

2019 Holiday Invitational Hosted by Glacier Swim Club

Under Sanction by USA Swimming, Alaska Swimming, and AKMS for USMS Inc
USA Swimming Sanction # USMS Sanction #

LOCATION: Dimond Park Aquatic Center
3045 Dimond Park Loop
Juneau AK 99801
907-586-2782

DATE: December 7-8, 2019

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. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

TIMES:	<u>Warm-Up</u>	<u>Start</u>
Session 1: Saturday evening	2:30 pm	3:30 pm
Session 2: Sunday am	7:00 am	8:00 am

Warm-ups will be conducted in accordance with Alaska Swimming Warm-up/Warm-down procedures.

COACHES MEETING: If needed, there will be a coaches meeting just prior to the beginning of the meet on Saturday.

ELIGIBILITY: Open to all swimmers currently registered as athlete members with USA Swimming or master swimmers registered with USMS. There are no qualifying times.

Swimmers must swim in the age bracket corresponding to their age on the first day of the meet. Disabled and adapted swimmers are welcome and encouraged to participate. Coaches will be asked to submit a written description of the special needs of the disabled/adaptive swimmers with their team entries. Questions regarding final assignment within specified heats must be brought to the attention of the Meet Referee.

Master Swimmers MUST sign USMS participant liability waiver and provide USMS membership number.

ENTRIES:

1. Swimmers may enter a total of ten (10) events, with no more than five (5) events per session. This is exclusive of relay events.
2. ***Email your entries on or before November 27, 2019*** using Team Manager or Team Unify file along with the “team entry report” and the “team meet fees report” attached. Entries may also be submitted in paper form mailed to the Entry Chair.
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 fee of \$5 per swimmer entry fee (\$17.00 total) and \$1 individual event fee (\$4.50 total), and \$2 for relay events (\$9.00 total).
5. Entry seed times must be submitted for SCY. Times must be submitted to the hundredth. NT’s are ok.

MEET FEES:

Swimmer Entry Fee	\$12.00	per swimmer
Individual Event Fee:	\$3.50	per swimmer
Relay Event Fee:	\$7.00	per relay

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

Meet fees are nonrefundable.

Entries should be emailed to: schwartings@mac.com
Or mailed to: Brooke Schwarting, 10487 Fox Farm Trail, Juneau, AK, 99801.

RULES:

1. Current USA and Alaska Swimming Rules will govern this meet. All coaches must have current USAS credentials to be on deck.
2. Events may be consolidated, but scored by age groups.
3. This meet may be run as a “no recall meet.”
4. Any USA Swimming 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.
5. Per USA Swimming, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
6. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Deck changes are prohibited.
7. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
8. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
9. All events are timed finals, seeded slowest to fastest.

SCORING:

No team nor individual scores will be kept.

AWARDS:

Ribbons will be awarded for 1st - 8th place in all individual events, and 1st - 3rd in all relays.

CONCESSIONS:

Concessions may be provided during the meet.

OFFICIALS: GSC will provide certified officials. Visitors who are certified and who wish to officiate are welcome. Please email the meet referee. 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: Cheryl Fellman, cherylfellman@gmail.com, 907-723-8532 and Brooke Schwarting, schwartings@mac.com.

MEET REFEREE: Kate Peimann, kpeimann@gmail.com, 907-209-2583

ADMIN OFFICIAL: Bob Foy, foy.alaska@gmail.com,

SAFETY MARSHALL: Justin Kanouse, jkanouse@dowl.com, 907-723-9701

ORDER OF EVENTS

Sat PM

10/younger 200 Free Relay
10/y 100 IM
8/y 25 back
10/y 50 back
11/older 400 IM
10/y 100 fly
8/y 25 free
10/y 50 free
11/older 500 free
10/y 200 free
8/y 25 breast
10/y 50 breast
open 200 breast
10/y 200 IM
10/y 100 back
8/y 25 fly
open 200 back
10/y 50 fly
10/y 100 free
open 200 fly
10/y 100 breast
10/y 500 free
10/y 200 Medley Relay

Sunday AM

11/older 200 Free Relay
open 100 IM
open 50 back
open 100 fly
open 50 free
open 200 free
open 50 breast
open 200 IM
open 100 back
open 50 fly
open 100 free
open 100 breast
11/older 200 Medley Relay