2019 IE SAS Summer Solstice Swim Meet – June 21-23, 2019

Held under the sanction of USA Swimming and Inland Empire Swimming, Inc.

Sanction #\*\*\*\*\*\*\*\*\*\*, approval of USA Swimming, and sanctioned by Inland

Northwest LMSC for USMS Inc. Sanction \*\*\*\*\*\*\*\*

*In granting this sanction it is understood and agreed that USA Swimming and Inland Empire*

*Swimming shall be free and held harmless from any liabilities of claims for damages arising by reason*

*of injuries to anyone during the conduct of the event. Use of audio or visual recording devices, including*

*cellphone cameras is not allowed in changing areas, rest rooms or locker rooms. Unless approved in*

*writing in advance of the competition by the Vice President of Program Operations, operation of a*

*drone, or any other flying apparatus, is prohibited over the venue (pools athlete/coach areas, spectator*

*areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.*

*Deck changes are prohibited. Changing into or out of swimsuits other than in the facility locker rooms*

*or other designated area designated by the host facility, is not appropriate, and is prohibited.*

**Host**: Spokane Area Swimming (SAS)

**Location**: Witter Pool, Mission Park, 1400 East Mission, Spokane, WA.

**Facilities**: Witter Pool is an aquatic center opened to the public May 17, 2010. The aquatic center has

a competition pool (50 meters x 25 yards-8 lanes). The adjacent warm-up pool (20 yards – 3 lanes), will

be available during the duration of the competition. Water depth and starting block height meet the

2014 USA Swimming regulations. The competition course has not been certified in accordance with

USA Swimming article 104.2.2C (4). The length of the competition course without a bulkhead is in

compliance and on file with USMS in accordance with USMS articles 105.1.7 and 107.2.1. The

competitive pool water depth varies from 12 feet at the start end to 3.6 feet at the turn end. The 200

meter relays will have the 50m and the 150m exchanges from within the water starts. The aquatic

center is wheelchair accessible.

Shade tents are not allowed inside the fenced pool area. All portable shade and tents must be taken down each evening.

**Parking**: Parking is available in the Witter Pool lot, Mission Park lot (adjacent to pool); please no

parking on the Centennial Trail. Parking is also available in the Stevens Elementary parking lot (two

blocks east over the bridge, on the right). Street parking is available along the area residential streets.

The Avista parking lot is available after 5pm on Friday, and all day Saturday and Sunday. DO NOT

ATTEMPT TO PARK IN THE GRAVEL LOT BEFORE 5PM. AVISTA UTILITIES HAVE STRICT

SECURITY; CARS MAY BE TOWED WITHOUT NOTICE. DO NOT PARK IN THE GRASS BEHIND THE POOL. No overnight camping (tent or R.V.) is allowed in any lots or City parks.

**Meet Schedule**:

Official Coaches

Day Session Age Warm-Up Start Meeting Meeting

Friday 1 11 & Over 8:00-8:45 am 9:00 am 8:15 am 7:45 am

Friday 2 All 1:00-1:45 pm 2:00 pm 1:15 pm 12:45 pm

Sat/Sun 3/5 12 & Under 7:00-7:45 am 8:00 am 7:15 am 6:45 am

Sat/Sun 4/6 13 & Over 12:00-12:45 pm 1:00 pm 12:15 pm 11:45 am

**Eligibility**: Open to all swimmers who are registered with USA Swimming at the time of meet entry

or with U.S. Masters Swimming.

**Entries**: All swimmers may enter maximum of (3) events on Friday and a maximum of five (5) events

on Saturday and Sunday and may enter one relay per day. Entries will be limited to the team that has

the 450th swimmer entered. Date of receiving entries determines the order of entry. Submit long

course meter times. No time entries are allowed. Deck registrations for USA Swimming

swimmers not in the meet are not permitted per IES policy. However, pre-registered

swimmers who have not pre-entered the maximum number of events as stated above may

deck enter additional events and time trials at the discretion of the meet referee.

Positive check in will be required for the 1500 free, 800 free, 400 free and 400 IM. If the projected

timeline exceeds USA Swimming or the Inland Empire recommended timeline, entries may be limited

in the relays, 1500 Free, 800 Free or the 12 & under 200 events; no-times and slower entries will be

deleted first. Entry fees will be refunded for any deleted entries. All teams will be notified by June

15th of any pre-meet scratches.

