

ARKANSAS RACERS GO PINK HALLOWEEN MEET

FRIDAY, OCTOBER 20 – SUNDAY, OCTOBER 22, 2023

HOST: Central Arkansas Swim Club Racers

DATES: OCTOBER 20-23, 2023

STARTING TIME: FRIDAY EVENING - WARM-UPS WILL BEGIN AT 4:00 PM.
MEET WILL BEGIN AT 5:30 PM.
SATURDAY MORNING – WARM-UPS WILL BEGIN AT 7:30 AM.
MEET WILL BEGIN AT 9:00 AM.
SATURDAY AFTERNOON – WARM-UPS WILL NOT START BEFORE 12:00 PM.
MEET WILL NOT START BEFORE 1:00 PM.
SUNDAY MORNING – WARM-UPS WILL BEGIN AT 8:30 AM.
MEET WILL BEGIN AT 10:00 AM.

SANCTION: HELD UNDER USA SWIMMING THROUGH ARKANSAS SWIMMING, INC.
SANCTION NUMBER AR-10202023

LOCATION: THE RIVER CENTER
1800 CITIZENS DRIVE
BENTON, AR 72015

FACILITY: EIGHT LANE, 25 YARD INDOOR COURSE WITH NON-TURBULENT LANE LINES, SPECTRUM ACCELERATOR STARTING BLOCKS. EIGHT LANES WILL BE USED FOR COMPETITION. COLORADO ELECTRONIC TIMING SYSTEM WITH TOUCH PADS AND HORN START. EIGHT COLORADO BACKSTROKE START DEVICES. EIGHT COLORADO RELAY JUDGING PLATFORMS WITH LED SPEEDLIGHTS. FULL COLOR LED SCREEN COLORADO SCOREBOARD. SEPARATE WARM UP/WARM-DOWN AREA WILL BE AVAILABLE IN THE LEISURE POOL. THE MEET WILL BE RUN WITH A CLOSED DECK. ONLY SWIMMERS, CERTIFIED COACHES AND MEET PERSONNEL WILL BE ALLOWED ON DECK. NO FOOD WILL BE ALLOWED ON DECK. SPECTATOR SEATING WILL BE AVAILABLE IN THE NATATORIUM BLEACHERS AREA. SWIMMERS LEAVING THE POOL AREA MUST WEAR A SHIRT, PANTS AND SHOES. THE MINIMUM WATER DEPTH, MEASURED IN ACCORDANCE WITH ARTICLE 202.4.10C IS 12'6" AT THE START END AND 4'0" AT THE TURN END. THE COMPETITION COURSE HAS NOT BEEN CERTIFIED IN ACCORDANCE WITH ARTICLE 104.2.2C(5).

MEET TYPE: AGE GROUP EVENTS, TIMED FINALS.

RULES: 2023 USA SWIMMING AND ARKANSAS SWIMMING, INC. RULES AND REGULATIONS WILL GOVERN THE MEET. ASI SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT.

OFFICIALS: MEET REFEREE: ALYCE OULETTE – JOULETTE@SBCGLOBAL.NET
MEET DIRECTOR: MONICA NELSEN – MONICA@CASCRACERS.COM
ADMINISTRATIVE OFFICIAL: MELINDA MARTIN – MELINDA.MARTIN@STAFFMARK.COM

ATTENDING COACHES: ONLY COACHES REGISTERED WITH USA SWIMMING WILL BE ALLOWED TO PARTICIPATE IN ANY COACHING CAPACITY. UNDER ASI RULES, EACH TEAM MUST PROVIDE A COPY OF EACH ATTENDING COACH'S USA SWIMMING MEMBERSHIP CARD. ATTENDING COACHES SHOULD BE PREPARED TO SHOW PROOF OF USA SWIMMING REGISTRATION AND VALID CERTIFICATION IN CPR, FIRST AID, AND SAFETY TRAINING FOR SWIM COACHES.

