



Aquaknights Swim Team Information for Visiting Teams - 2025

Meet Format: Saturday meets will start at 9:15 a.m. and end at approximately 1:00 p.m. Weekday meets will begin at 5:35 p.m. and end at approximately 8:45 p.m., although we will finish each meet with no time constraints. Entry Gates will open 1.5 hours before the meet start time.

Warm-Up Times:

Weekday Meets
Saturday Meets

Visitors:

4:50 pm – 5:20 pm
8:30 am – 9:00 am

Aquaknights:

4:15 pm – 4:50 pm
7:50 am – 8:30 am

Entries: Our meets are pre-seeded using Hy-Tek Meet Manager. Please electronically provide our coach and computer team (see contact information below) with a complete list of entries by the appropriate deadline (5:00 PM Monday for Wednesday evening meets and 5:00 PM Thursday for Saturday morning meets). We will provide the visiting coaches/computer team with a copy of the meet file for review 1 day before the meet. Swimmers entered with no time will be seeded in the slowest heat unless otherwise indicated by the visiting team.

- All swimmers may swim in 3 individual events.
- Individual Medley (IM) heats: Only one heat of IM, a maximum of four swimmers per age group, per gender, may be entered.
- Teams may enter a maximum of four relays per age group (i.e., Girls A, Girls B, Boys A, and Boys B OR Girls A, Girls B, Girls C, and Boys A.) Swimmers may only swim on one relay team for each of the Medley and Free relays.
- 6 & Under relay events shall be designated “mixed” and may be made up of any combination of boys and/or girls. There need not be at least one swimmer of each gender on a 6 & Under mixed relay.

Order of Events & Scoring: Aquaknights swimmers will compete in lanes 2, 4, 6, and 8. Visiting swimmers will be in lanes 1, 3, 5, and 7. Breaststroke, butterfly, and backstroke individual events are not limited, but we will not run a heat with only 1-2 swimmers. We ask that you move them to a different event with additional room. The number of heats for the freestyle event is typically unlimited. The order of events is 15-18 50 freestyle, medley relay, individual medley, freestyle, breaststroke, backstroke, butterfly, and free relay.

- Any swimmer legally entered in an individual event is eligible to score points unless previously designated as exhibition/complimentary.
- Only one relay may score points in each event for a Member team.
- In the case of a tie in any event, add together the points for the places involved and divide by the number involved in the tie.
- Individual Events: 1st Place = 5 points, 2nd Place = 3 points, and 4th Place = 1 point.
- Relay Events: 1st Place = 8 points and 2nd Place = 4 points



Ribbons & Awards: Ribbons are awarded to the top eight swimmers in individual events based on time. All swimmers 10 years and younger will receive a participant ribbon stating their time swimming in the event. A heat winner ribbon will be awarded for all individual swim events; this ribbon will not have the swimmer's information or time on the reverse.

Rules and Disqualification Policies:

Aquaknights Swim Team uses USA Swimming Rules as a guideline for rules and disqualification policies. The Board has approved the specific deviations listed below of Directors:

- Modification of the “no false start rule”: False Start / No Recall: A swimmer who falls or slips off the starting block before the start of a race without intention to begin or delay the swim shall not be disqualified. The Starter shall begin the starting sequence once the swimmer has returned to the starting block.
- Modification to Article 101, Individual Strokes and Relays, for swimmers competing in the 6 & Under events: In dual meets before July 1, swimmers competing in the 6 & Under events shall be allowed **two** stroke infractions in a given race and shall receive a written warning but not be disqualified. The swimmer shall be disqualified upon the third stroke infraction in a single race. This modification intends to provide lenience to young swimmers who are still learning the proper form of the stroke or are physically unable to perform the stroke.

Referee: The appointed Referee (a distinguished Home team member) shall be in complete charge of the swim meet, and his/her decision shall be final. A protest of the Referee’s decision may be brought to the League Board of Directors, provided such protest is first brought to the Meet Desk no later than thirty minutes from the end of the meet.

Food: Food and beverages will be available for purchase from various outside vendors/food trucks. You may also bring your own food.

Guests: Guests are allowed to attend the meet and may enter on the side of the facility

Team Area: Visiting Team Set-up should be on the grass area between the family pool and the tennis courts. Please keep pop-ups within a 10’ by 10’ size.

Parking: Parking is available in the adjacent parking lot. **PLEASE MAKE SURE THAT YOUR FAMILIES DO NOT PARK IN THE NEIGHBORHOOD ADJACENT TO THE CLUB—OUR PERMIT WITH THE CITY IS CONTINGENT ON US KEEPING THE IMPACT OF OUR SWIM MEETS AT A MINIMUM IN THE ADJACENT NEIGHBORHOOD. ALL PARKING LOT ENTRY MUST BE THROUGH THE MAIN ENTRANCE ON NEROLY. All Pool access should be through the side entry gates only.**



Visiting Team Work Assignments: The visiting meet director or main team contact should check in with the AK meet director or team representative no later than 30 minutes before the meet. Visiting stroke and turn judges should report to the scoring table no later than 15 minutes before the meet. Other visiting volunteers should report to their positions no later than 15 minutes before the scheduled meet start time to ensure the meet begins on time. The visiting team volunteer work positions include:

- 1 Meet Director/Board Member in Charge
- 2 -3 Stroke and turn officials
- Shepherds for your team swimmers
- 12 Timers (see image to right)
- 2 Ribbons/Score table (container for ribbons)
- 2 or more relief workers for your team

Lane	Timers Needed
1	1
2	2
3	1
4	2
5	1
6	2
7	1
8	2

Rules and regulations:

- 1) Please park in legal, unmarked spaces only. Do not leave your car in the pick-up/drop-off zones, and absolutely no parking in the adjoining neighborhoods. All vehicles must enter the parking lot utilizing the Neroly Drive entry. Entry to the parking lot from Daffodil Drive will be blocked and not allowed. Please abide by the directions of the parking lot supervisor(s).
- 2) **All pool access foot traffic should only be done through the side entry gates. Please do not utilize the front entry.**
- 3) Smoking is NOT permitted in the club or on its grounds.
- 4) Food or drinks must be in non-breakable containers—glass is NOT permitted in the pool area. Please note that bags and personal belongings are subject to search.
- 5) Restrooms for girls and boys are located in the hallway near the DHSC Kids' Zone (through a glass door) or in the pool house/storage building at the far end of the competition pool. Children under 17 years old and younger are NOT allowed in the adult locker rooms unless accompanied by their parent/guardian. Children 4 years and older may not use the locker room of the opposite sex.
- 6) No one shall behave unsportsmanlike or use obscene or abusive language. No one shall disrespect DHSC Aquaknights facilities or equipment (vandalism, destruction of property, etc.). Disruptive behavior will not be tolerated, which includes using the club in a manner that is not intended or not following ethical rules and regulations. Those in violation will be reported to team management (board and/or coaches), expelled from the meet, and escorted out of the facility.



Contact Information:

- Coaching Staff: Sam Dix, akcoachsd@gmail.com
- President: Rob Lanam, Aquaknightspresident@gmail.com
- Vice President: Laura Lasnier, lauralasnier02@gmail.com
- Secretary: Heidi Tank, heiditank09@gmail.com
- Work Assignment Coordinators: Cyrina Henderson, cklh2007@gmail.com
- Computer Team: Cory Reed & Anthony Robbins, aquaknightsgeek@gmail.com

Pool Entry