

Arkansas Swimming, Inc.
Age Group Championships
July 25-27, 2014

Sanctioned By: USA Swimming through Arkansas Swimming, Inc. (ASI) **Sanction #:** 14AR0726

Sponsored By: Razorback Aquatic Club AquaHawks & Fort Smith Tideriders

Location: Fort Smith, Arkansas. Creekmore Park Pool. I-540 to Rogers Avenue (Exit 8).-Follow Rogers Ave. west to 31st St. and turn left. Creekmore Park will be on your left.

Facility: 10 lanes x 50-meter outdoor pool with 9-foot lanes. All 10 lanes will be used in the morning sessions. Only 8 lanes will be used in the finals sessions. Kiefer competition lane lines and non-skid slant starting blocks. A separate 6 lane 70 foot warm-up pool will be available. Air-conditioned dressing rooms. The competition course has not been certified in accordance with Article 104.2.2C(4). The minimum water depth measured in accordance with Article 201.2.9D is 4' at the start and 4' at the turn end.

Eligibility: Open to all USA Swimming registered swimmers through ASI meeting age and time standards. The qualifying times are as shown on the schedule of events. Any swimmer who has achieved the time standard(s) is eligible to swim those events. Times will be proved using the SWIMS database prior to the meet. A hard copy of official meet results must be submitted when official distance splits not found in SWIMS are being used to prove a time. Hy-Tek Best Times reports or equivalent cannot be used to prove splits. Entries not meeting the qualifying times will be removed from the meet except as specified below. All entry times must have been achieved on or after July 26, 2013.

Meet Type: Prelim-finals meet except for 400 free, 800 free, 400 IM, 10 & Under 200 IM, and relays.

Ages: Swimmer's age as of the first day of the meet will determine age for the meet.

Rules: 2014 USA Swimming and ASI rules will prevail.

Entries: Include all USA Swimming registration numbers and birth dates on the official entry forms. Clubs may enter by using Hy-Tek or compatible software. Swimmers who have not registered with USA Swimming will have their entries returned. Entries must be received by the host club on or before **Wednesday, July 16**. Entries received after the deadline will not be accepted except as specified below. A completed, signed summary form and check must be brought to the meet for payment of entries.

Clubs that have entered by the above deadline will be allowed to add swimmers and make event changes until 6:00 p.m. on **Monday, July 21**. All additions and changes made after the July 16 deadline must pay double entry fees. A swimmer who scratches one event and enters another event to replace it will be charged double entry fees for the new event. Payment of all fees, including additions, changes, and deck entries, must be made 30 minutes prior to the start of the Friday session.

Each club will be notified of entries that do not meet the qualifying times based on SWIMS. These entries will be removed from the meet unless proof of an error or omission from SWIMS can be verified using official meet results. Corrections must be accomplished before 6:00 p.m. on **Monday, July 21**.

Deck Entries: All deck entries must be received by the clerk of course on Friday at least one hour before the published start of the meet. All deck entries will be accepted at the qualifying time. Deck entries are limited to swimmers **not** already in the meet. Deck entered swimmers must show proof of ASI membership to the host team's registration chairperson with the original or photocopy of their current USA Swimming card. All deck entries will be double the entry fee. New heats will be created to accommodate deck entries if necessary. The original heats will not be reseeded.

Entry Limit: All swimmers may enter a maximum of three (3) individual events per day including time trials, plus a relay with a limit of seven (7) individual events for the meet. Individual events on Friday, Saturday and Sunday with the exception of the 400 free, 800 free, 400 IM and 10 & Under 200 IM are preliminaries in the morning and finals in the evening for top eight (8) qualifiers. An additional non-scoring consolation heat for the 15 – 18 age group for all prelim-final events will be swum at evening finals. Only the finals heat will score points.

Relays: Each club is eligible to enter one (1) relay in each event that has not met the time standard. Additional relays for the club must meet the time standard. No relays will score points without making the qualifying time at the meet. All relays are timed finals and will be swum in prelims.

