Freestyle and 500 Freestyle, which will be swum fastest to slowest . These events will be deck seeded with positive check in 30 minutes prior to the start of the day's completion. 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)
CHECK-IN PROCEDURE	500 Freestyle and 1650 Freestyle will be deck seeded with positive check in 30 minutes prior to the start of the day's competition.
SCRATCHES	<ul style="list-style-type: none"> 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. Individual scratch rules for events will be in effect as stated in the 2019-2020 ASI Rules. There are no refunds for scratching swimmers from events.
ELIGIBILITY	<ul style="list-style-type: none"> 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.
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: Patrick Burda ENTRY DEADLINE: midnight Friday, November 15, 2019 Late entries will not be accepted Email: MSSTCoaching@Gmail.com P.O. Box 83625 Fairbanks, AK 99708
ENTRY LIMITS	Each swimmer may enter no more than six (6) individual events on Saturday , and four (4) individual events on Sunday . 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

	<p>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>												
INCLUDE WITH TEAM ENTRY	<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 (http://www.teamunify.com/Home.jsp?team=asmst) Teams must submit the following prior to the beginning of the meet:</p> <ul style="list-style-type: none">a. Hy-Tek meet entry reportb. Hy-Tek team entry fee reportc. Coach/Swimmer USA-S Membership Verification formd. Entry fees (All entry fees are nonrefundable.)												
ENTRY FEES	<p>INDIVIDUAL EVENT: \$3.00</p> <p>Entry Fees:</p> <table><tr><td>Facility charge</td><td>\$18.00</td><td>per swimmer</td></tr><tr><td>Swimmer Entry fee</td><td>\$ 3.50</td><td>per swimmer</td></tr><tr><td>Individual Event fee</td><td>\$ 2.50</td><td>per event</td></tr><tr><td>Relay fee</td><td>.....</td><td>\$ 5.50 per swimmer</td></tr></table> <p><i>Meet entry fees are nonrefundable</i></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</p> <p>Patrick Burda P.O. Box 83625 Fairbanks, AK 99708</p> <p>E-Mail Entries: MSSTCoaching@Gmail.com</p>	Facility charge	\$18.00	per swimmer	Swimmer Entry fee	\$ 3.50	per swimmer	Individual Event fee	\$ 2.50	per event	Relay fee	\$ 5.50 per swimmer
Facility charge	\$18.00	per swimmer											
Swimmer Entry fee	\$ 3.50	per swimmer											
Individual Event fee	\$ 2.50	per event											
Relay fee	\$ 5.50 per swimmer											
DECK ACCESS AND CREDENTIALS	<p>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.</p>												
RULES	<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>												

SCORING	Events will be scored through 6 th place in accordance with USA Swimming rules, 102.25.3 (7-5-4-3-2-1), Relays (14-10-8-6-4-2).
AWARDS	Ribbons will be awarded 1 st through 6 th place finishers in each event. Highpoint will be

	awarded. Awards will be given for the following age groups: 10&under, 11-12,13-14, and 15 & over.
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. 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	<ul style="list-style-type: none"> ● 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 food allowed on deck. ● 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. ● No flash photography is permitted at the start of any event. ● 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 will assist Coaches and officials and will 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	Time trials will not be offered.
TIMERS	Each team accepting the invitation is requested to provide two (2) timers per session with adequate substitution of individuals to complete the meet.
CONCESSIONS	A light concession stand will be available.
HOSPITALITY	Hospitality will be offered for coaches and volunteers only.
HOUSING	NA

Meet Schedule

<u>Girls</u>	<u>Friday, Nov. 17th</u>	<u>Boys</u>
1	Open 1000 Free	2
3	Open 400 IM	4
5	12 & U 500 Free	6

<u>Girls</u>	<u>Saturday, Nov. 18th</u>	<u>Boys</u>
7	Open 200 Medley Relay	8
9	12 & U 50 Back	10
11	Open 200 Free	12
13	Open 100 Fly	14
15	12 & U 50 Breast	16
17	Open 50 Free	18
19	Open 200 Breast	20
21	Open 100 Back	22
23	13 & over 500 Free	24

<u>Girls</u>	<u>Sunday, Nov. 19th</u>	<u>Boys</u>
25	Open 200 Free Relay	26
27	Open 200 Fly	28
29	Open 100 Breast	30
31	12 & U 50 Fly	32
33	Open 200 IM	34
35	12 & U 100 IM	36
37	Open 100 Free	38
39	Open 200 Back	40
41	13 & Over 1650 Free Single 'B' Time in 500 free or faster to qualify	42

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.