



**USMS SOUTH CENTRAL ZONE
SHORT COURSE YARDS CHAMPIONSHIPS
ARKANSAS REGION
MAY 15, 2021
HOSTED BY LITTLE ROCK MASTERS**



Meet Director: Doug Martin, dhmartin@comcast.net

Dates: Saturday May 15, 2021

Facility:



- **University of Arkansas at Little Rock, 2801 South University, Little Rock AR 72204**
- Indoor 25 yard 8 – lane course. Separate diving well for warm up/cool down. Lane lines are non-turbulent.
- Colorado Timing system, 8 lane color scoreboard. Hy Tek Meet Manager software. Club Assistant online entries.

Directions can be found here: [Directions](#)

Pool Length: 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.

Official Times: Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records

Timing System: The primary timing system will be automatic timing with a backup timing system using semiautomatic timing consisting of one button and a tertiary system of one watch.

Warm Ups:

- Morning Warm Ups 10:00 AM Meet Starts 11:00 AM
- Afternoon Warm Ups 12:30 PM Meet Starts 1:30 PM

Warm ups will be conducted in accordance with the current USMS policies and procedures. Feet first entry only. No equipment may be used in the warm up pool.

Rules: Current USMS Rules will govern the conduct of the meet

Swim Wear: Swim suits may be in one or two pieces. Swim wear must comply with FINA specifications. NOTE: no ties, zippers or any other fastener system with the exception of a waist tie.

Parking: Extensive surface lot next to Natatorium

Sanction: Sanctioned by Arkansas Masters Swimming Committee for USMS, Inc. Sanction Number is .

Eligibility: Open to all currently USMS registered Arkansas swimmers. Arkansas swimmers not currently registered with USMS will be given an opportunity to do so during registration.

Age: Athlete age at the meet is determined by their age on May 15, 2021. Swimmers must be at least 18 years of age.

Age Groups: 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79, etc.

Number of Events Allowed: Maximum of 6 individual events per day

Swimmer Cap: The swimmer cap per session is 30. Once the swimmer cap is reached for that session, entries will be closed for the day. Entries will be taken on a first come, first served basis.

IMPORTANT: Swimmers are asked to voluntarily notify the Meet Director by email at dhmartin@comcast.net of their intent to scratch any events by 5 PM on the Thursday before the meet May 13th. Psych sheet will be emailed and posted no later than Thursday AM. Final seeding of all pre-seeded events will occur after the early scratch deadline has passed.

There are no penalties for swimmers who no show/scratch at the meet. No refunds given for no shows.

Entry Deadline: Wednesday May 5th at 11:59 PM. Entries will be online only at https://www.ClubAssistant.com/club/meet_information.cfm?c=2439&smid=13724

NO ENTRIES WILL BE ACCEPTED AFTER MAY 5th. NO INDIVIDUAL DECK/DAY OF ENTRIES ALLOWED.

****The South Central Zone SCY Championships is being held in multiple pools on two consecutive weekends. No swimmer is allowed to enter more than one of the competitions. Any swimmer found to be entered in more than one meet will have to drop one of their registrations. No refund will be given****

Seeding: Events 200 yards and shorter will be swim slowest to fastest. Events 400 yards and longer will be swum fastest to slowest. Ages and gender will be combined for seeding but separated for scoring. All events EXCEPT 400 IM, 500, 1000 & 1650 Free will be pre-seeded.

Distance Event Check In: Swimmers must check in by the following days/times for these events or they will be scratched from the event.

- | | |
|-----------|--|
| 500 Free | 45 minutes before the start of the Morning Session |
| 1000 Free | By the beginning of the 50 Back on Saturday |

400 IM 45 minutes before the start of the Afternoon Session
 1650 Free By the beginning of the 50 Free on Sunday

Lap Counters: Swimmers in the 500, 1000 & 1650 Free must supply their own lap counter

Scoring: Individual through 8th place. Points: 9, 7, 6, 5, 4, 3, 2, 1

Awards: No Awards

Facebook: <https://www.facebook.com/USMSSouthCentralZoneChamps>

Psych & Heat Sheets: Psych and Heat Sheets will be available online before the meet at www.arkansasmasters.org. They will also be emailed directly to each registered swimmer. Heat Sheets will also be posted in multiple places on the walls around the venue.

