



2019 ALASKA MASTERS SCM STATE CHAMPIONSHIPS



Saturday & Sunday, Nov. 30 – Dec. 1
Hosted by Stingray Swim Team (FAST Masters)

- We require online entries through the Club Assistant system. Entry information is at https://www.clubassistant.com/club/meet_information.cfm?c=1816&smid=12503. You will be able to submit your entry times, use a secure site for payment of fees, sign the standard USMS waiver electronically, and have your USMS membership verified through this system. You will also be able to access the USMS database of times associated with your USMS registration number to help you determine appropriate seed times. Online entries reduce the workload associated with putting together a meet. Online meet registration accepts credit cards. Your credit card statement will show a charge from “ClubAssistant.com Events”.
- **Online meet registration closes at midnight, Sunday, November 24, 2019**
- Meet entry fee is \$20.00 (swimmer surcharge) + \$5.00 per entered event (relays have no event charge)

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| SANCTION | Under sanction #569-S004 by US Masters Swimming and Alaska Masters Swimming. | |
| LOCATION | Hamme Pool 901 Airport Way Fairbanks, AK 99701 | |
| FACILITY | Six (6) lane, 25 meter competition pool, divided by Flo-thru lane lines. CTS6 timing system with touch pads, DisplayLink scoreboard, CTS Dolphin back-up watches, and horn/strobe light start. Pool depth is 4.5 feet at start end and 3.5 feet at turn end. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1 | |
| EVENT PERSONNEL | <p>Meet Referee: Kris Haggland Email: khaggland@yahoo.com</p> <p>Meet Director: Josh Gregory Email: coachjosh@aksst.com</p> <p>Entry Chair: Josh Gregory Email: coachjosh@aksst.com</p> | |
| SCHEDULE | General Warm Up (Sat & Sun) | 9:00-9:50am |
| | Official’s Meeting (Sat & Sun) | 9:30am |
| | Coach’s Meeting (Sat & as needed) | 9:50am |
| | Competition (Sat & Sun) | 10:00am |
| | PROJECTED TIMELINE: will be established and distributed by Friday, November 29, along with the heat/lane assignment report. | |
| FORMAT | <ul style="list-style-type: none"> • This meet will be conducted in SCM • Shallow end will be open for continuous warm up/cool down (102.4) | |
| RULES | This meet will be run according to USMS rules and regulations. No glass on deck at any time. No shaving allowed on site. Smoking or use of other tobacco products in not permitted before, during or after the meet within the facility of adjacent outdoor areas. Food allowed in ‘swimmer snack area’ and spectator areas only. | |



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| ELIGIBILITY | <p>Open to all USMS registered swimmers.</p> <p>USMS registration must be done separately, USMS registration will NOT be accepted at the meet. USMS registration must be for the entire year in order to compete in the State Championships. USMS membership will be verified upon receiving entries. You may register with USMS at: https://www.usms.org/reg/register.php</p> <p>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.</p> |
| SEEDING | All individual events will be pre-seeded slowest to fastest regardless of age group. |
| 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 9:30a each day for seeding. |
| ENTRY RULES | <p>ENTRIES MUST INCLUDE: Full legal name, Date of Birth, USMS ID number</p> <p>AGE: Age group shall be determined by the age as of the LAST day of the meet. Your age group will be calculated for you during online registration.</p> <p>DECK ENTRIES: Deck entries will not be accepted.</p> |
| ENTRY LIMITS | Six (6) individual events with no more than five (5) individual events per day. Swimmers will not be guaranteed twenty minutes between events. |
| ENTRY DEADLINE AND SUBMISSION | <p>ENTRY DEADLINE: Midnight on Sunday, November 24, 2019.</p> <p>Late entries will not be accepted.</p> <p>MEET ENTRY CHAIR: Josh Gregory Email: coachjosh@aksst.com Phone: 970-689-1407</p> |
| ADAPTIVE SWIMMERS | Disabled or adapted swimmers are welcome and encouraged to participate. Individuals should include a written description of the special needs of the disabled/adaptive swimmer with entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee. |
| ENTRY FEES | <p>INDIVIDUAL EVENT: \$5.00</p> <p>ATHLETE SURCHARGE: \$20.00</p> <p>Entry fees are non-refundable. Athlete surcharge also applies to relay-only swimmers.</p> |
| SCRATCHES | Scratches shall be made at the computer table on the provided scratch sheet. |
| LIABILITY | It is understood and agreed that USMS and Stingray Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. |
| SCORING | <p><i>(Individual scoring separated by age group/gender)</i></p> <p>INDIVIDUAL: 7-5-4-3-2-1</p> |
| AWARDS | <p><i>(Individual awards separated by age group/gender)</i></p> <ul style="list-style-type: none"> • 1st – 3rd combined team • 1st individual overall highpoint • Per Event: 1st – 6th ribbons |
| EVENT SPONSOR | <ul style="list-style-type: none"> • Sponsor your favorite event(s) and have your name printed on the heat sheet and recognized on the Alaska Masters website. \$10 per event. |
| CONCESSIONS | A concession stand will not be offered |
| MEET PROGRAMS AND RESULTS | Heat sheet will be available at the beginning of warm ups. Live results will be available on Meet Mobile. Final results will be posted on Alaska Masters website. |



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| DECK CHANGING | Deck Changes are prohibited. |
| RECORDING BAN | Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Visual recording devices are not permitted behind the blocks during the start sequence throughout the meet. |

ORDER OF EVENTS

Saturday, November 30

Warm-up 9:00a, Competition 10:00a

| WOMEN | EVENT | MEN |
|-------|----------------------------|-----|
| 1 | 400 Individual Medley | 2 |
| 3 | 200 Freestyle | 4 |
| 5 | 50 Butterfly | 6 |
| 7 | 100 Breaststroke | 8 |
| 9 | 400 Freestyle Relay | 10 |
| 11 | Mixed 400 Freestyle Relay* | 11 |
| 13 | 100 Individual Medley | 14 |
| 15 | 100 Backstroke | 16 |
| 17 | 200 Butterfly | 18 |
| 19 | 50 Freestyle | 20 |

*Mixed relays must consist of two (2) females and two (2) males to score, with declaration due by 9:30a

Sunday, December 1

Warm-up 9:00a, Competition 10:00a

| WOMEN | EVENT | MEN |
|-------|----------------------------|-----|
| 21 | 200 Medley Relay | 22 |
| 23 | Mixed 200 Medley Relay* | 23 |
| 25 | 200 Backstroke | 26 |
| 27 | 100 Freestyle | 28 |
| 29 | 50 Breaststroke | 30 |
| 31 | 200 Individual Medley | 32 |
| 33 | 100 Butterfly | 34 |
| 35 | 200 Freestyle Relay | 36 |
| 37 | Mixed 200 Freestyle Relay* | 37 |
| 39 | 50 Backstroke | 40 |
| 41 | 200 Breaststroke | 42 |
| 43 | 400 Freestyle | 44 |

*Mixed relays must consist of two (2) females and two (2) males to score, with declaration due by 9:30a