ELIGIBILITY: ALL SWIMMERS MUST BE REGISTERED AS 2023 ATHLETE MEMBERS OF USA SWIMMING. NO ENTRIES WILL BE ACCEPTED WITHOUT CURRENT USA SWIMMING REGISTRATION NUMBER. SWIMMERS WHO ENTER AS PENDING OR

APPLIED FOR MUST SEND THEIR ATHLETE REGISTRATION AND PAYMENT WITH THE TEAM ENTRIES. ON DECK REGISTRATION WILL NOT BE PERMITTED. IF YOU HAVE ALREADY SENT THE REGISTRATION AND FEE TO ASI, PLEASE SEND A COPY OF THE REGISTRATION FORM. THE AGE OF EACH SWIMMER AS OF OCTOBER 20, 2023 DETERMINES AGE GROUP CLASSIFICATION FOR THE ENTIRE MEET.

SEEDING: ALL EVENTS WILL BE PRE-SEEDED, EXCEPT FOR THE 500 FREESTYLE AND THE 400 IM. THE 500 FREESTYLE AND 400 IM WILL BE DECK-SEEDED AND WILL REQUIRE POSITIVE CHECK-IN. POSITIVE CHECK-IN DEADLINE WILL BE THIRTY (30) MINUTES PRIOR TO THE ANNOUNCED START OF THE SESSION.

FRIDAY FORMAT: OPEN EVENTS WILL BE MIXED GENDER BUT WILL SEPARATE FOR SCORING AND AWARDS PURPOSES.

500 FREESTYLE: THE 500 FREESTYLE MAY BE LIMITED TO THE FASTEST 64 SWIMMERS. THIS EVENT IS MIXED GENDER. HEATS WILL BE SWUM FASTEST TO SLOWEST.

400 IM: THE 400 IM MAY BE LIMITED TO THE FASTEST 48 SWIMMERS. THE EVENT IS MIXED GENDER. HEATS WILL BE SWUM FASTEST TO SLOWEST.

ENTRY LIMITS: SWIMMERS MAY ENTER MAXIMUM SIX (6) INDIVIDUAL EVENTS AND ONE (1) RELAY EVENT PER DAY. MEET WILL BE LIMITED TO FIRST 500 SWIMMERS ENTERED. IF THE TEAM'S ENTRIES EXCEED THE 500 SWIMMERS LIMIT, ALL OF THE TEAM'S ENTRIES WILL BE ACCEPTED.

ENTRY FEES: \$20.00 FACILITY FEE PER SWIMMER
\$3.00 ASI SURCHARGE PER SWIMMER
\$7.00 PER INDIVIDUAL EVENT
\$10.00 PER RELAY EVENT

MAKE CHECKS PAYABLE TO **CASC RACERS**.
CASC RACERS
C/O ADAM NELSEN
3416 RIDGE PASS COURT
LITTLE ROCK, AR 72227

ENTRY DEADLINE: ENTRIES MUST BE RECEIVED BY FRIDAY, OCTOBER 13, 2023. THE PREFERRED METHOD OF ENTRY IS BY HY-TEK DIGITAL FILES ACCOMPANIED BY EMAILED OR HARD COPY ENTRY SUMMARY SHEET. SEND ALL ENTRIES TO ENTRIES@CASCRACERS.COM.

DECK ENTRIES: DECK ENTRIES WILL NOT BE ACCEPTED.

SCRATCHES: NO MONEY WILL BE REFUNDED FOR SCRATCHES. A SWIMMER WHO DOES NOT REPORT BY THE FINAL CALL WILL BE SCRATCHED FROM THAT EVENT.

WARM-UP: ALL ASI WARM-UP RULES WILL BE FOLLOWED. ANY SWIMMER WHO DOES NOT ENTER THE POOL FEET FIRST DURING ANY PORTION OF A WARM-UP/WARM-DOWN PERIOD WHICH REQUIRES FEET FIRST ENTRY SHALL RECEIVE A WARNING FOR THE FIRST OFFENSE RATHER THAN A DISQUALIFICATION. DISQUALIFICATIONS ARE AUTOMATIC FOR SUBSEQUENT VIOLATIONS. IN THE SESSION IN WHICH THE PENALTY IS ENFORCED, THE SWIMMER CANNOT DECK ENTER AN EVENT TO REPLACE THE EVENT FROM WHICH THEY WERE REMOVED.

