

2016 Spring Southeast Alaska Regional Championships Hosted by Glacier Swim Club

Under Sanction by USA Swimming, Alaska Swimming, and USMS

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event.

USA Swimming Sanction #

USMS Sanction #

LOCATION: Dimond Park Aquatic Center
3045 Riverside Drive
Juneau AK 99801
907-586-2782

DATE: Aprile 1-3, 2016

FACILITY: 25-yard pool with separated warm up/warm-down pool, 8 lanes with flow-thru lane lines. Colorado Timing System with touch pads, two-button manual back up, eight lane electronic timing display board and horn/strobe start. In addition, at least two hand-held digital watches will be used per lane. This pool is certified in accordance with 104.2.2C(4) USAS rules and regulations (<http://www.usaswimming.org/Rainbow/Documents/43a53116-b929-4c40-86ca-045b0f3fb501/Pool%20Certifications%20for%20Web.pdf>). Pool depth is 13 feet at the start end and 4 feet at the turn end.

TIMES:	<u>Warm-Up</u>	<u>Start</u>
Session 1: Friday evening	2:00 pm	3:30 pm
Session 2: Saturday Prelims	7:00 am	8:30 am
Session 3: Saturday Finals	2:30 pm	3:30 pm
Session 4: Sunday Morning	7:00 am	8:30 am

A break of at least two (2) hours shall be scheduled between preliminaries and finals. Saturday Finals time may be adjusted based on the timeline for Saturday events. Warm-ups will be conducted in accordance with Alaska Swimming Warm-up/Warm-down procedures.

COACHES MEETING: There will be a coaches meeting just prior to the beginning of the meet on Friday.

ELIGIBILITY: Open to all swimmers currently registered as athlete members with USA Swimming and Alaska Swimming or master swimmers registered with USMS. There are no qualifying times.

Swimmers must swim in the age bracket corresponding to their age on the first day of the meet. Disabled and adapted swimmers are welcome and encouraged to participate. Coaches will be asked to submit a written description of the special needs of the disabled/adaptive swimmers with their team entries. Questions regarding final assignment within specified heats must be brought to the attention of the Meet Referee.

Master Swimmers (19 and older) will be entered as exhibition. Master swimmers will not score, qualify for finals, nor receive awards.

ENTRIES:

1. Swimmers may enter a total of nine (9) events, with no more than three (3) events per session (maximum 5 timed final events on Saturday for 8/younger) . This is exclusive of relay events.
2. **Email your entries on or before Wednesday, March 23, 2016** along with the “team entry report” and the “team meet fees report” attached. Please also include a list of coaches who will be on deck for the meet as well as contact email and phone number for your club.
3. Entries may also be submitted in paper form mailed to the Entry Chair.
4. The name and telephone number of the entry contact person must be included with entries.
5. Late entries will be accepted, for an additional fee of \$5 per swimmer entry fee (\$10 total) and \$1 individual event fee (\$4.25 total), and \$2 for relay events (\$10.50 total).

MEET FEES:

Swimmer Entry Fee	\$5.00	per swimmer
Individual Event Fee:	\$3.25	per swimmer
Relay Event Fee:	\$7.50	per relay
Facility Charge	\$18.00	per swimmer

***Please make checks payable to Glacier Swim Club** and deliver to the computer desk prior to the start of the meet.

Meet fees are nonrefundable.

Entries should be emailed to:
Valerie Mertz
valeriemertz@gci.net

Or mailed to:
Glacier Swim Club
C/O Valerie Mertz
3140 Nowell Avenue
Juneau, AK 99801

RULES:

1. Current USA and Alaska Swimming Rules will govern this meet. All coaches must have current USAS credentials to be on deck.
2. All Friday and Sunday events, relays, and 8/younger events are timed finals. All other events on Saturday shall be conducted with preliminaries in the morning and finals in the afternoon.
3. The 400 IM, 500 freestyle and the 1650 freestyle which shall be conducted as timed final/consolidated events and swum fastest to slowest alternating girls/boys with girls swimming first.
4. Events will be consolidated, but scored by age groups.
5. This meet may be run as a “no recall meet.”
6. Any USA Swimming swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
7. Per USA Swimming, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
8. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

SCRATCH RULES:

1. Individual scratch rules for events will be in effect as stated in the “Alaska Swim Guide” posted on the “akswimming.org” web page.
2. The relay scratch rule will be applied as stated in the “Alaska Swim Guide” posted on the “akswimming.org” web page.

