

2014 MIDNIGHT SUN INVITATIONAL

DATES: JUNE 27-29, 2014

Sanction # 201406271 Hosted by Midnight Sun Swim Team

Sanction: Held under sanction # 201406271 by USA Swimming and Alaska Swimming, Inc. (ASI).

Location: Hamme Pool, Fairbanks, AK

Facility: Six (6) lane, 25 meter competition pool, divided by Kiefer Flo-thru lane lines. International Sports Timing system with touch pads, six (6) lane display, one button manual back-up, two hand held digital watches per lane and horn/strobe light start. Pool is 4 feet deep at starting blocks end and 10 feet deep at turn in. This pool is not currently certified by USAS.

Meet Time:

Friday

Warm-ups

5:00 pm – 5:55 pm

Meet will begin

6:00 pm

Saturday & Sunday

Warm-ups

7:30 am – 9:00 am

Officials Meeting

8:30 am – 8:45 am

Coaches Meeting

8:45 am – 9:00 am

Prelims

9:00 am

Finals

***TBA (Will be announced during Prelims)**

***Finals start time will be announced by Meet Officials prior to the end of the Prelims session. There will be a minimum of 2 hour break per ASI Rules and Regulations, with warm-up starting 1 hour 30 minutes before the start of the Finals.**

Warm ups will be conducted in accordance with USAS and ASI warm-up/warm down procedures as outlined in ASI Rules & Regulations, Appendix, page 38. Warm-ups will be swum as open warm-ups, without assigned lanes for teams.

Each team is requested to provide Clerk of Course with a list of scratches by 8:30am. There are no penalties for late scratches. However, meet management is facilitated if scratches can be noted before the meet begins.

Time trials may be conducted on Saturday and Sunday at the discretion of meet management. Any time trials will be swum during the break between prelims and finals. A coach desiring to time trial a swimmer shall make a request to the meet director; the deadline for requests is 11am. The meet director and meet referee shall determine the timing and feasibility for conducting the time trial. There shall be no guarantee that a requested time trial event will occur.

Eligibility:

Open to all USAS registered swimmers. Please note: Per ASI rules, swimmers may not be allowed to swim in the meet unless a signed coach's verification form has been received. (Available on ASI website: www.akswimming.org). Swimmers must swim in the age group corresponding to their age on the first day of the meet.

Adaptive

Swimmers:

Disabled or adapted swimmers are welcome and encouraged to participate. Coaches should include a written description of the special needs of the disabled/adaptive swimmer with the team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.

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- Meet Rules:**
1. Current USAS and ASI Rules and Regulations govern this meet and take precedence over any item contained in this invite.
 2. This will be a pre-seeded meet.
 3. All events except the long events and relays will be prelims and Finals events. 10 & Under events will be swum as timed finals during the finals session.
 4. The long events (800 Freestyle, 400 Freestyle and 400 I.M.) will be swum as timed finals during prelims sessions. These events will be swum fastest to slowest, girls followed by boys.
 5. Swimmers entering the 800 Freestyle must supply their own lap counter.
 6. The diving well will be open for warm-up and warm-down during the meet.
 7. Coaches please scratch those swimmers that you know will not be competing in the meet with the clerk of course as soon as possible to ensure a smooth flow of the meet. Scratch procedures will be as shown on pages 6-7 of the Alaska Swim Guide for events seeded on deck.
 8. Heats shall be combined whenever possible during prelims. Scoring shall be adjusted for age and gender.
 9. Horn and Strobe starts will be used.
 10. Any swimmer entered in the meet, when unaccompanied by a 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 (USA Swimming rules, 202.2.9 D).
 11. 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 (USA Swimming rules, 202.2.9 K).

- Pool Rules:**
1. No glass on deck at any time.
 2. No shaving allowed on site.
 3. Per USAS and ASD regulations, smoking or use of other tobacco products is NOT permitted before, during, or after the meet in any area on the deck, in the pool building, or outside, adjacent to the pool building.
 4. The use of audio or visual recording devices, including a cell phone, is not permitted in changing area, rest rooms or locker rooms (USA Swimming rules, 202.2.9 H).
 5. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged (USA Swimming rules, 202.2.9 I).

Scoring: 14 and Under Individual events will be scored through sixth (6) place (A Final) in accordance with USA Swimming rules. 15 and Over event will be scored through 12th place (A & B Final). Relay events shall be scored through (6) place.

All events: 16-13-12-11-10-9
15 & Over Consols: 7-5-4-3-2-1
Scored 1-6 relays only: 32-26-24-22-20-18

Awards: Medals will be award to 1st through 3rd place. Ribbons will be awarded to 4th through 6th place finishers in each individual event and relay. High point awards 1st thru 3rd will be awarded for the following age groups, 10 & Under, 11-12, 13-14, and 15 & Over. Trophies will be awarded for the Top two (2) combined team scores.

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Entry Date: Entries must be emailed no later than 6:00 pm, Friday, June 20, 2014. A list of coaches that will be on deck during the meet MUST be supplied with entries for each team. NO LATE ENTRIES OR DECK ENTRIES WILL BE ALLOWED.

- Entries:**
1. Each swimmer may enter **no more than seven (7) individual events** for this meet with no more than 3 per day.
 2. Each swimmer may be entered in a maximum of three (3) relay events.
 3. Entries must be submitted by Hy-tek file, sent by e-mail.
 4. A pre-built .HYV file for this meet is available on the MSST website (<http://www.teamunify.com/Home.jsp?team=asmst>).
 5. A current USAS registration number for each athlete must be provided with all entries.
 6. Teams must submit the following prior to the beginning of the meet:
 - a. Hy-tek meet entry report
 - b. Hy-tek team entry fee report
 - c. Coach/Swimmer USAS Membership Verification form
 - d. Entry Fees
 7. **Entry fees are nonrefundable.** Make check payable to MSST.