- Breaks:** There will be 10 minute breaks between each series of events during finals on Friday, Saturday and Sunday.
- Prelims Warm-up Procedure:** Warm-up procedures will be in effect. The warm-up period will be divided into three sessions:
1st 30 min. General warm-up all lanes for specified teams.
2nd 30 min. General warm-up in all lanes for specified teams.
Last 20 min. All teams specific warm-up.
Lanes 2, 3, 4, 7, 8, 9 One-way sprints from the blocks.
Lanes 5, 6 General warm-up, circle swimming only.
Lanes 1, 10 Pace work only.
- The host team will notify each club of its warm-up times. The highest ranking team from the previous Long Course ASI Age Group Championship Meet will have the first choice of warm-up times, then the second place team, etc. The number of warm-up lanes per team will be determined by the number of swimmers entered in the meet by that club.
- Finals Warm-up Procedure:** The warm-up period for finals will be divided into the following sessions:
1st 30 min. General warm-up all lanes for specified teams
2nd 30 min. All teams specific warm-up
Lanes 2, 3, 4, 7, 8, 9 One-way sprints from the blocks.
Lanes 5, 6 General warm-up, circle swimming only.
Lanes 1, 10 Pace work only.
- Starting Times** **Prelims:** Friday, Saturday and Sunday: Warm-Up: 7:00 a.m. Meet Starts: 8:30 a.m.
Finals: Friday, Saturday: Warm-Up: 4:00 p.m. Meet Starts: 5:00 p.m.
Sunday Finals: Warm-Up: 3:00 p.m. Meet Starts: 4:00 p.m.
- Time Trials:** Time trials will be conducted at the conclusion of prelims on Saturday and Sunday for the express purpose of qualifying for a higher level of competition. Time trials are limited to those swimmers entered in individual events in this meet only. A swimmer may not exceed his or her maximum limit of events per day as allowed under USA Swimming rules.
- Check In and Scratch Rules:** ASI scratch rules apply. All events except the 400 free, 400 IM and 800 free are pre-seeded. Scratching is necessary to allow space for deck entries. Any swimmer who is entered in any event in Sunday finals, including consolation heats, and does not swim the event will be subject to a \$10.00 fine per event not swum as well as removal from the remainder of the meet. Unpaid fines must be paid through the ASI General Chairman or the swimmer will be barred from future ASI meets by notice to all ASI registered clubs. This action does not negate an athlete's rights as specified by the USA Swimming Rules and Regulations.
- 400 & 800 Freestyle & 400IM:** The 400 and 800 freestyle and 400 IM are timed final events. Check-in and proof of time are required for participants 30 minutes before the start of the session in which the event is swum. The exact time must be proven to ensure proper seeding. Times that are proven from non-conforming distances must be entered at the cut-off time. The 400 free may be used to prove the 800 free. Official distance splits not found in SWIMS must be proven by hard copy of official meet results. No Hy-Tek reports or equivalent will be accepted. Proof of time for the 400 and 800 free and 400 IM should be submitted with entries whenever possible. The fastest heat of the 400 and 800 freestyle and 400 IM will be swum during finals. **In the prelims, the 800 freestyle will be swum fastest to slowest, alternating girls and boys.**
- Finals:** The top 8 swimmers for each event from the prelims will compete in finals. In the 15 – 18 age groups there will be a consolation heat. Only the final heat will score points. The scratch rules apply to both of these heats.
- Entry Fees:** \$15.00 surcharge for each swimmer (\$5.00 surcharge plus \$10.00 facility fee); \$3.00 per individual event; \$5.00 per relay.
- Entry Deadline:** Please make checks payable to RAC AquaHawgs. Payment must accompany summary forms. All entries must be received in accordance with the previously stated deadlines. All information must be received by the previously stated deadlines.

Email Entries to: RAC AquaHawgs
c/o Scott Berry
2847 Lemontree Circle
Springdale, AR 72762
aquahawgcoachscott@gmail.com

Please supply an e-mail address with entries for acknowledgment of receipt. The host club will not be responsible for undeliverable e-mail. Initial meet entry submissions must be received by the host club by **Wednesday, July 16**. All initial submissions must include all of the following items:

- a) Either a Hy-Tek or compatible file containing all entries sent as an e-mail attachment
- b) A list of all attending coaches sent as an e-mail attachment,
- c) A statement of preference for early or late warm-ups.

