

2010 Speedo Great Alaska Open
January 29th – 31st, 2010

Under Sanction by USA & Alaska Swimming # 3029

Hosted by: Northern Area Aquatics Committee

Location: Hamme Swimming Pool
901 Airport Road Fairbanks, AK 99707
459-1086

Date: January 29th -31st, 2010

Facility: 25 meter pool with six lanes with flow-thru lane lines. Colorado Timing System with touch pads, one button manual back-up, connected to the dolphin timing system, six lane electronic timing display board and horn/strobe start. Also, two hand-held digital watches per lane. This pool is not currently certified by USAS

	<u>Warm-up</u>	<u>Start</u>	<u>Break</u>
Meet Times: Friday	4:30pm	6:00pm	N/A
Saturday	7:30am	9:00am	1-3 pm*
Sunday	7:30am	9:00am	1-3 pm*

*** Break time can be adjusted by Meet Director depending on Finish time of Morning Session but will be at least 2 hours in length.**

Warm-ups will be conducted in accordance with Alaska Swimming Warm-up/Warm-down procedures. Team lane and warmup times will be made if necessary.

Coaches /

Officials Meetings: There will be a coaches/officials meeting just prior to the beginning of the meet on Friday. Saturday and Sunday prior to the start if needed.

Eligibility: Open to any USA Swimming and Alaska Swimming, LSC or any recognized FINA member that have met the qualifying time since January 1st 2009. Times maybe from a sanctioned USA/FINA Swim meet, time trial, or an Alaska High School Regional or State Championship that was approved and loaded into SWIMs. All times must meet the appropriate qualifying standard, eligibility time frame and must be verified.

**Membership
Verification:**

The enclosed form must be completely filled out and enclosed with the team entry.

2010 Speedo Great Alaska Open
January 29th – 31st, 2010

Under Sanction by USA & Alaska Swimming # _____

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.

Rules:

1. Current USA and Alaska Swimming Rules will govern this meet.
2. For the first individual event in which a swimmer qualifies they receive two (2) swims for which they are not qualified. For two (2) or more qualifying times the swimmers will receive three (3) swims for which they are not qualified not to exceed a total of four (4) (**MAXIMUM INDIVIDUAL SWIM FOR THIS EVENT IS FOUR (4) .**)
3. Swimmers will be limited to compete in four (4) individual events, exclusive of relay events or time trials.
4. All events except events 1-4, 17-20, and 33-36 shall be conducted with preliminaries, consolation finals and championship finals swum faster to slowest alternating girls/boys with girls swimming first. The fastest two (2) heats of all relays shall be swum as timed finals during the finals sessions with all other heats of relays swum as timed finals during the preliminary sessions.
5. The order of heats during finals for a preliminary and finals event will be swum as final, consolation or bonus in that order. Empty lanes will be filled by moving swimmers up in that order from the slowest heats without reseeding the heats.
6. USA Swimming and ASI warm up guidelines will be enforced.
7. Relay events shall have no qualifying times. A swim team/club may enter no more than two (2) individual non-qualified swimmers per relay event.
8. All events will be swum short course meters!
9. A break of at least two (2) hours shall be scheduled between preliminaries and finals with the pool available for warm-ups during the last hour.

Scratch Rules:

1. Individual scratch rules for events will be in effect as stated in the "Alaska Swim Guide 2009-2010" Article 3.A.9.
2. The relay scratch rule will be applied as stated in Alaska Swim Guide Article 3.A.10.
3. Scratches shall be made each day and delivered to the Clerk of Course on the attached scratch form no later than 6:00 P.M. prior to the next day's events.

2010 Speedo Great Alaska Open
January 29th – 31st, 2010

Under Sanction by USA & Alaska Swimming # _____

2. A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event.

Entry:

1. All entries, including Relay-Only entries, shall be submitted by Hy-Tek computer entry method only. Coaches please enter all swimmers with a time. As a backup please send a Hy-Tech software Team Manager team entry report.
2. Relay entry times may be aggregate times of individual swimmers or a relay composite time.
3. Names and meet I.D. numbers of relay swimmers are to be presented at the computer desk one half hour before warm ups each day. Meet rosters will be available from the computer desk.
4. The name and telephone number of the entry contact person must be included with entries.
5. Meet Fees:

Swimmer entry fee	\$4.50
Facility Surcharge	\$12.00
Individual Event:	\$2.75
Relay Event:	\$8.00

*Please make checks payable to NAAC and submit with financial reconciliation.