The 1500 free, 800 free, 400 free and 400 IM will be swum fastest to slowest alternating women and

men. Some heats of the 1500 free, 800 free, 400 free and 400 IM may be swum mixed gender.

Swimmers must provide their own timers for these events, and 1500 and 800 swimmers must provide

their own counters.

**Entry fees**:

$4.00 Individual entry fee per event ($15 per time trial)

$12.00 Relay entry fee per relay ($20 per time trial)

$14.00 Surcharge per swimmer

$5.00 Facility fee per swimmer

Make checks payable to Spokane Area Swimming, in US funds.

**Submitting entries by June 15, 2019**:

USMS swimmers: Please register online only at www.inlandnwmasters.org

USA Swimming: Please submit the following to Jennifer Hochwalt at jrhochwalt@gmail.com

1. .zip entry file from Team Manager

2. Print to file (Word or PDF format) of team individual & relay entries

3. Print to file (Word or PDF format) of meet fees due

**Entry Deadlines**:

Priority deadline for Inland Empire Teams: June 5, 2019

Final entry deadline: June 15, 2019.

Due to the high interest in this meet, it is strongly recommended for IE teams to get your team entries

in by the June 6th priority deadline. We will notify IE teams of their acceptance as we receive your

submitted entries; we will notify all outside IE teams of their acceptance starting on June 6, 2019.

**Mail entry fees and Meet Entry fee summary report to**:

Spokane Area Swimming

P.O. Box 9920

Spokane, WA 99209-0920

**Rules**: Current United States Swimming rules will govern the dual-sanctioned meet as a Combined

Meet. The rules and procedures of Inland Empire Swimming will also apply. Masters athletes must

be currently registered with USMS. The Meet Referee shall be the final authority for the conduct of

the competition. Any protests or questions concerning the outcome of an event shall be directed to the

Meet Referee and shall come from a Coach. USA swimmers participating in the meet without a Coach

must report to the Meet Referee prior to the warm-ups for instructions. Coaches must be current USA

Swimming certified. Proof of Coach’s certification must be produced at any time upon request by the

Meet Referee. Any swimmer entered in the meet 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.

When unaccompanied by a Member Coach then it is the responsibility of the swimmer or the

swimmer’s Legal Guardian to ensure compliance with this requirement.

**Deck Area**: The Deck area is considered to be a three foot area from the edge of the pool and all of the

area behind the starting blocks. Only swimmers, coaches, officials and meet personnel are permitted

in the Deck area. Spectators will not be allowed in the Deck area.

**SWIMS**: The USA Swimming SWIMS database requires that ALL swimmer data be correct before any

meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any

swimmer data that is NOT correct in the meet database please notify the Meet Referee as soon as possible and the appropriate changes will be made. The data will be sent to USA Swimming within 3 days

of the meet.

**Awards**: USA Swimmers placing 1st through 8th in individual events will receive stickers. Relays

placing 1st through 3rd will be awarded stickers. All multi-age group events will be awarded as 8 &

Under, 9-10, 11-12, 13-14, 15-19. Individual and team scores will not be recorded. Each team should have a representative to pick up awards at the end of the meet. Awards will not be mailed to

teams that fail to pick up their awards at the end of the meet. USMS swimmers will be scored as a separate division and awards will be available upon request from the office.

**Officials**:

Meet Directors: Darren and Darcy Hein

Meet Referee: Mike Miura

Head Starter: Darcy Hein

Team Lead: Lisa Kuhar

Stroke & Turn: Trisha Siebert, Laura Prigan, Stacy Ruckhaber, Cindi Fuller

Administrative Official: Jennifer Hochwalt

Visiting Officials are welcome and encouraged to help. Please bring current certifications and USA

Swimming registration cards; these will be verified by the meet referee before deck assignments are

made. Please be sure to have the appropriate uniform of white polo shirt, blue shorts, skirt or pants,

and white shoes.

**Warm-up procedures**: Meet marshals will be on deck as safety observers during the warm-up

period. Meet marshals have the authority to remove, with concurrence of the meet referee, any

swimmer, coach, or club from the warm-up or the meet who do not follow safety rules. Certified

coaches must be on the deck during warm-ups.

