



## Swim Like A. Fish Invitational Pentathlon Swim Meet

August 9, 2025

Hosted by Seward Tsunami Swim Club



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 **August 5, 2025**

<b>SANCTION</b>	Under sanction #AK- 202425-84 by USA Swimming and Alaska Swimming, Inc (ASI). It is understood and agreed that USA Swimming shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.	
<b>LOCATION</b>	Seward High School Pool 2100 Swetman Avenue Seward, AK 99664	
<b>FACILITY</b>	Indoor, 25-yard, six (6) lane pool. Colorado timing system with touch pads, one button/two watch back-up, six lane electronic timing display board, and horn/strobe start. Pool depth is 12' at the starting end and 3'6" at the turning end. The meet host will ensure the required course dimensions.	
<b>EVENT PERSONNEL</b>	<p><b>Meet Director</b> Jake Boulden (USA ID#DD3148488ED5ED)</p> <p><b>Admin. Official &amp; Volunteer Coordinator</b> Leslie Jacoby (USA ID# 7518033F33E84C) 1-303-304-7932 <a href="mailto:Stscleslie@gmail.com">Stscleslie@gmail.com</a></p> <p><b>Meet Referee:</b> Cristan McLain (USA ID#7EB4FDB82DDF4F)</p> <p><b>Entry Chair &amp; Head Coach:</b> Solomon D'Amico (USA ID#E1E4CDA98E9245) 1-812-320-9382 <a href="mailto:Solomon.damico@gmail.com">Solomon.damico@gmail.com</a></p>	
<b>SCHEDULE</b>	<b>Warm-ups</b>	10:00 a.m.
	<b>Coach's Meeting</b>	TBD
	<b>Official's Meeting</b>	10:15 a.m.
	<b>Timers Meeting</b>	10:30 a.m.
	<b>Meet will begin</b>	11:00 a.m.
<b>WARM UPS</b>	Warm ups in accordance with USAS warm-ups/warm-down procedures. Warm ups will be conducted in accordance with USAS and ASI. Breaks for warm-up/cool-down will be determined by Meet Referee.	

<b>FORMAT</b>	<ul style="list-style-type: none"> <li>• All events will be swum as timed finals in SCY.</li> <li>• Each swimmer will have the same heat and lane assignment for all five events.</li> <li>• There will be a break of at least 15 minutes approximately mid-way through the events. Additional shorter breaks may be added.</li> <li>• Events may be combined at the discretion of meet management. Combined events will be awarded separately by age or gender.</li> </ul>
<b>SEEDING</b>	All events will be mixed gender, pre-seeded, timed finals, and swum <b>slowest to fastest</b> .
<b>CHECK-IN PROCEDURE</b>	
<b>SCRATCHES</b>	Individual scratch rules for events will be in effect as stated in the most current ASI Rules. Scratches should be communicated to the computer table ideally before the start of the meet. There are no penalties for late scratches.
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all USA-S registered swimmers. No swimmer will be permitted to compete unless the swimmer is a member as provided by Article 302.</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 disabled/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>	<p><b>MEET ENTRY CONTACT:</b> Solomon D'Amico, phone number: 812-320-9382</p> <p><b>ENTRY DEADLINE: August 5th, 2025</b></p> <p>Meet management will decide whether to accept the late entries, to reseed the meet, and to add heats. A late fee may apply.</p> <p>Send entries via email to: <a href="mailto:Solomon.damico@gmail.com">Solomon.damico@gmail.com</a></p>
<b>ENTRY LIMITS</b>	Each swimmer will be entered in 5 events. Coach to determine either odd or even events based on swimmer age and ability.