Results: This is a Multi-Pool Champs meet. Results from this meet will be merged with the results from the other locations hosting the Champs meet in our Zone. All meets will occur between May 8 – 16, 2021. Merged Results will be posted on the South Central Zone website at <https://usmssouthcentralzone.org/> and on the Facebook page. Results will be on Meet Mobile throughout the meet and on [the Arkansas Masters Swimming web site](http://theArkansasMastersSwimmingweb.com) and after the results are processed will be posted at www.USMS.org after the meet. Hard copy results will be posted continuously throughout the meet. Records will be submitted with proper paperwork and electronic files ASAP after the meet to all appropriate parties.

Concessions: Concessions will not be available. Swimmers may bring their own food supplies.

Order of Events:

2021 South Central Zone SCY Multi-Pool Champs			
Order of Events			
Morning		Afternoon	
500	Free	400	IM
200	Back	100	Back
50	Fly	50	Breast
200	IM	200	Free
100	Free	100	IM
50	Back	50	Free
200	Fly	200	Breast
100	Breast	100	Fly
1000	Free	1650	Free

- Age groups and genders in all events will be combined for seeding but separated for scoring
- All events 200 yards and shorter will be pre-seeded
- Distance events (400 IM, 500 Free, 1000 Free and 1650 Free) require positive check in. They will be seeded after check in is closed.
- Swimmers must supply their own lap counters for the 500, 1000 and 1650 Free

Arkansas Department of Health COVID Guidelines:

Maintain minimum physical distancing of six feet between participants at all times, except when actively participating in the sports activity. Athletes, Coaches, and All Staff must be screened prior to any activity by asking the following questions and excluded if the answer is yes.

- Have had a fever of 100.4°F or greater in the last 2 days
- Have a cough, difficulty breathing, sore throat, or loss of taste or smell
- Had contact with a person known to be infected with COVID-19 within the previous 14 days

Coaches and All Staff must have temperature checked by digital thermometer prior to entry, and those whose temperature is greater than 100.4°F must be excluded.

Face coverings that completely cover the nose and mouth are required for everyone 10 years of age or older for indoor sports. Face coverings are strongly encouraged for outdoor sports.

Athletes - Face coverings are strongly encouraged when not actively participating in an outdoor sports activity. - Face coverings or masks must be worn during indoor sports where a face covering is not inhibitory.

Coaches and Staff - Face coverings must be worn at all times for indoor sports and are strongly encouraged for outdoor sports.

Use of communal spas, showers, saunas or other similar equipment are prohibited. Locker rooms may only be used for storage of personal items. Social distancing of 6 feet must be maintained in the locker room.

An alcohol-based hand sanitizer or adequate handwashing facilities must be provided for use by all attendees. Sports equipment, restrooms, lockers, water fountains and other high touch surfaces must be sanitized frequently during each event. For a list of cleaning products that will eliminate the Covid-19 virus, visit <https://www.epa.gov/pesticide-registration/list-ndisinfectants-use-against-sars-cov-2>.

Avoid non-sport related personal contact at all times. This includes, but is not limited to, huddles, high-fives, hand shaking, fist bumping, and chest bumping.

For games, competitions, tournaments, meets, and other athletic events held in a facility, the facility hosting the event must follow the current Directive for Large Indoor or Large Outdoor Venues. Spectators are covered under these Directives.

For training and conditioning held in an athletic facility, the facility must follow the current Directive for Gym, Fitness Center, Athletic Club and Weight Rooms.

Concession Stands may operate but must follow all applicable sections of the Directive for Resuming Restaurant Dine-In Operations.