**2013 GSC Open Invitational Swim Meet**

**Hosted by Glacier Swim Club**

**January 18 – 19, 2013**

**SANCTION:** Sanction # . Under sanction by USA Swimming and Alaska Swimming, Inc (ASI). This meet is dual-sanctioned by Alaska Masters Swimming (AKMS) for USMS, Inc.

**LOCATION:** Dimond Park Aquatic Center

3045 Riverside Drive

Juneau AK 99801

907-586-2782

**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: Warm-Up Start**

Session 1: Friday Afternoon 4:30 PM 6:00 PM

Session 2: Saturday Morning 7:30 AM 9:00 AM

Session 3: Saturday Afternoon 3:00 PM 4:30 PM

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, ages 14 and older on first day of meet, currently registered as athlete members with USA Swimming and/or USMS. No race day registration will be offered.

**ENTRIES:** 1. Swimmers may enter a total of eight (8) events, with no more than three (3) events per session, and no more than 5 events on Saturday. This is exclusive of relay events.

1. ***Email your entries on or before Wednesday, January 9, 2013*** by using Hy-Tek software choosing the “Export/Meet entries with proof of time checked” option along with the “team entry report” and the “team meet fees report” attached.
2. If you do not have Team Manager or Team Unify, your entries need to be emailed on a consolidated form that includes the swimmers’ USA or USMS identification number.
3. The name and telephone number of the entry contact person must be included with entries.
4. Late entries will be accepted for an additional $5.00 per event fee.
5. Meet fees are nonrefundable.

MEET FEES: Swimmer Entry Fee $3.00 per swimmer

Individual Event Fee: $2.25 per swimmer

Relay Event Fee: $5.00 per relay

Facility Charge $10.00 per swimmer

Late Fee $5.00 per event

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

Entries should be sent to:

**Sandy O’Brien**

**Sandpile3@yahoo.com**

**907-321-2607**

**RULES:**  1. Current USA and Alaska Swimming Rules will govern this meet. All coaches must have current USAS or USMS credentials to be on deck.

1. All events shall be conducted as timed finals.
2. Any USA Swimming registered 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.
3. In accordance with USAS Rules and Regulations 202.3.4(D), the use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.

**SCORING:** No team scores will be kept.

**AWARDS:** Ribbons will be awarded for 1st – 8th in individual and relay events.

**HOUSING:** No housing will be offered.

**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. GSC will provide a swim shop for goggles and suits.

**OFFICIALS:** GSC will provide certified officials. Visitors who are certified and who wish to officiate are welcome. Please email the meet referee, **Max Mertz**, at [max@ermcpa.com](mailto:max@ermcpa.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: Sandy O’Brien, 907-321-2607**

[**Sandpile3@yahoo.com**](mailto:Sandpile3@yahoo.com)

**SAFETY MARSHALL: John Clark,** [cbotelho@ptialaska.net](mailto:cbotelho@ptialaska.net)

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| **Session 1 - Friday Evening** | | |
| Girls | Event | Boys |
| 1 | Open 200 Free | 2 |
| 3 | Open 50 Back | 4 |
| 5 | Open 100 Breast | 6 |
| 7 | Open 200 Fly | 8 |
| 9 | Open 500 Free | 10 |
|  |  |  |
| **Session 2 - Saturday moring** | | |
| Girls | Event | Boys |
| 11 | 200 Medley Relay | 12 |
| 13 | Open 50 Free | 14 |
| 15 | Open 100 Back | 16 |
| 17 | Open 200 Breast | 18 |
| 19 | Open 50 Fly | 20 |
| 21 | Open 400 IM | 22 |
|  |  |  |
| **Session 3 - Saturday evening** | | |
| Girls | Event | Boys |
| 23 | 200 Free Relay | 24 |
| 25 | Open 100 Free | 26 |
| 27 | Open 200 Back | 28 |
| 29 | Open 50 Breast | 30 |
| 31 | Open 100 Fly | 32 |
| 33 | Open 200 IM | 34 |

**Order of Events**

**Liability Waiver**

**I, the undersigned participant, intending to be legal bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possibly permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHT TO CLAIMS FOR LOSS OR DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC. THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.**

**Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**This form must be signed by all USMS swimmers, or you will not be allowed to swim.**