The host club cannot include a team's entries in the meet unless they have received a complete submission as defined above. The host club will notify a team as soon as possible after receipt if one or more of the items constituting a complete initial submission are missing. Missing items must be e-mailed to the host club upon receipt of notification by the host. Additional changes allowed until the July 21 deadline should be e-mailed to the host club.

Awards: Medals will be awarded for 1st–8th places in each individual event and 1st–3rd place for relays. Ribbons will be awarded for 4th–8th place for relays. High point awards will be awarded to women and men in each age group. Team awards will be given for the 1st–3rd place teams in the men, women and combined divisions.

Scoring: Individual 9, 7, 6, 5, 4, 3, 2, 1; Relays 18, 14, 12, 10, 8, 6, 4, 2.

Concessions: Concessions will be available during all sessions of the meet. Swim supplies will also be available. **NO GLASS CONTAINERS WILL BE ALLOWED ON THE POOL DECK.**

Tobacco: Smoking and the use of other tobacco products as well as alcohol is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers during the meet or during the warm up periods in connection with the meet (USA Swimming Rules and Regulations 103.11 and 103.12).

Timing: Swim teams with between 10-20 athletes participating in the meet shall provide two timers for each morning preliminary session. Swim teams with more than twenty athletes participating in the meet shall provide two timers for each morning preliminary session and two timers for each afternoon finals session. If a team chooses to rotate timers during a session, all timers for that session must attend the timers meeting at the start of the session.

Rules and Safety:

Portions of the pool deck will be closed to spectators. Spectators will be required to remain in designated areas. Spectators will not be allowed in the closed portions of the deck, only registered athletes, coaches, officials and meet workers will be allowed in these areas. Spectator areas and closed areas will be marked.

Use of audio or visual recording devices, including cell phone type devices with such capability, are absolutely prohibited in all changing areas, locker rooms, bathrooms or any other location where swimmers may be dressing. Any USA Swimming member so found possessing such devices in these areas will immediately be removed from the meet with all fees forfeited, and subject to further LSC and/or USA Swimming sanctions and penalties. Non-USA Swimming members will be removed from the venue. Swimmers must use the locker rooms to change. On deck changing is not allowed.

Any Swimmer who does not enter the pool feet first during any portion of a warm-up/warm-down period which requires feet first entry shall receive a warning for the first offense rather than a disqualification. Disqualifications are automatic for subsequent violations. In the session in which the penalty is enforced, the swimmer cannot enter an event to replace the event from which they were removed. This rule applies to the separate warm-up pool during all sessions.

Every 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, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

It is understood and agreed to that USA Swimming, Arkansas Swimming, the host club and officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Arkansas Swimming, Inc.
Age Group Championships
July 25-27, 2014

Q.T.	Girls	Friday	Boys	Q.T.
1:41.89	101	11-12 100 Breaststroke	102	1:39.99
1:35.49	103	13-14 100 Breaststroke	104	1:28.09
1:33.89	105	15-18 100 Breaststroke	106	1:25.49
41.69	107	11-12 50 Backstroke	108	41.49
2:42.69	109	13-14 200 Freestyle	110	2:33.79
2:39.49	111	15-18 200 Freestyle	112	2:27.84
1:18.99	113	11-12 100 Freestyle	114	1:16.29
2:59.49	115	13-14 200 Butterfly*	116	2:49.59
2:55.89	115	15-18 200 Butterfly*	116	2:41.49
2:48.99	117	11-12 200 Freestyle Relay	118	2:45.99
2:25.99	119	13-14 200 Freestyle Relay	120	2:17.99
2:22.99	121	15-18 200 Freestyle Relay	122	2:10.99
3:43.89	123	10 & U 200 Individual Medley**	124	3:42.49
3:13.49	125	11-12 200 Individual Medley	126	3:11.39
11:41.99	127	13-14 800 Freestyle*^	128	11:21.79
11:30.19	127	15-18 800 Freestyle*^	128	10:52.09

