

2010 SPEEDO/ALASKA SWIMMING JUNIOR OLYMPIC CHAMPIONSHIP

Hosted by Central Area Swimming, Inc.

Bartlett High School Pool

April 15 – 18, 2010

SANCTION: # Under sanction of USA Swimming and Alaska Swimming, Inc. (ASI)

FACILITY/EQUIPMENT: Two 25 yard pools with warm up/warm down pool, eight lane with flo-thru lane lines, International Sports Timing System with touch pads, one button & two watch manual back-up during prelims, one button & two watch manual back-up during finals, eight lane electronic timing display boards at both ends, and horn/strobe start.

Bartlett is not a USAS certified pool.

MEET TIMES:

Finals, Thursday	Warm-ups:	3:30 pm
	Positive check-in	4:30 pm
	Start:	5:00 pm

Prelims, Friday, Saturday, Sunday:	Warm-ups:	7:30 - 8:50 am
	Start:	9:00 am

Finals, Friday & Saturday :	Warm-ups:	2:00 - 3:20 pm
	Start:	3:30 pm

Finals, Sunday:	Warm-ups:	1:30 - 2:50 pm
	Start:	3:00 pm

COACHES MEETINGS: **Friday:** **7:15 am (other days as needed)**
(RememberBartlett High School starts at 7:30am.....so plan your driving time accordingly.)

OFFICIALS MEETINGS:	Prelims (each day):	8:15 am
	Friday & Saturday Finals:	2:45 pm
	Sunday Finals:	2:30 pm

PRELIMS: Swum at BOTH ends of the pool, boys start in the shallow end Friday and Sunday, girls start in the shallow end on Saturday. During prelims, at the discretion of meet management, boys may have a break after each set of events with warm ups/warm-downs in the small pool between pools. **OR** Boys will compete in six lanes, leaving a one lane buffer and one lane for warm ups/warm downs. Swimmers will need to warm up/warm down in a timely manner to allow succeeding heats of swimmers room to warm up/warm down.

FINALS: Swum at the deep end of the pool. All timed final distance event will be swum in eight lanes.

WARM UPS/WARM-DOWNS: In accordance with ASI Procedures. Pool will close no later than 30 minutes after completion of last event for meet entrants.

BREAKS: A break of at least two hours shall be scheduled between the end of preliminaries and the start of finals with warm-ups during the second hour. No guaranteed 20 minute breaks between individual swims.

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ELIGIBILITY: Open to all swimmers currently registered with USA Swimming and Alaska Swimming who have met or exceeded the qualifying time standards after January 1, 2009 in USA Swimming sanctioned or approved meets and time trials, or approved ASAA meets. Swimmers must swim in the age bracket corresponding to their age on the first day of the meet. Verification of athletes' membership in USA Swimming shall be made by Alaska Swimming's Registrar via registration reconciliation prior to the start of the meet. Coaches verification due to Officials' table prior to beginning of the meet. Penalties for falsifying membership shall be imposed per 2008-2009 Alaska Swim Guide.

ADAPTIVE SWIMMERS: Adaptive swimmers who have met the Alaska Swimming eligibility requirements are welcome and encouraged to participate. Coaches are responsible to contact the meet director and referee to confirm events, qualifying times and placements in advance.

RULES:

1. Current USA Swimming and Alaska Swimming rules shall govern this meet, and take precedence in any inconsistency with this invitation.
2. All individual events which require preliminary competition will be pre-seeded in accordance with USA 102.5.1. The following events shall be swum as indicated per ASI Article 3.E.2:
 - The 400 IM and the 500, 1000, and 1650 Freestyle events shall be deck seeded with positive check-in and shall be swim fastest to slowest with all ages combined. The boys' and girls' heats shall alternate with girls swimming first. Scoring by age group as per ASI Article 3.E.2
 - When the venue allows, all preliminary events and the 400 IM, 500, 1000, and 1650 Freestyle events shall be swum at both ends of the pool at the discretion of meet management.
 - During the 500, 1000, and 1650 Freestyle events swimmers are responsible for lap counters and timers
3. Relays: Relay events will be swum in accordance with USA Swimming Rules 102.4.1-9
 - The fastest two (2) heats of the 400 medley and 400 free relays shall be swum during finals. Any additional heats will be swum during preliminaries. Relay events may be combined at referee's discretion.
 - A swim team may enter no more than (2) individually non-qualified swimmers per relay event.
 - Final choice of relay swimmers is made immediately prior to the start of the relay heat in which the team is entered. No changes will be permitted after that time.
 - Relay swimmers (including relay only swimmers) must be listed on the recap sheet and must pay all fees.
 - **COACHES PLEASE NOTE:** First and last names of eligible relay swimmers should be placed on the relay card. PINK & BLUE CARDS will be available at the administrative/scorer's table.
4. **10 & UNDER EVENTS:** Both individual and relay events will be swum as **timed finals swum during preliminary session.**
5. **15/Older EVENTS:** Both a final heat and a consolation final heat will be included for the 15/Older age group and both will be scored. The order of heats during the finals for a "preliminary & finals" event will be swum as bonus, consolation and final in that order. Empty lanes will be filled by moving swimmers up in order from the slowest heats without reseeding the heats.
6. Swimmers 20 years or older on the first day of the meet may not advance beyond prelims or score in timed finals, including relays.
7. **Time Trials:** Time trials shall be open only to swimmers entered in the meet. Time trials may be conducted each day between prelims and finals, at the discretion of meet management. The tentative time trial schedule and procedure for entry shall be established at the first coaches meeting of the meet. A coach desiring to time trial a swimmer shall make a request to the meet referee who