7. All entries must be emailed by midnight January 17, 2010 to greg.evershed@gmail.com and Ramona.reeves@gmail.com

Scoring:

Individual 16-13-12-11-10-9-7-5-4-3-2-1
Relays 32-26-24-22-20-18-14-10-8-6-4-2

Awards:

Individual: Medals will be awarded 1st-3rd. Ribbons will be awarded for 4th- 12th places.
Relays: Medals will be awarded for 1st-3rd place and ribbons for 4th – 12th place.
High point award will be given to the top combined team.
There will be two (2) additional Team awards: There will be an award to the team that earns the most points per swimmer (the team's total points/ the number of team's entered swimmers). There will be an award to the team with the highest percentage of individual best times (based on number of best times/ number of team's individual swimmers). To be eligible for both of these team awards a team must be represented by at least six (6) swimmer participants at the meet.

**2010 Speedo Great Alaska Open
January 29th – 31st, 2010**

Under Sanction by USA & Alaska Swimming # _____

Concessions: A concession stand and hospitality will be provided Sat/Sun.

Officials: All teams will provide timers and officials. Visitors who are certified and who wish to officiate are welcome.

**Head Referee is Cheryl Severns
Safety Marshall is Donnie Murray**

Smoking: No smoking will be permitted inside the pool building or on pool/school property.

Meet Director: **Greg Evershed** and **Ramona Reeves**
2410 Riddle Ct **PO Box 83356**
North Pole, Alaska 99705 **Fairbanks, AK 99708**
488-3145(h) 978-6328(c) **457-2197**
greg.evershed@gmail.com **reeves.ramona@gmail.com**

Checklist: **Forms available online**

1. Event List by age/event
2. Coach/Athlete Verification form
3. Warm-up/Warm-down Guidelines
4. Financial Reconciliation/Relay Recap
5. Diskette/Hard Copy by Swimmer
6. Request to Officiate Form

**2010 Speedo Great Alaska Open
January 29th – 31st, 2010**

Under Sanction by USA & Alaska Swimming # _____

Friday January 29, 2010

Order of Events

Girls	QT/SCY		QT/SCY	Boys
1	21:17.39	1500 Freestyle	19:33.99	2
3	NT	800 Free Relay	NT	4

Saturday January 30, 2009

Order of Events

Girls	QT/SCY		QT/SCY	Boys
5	2:14.79	200 Freestyle	2:01.99	6
7	1:12.99	100 Backstroke	1:05.49	8
9	2:57.49	200 Breaststroke	2:42.89	10
11	1:12.19	100 Butterfly	1:04.59	12
13	28.19	50 Freestyle	25.39	14
15	5:41.09	400 IM	5:29.69	16
17	NT	400 Med Relay	NT	18

Finals

5		200 Freestyle		6
7		100 Backstroke		8
9		200 Breaststroke		10
11		100 Butterfly		12
13		50 Freestyle		14
15		400 IM		16
19	NT	200 Free Relay	NT	20

Sunday January 31, 2010

**2010 Speedo Great Alaska Open
January 29th – 31st, 2010**

Under Sanction by USA & Alaska Swimming # _____

Order of Events

Girls	QT/SCY		QT/SCY	Boys
21	2:34.29	200 IM	2:20.09	22
23	1:01.09	100 Freestyle	55.59	24
25	2:45.19	200 Butterfly	2:30.39	26
27	1:19.49	100 Breaststroke	1:15.09	28
29	2:38.09	200 Backstroke	2:26.59	30
31	5:59.69	400 Freestyle	5:44.39	32
33	NT	400 Free Relay	NT	34

Finals

21		200 IM		22
23		100 Freestyle		24
25		200 Butterfly		26
27		100 Breaststroke		28
29		200 Backstroke		30
31		400 Freestyle		32
35	NT	200 Med Relay	NT	36