



## ***2023 Candy Cane Invite December 8th, 2023***

- Sanction:** Held under USA Swimming through Arkansas Swimming, Inc. Sanction Number: **AR-12082023**
- Host:** Arkansas Dolphins Swim Team
- Dates:** December 8th, 2023
- Location:** University of Arkansas at Little Rock  
Donaghey Student Center  
Little Rock, AR 72204
- Facility:** Eight lane x 25-yard pool with 9 foot lanes with Keifer Competitor lane lines and non-skid starting blocks. Colorado timing system and touch pads will be used with an eight-lane scoreboard. The minimum water depth, measured in accordance with Article 202.4.10C, is 7'0" at the start end and 8'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (5).
- Officials:** Meet Referee: Joe Potts - [josephpotts@sbcglobal.net](mailto:josephpotts@sbcglobal.net)  
Administrative Official: Amy Priddle - [apriddle.kidneycarecenter@yahoo.com](mailto:apriddle.kidneycarecenter@yahoo.com)  
Meet Director: Cynthia Shultz - Shultz.[cynthia@sbcglobal.net](mailto:cynthia@sbcglobal.net)
- Eligibility:** All USA Swimming registered athletes are eligible, and the 2023 rules will govern the swim meet. Entrant's age as of December 8, 2023 will determine age for the duration of the meet. Swimmers who entered as "pending" or "applied for " must send their Athlete Registration Application and payment with the team entries. Copies of athlete registration number has not been received must be included with the meet entries. On deck registration is not permitted. Arkansas Swimming welcomes the participation of swimmers with disabilities in all ARSI 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.
- Rules:** 2023 USA Swimming and Arkansas Swimming, Inc. Rules and Regulations will govern the meet. ARSI safety guidelines and warm-up procedures will be in effect. All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition. All 18 and older registered athletes club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets.
- Attending Coaches:** Attending coaches should be prepared to show proof of their USA Swimming registration and valid certification in CPR, and First Aid, and Safety Training, if requested.
- Scoring:** This swim meet will not be scored.
- Entry Limit:** Each swimmer may enter a maximum of four (4) individual events per day. This meet will be limited to the first 250 swimmers that enter; more swimmers may be accepted if the facility guidelines can be met per session. Entries will be accepted in the order that they are received. A team will be accepted or rejected as a unit. Team entries not accepted will be notified when entries are received, and fees will be returned.
- Entry Fees:** \$5.00 Entry Fee per individual event  
\$3.00 ARSI surcharge per swimmer  
\$12.00 Facility surcharge per swimmer



- Deck Entries:** Deck entries will be accepted where space is available. Deck entry fees will be \$10.00 per individual event. A swimmer who is not previously entered in the meet must also pay the \$3.00 ARSI surcharge and \$10.00 Facility fee and show proof of USA Swimming membership. Deck entries must be received a minimum of thirty (30) minutes prior to the start of the session. Swimmers who have deck entered an event will be placed in open lanes in existing heats in the order they are received. Events will not be re-seeded and new heats will not be created to accommodate deck entries. Swimmers who scratch one event and enter another event to replace it will be charged deck entry fees.
- Entry Deadline:** All entries must be received by Wednesday, November 29<sup>th</sup> 2023. Make checks payable to Little Rock Athletic Club.
- Make Checks Payable To:** Little Rock Athletic Club
- Mail Entry Fees To:** Little Rock Athletic Club  
Attn: Kelley McCuen  
P.O. Box 17090  
Little Rock, AR 72222-7090
- Email Entries To:** [CoachKeith@Dolphin-Laser.com](mailto:CoachKeith@Dolphin-Laser.com)
- Entry Forms:** We prefer that all teams enter using **Hy-Tek** or the equivalent and all teams must use the enclosed summary form.
- Events:** All events will be timed finals. Submit Swimmers best short course times to ensure proper seeding.
- Warm-Up:** Friday, December 8<sup>th</sup>  
Warm-ups Start at 5:00 PM  
Meet Starts at 5:45 PM
- Scratches:** Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim the event unless the Clerk of Course is notified before the seeding for the event has begun that the swimmer wishes to scratch. Failure to scratch prior to seeding and not swimming the event will not result in the swimmer being barred from the next individual event in which the swimmer is entered on that day. Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the event.
- Awards:** Heat Winner Ribbons will be awarded at this meet.
- Warm-up:** All ARSI 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.
- Scratch Rules:** ARSI pre-seeded timed finals scratch rules will be in effect. Swimmers who do not report for a pre-seeded event will not be penalized. Entry fees will not be refunded for scratches or no-shows.
- Tobacco &** Alcoholic beverages, smoking and use of other tobacco products is prohibited on the pool deck, in the locker rooms