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shall determine the timing and feasibility for conducting the time trial. There shall be no guarantee that a requested time trial event will occur.

8. Unattached swimmers or swimmers with coaches unable to attend the meet must be under the supervision of a USA certified coach who has agreed to be responsible during the course of the meet. There will be no exhibition swimming.
9. Scratches shall be delivered to the OFFICIALS TABLE no later than **8:00 AM, the morning** of the day in which the events will occur, at which time preliminary events may be seeded. Individual and relay scratch rules will be in accordance with ASI Article 3.A.9 & 10.

ENTRY INFORMATION:

1. Swimmers may enter a **maximum of three (3) events per day, with a total of seven (7) events for the meet, exclusive of relays.** Coaches are ultimately responsible for verifying the total number of events per swimmer for their team.
2. Entries, including all relay swimmers, must be submitted on:
 - a. (Preferred) Hy-tek COMMLINK file (sent by either e-mail or disk)
 - Please submit a Hy-Tek Team Manager “Team Entry Report” and “Team Meet Fees Report with the file.
 - b. Meet Entry Form.
3. Relay entries: Clubs entering two or more relay teams in an event shall designate them as Team A, Team B, etc. Relay-only swimmers MUST pay all entry fees.
4. A pre-built .HYV file for this meet is available on the ASI website at: www.akswimming.org
5. Events may be entered with either a short course or long course entry time. **DO NOT** convert the times. Enter them as swum.
6. All entries must be **Postmarked no later than Wednesday, April 7th, 2010 OR E-mailed/received no later than 6 p.m. Friday, April 9th, 2010.** Meet Fees and USA Swimming Verification forms are due at Bartlett no later than Friday, April 16th, 2010. Make checks payable to: **Central Area Swimming.**

SUBMIT ENTRIES TO:

Greg McDuffie
11620 Brook Hill Ct.
Anchorage, AK 99516

H: (907) 345-4122
E-mail: skijor@gci.net

Meet Fees:	Swimmer Surcharge (include relay only swimmers)	\$ 4.50
	Facility Surcharge	\$16.00
	Individual Event	\$ 2.75
	Relay Event	\$ 8.00

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SCORING: All events are: 20-17-16-15-14-13-12-11 “A” Final
15 & Older Consoles: 9-7-6-5-4-3-2-1 “B” Final
Relays: 40-34-32-30-28-26-24-22 “A” Final

AWARDS: Individual: 1st - 3rd Medals Relays: 1st - 3rd Medals
4th - 8th Ribbons

HIGH POINT AWARDS: Boys 1st - 3rd (10&U, 11/12, 13/14, 15&O)
Girls 1st - 3rd (10&U, 11/12, 13/14, 15&O)

TEAM AWARDS: Team 1st - 3rd (combined men and women’s scores)
1st % Best Time
1st Points per swimmer

SWIMMER SEATING: During prelims due to use of both ends of the pool, swimmers may sit on the bleachers, either upstairs or down. There will not be much space available on the deck during prelims so plan accordingly.

HOUSING: No housing will be provided by or coordinated by meet management for this meet. A list of local hotels & motels is attached for your convenience. If housing assistance is needed in the event of an emergency, please contact the Meet Director.

TRAVEL ASSISTANCE: Travel Assistance for the Alaska Swimming, Inc. Junior Olympic Championship will be distributed on an equitable basis for all qualified participants attending the meet from areas outside the host area. Travel assistance forms are available on the Alaska Swimming website.

CONCESSIONS/HOSPITALITY: There will be a concession stand for spectators, and a hospitality room for coaches, official, timers and all other volunteer workers.

MEET DIRECTOR:

TBD

MEET REFEREE:

Peter Crosby
6934 Madelynn Way
Anchorage, AK 99504

pcrosby@ak.net
(907) 337-3105

SAFETY OFFICIAL:

David Uldrich

OFFICIALS: This meet is hosted by Central Area Swimming. Officials from all areas are invited and encouraged to participate on deck at this meet. If you have officials that have an interest in volunteering services, please forward their names to Peter Crosby at the e-mail address above. This meet has been designated as a National Certification Qualifying meet. If interested in N2 or N3 Certification, applications for observation must be submitted to Gary Martin, Officials Chair, or the meet referee prior to the end of the first session.