THESE WARM-UP RULES ALSO APPLY TO THE WARM-UP/WARM-DOWN AREA THAT WILL BE AVAILABLE DURING EACH SESSION. SWIMMERS MAY DIVE INTO THE POOL DURING A DESIGNATED SPRINT WARM-UP. SWIMMERS WITHOUT A COACH AT THE MEET MUST CHECK IN WITH THE MEET REFEREE AND WILL BE ASSIGNED TO A COACH DURING THE WARM UP PORTION OF THE MEET.

FINAL RESULTS: FINAL RESULTS WILL BE POSTED ON THE CASC RACERS WEBSITE & ARKANSAS SWIMMING WEBSITE.

AWARDS: 12&UNDER SESSION: IN INDIVIDUAL EVENTS, MEDALS WILL BE AWARDED FOR 1ST THROUGH 3RD PLACES AND RIBBONS WILL BE AWARDED FOR 4TH THROUGH 8TH PLACES. MEDALS, RIBBONS, AND HIGH POINT AWARDS WILL BE GIVEN FOR BOYS AND GIRLS IN THE FOLLOWING AGE GROUPS: 8 & U, 9-10, AND 11-12.

OPEN SESSIONS: IN INDIVIDUAL EVENTS, RIBBONS WILL BE AWARDED FOR 1ST THROUGH 8TH PLACES. HIGH POINT AWARDS WILL BE GIVEN FOR BOYS AND GIRLS IN THE FOLLOWING AGE GROUPS: 13-14 AND 15 & OVER. 12 & UNDER SWIMMERS WILL NOT BE SCORED TOWARD HIGH POINT DURING OPEN EVENTS.

SCORING: INDIVIDUAL EVENTS: 9-7-6-5-4-3-2-1. RELAYS WILL NOT BE SCORED.

RULES/SAFE SPORT: USA SWIMMING RULES AND REGULATIONS WILL GOVERN THE CONDUCT OF THIS MEET. IT SHALL BE THE SWIMMERS' AND COACHES' RESPONSIBILITY TO ACQUAINT THEMSELVES WITH ALL INFORMATION CONTAINED HERE WITHIN.

ALL COACHES AND OFFICIALS EXPECTING TO RECEIVE ACCESS TO THE POOL DECK MUST BE PREPARED TO SHOW A CURRENT USA SWIMMING MEMBERSHIP CARD (DECK PASS IS ACCEPTABLE PROOF OF USA SWIMMING MEMBERSHIP). INFORMATION REGARDING THE APT COURSE AND THE BACKGROUND CHECK IS AVAILABLE ONLINE AT USASWIMMING.ORG/PROTECT. COACHES MUST PROVIDE PROOF OF CPR, FIRST AID AND SAFETY TRAINING FOR SWIMMING COACHES OR USA SWIMMING APPROVED EQUIVALENTS AND MUST HAVE SUCCESSFULLY PASSED THE REQUIRED BACKGROUND CHECK AND APT COURSE. COACHES MUST DISPLAY THEIR COACH MEMBERSHIP CARD WHILE ON DECK.

NO SWIMMER WILL BE PERMITTED TO COMPETE UNLESS HE/SHE 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. FURTHER, THOSE PARTICIPANTS NOT PROFICIENT WITH A BACKSTROKE LEDGE MUST START EACH RACE FROM WITHIN THE WATER, AND WITHOUT USE OF THE BACKSTROKE LEDGE. IT IS THE RESPONSIBILITY OF THE SWIMMER OR THE SWIMMER'S LEGAL GUARDIAN TO ENSURE COMPLIANCE WITH THESE REQUIREMENTS.

NO SWIMMER WILL BE ALLOWED ON DECK WITHOUT A COACH MEMBER PRESENT. IF THE HOME CLUB COACH IS NOT PLANNING TO ATTEND EVENT, SWIMMER MUST BE ASSIGNED A SUPERVISING COACH. IF A SWIMMER ARRIVES WITHOUT A COACH, HE/SHE MUST FIND A WILLING COACH AT THE FACILITY TO SIGN SUPERVISION FORM BEFORE A CREDENTIAL CAN BE ISSUED.