**Alcohol:** in spectator seating or standing areas, and in all areas used by swimmers during the meet or during the warm up periods in connection with the meet (USA Swimming Rules and Regulations 103.11, 103.12). UALR is a tobacco free campus.

**Rules & Safety:** Portions of the pool deck will be closed to spectators. Spectators will be required to remain in designated areas. Spectators will not be allowed on the pool deck in certain areas, only registered athletes, coaches, officials and meet workers will be allowed in these areas. Spectator areas and closed areas will be marked.

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.

Swimmers must use the locker rooms to change. On deck changing is prohibited. Swimmers must dry off before leaving the pool/locker room area. Wet swimmers will not be allowed outside of the pool area. Shirts and shoes must be worn upon leaving the pool/locker room area.

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 (USA Swimming Rules and Regulations 103.13).

Every 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.

All Applicable 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 meet.

**Rules & Safety Continue:** All 18 and older athletes registered with the club must have completed the Athlete Protection Training. Failing to complete the ATP test will impact the athlete's ability to compete at meets.

It is understood and agreed to that USA Swimming, Arkansas Swimming, the host club and officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

**Facility Rules:** The gym, weight rooms, fitness equipment, racquetball courts, track, classrooms, aerobic rooms and meeting rooms are off limits to swimmers and spectators. No unattended children are allowed in the Donaghey Student Center. The entire University of Arkansas at Little Rock campus is "Tobacco Free", use of tobacco is prohibited anywhere on the campus. Facility Rules: The gym, weight rooms, fitness equipment classrooms and meeting rooms are off limits to swimmers and spectators. No unattended children are allowed in the Donaghey Student Center. The entire UALR campus is "Tobacco Free", use of tobacco, e-cigarette and chewing tobacco is prohibited anywhere on the campus.

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**Friday, December 8<sup>th</sup> 2023**



Event #	Friday
1	Mixed 50 Freestyle
2	Mixed 25 Breaststroke
3	Mixed 50 Backstroke
4	Mixed 25 Butterfly
5	Mixed 100 Medley
6	Mixed 25 Freestyle
7	Mixed 50 Breaststroke
8	Mixed 25 Backstroke
9	Mixed 50 Butterfly

***2023 Candy Cane Invite  
December 8th, 2023***



Team Name: \_\_\_\_\_

Team Abbreviation: \_\_\_\_\_ LSC Code: \_\_\_\_\_

Attending Coaches: \_\_\_\_\_  
\_\_\_\_\_

**Entry Information:**

Number of individual entries \_\_\_\_\_ @ \$5.00 = \_\_\_\_\_

Number of swimmers (ARSI surcharge) \_\_\_\_\_ @ \$3.00 = \_\_\_\_\_

Number of swimmers (facility fee) \_\_\_\_\_ @ \$12.00 = \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

Team Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USA Swimming, ARSI, the host club, and officials.

Signature of coach or club representative:

\_\_\_\_\_

**Please send entries to:** The Arkansas Dolphins  
Little Rock Athletic Club  
Attn: Kelley McCuen  
P.O. Box 17090 Little Rock,  
AR 72222-7090