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POOL MANAGEMENT REQUIREMENTS:

1. **No Food and No Glass On Deck.** Swimmers may have plastic bottles filled with water or other beverages. Swimmers MUST eat upstairs in the bleachers.
2. Per USA Swimming regulations, **no smoking or other use of tobacco products** are permitted during the meet in any area on the deck, in the pool building, or outside adjacent to the pool building prior to, during, or after the meet.
3. USA Swimming and Municipal and Pool safety guidelines mandate **no shaving on site.**

PARKING: Will be available in the Bartlett High School parking lot. School will be in session on Friday. Please park in the far west half of the lot on Friday (as far from the Bartlett gym as possible), as the nearer lot will be in use for school buses during the day. Vehicles parked in the area used by the school buses will be towed at the owner's expense.

NOTE TO COACHES: After meet clean up costs have increased and we may be charged to dispose of the garbage/trash that is generated. Please encourage your swimmers (and others in attendance) to utilize refillable beverage containers and to recycle disposable items such as paper, aluminum and plastic in the appropriate receptacles located around the facility. Please be certain the area your team uses on deck has been cleaned of all debris prior to leaving the area.

We are now being charged pool time until the LAST individual leaves the pool building. Please clean up your area and instruct your swimmers and parents to leave the building promptly upon completion of the meet each day.

ATTACHMENTS:

- Hotel & Motel Information
- Available for download on the Alaska Swimming website (www.akswimming.org) :
 - Alaska Swimming Junior Olympic Time Standards (inclusive SCM, LCM, & SCY)
 - Officials Observation Application for N2 Certification
 - Order of Events
 - Meet Entry Form
 - USA/ASI Membership Verification Form

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Thursday – April 15th 2010

ORDER OF EVENTS

Sanction # 3001

Women's Event #	Q.T.	Age Group	Event	Q.T.	Men's Event #
1	23:27.99	11/12	1650 Free ¹	22:21.99	2
1	22:09.99	13/14	1650 Free ¹	21:09.69	2
1	21:30.89	15/Older	1650 Free ¹	19:37.19	2

NOTE:

1. The 1650 Free is a consolidated, timed final – swum Thursday afternoon/evening.

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Friday - April 16th, 2010

ORDER OF EVENTS

Sanction # 3001

Women's Event #	Q.T.	Age Group	Event	Q.T.	Men's Event #
3	N.T.	11/12	400 Med. Relay ²	N.T.	4
5	N.T.	13/14	400 Med. Relay ²	N.T.	6
7	N.T.	15/Older	400 Med. Relay ²	N.T.	8
9	3:22.49	10/U	200 IM	3:25.49	10
11	2:53.89	11/12	200 IM	2:56.49	12
13	2:43.29	13/14	200 IM	2:43.99	14
15	2:36.79	15/Older	200 IM	2:21.39	16
17	41.49	10/U	50 Back	42.09	18
19	37.69	11/12	50 Back	38.29	20
21	2:47.49	13/14	200 Back	2:49.99	22
23	2:45.09	15/Older	200 Back	2:32.59	24
25	1:46.59	10/U	100 Fly	1:46.59	26
27	1:29.09	11/12	100 Fly	1:30.39	28
29	2:54.99	13/14	200 Fly	2:54.99	30
31	2:49.69	15/Older	200 Fly	2:35.29	32
33	34.99	10/U	50 Free	35.49	34
35	31.09	11/12	50 Free	31.59	36
37	29.39	13/14	50 Free	28.09	38
39	28.99	15/Older	50 Free	25.99	40
41	3:12.69	11/12	200 Breast	3:13.29	42
43	7:10.99	10/Under	500 Free ³	7:10.99	44
43	6:42.59	11/12	500 Free ³	6:42.59	44
43	6:17.49	13/14	500 Free ³	6:17.49	44
43	6:04.69	15/Older	500 Free ³	5:52.89	44

NOTE:

1. All 10& Under events are swum as timed finals during the preliminary session.
2. The 400 Med. Relay is a timed final event – swum at the beginning of finals.
3. The 500 Free is a consolidated, timed final event – swum at the end of prelims.