3. Scratches shall be made each day and delivered to the computer table as soon as possible.
4. A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event.

SCORING:

1. Scores shall be kept on combined team scores and individual scores.
2. Individual scores through 8th place **9-7-6-5-4-3-2-1**
3. Relays scores through 8th place **18-14-12-10-8-6-4-2**

AWARDS:

1. Ribbons will be awarded for 1st - 8th place in all individual events, and 1st - 3rd in all relays.
1. High point awards will be given to the top boy and girl in each age group. Runner up high point awards will be given to the next 3 highest individual scores for boys and girls.
2. There are no team awards for this meet.

HOUSING:

If needed, housing will be provided for your swimmers. Please note all allergies and desired housing combinations, and include your arrival and departure times so that transportation arrangements can be made. Please email this by Friday, March 25, 2016 to:

Housing Chair: Susie Norvell, susien817@gmail.com

CONCESSIONS:

A concession stand will be provided during the meet that will provide snacks intended as a supplement to healthy lunches provided by housing parents.

OFFICIALS:

GSC will provide certified officials. Visitors who are certified and who wish to officiate are welcome. Please email the meet referee, **Heidi Johnson**, heidijohnsonslp@gmail.com. There will be an officials meeting just prior to the beginning of each session.

POOL REMINDERS:

No smoking will be permitted inside the pool building or on pool/school property. No glass on deck at any time. Please be certain that your team has cleaned up your area of all debris and personal belongings prior to leaving the pool.

MEET DIRECTOR:

Valerie Mertz, 907-586-2796
valeriemertz@gci.net

SAFETY MARSHALL:

Max Mertz, max@ermcpa.com

Order of Events

Session #1: Friday pm TIMED FINALS

1	8/younger 50 free	2
3	10/younger 200 free	4
5	11/older 500 free	6
7	8/younger 50 fly	8
9	10/younger 100 fly	10
11	11/older 200 fly	12
13	10/younger 100 back	14
15	11/older 200 back	16
17	8/younger 100 IM	18
19	10/younger 200 IM	20
21	11/older 400 IM	22

Session #2: Saturday pm Finals

49	10/younger 200 Medley Relay	50
51	11/older 200 Medley Relay	52
53	8/younger 25 breast	54
	9 - 12 50 back FINAL	
	13/older 100 back FINAL	
	9 - 12 50 fly FINAL	
	13/older 100 fly FINAL	
55	8/younger 50 back	56
	9 - 12 50 breast FINAL	
	13/older 100 breast FINAL	
	9/older 50 free FINAL	
	11/12 100 IM FINAL	
	13/older 200 IM FINAL	

Session #2: Saturday am Prelims

23	10/younger 200 Free Relay	24
25	11/older 200 Free Relay	26
27	8/younger 25 back	28
29	9 - 12 50 back	30
31	13/older 100 back	32
33	9 - 12 50 fly	34
35	13/older 100 fly	36
37	8/younger 50 breast	38
39	9 - 12 50 breast	40
41	13/older 100 breast	42
43	9/older 50 free	44
45	11/12 100 IM	46

Session #2: Saturday pm Finals

47	13/older 200 IM	48
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Session #4: Sunday am TIMED FINALS

57	8/younger 25 free	58
59	11/older 200 Free Relay	60
61	10/younger 100 breast	62
63	11/older 200 breast	64
65	open 100 free	66
67	11/12 100 back	68
69	8/younger 50 fly	70
71	11/12 100 fly	72
73	9/10 100 IM	75
75	11/12 200 IM	76
77	10/younger 500 free	78
79	11/older 1650 free	80

Paper Entry Form

TEAM NAME: _____ CLUB CODE: _____

COACH NAME: _____ PHONE #: _____

EMAIL ADDRESS: _____

SWIMMER INFORMATION

PRINT NAME: _____ AGE: _____

FEMALE _____ MALE _____ USA SWIMMING OR USMS ID#: _____

Event # _____ Event _____ Time: _____

ENTRY FEE

Swimmers _____ x \$23.00 = _____

Individual Entries _____ x \$3.25 = _____

Relay Entries _____ x \$8.50 = _____

TOTAL = _____