



2025 SHOREBIRD INVITATIONAL

Friday, 9 May 2025
Saturday, 10 May 2025

Hosted by Kachemak 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 **11 PM, on Friday, May 2, 2025**

SANCTION	Under sanction #AK-202425-79 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.		
LOCATION	Kate Kuhns Aquatic Center (Homer High School) 600 E. Fairview Ave. Homer, AK 99603 Pool phone number: 907-235-7416		
FACILITY	Indoor, six (6) lane, 25-yard competition pool. Daktronic Timing system with touch pads, six (6) lane electronic timing display board, one button manual back-up, two handheld digital watch back-up, and horn/strobe light start. Pool depth is 12' 9" at the starting end and 3' 6" at the turning end. The meet host will ensure the required course dimensions.		
EVENT PERSONNEL	<p>Meet Director: Stephen Overdorf - (907) 435-7630 mailto:kachemakswimclub.president@gmail.com</p> <p>Entry Chair: Jaime Roth - (907) 299-4667 kachemakswimclub.headcoach@gmail.com</p> <p>Meet Referee: Dawn Merritt dawn.merritt81@gmail.com</p> <p>Admin Official: Lashon Evans</p> <p>Meet Marshal: Stephen Overdorf</p>		
SCHEDULE		Friday	Saturday
	Warm-ups	4:45 PM	8:45 AM
	Official's Meeting	5:00 PM	9:00 AM
	Coach's Meeting	N/A	9:30 AM
	Positive check-in for the 400IM and 500FR	5:30 PM	9:30 AM
	Timer's Meeting / End of warm-ups	5:45 PM	9:45 AM
	Meet will begin	6:00 PM	10:00 AM
WARM-UPS	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.		

FORMAT	<ul style="list-style-type: none"> • All events will be swum as timed finals in SCY. • There will be a break of at least 15 minutes prior to the 500 Free on Friday night and there will be a break of at least 15 minutes approximately mid-way through Saturday's events. Additional shorter breaks may be added by Meet Referee. • Events may be combined at the discretion of Meet Management. Combined events will be awarded separately by age or gender.
SEEDING	All events will be pre-seeded, timed finals, and swum slowest to fastest , with the exception of all individual events 400 yards and longer, which will be swum fastest to slowest .
CHECK-IN PROCEDURE	Check-in deadline for the 500 FR and the 400 IM is 5:30 PM (Friday) and the check-in sheet is at the computer table area.
SCRATCHES	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 by 5:30 PM on Friday and 9:30 AM on Saturday. There are no penalties for late scratches.
ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA-S registered swimmers. • No swimmer will be permitted to compete unless the swimmer is a member as provided in article 302. • 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	<p>MEET ENTRY CONTACT: Jaime Roth, 907-299-4667</p> <p>ENTRY DEADLINE: 11 PM on Friday, 2 May 2025</p> <p>LATE ENTRIES: Will be considered on a case-by-case basis if they are received by 12 PM Friday, 9 May 2025. Meet management will decide whether to accept the late entries, to reseed the meet, and to add heats. A late fee will apply.</p> <p>ENTRY SUBMISSION: Entries should be emailed to the Entry Chair at kachemakswimclub.headcoach@gmail.com</p>
ENTRY LIMITS	Each swimmer may enter no more than three (3) individual events Friday and no more than four (4) individual events Saturday , exclusive of relays.

ENTRY RULES	<p>ENTRY DEADLINE: 11 PM on Friday, 2 May 2024.</p> <p>SDIF REQUIRED: Team entries may be submitted by email in Hy-Tek/TeamUnify format. A pre-built .HYV file for this meet will be available on the ASI website.</p> <p>ENTRIES MUST INCLUDE: Full legal name, age, USAS Swimming Registration number.</p> <p>AGE: Swimmer's age on the day of the meet determines age group for the competition.</p> <p>DECK ENTRIES: Deck entries will not be accepted.</p> <p>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.</p> <p>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.</p> <p>LATE ENTRIES: Will be considered on a case-by-case basis if they are received by 12PM Friday, 9 May 2024. Meet management will decide whether to accept the late entries, to reseed the meet, and to add heats. A late fee will apply.</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/TeamUnify format. Teams must submit the following prior to the beginning of the meet:</p> <ul style="list-style-type: none"> a. Hy-Tek meet entry report b. Hy-Tek team entry fee report c. Coach/Swimmer USA-S Membership Verification form d. Entry fees (All entry fees are non refundable.) 										
ENTRY FEES	<p>Entry Fees:</p> <table border="0"> <tr> <td>Facility charge per swimmer:</td> <td>\$8.00</td> </tr> <tr> <td>Entry fee per swimmer:</td> <td>\$3.50</td> </tr> <tr> <td>Individual event fee:</td> <td>\$2.50 per event</td> </tr> <tr> <td>Relay entry fee:</td> <td>\$5.50 per event</td> </tr> <tr> <td>Late Fee:</td> <td>\$50.00</td> </tr> </table> <p>Please make checks payable to Kachemak Swim Club (KSC). Meet fees can be mailed to PO Box 578, Homer, AK 99603 with entries or delivered to the computer table prior to the start of the meet. Meet fees are nonrefundable.</p> <p>Scoring: No team or individual scoring.</p>	Facility charge per swimmer:	\$8.00	Entry fee per swimmer:	\$3.50	Individual event fee:	\$2.50 per event	Relay entry fee:	\$5.50 per event	Late Fee:	\$50.00
Facility charge per swimmer:	\$8.00										
Entry fee per swimmer:	\$3.50										
Individual event fee:	\$2.50 per event										
Relay entry fee:	\$5.50 per event										
Late Fee:	\$50.00										
DECK ACCESS AND CREDENTIALS	<p>Closed deck. Athletes, coaches and volunteers only. Coaches must supply 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>										