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Saturday - April 17th, 2010

ORDER OF EVENTS

Sanction # 3001

Women's Event #	Q.T.	Age Group	Event	Q.T.	Men's Event #
45	N.T.	11/12	400 Free Relay ²	N.T.	46
47	N.T.	13/14	400 Free Relay ²	N.T.	48
49	N.T.	15/Older	400 Free Relay ²	N.T.	50
51	N.T.	10/Under	200 Med. Relay ³	N.T.	52
53	N.T.	11/12	200 Med. Relay ³	N.T.	54
55	N.T.	13/14	200 Med. Relay ³	N.T.	56
57	N.T.	15/Older	200 Med. Relay ³	N.T.	58
59	2:57.19	10/U	200 Free	2:59.89	60
61	1:10.39	11/12	100 Free	1:11.89	62
63	1:03.19	13/14	100 Free	1:03.19	64
65	1:02.99	15/Older	100 Free	57.39	66
67	1:45.99	10/U	100 Breast	1:47.59	68
69	1:30.99	11/12	100 Breast	1:32.39	70
71	2:59.99	13/14	200 Breast	2:59.99	72
73	2:57.99	15/Older	200 Breast	2:47.99	74
75	1:37.39	10/U	100 Back	1:38.89	76
77	1:23.09	11/12	100 Back	1:25.69	78
79	1:16.39	13/14	100 Back	1:17.19	80
81	1:15.39	15/Older	100 Back	1:07.69	82
83	1:30.59	10/U	100 IM	1:32.29	84
85	3:01.29	11/12	200 Fly	3:01.29	86
87	6:19.09	11/12	400 IM ⁴	6:15.99	88
87	6:10.99	13/14	400 IM ⁴	6:10.99	88
87	6:01.99	15/Older	400 IM ⁴	5:50.99	88

NOTE:

1. All 10 & Under events are swum as timed finals during the preliminary session.
2. The 400 Free Relay is a timed final – swum at the beginning of finals.
3. The 200 Med. Relay is a timed final – swum at the beginning of prelims.
4. The 400 IM is a consolidated, timed final – swum at the end of prelims.

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Sunday - April 18th, 2010

ORDER OF EVENTS

Sanction # 3001

Women's Event #	Q.T.	Age Group	Event	Q.T.	Men's Event #
89	N.T.	10/Under	200 Free Relay ²	N.T.	90
91	N.T.	11/12	200 Free Relay ²	N.T.	92
93	N.T.	13/14	200 Free Relay ²	N.T.	94
95	N.T.	15/Older	200 Free Relay ²	N.T.	96
97	2:57.69	11/12	200 Back	3:00.39	98
99	46.19	10/Under	50 Breast	46.89	100
101	42.09	11/12	50 Breast	42.69	102
103	1:22.99	13/14	100 Breast	1:22.99	104
105	1:21.19	15/Older	100 Breast	1:16.99	106
107	1:20.89	10/Under	100 Free	1:22.09	108
109	2:35.69	11/12	200 Free	2:37.99	110
111	2:19.79	13/14	200 Free	2:17.09	112
113	2:16.99	15/Older	200 Free	2:03.99	114
115	42.59	10/Under	50 Fly	42.59	116
117	35.79	11/12	50 Fly	36.29	118
119	1:21.89	13/14	100 Fly	1:23.19	120
121	1:15.29	15/Older	100 Fly	1:05.79	122
123	1:18.19	11/12	100 IM	1:18.79	124
125	13:34.99	11/12	1000 Free ³	13:39.99	126
125	12:59.99	13/14	1000 Free ³	12:45.69	126
125	12:23.09	15/Older	1000 Free ³	11:57.19	126

NOTE:

1. All 10 & Under events are swum as timed finals during the preliminary session.
2. The 200 Free Relay is a timed final – swum at the beginning of prelims.
3. The 1000 Free is a consolidated, timed final – swum at the end of prelims.

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Anchorage Hotels & Motels

- Days Inn – Anchorage 276-7226 www.daysinnalaska.com
 - 321 E. 5th Avenue – Downtown

- Dimond Center Hotel 770-5000 www.dimondcenterhotel.com
 - 700 E. Dimond Blvd

- Fairfield Inn & Suites 222-9000 www.marriot.com/ancfi
 - 5060 A Street

- Hampton Inn 550-7000 www.hampton-inn.com/hi/anchorage
 - 4301 Credit Union Drive

- Hawthorn Suites 222-5005 www.hawthorn.com
 - 1110 W 8th Avenue – Downtown

- Hilton Garden Inn 729-7000 www.anchorage.gardeninn.com
 - 100 West Tudor Road

- Homewood Suites 762-7000 www.anchorage.homewoodsuites.com
 - 140 West Tudor Road

- Motel 6 677-8000 www.motel6.com
 - 5000 A Street

- Marriot Spring Hill Suites 1-877-729-0197 www.springhillsuites.com
 - 3401 A Street

- Marriot Spring Hill Suites 751-6300 www.springhillsuites.com
 - 4050 University Lake Dr

❖ All these hotels & motels are within easy driving distance from Bartlett Pool.

❖ Each of these motels & hotels offer varying accommodations and services with some including free breakfasts &/or snacks.