

2017 ALASKA SHORT COURSE YARDS STATE CHAMPIONSHIPS

Saturday and Sunday, February 18 and 19, 2017

Bartlett Pool, Anchorage, AK

Sanctioned by ALASKA LMSC for USMS, Inc. Sanction #

SCHEDULE: Saturday, Feb. 18 - Warm-up: 9 a.m. - Meet starts at 10:00 a.m.

Sunday, Feb. 19 - Warm-up 9 a.m. - Meet starts at 10:00 a.m.

ENTRIES:

- You may enter up to six individual events (not including relays). No more than five individual events can be swum in one day.

Online meet registration is preferred for speed and accuracy. Begin online meet registration at https://www.ClubAssistant.com/club/meet_information.cfm?c=1816&smid=8460

- Online meet registration closes at midnight on Monday, February 13, 2017
- Paper entries must be **received** by Saturday, February 11, 2017. Entries must be mailed to the meet coordinator. Hand-delivered entries will not be accepted.
- Late entries may be accepted on a case by case basis. Late entrants **will not** count for team or individual points. Once the meet is seeded, no new heats will be added to accommodate a late entry.
- Online meet registration accepts credit cards. The charge on your credit card will be to “**ClubAssistant.com Events**”
- All Alaska LMSC and USMS rules govern this meet. It is your responsibility to know the rules. Check out: <http://usms.org/rules/> for current rules.
- Meet coordinator:

Ken Winterberger

3000 Capstan Drive

Anchorage, AK 99516

e-mail: kwinterberger@gmail.com

USMS REGISTRATION: This meet is open to all currently registered USMS swimmers. USMS registration must be done separately. There IS NOT a USMS registration option on the entry form. USMS registration forms will not be accepted at the meet. USMS registration must be for the entire year in order to compete in the State Championships. Send a copy of your USMS membership card (available here: <https://www.usms.org/reg/getcard.php>) with your completely filled and signed entry form. **Your USMS membership will be verified during on-line registration.**

You may register with USMS at: <http://www.usms.org/reg/> or you can download a registration form at: <http://www.akmswim.org/pdfs/usmsapp.pdf> You **must** be registered with the workout group for which you intend to compete by the meet entry deadline in order for your points to count for that workout group.

SEEDING: Events (except the 1000 free, 500 free, and relays) will be pre-seeded slowest to fastest regardless of gender or age group.

500/1000 Freestyle: Check-in will be required by 11 a.m. for both the 1000 and the 500. Seeding is fastest to slowest regardless of age or gender, except that the two slowest seeds in the 1000 will swim in heat 1 (these swimmers will swim through into heat two until finished and will have manual times recorded. All 1000 swimmers must provide one timer and their own lap counter should they choose to use one.

POOL MEASUREMENT: The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

CHECK-IN: Please check in upon arrival and sign the waiver. Also, indicate if you **do not** want your 1st-8th place ribbons at check-in. You will need to sign the USMS waiver before entering the pool for warm-up or competition. If you are going to scratch an event, please do so at check-in.

Also, remember that positive check in for the 500 and 1650 free is separate from checking in for the meet.

RELAYS: Relays will be deck seeded at the meet. **INDICATING YOUR AVAILABILITY FOR A RELAY DOES NOT MEAN THAT YOU WILL BE IN A RELAY. Relay team organization is the responsibility of those interested in swimming relays.** All relays MUST be declared by 9:30 a.m. each day so they can be seeded.

AWARDS: Top three overall teams, gender/age-group highpoint, and ribbons for 1st - 8th place in each age-group by gender. Please indicate at check-in if you **do not** want your ribbons.

EVENT SPONSORSHIP: Sponsor your favorite event(s) and have your name printed on the heat sheet. \$10 per event See fee page for more information.

ANNUAL MEETING AND ELECTIONS: The annual meeting will immediately follow the meet on Sunday. Food will be provided.

Order of business:

1. Reading and adoption of previous meeting minutes
2. Reports of Officers
3. Reports of Committees
4. Unfinished business
5. Nominations & Elections
6. New business
7. Resolution and Orders
8. Adjournment.

2017 ALASKA SHORT COURSE YARDS STATE CHAMPIONSHIP ENTRYFORM

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Name: _____ Phone#: _____

(PRINTED exactly as shown on your USMS membercard)

Address: _____ Email: _____

Male / Female (circle) Age: _____ Birthday: _____

Emergency Contact Name and Number _____

Workout Group: _____ Note: you must be registered with the workout group for which you intend to compete by the meet entry deadline in order to compete for that workout group.

USMS#: _____ (INCLUDE A COPY OF YOUR MEMBER CARD WITH YOUR ENTRY)

You must include a **Short Course Yards** seed time next to the event you would like to swim. Please go to: <http://www.swimmingworldmagazine.com/results/conversions.asp> for a time conversion chart.

Seed Time	Event #	Event	Seed Time	Event #	Event
		Saturday			Sunday
	1-3*	800 Free Relay*		19-21*	400 Medley Relay
	4-6*	200 Medley Relay*		22	200 Backstroke
	7	100 Backstroke		23	50 Butterfly
	8	200 Freestyle		24	100 Freestyle
	9	50 Breaststroke		25	200 IM
	10	100 IM		26	50 Backstroke
	11	100 Butterfly		27	100 Breaststroke
	12	200 Breaststroke		28	200 Butterfly
	13	50 Freestyle		29-31*	200 Free Relay
	14	400 IM		32	500 Freestyle
	15-17*	400 Free Relay*			
	18	1000 Freestyle			

*Women's, Men's, Mixed Relays swum simultaneously with breaks around relays as requested by participants.

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ENTRY FORM, continued

FEES

Meet Entry

\$45

Event Sponsorship (\$10 donation per event)

Event # & Description - 1 Event: \$10

TOTAL FEES ENCLOSED:

"I, the undersigned participant, intending to be legally 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 possible 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 RIGHTS TO CLAIMS FOR LOSS OR DAMAGES 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."

Printed Name _____

Signature _____ Date _____

This form must be signed or you will not be allowed to swim. Thanks.

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