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). All adults participating in or associated with this meet acknowledge that they are subject to 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 this conduct of this competition.
SCORING	No team or individual scoring.
AWARDS	Ribbons will be awarded for 1st through 6th place. Awards will be given for the following age groups: 10&U, 11-12, 13-14, 15&O. There will be duckies for heat winners.
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 KSC and ASI websites.
LIABILITY	<p>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.</p> <p>It is understood and agreed that Kachemak Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>
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 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	Lifeguards are the first responders in case of emergency. Coaches and officials will assist lifeguards 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	Time trials will not be offered.
TIMERS	KSC will provide the timers. If you want to volunteer, please contact Deanna Johnson, 907-756-3990.
CONCESSIONS	A concession stand will be offered. Saturday starting at 9 AM. Meet Programs will be for sale at \$3/each.

SWIM SHOP	Limited numbers of goggles and suits available for purchase.
HOSPITALITY	A light hospitality will be available for coaches, officials, and volunteers both Friday evening and Saturday.
HOUSING	Not generally provided, but team representatives may contact meet director to inquire on a case-by-case basis.



APPENDIX A

Swim Meet Warm-up/Warm-down Procedures

I. RULES FOR GENERAL WARM-UP

- A. 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.
- B. All swimming should be done in a counter-clockwise swimming direction.
- C. 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. *Recommended* for first 30 – 45 min. of the warm-up session.
- B. NO DIVING . . . Swimmers must enter the water using the accepted pool entry method.
- C. No sprinting or pace work.
- D. All lanes will be used for general warm-up.

III. SPECIFIC WARM-UP PERIOD

- A. *Recommended* for last 30-45 minutes of the warm-up session.
- B. Push pace lanes: Push-off one or two lengths from the starting end, circle swimming only (counter-clockwise).
- C. NO DIVING . . . Swimmers must enter the water using the accepted pool entry method.
- D. Racing starts: Sprint lanes for race starts from blocks, sides, or from in the water (as for backstroke). Starts initiated from coach's signal.
- E. The meet referee or designee will post team assigned lanes for warm-ups.



2025 SHOREBIRD INVITATIONAL ORDER OF EVENTS



Friday, 9 May 2025				
Number	Gender	Age Group	Distance	Event
1	Mixed	Open	400	IM
2	Mixed	Open	200	Back
3	Mixed	Open	200	Breast
4	Mixed	Open	200	Fly
5	Mixed	Open	500*	Free*

Saturday, 10 May 2025				
Number	Gender	Age Group	Distance	Event
6	Mixed	8 & Under	100	Free Relay
7	Mixed	12 & Under	200	Free Relay
8	Mixed	13 & Over	200	Free Relay
9	Mixed	Open	100	Free
10	Mixed	8 & Under	25	Breast
11	Mixed	Open	50	Breast
12	Mixed	Open	100	Breast
13	Mixed	8 & Under	25	Free
14	Mixed	Open	50	Free
15	Mixed	Open	100	IM
16	Mixed	Open	200	IM
17	Mixed	8 & Under	25	Fly
18	Mixed	Open	50	Fly
19	Mixed	Open	100	Fly
20	Mixed	8 & Under	25	Back
21	Mixed	Open	50	Back
22	Mixed	Open	100	Back
23	Mixed	Open	200	Free
24	Mixed	8 & Under	100	Medley Relay
25	Mixed	12 & Under	200	Medley Relay
26	Mixed	13 & Over	200	Medley Relay

*Positive Check-in deadline for the 500 FR / 400 IM is 5:30 PM (Friday)
The check-in sheet is at the computer table area.

*****All other events are seeded according to time,
then separated by age group and gender for awards.***