**Timing**: Colorado Timing System will be used. Sign-up sheets will be posted with spots for two timers

to each lane. Any assistance with timing assignments is appreciated.

**Miscellaneous**: Concessions will be available during the duration of the meet. Hospitality will be

provided for coaches and officials. No smoking, glass containers, or alcoholic beverages are allowed

within the Aquatic Center facility property or adjacent Mission park. Barbeque cooking is not allowed

within the Witter Aquatic Center property. It is allowed in Mission Park.

**Swimwear vendor**: TBD

**T-shirt vendor**: EVENT SHIRT by Original Design, Anne North-Jones

**Directions**: From I-90 take the Hamilton street exit-travel north on Hamilton to Mission Street, turn

right. Travel east on Mission Street approximately ½ miles, Witter Aquatic Center will be on the right

side just past the railroad track crossing.

**Hotel**: Please consider the Hotel RL (formerly the Red Lion Inn at the Park) in downtown Spokane for

your 2019 Summer Solstice lodging. SAS and Hotel RL are offering this excellent property within

walking distance to downtown attractions for $125.00 per night. This outstanding rate includes a 2

queen bed room, wi-fi, parking and breakfast. Please visit the link for booking information. The

deadline for this offer is May 22nd.

https://www.redlion.com/park-spokane

**Summer Solstice Swim Meet**

**Order of Events**

**Friday**

Session 1: 8:00 am warm-up & 9:00 am start

Girls Event # Event Boys Event #

1 11 & over 1500 free 2

3 11 & over 800 free 4

Positive check-in for morning session closes at 8:30 am (Please check in before warm-ups)

Session 2: Warm-up 1:00 pm & Start at 2:00 pm

5 12 & under 200 IM 6

7 13 & over 200 IM 8

9 12 & under 200 Free 10

11 13 & over 200 Free 12

**Saturday**

Session 3: 7:00 am warm-up & 8:00 am start

Girls Event # Event Boys Event #

13 11/12 200 Back 14

15 10 & under 100 Breast 16

17 11/12 100 Breast 18

2 minute Break

19 10 & under 50 Fly 20

Girls Event # Event Boys Event #

21 11/12 50 Fly 22

23 10 & under 50 Free 24

25 11/12 50 Free 26

2 minute Break

27 10 & under 100 Back 28

29 11/12 100 Back 30

31 11/12 200 Fly 32

33 12 & under 200 Medley Relay 34

Session 4: 12:00 pm warm-up & 1:00 pm start

Girls Event # Event Boys Event #

35 13 & over 200 Back 36

2 minute Break

37 13 & over 50 Breast 38

2 minute Break

39 13 & over 100 Fly 40

41 13/14 400 Medley Relay 42

43 15 & over 400 Medley Relay 44

2 minute Break

45 13 & over 50 Fly 46

2 minute Break

47 13 & over 200 Breast 48

49 13 & over 100 Free 50

51 13 & over 400 IM 52

Positive Check-in for 400 IM closes at 1:30 pm (Please check in before warm-ups)

**Sunday**

Session 5: 7:00 am. Warm-up & 8:00 am start

Girls Event # Event Boys Event #

53 11/12 200 Breast 54

2 minute Break

55 10 & under 50 Back 56

57 11/12 50 Back 58

59 10 & under 50 Breast 60

61 11/12 50 Breast 62

2 minute Break

63 10 & under 100 Fly 64

65 11/12 100 Fly 66

67 10 & under 100 Free 68

69 11/12 100 Free 70

71 12 & under 200 Free Relay 72

Session 6: 12:00 pm warn-up & 1:00 start

Girls Event # Event Boys Event #

73 13 & over 200 Fly 74

2 minute Break

75 13 & over 50 Free 76

Girls Event # Event Boys Event #

2 minute Break

77 13 & over 100 Back 78

79 13/14 400 Free Relay 80

81 15 & over 400 Free Relay 82

2 minute Break

83 13 & over 50 Back 84

2 minute Break

85 13 & over 100 Breast 86

87 13 & over 400 Free 88

Positive Check-in for 400 free closes at 1:30 p.m. (Please check in before warm-ups)