Q.T.	Girls	Saturday	Boys	Q.T.
3:25.99	201	10 & U 200 Medley Relay	202	3:22.99
3:00.99	203	11-12 200 Medley Relay	204	2:57.99
2:49.99	205	13-14 200 Medley Relay	206	2:40.99
2:35.99	207	15-18 200 Medley Relay	208	2:20.99
38.79	209	11-12 50 Butterfly	210	39.29
3:05.29	211	13-14 200 Individual Medley	212	2:53.69
3:00.29	213	15-18 200 Individual Medley	214	2:45.49
40.69	215	10 & U 50 Freestyle	216	39.69
35.99	217	11-12 50 Freestyle	218	35.09
34.89	219	13-14 50 Freestyle	220	31.99
34.29	221	15-18 50 Freestyle	222	30.19
2:01.69	223	10 & U 100 Breaststroke	224	1:58.39
3:26.69	225	13-14 200 Breaststroke*	226	3:14.49
3:21.19	225	15-18 200 Breaststroke*	226	3:04.09
47.89	227	10 & U 50 Butterfly	228	46.79
1:31.09	229	11-12 100 Backstroke	230	1:30.09
1:23.69	231	13-14 100 Backstroke	232	1:18.99
1:22.29	233	15-18 100 Backstroke	234	1:15.49
1:48.39	235	10 & U 100 Backstroke	236	1:43.89
5:56.49	237	11-12 400 Freestyle	238	5:48.69
5:41.19	239	13-14 400 Freestyle	240	5:27.89
5:34.69	241	15-18 400 Freestyle	242	5:12.79

* Event will be swum as 13 – 18 combined but scored separately

** Event will be swum timed finals on Friday night.

^ 800 Freestyle will be swum at the end of prelims and at the beginning of finals on Friday.

**Arkansas Swimming, Inc.
Age Group Championships
July 25-27, 2014**

Q.T.	Girls	Sunday	Boys	Q.T.
3:04.09	301	10 & U 200 Freestyle Relay	302	3:01.09
5:18.39	303	11-12 400 Freestyle Relay	304	5:09.59
5:04.79	305	13-14 400 Freestyle Relay	306	4:45.99
4:57.59	307	15-18 400 Freestyle Relay	308	4:33.59
3:23.39	309	10&U 200 Freestyle	310	3:13.29
2:59.39	311	13-14 200 Backstroke*	312	2:49.89
2:55.79	311	15-18 200 Backstroke*	312	2:41.39
45.59	313	11-12 50 Breaststroke	314	45.99
49.59	315	10&U 50 Backstroke	316	49.49
1:15.49	317	13-14 100 Freestyle	318	1:10.79
1:14.09	319	15-18 100 Freestyle	320	1:07.39
1:53.99	321	10&U 100 Butterfly	322	1:52.79
2:50.69	323	11-12 200 Freestyle	324	2:46.19
54.69	325	10&U 50 Breaststroke	326	54.69
1:21.79	327	13-14 100 Butterfly	328	1:16.29
1:19.99	329	15-18 100 Butterfly	330	1:12.69
1:29.69	331	11-12 100 Butterfly	332	1:28.29
1:32.19	333	10&U 100 Freestyle	334	1:30.89
6:30.39	335	13-14 400 Individual Medley*	336	6:08.79
6:18.79	335	15-18 400 Individual Medley*	336	5:51.59

* Event will be swum as 13 – 18 combined but scored separately.

Arkansas Swimming Inc. Age Group Championships Summary Sheet

Name of Club: _____ Club Code: _____

Attending Coaches' Names: _____

E-mail: _____

Number of individual entries _____ @ \$3.00 _____

Number of individual event changes and deck entries _____ @ \$6.00 _____

Number of relay entries _____ @ \$5.00 _____

Number of deck entered relays _____ @ \$10.00 _____

Number of swimmers (Surcharge) _____ @ \$15.00 _____

Total enclosed _____

Team Address: _____

E-mail _____

Telephone: (_____) _____

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USA Swimming, ASI, the host club, and officials.