THE SAFE SPORT PROGRAM IS USA SWIMMING'S COMPREHENSIVE ABUSE PREVENTION PROGRAM DEDICATED TO REDUCING THE RISK OF SEXUAL, EMOTIONAL, AND PHYSICAL ABUSE TO ATHLETES. COMPONENTS OF THE PROGRAM INCLUDE, BUT ARE NOT LIMITED TO, PROVIDING EDUCATION AND TRAINING, ENFORCING POLICIES, RULES, AND BEST PRACTICE GUIDELINES, PROMOTING HEALTHY BOUNDARIES AND MANDATED REPORTING OF VIOLATIONS.

THE MINOR ATHLETE ABUSE PREVENTION POLICY ("MAAPP") PROHIBITS APPLICABLE ADULTS FROM HAVING ONE-ON-ONE INTERACTION WITH MINOR ATHLETES THAT IS NOT WITHIN AN OBSERVABLE AND INTERRUPTIBLE DISTANCE FROM ANOTHER ADULT. ALL APPLICABLE ADULTS PARTICIPATING IN OR ASSOCIATED WITH THIS MEET, ACKNOWLEDGE THAT THEY ARE SUBJECT TO THE PROVISIONS OF THE USA SWIMMING MAAPP, AND THAT THEY UNDERSTAND THAT COMPLIANCE WITH THE MAAPP POLICY IS A CONDITION OF PARTICIPATION IN THE CONDUCT OF THIS COMPETITION.

PURSUANT TO USA SWIMMING RULES AND REGULATIONS AND FEDERAL LAW, IT IS EVERY MEMBER'S RESPONSIBILITY TO IMMEDIATELY (I.E., WITHIN 24 HOURS) REPORT ANY INCIDENT OF CHILD ABUSE, INCLUDING PHYSICAL OR SEXUAL ABUSE, TO LAW ENFORCEMENT AND THE U.S. CENTER FOR SAFESPORT. REPORTING MUST OCCUR WHEN AN INDIVIDUAL HAS FIRSTHAND KNOWLEDGE OF MISCONDUCT OR WHERE SPECIFIC AND CREDIBLE INFORMATION HAS BEEN RECEIVED FROM A VICTIM OR KNOWLEDGEABLE THIRD PARTY. A REPORT TO THE U.S. CENTER FOR SAFESPORT MAY BE MADE VIA TELEPHONE AT 720-531-0340 OR ONLINE AT WWW.USCENTERFORSAFESPORT.ORG/REPORT-A-

CONCERN. VARIOUS STATE LAWS MAY ALSO REQUIRE REPORTING TO LAW ENFORCEMENT OR TO A DESIGNATED CHILD PROTECTION AGENCY.

THE REQUIREMENT TO COMPLETE ATHLETE PROTECTION TRAINING IS AN ANNUAL REQUIREMENT. USA SWIMMING MEMBERSHIP WILL BE AFFECTED IF A NON-ATHLETE MEMBER OR ADULT ATHLETE MEMBER DOES NOT RENEW ATHLETE PROTECTION TRAINING ANNUALLY.

EACH CLUB IS RESPONSIBLE FOR THE CONDUCT OF ITS SWIMMERS. ANY PERSON WHO, IN THE OPINION OF THE MEET DIRECTOR OR MEET MARSHALL, IS HARMFUL TO OTHERS OR TO OTHER'S PROPERTY MAY BE REQUIRED TO LEAVE THE COMPETITION.

ANY PERSON FOUND POSSESSING SUCH DEVICES IN THESE AREAS WILL IMMEDIATELY BE REMOVED FROM THE MEET WITH ALL FEES FORFEITED AND WILL BE SUBJECT TO FURTHER LSC AND/OR USA SWIMMING SANCTIONS AND PENALTIES.

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.