<b>ENTRY RULES</b>	<p><b>ENTRY DEADLINE:</b> August 5th, 2025</p> <p><b>SDIF REQUIRED:</b> Team entries may be submitted by email in Hytek/Team Unify format. A pre-built .HYV file for this meet will be available on the ASI website.</p> <p><b>ENTRIES MUST INCLUDE:</b> Full legal name, age, USA Swimming Registration number.</p> <p><b>AGE:</b> Swimmer's age on the day of the meet determines age group for the competition.</p> <p><b>DECK ENTRIES:</b> Deck entries will not be accepted. On-deck registration will not be permitted.</p> <p><b>SEED TIMES:</b> Entry seed times are preferred to be submitted for short course yards (SCY). Times must be submitted to the hundredth of a second.</p> <p><b>DIVE START CERTIFICATION:</b> 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.</p> <p><b>LATE ENTRIES:</b> Will be considered on a case-by-case basis if they are received by 12PM Friday, August 8<sup>th</sup>, 2025. Meet management will decide whether to accept the late entries, to reseed the meet, and to add heats. A late fee may apply.</p> <p><b>CHECK TEAM ENTRIES:</b> 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. Teams must submit the following prior to the beginning of the meet:</p> <ul style="list-style-type: none"> <li>a. Hy-Tek meet entry report</li> <li>b. Hy-Tek team entry fee report</li> <li>c. Entry fees (all entry fees are non-refundable)</li> <li>d. Coach/Swimmer USA-S Membership Verification form</li> </ul>
<b>ENTRY FEES</b>	<p><b>Entry Fees:</b> \$25.00 per swimmer</p> <p>Please make checks payable to <b>Seward Tsunami Swim Club (STSC)</b>. Meet fees can be mailed to <b>PO Box 2328 Seward, AK 99664</b> with entries or delivered to the computer table prior to the start of the meet. Meet fees are nonrefundable.</p>
<b>DECK ACCESS AND CREDENTIALS</b>	<p><b>Closed deck:</b> Athletes, coaches, and volunteers only. Coaches must supply the computer table with current credentials prior to competition (USA Swimming app will suffice). Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met.</p>

<b>SPECTATORS</b>	Spectators are allowed, however deck space is extremely limited. Spectators should consider exiting the pool during times their swimmer is not in the water.
<b>RULES</b>	This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).

<b>SCORING</b>	<p><b>Scoring:</b> The swimmer's time for each event will be added together to determine their total time and place finish.</p> <p>A swimmer will be penalized 5 minutes for each disqualification or scratch</p> <p><b>The top 16 girls and boys overall will earn team points.</b></p>
<b>AWARDS</b>	<p>Ribbons will be awarded for 1st through 6th place..</p> <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</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.
<b>LIABILITY</b>	<p>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.</p> <p>It is understood and agreed that <b>Seward Tsunami Swim Club</b> shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>
<b>RULES</b>	<ul style="list-style-type: none"> <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> <li>• No glass on deck at any time.</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>• Photography (cameras, cell phones etc.) behind the blocks is not allowed.</li> </ul>
<b>DECK CHANGING</b>	<b>Deck Changes are prohibited.</b> 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>	Lifeguards are the first responders in case of emergency. Coaches and officials will assist life guards and activate the facility's Emergency Action Plan as needed.
<b>Minor Athlete Abuse Prevention Policy (MAAPP)</b>	<p>All USA Swimming athletes <b>18 years of age and older</b> 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>All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p>
<b>TIME TRIALS</b>	Time trials will not be offered
<b>TIMERS</b>	If you want to volunteer, please contact Leslie Jacoby.
<b>CONCESSIONS</b>	Concessions will be available in high school commons. Meet Programs will be available for purchase.
<b>HOSPITALITY</b>	A light hospitality will be available for officials, coaches and volunteers.
<b>HOUSING</b>	Housing will not be provided.

## 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.

**Swim Like A. Fish Swim Meet**

**Pentathlon August 9, 2025**

<b>Mixed</b>	<b>Event</b>
<b>1</b>	<b>100 IM</b>
<b>2</b>	<b>200 IM</b>
<b>3</b>	<b>25 Butterfly</b>
<b>4</b>	<b>50 Butterfly</b>
<b>5</b>	<b>25 Back</b>
<b>6</b>	<b>50 Back</b>
<b>7</b>	<b>25 Breaststroke</b>
<b>8</b>	<b>50 Breaststroke</b>
<b>9</b>	<b>25 Free</b>
<b>10</b>	<b>50 Free</b>

**Fun Relays to Follow Events!**