Signature of coach or club representative: _____

Please make checks payable to: RAC AquaHawgs

Please send entries to:
RAC AquaHawgs
c/o Scott Berry
2847 Lemontree Circle
Springdale, AR 72762
aquahawgcoachscott@gmail.com

Arkansas Swimming, Inc.
Age Group Championships
Time Trials
July 26–27, 2014

- Sanctioned by:** USA Swimming through Arkansas Swimming, Inc.
- Sanction #:** 14AR0726t
- Sponsored by:** RAC AquaHawgs and Fort Smith Tideriders
- Eligibility:** Open to all USA Swimming registered swimmers through Arkansas Swimming, Inc. Swimmers must be entered in an individual event in the Arkansas Age Group Championship Meet and must be trying to achieve qualifying times for a higher level of competition.
- Event Limit:** A swimmer may not exceed his/her limit of three (3) events per day.
- Start Time:** Immediately following prelims on Saturday and Sunday.
- Cost:** \$5 per individual event and \$10 per relay
- Event Order:** Saturday: Saturday's Age Group Championship events, followed by Sunday's events, then Friday's events
Sunday: Sunday's Age Group Championship events, followed by Saturday's events, then Friday's events
- Scoring:** The time trial will not be scored.

Arkansas Swimming, Inc.
Friday Time Trials
July 25, 2014

- SANCTIONED BY:** USA Swimming through Arkansas Swimming, Inc. (ASI) **SANCTION #:** 14AR0725t
- SPONSORED BY:** RAC AquaHawgs and Fort Smith Tideriders
- LOCATION:** Fort Smith, Arkansas. Creekmore Park Pool. I-540 to Rogers Avenue (Exit 8). Follow Rogers Ave. west to 31st St. and turn left. Creekmore Park will be on your left.
- FACILITY:** 10 lanes x 50-meter outdoor pool with 9-foot lanes. Keifer competition lane lines and non-skid slant starting blocks. Separate 6 lane 70 foot warm-up pool. Air-conditioned dressing rooms. The competition course has not been certified in accordance with Article 104.2.2C(4). The minimum water depth measured in accordance with Article 201.2.9D is 4' at the start and 4' at the turn end.
- ELIGIBILITY:** Open to all USA Swimming registered athletes. Swimmers must provide their own timers.
- ENTRIES:** Include USA Swimming registration numbers and dates of birth on official entry form. Proof of registration is required for individuals not participating in the Age Group Championship Meet.
- ENTRY LIMIT:** Swimmers may swim a maximum of three (3) events. Swimmers entered in the ASI Age Group Championship Meet may not exceed three (3) events for the day for the meet and time trial combined.
- STARTING TIME:** Immediately following the completion of Friday evening's Age Group Championship Meet Finals session.
- ENTRY FEES:** \$5.00 for each individual event, \$10 for each relay entry.
- SCORING:** The time trials will not be scored.
- ENTRY DEADLINE:** All entries must be turned in to the Clerk of Course by the start of the meet Finals session on Friday.
- RULES & SAFETY:** See Age Group Championship Meet information for details.

Girls	Event	Boys
1	Senior 100 Breast	2
3	Senior 200 Freestyle	4
5	Senior 100 Butterfly	6
7	Senior 200 IM	8
9	Senior 800 Free	10
11	Senior 400 IM	12
13	12 & under 50 Breast	14
15	Senior 50 Freestyle	16
17	Senior 200 Breast	18
19	Senior 100 Back	20
21	12 & under 50 Back	22
23	Senior 400 Freestyle	24
25	Senior 200 Back	26
27	Senior 100 Freestyle	28
29	12 & under 50 Butterfly	30
31	Senior 200 Butterfly	32
33	Senior 1500 Freestyle	34
35	Senior 200 Freestyle Relay	36
37	Senior 400 Freestyle Relay	38
39	Senior 800 Freestyle Relay	40
41	Senior 200 Medley Relay	42
43	Senior 400 Medley Relay	44

Arkansas Swimming Inc.
Friday Time Trials
Summary Sheet

Name of Club: _____ Club Code: _____

Attending Coaches' Names: _____

E-mail: _____

Number of individual entries _____ @ \$5.00 _____

Number of relay entries _____ @ \$10.00 _____

Total enclosed _____

Team Address: _____

E-mail: _____

Telephone: (_____) _____

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USA Swimming, ASI, the host club, and officials.

Signature of coach or club representative: _____

Please make checks payable to: RAC AquaHawgs

Please send entries to:
RAC AquaHawgs
c/o Scott Berry
2847 Lemontree Circle
Springdale, AR 72762
aquahawgcoachscott@gmail.com