ARKANSAS SWIMMING WELCOMES THE PARTICIPATION OF SWIMMERS WITH DISABILITIES IN ALL ASI SANCTIONED EVENTS. SWIMMERS AND/OR THEIR COACHES WHO MAY HAVE SPECIAL NEEDS ARE EXPECTED TO CONTACT THE MEET REFEREE TO DISCUSS COMPETITIVE ACCOMMODATIONS, AND TO CONTACT BOTH THE MEET REFEREE AND THE MEET DIRECTOR TO DISCUSS FACILITY ACCOMMODATIONS, PRIOR TO THE ENTRY DEADLINE FOR THE MEET.

ORDER OF EVENTS

Girls	Friday Evening	Boys
101	12 & Under 200 IM	102
103	Open 100 IM - Mixed	
104	Open 50 Fly - Mixed	
105	Open 50 Back - Mixed	
106	Open 50 Breast - Mixed	
	10 Min Break	
107	Open 500 Free – Mixed	

	Saturday Morning	
201	12 & Under 100 Free	202
203	12 and Under 25 Butterfly	204
205	12 & Under 50 Butterfly	206
207	12 and Under 25 Backstroke	208
209	12 & Under 50 Backstroke	210
211	12 and Under 25 Breaststroke	212
213	12 & Under 50 Breaststroke	214
215	12 and Under 25 Freestyle	216
217	12 & Under 50 Freestyle	218
219	12 & Under 100 IM	220
221	12 & Under 200 Freestyle Relay	222

	Saturday Afternoon	
223	Open 200 IM	224
225	Open 100 Freestyle	226
227	Open 200 Fly	228
229	Open 100 Backstroke	230
231	Open 200 Breaststroke	232
233	Open 200 Freestyle Relay	234

	Sunday Morning	
301	Open 200 Backstroke	302
303	Open 100 Fly	304
305	Open 200 Free	306
307	Open 100 Breaststroke	308
309	Open 50 Free	310
	10 Min Break	
311	Open 400 IM – Mixed	

MEET SUMMARY FORM

COMPLETE THIS MEET SUMMARY FORM AND SUBMIT IT ALONG WITH YOUR COMPLETE ENTRY FORM AND YOUR CHECK. MAKE CHECKS PAYABLE TO CENTRAL ARKANSAS SWIM CLUB (CASC).

MAIL ALL ENTRIES TO:

ADAM NELSEN
3416 RIDGE PASS CT
LITTLE ROCK, AR 72227
PHONE – (501) 744-3713
EMAIL – ENTRIES@CASCRACERS.COM

NAME OF CLUB: _____

CLUB CODE: _____

MAILING ADDRESS: _____

PERSON TO CONTACT REGARDING QUESTIONS: _____

PHONE NUMBER: (_____) _____ - _____

ATTENDING COACHES: _____

COACH'S PHONE NUMBER: _____

E-MAIL ADDRESS: _____

SWIMMERS x \$3.00 ASI SURCHARGE = _____

SWIMMERS x \$20.00 FACILITY FEE = _____

INDIVIDUAL ENTRIES x \$7.00 PER EVENT = _____

RELAY ENTRIES x \$10.00 PER RELAY = _____

TOTAL FEES = _____

AS SPECIFIED BY USA SWIMMING AND ASI, EACH COACH OR TEAM REPRESENTATIVE MUST CERTIFY THAT ALL SWIMMERS ENTERED ON THE ENTRY FORMS ARE MEMBERS OF USA SWIMMING AS OF THE ENTRY DEADLINE, OR THE APPLICATIONS FOR MEMBERSHIP (INCLUDING FEES) ARE ENCLOSED WITH THE ENTRY FORMS. IN ADDITION, THE SIGNATURE BELOW CERTIFIES THAT EACH ATTENDING COACH IS A MEMBER OF USA SWIMMING AND HAS VALID CERTIFICATION IN CPR, FIRST AID AND SAFETY TRAINING FOR THE DURATION OF THE MEET. IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, WE HEREBY WAIVE AND RELIEVE ANY AND ALL CLAIMS AGAINST USA SWIMMING, ASI, BRYANT AQUATIC CENTER, THE CENTRAL ARKANSAS SPORTS CLUB, AND OFFICIALS.

SIGNATURE OF COACH/TEAM REPRESENTATIVE: _____