Entry Fees:	Facility charge per swimmer	\$18.00
	Entry fee per swimmer	\$3.50
	Individual event fee	\$2.50
	Relay Fee	\$5.50

Submit to: Denise Kind
PO Box 322
Ester, AK 99725

E-Mail Entries: dmf.kind@gmail.com

Meet Directors:	Denise Kind	Greg Evershed
	dmf.kind@gmail.com	greg.evershed@gmail.com
	907-347-7268	907-978-6328

Meet Referee: Denise Thorsen dthorsen@acsalaska.net

Safety Marshall: Debra Booyesen dcb@acsalaska.net

Housing: NA

Concessions: There will be a light concession available. MSST will be selling lunch items during the lunch break.

General Info: Each team accepting the invitation is requested to provide two (2) timers per session with adequate substitution of individuals to complete the meet.

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Girls	<u>Friday 6:00pm</u>	Boys
1	Open 800 Freestyle	2
3	Open 800 Freestyle Relay	4
	<u>Saturday Prelims, 9:00 am</u>	
7	11 & Over 200 Free	8
11	11-12 50 Back	12
13	11 & Over 100 Back	14
17	11-12 50 Breast	18
19	11 & Over 200 Breast	20
23	11-12 50 Fly	24
25	11 & Over 100 Fly	26
29	11 & Over 50 Free	30
31	11 & Over 400 IM	32
33	Open 400 Med Relay	34
	<u>Saturday Finals, TBA pm</u>	
5	10 & Under 200 Free	6
7	11-12 200 Free Finals	8
7	13-14 200 Free Finals	8
7	15 & Over 200 Free Finals	8
9	10 & Under 50 Back	10
11	11-12 50 Back Finals	12
13	11-12 100 Back Finals	14
13	13-14 100 Back Finals	14
13	15 & Over 100 Back Finals	14
15	10 & Under 100 Breast Finals	16
17	11-12 50 Breast Finals	18
19	11-12 200 Breast Finals	20
19	13-14 200 Breast Finals	20
19	15 & Over 200 Breast Finals	20
21	10 & Under 50 Fly	22
23	11-12 50 Fly Finals	24
25	11-12 100 Fly Finals	26
25	13-14 100 Fly Finals	26
25	15 & Over 100 Fly Finals	26
27	10 & Under 50 Free	28
29	11-12 50 Free Finals	30
29	13-14 50 Free Finals	30
29	15 & Over 50 Free Finals	30
35	Open 200 Free Relay	37

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Girls	<u>Sunday Prelims, 9:00 am</u>	Boys
39	11-12 100 IM	40
41	11 & Over 200 IM	42
45	11 & Over 100 Free	46
49	11 & Over 200 Fly	50
53	11 & Over 100 Breast	54
57	11 & Over 200 Back	58
59	11 & Over 400 Free	60
61	Open 400 Free Relay	62
	<u>Sunday Finals, TBA pm</u>	
37	10 & Under 100 IM	38
39	11-12 100 IM Finals	40
41	11-12 200 IM Finals	42
41	13-14 200 IM Finals	42
41	15 & Over 200 IM Finals	42
43	10 & Under 100 Free	44
45	11-12 100 Free Finals	46
45	13-14 100 Free Finals	46
45	15 & Over 100 Free Finals	46
47	10 & Under 100 Fly	48
49	11-12 200 Fly Finals	50
49	13-14 200 Fly Finals	50
49	15 & Over 200 Finals	50
51	10 & Under 50 Breast	52
53	11-12 100 Breast Finals	54
53	13-14 100 Breast Finals	54
53	15 & Over 100 Breast Finals	54
55	10 & Under 100 Back	56
57	11-12 200 Back Finals	58
57	13-14 200 Back Finals	58
57	15 & Over 200 Back Finals	58
63	Open 200 Med Relay	64

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Swim Meet Warm-up / Warm-down Procedures

2013-2014 Alaska Swimming LSC Rules & Regulations, page 40

I. RULES FOR GENERAL WARM-UP

A. Overview

1. **The accepted method for entering the water is one hand on the wall, feet first, from the end of the pool.** At no time should the athlete enter the water head-first unless starts are being directly supervised by their coach.
2. All swimming should be done in a counter-clockwise swimming direction.
3. No equipment including, but not limited to, paddles, pull buoys, fins, assisted are resisted cords and/or similar such devices that could result in injuries to swimmers.
4. No swimming under bulkheads of pools.

II. GENERAL WARM-UP PERIOD

A. Overview

1. *Recommended* for first 30-45 min of the warm-up session.
2. NO DIVING... **Swimmers must enter the water using the accepted pool entry method.**
3. No sprinting or pace work.
4. All lanes will be used for general warm-up.

III. SPECIFIC WARM-UP PERIOD

A. Overview

1. *Recommended* for last 30-45 minutes of the warm-up session.
2. Push pace lanes: Push-off one or two lengths from the starting end, circle swimming only (counter-clockwise). NO DIVING...**Swimmers must enter the water using the accepted pool entry method.**
3. Racing starts: Spring lanes for race starts from blocks, sides, or from in the water (as for backstroke). Starts initiated from coach's signal.
4. The meet referee or designee should follow the chart below, but may alter as needed.

Pool Size	Race starts / Sprints	Push Pace	General
5 Lane	Lanes 2 & 4	Lanes 1 & 5	Lane 3
6 Lane	Lanes 2 & 5	Lanes 1 & 6	Lanes 3 & 4
8 Lane	Lanes 2, 3 & 7	Lanes 1 & 8	Lanes 4, 5 & 6