

Arkansas Swimming, Inc.
Age Group Championships
July 31-August 2, 2009

Sanctioned By: USA Swimming through Arkansas Swimming, Inc. (ASI) **Sanction #:** 09AR0801

Sponsored By: Arkansas Dolphin-Laser Swim Team

Location: University of Arkansas At Little Rock
Donaghey Student Center
2801 South University
Little Rock, AR 72204

Facility: Eight lane x 50m pool with 9 foot lanes with Keifer Competitor lane lines and non-skid starting blocks. Colorado timing system and touch pads will be used with an eight-lane scoreboard. This meet will be run with a closed deck.

Eligibility: Open to all USA Swimming registered swimmers through ASI meeting age and meeting 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. Swimmers must meet or prove qualifying times in order to score. The 11-12 age group may use a USA Swimming "BB" time in the 50 as proof of time for the corresponding 100 m event. Any swimmer failing to meet the qualifying time at this meet may:

- a) Prove the time with official meet results or Hy-Tek Software "Best Times Report" and continue swimming. Official distance splits must be proven by hard copy of official meet results. (No Hy-Tek reports accepted.)
- b) Pay \$10.00 and continue swimming.
- c) Be barred from further competition in the meet if a) or b) have not been done within 30 minutes of the conclusion of that day's prelims.

A Club has the option of keeping a tab of its \$10.00 failure to prove time fees to be paid at the end of the meet. "Last Day of Competition" swimmers who do not pay the "Proof of Times Fee" or prove their times will have their clubs contacted after the meet. Fees for proof of time(s) 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.

- a) If a club opened the tab then it will be responsible.
- b) The club will be notified of the deficiency in writing if the above is not accomplished within fifteen (15) days. Following that date the club will be suspended in accordance with the ASI "Good Standing" policy.

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

Rules: 2009 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 software. Printed copies of entries are to be sent to the host club. 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 22**. Entries received after the deadline will not be accepted except as specified below.

Teams 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 27**. All additions and changes made after the July 22 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.

Entries that do not meet the qualifying times will be entered at the qualifying time. The club will be notified and given the opportunity to change the entry time prior to the July 27 deadline. All entries not meeting the qualifying time will be charged double fees, regardless of whether or not they were submitted before or after the July 22 deadline.

Deck Entries: All deck entries must be received by the clerk of course by 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: Swimmers may swim 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. All individual events on Saturday and Sunday with the exception of the 800 freestyle are preliminaries in the morning and finals in the afternoon for top eight (8) qualifiers. The fastest heat of the 800 freestyle will be swum during finals. All Friday events are timed finals. An additional non-scoring consolation heat for the 15-18 age group for all prelim-final events will be swum at Saturday and Sunday evening finals. Only the finals heat will score points.

Relays: Each club is eligible to enter one (1) relay in each event which 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. Relays are timed finals and will be swum at the conclusion of the finals on Saturday and at the conclusion of prelims on Sunday.

Breaks: There will be 5 minute breaks between each series of events during Friday's session and during prelims on Saturday and Sunday. There will be 10 minute breaks between each series of events during finals on Saturday and Sunday.

Prelims Warm-up procedures will be in effect. The warm-up period will be divided into three sessions:

Warm-up Procedure:

1 st 30 min.	General warm-up in all lanes for specified teams.
2 nd 30 min.	General warm-up in all lanes for specified teams.
Last 20 min.	All teams specific warm-up. Lanes 2, 3, 6 & 7 One way sprints from the blocks. Lanes 4, & 5 General warm-up, circle swimming only. Lanes 1 & 8 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 Procedures: Warm-ups for finals will start one hour prior to the start of each finals session. The warm-up period for finals will be divided into the following sessions:

1 st 30 min.	General warm-up all lanes for specified teams
2 nd 30 min.	All teams specific warm-up Lanes 2, 3, 6 & 7 One way sprints from the blocks. Lanes 4, & 5 General warm-up, circle swimming only. Lanes 1 & 8 Pace work only.

Starting Times:	Timed Finals	Friday:	Warm-Up: 3:00pm	Meet Starts: 4:00pm
	Prelims:	Saturday and Sunday:	Warm-Up: 7:00am	Meet Starts: 8:30 am
	Finals:	Saturday:	Warm-Up: 4:00pm	Meet Starts: 5:00pm
		Sunday:	Warm-Up: 3:00pm	Meet Starts: 4:00pm

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 the fastest heat of the 800 free, 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 will be handled using the same procedure as used for unpaid proof of times.

400 & 800 Freestyle & 400 IM: The 400 and 800 freestyle and 400 IM are timed final events. Check-in and proof of time are required for participants within 30 minutes of 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 must be proven by hard copy of official meet results (No Hy-Tek reports will be accepted.). Proof of time for the 400/800 free and 400 IM should be submitted with entries whenever possible. The fastest heat of the 800 freestyle will be swum during finals.

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. The scratch rules apply to both of these heats.

Entry Fees: \$15.50 surcharge for each swimmer (includes \$10 UALR surcharge); \$3.00 per individual event; \$5.00 per relay.

Entry Deadline: Please make checks payable to Dolphin Laser-Booster Association. Payment must accompany entries. All entries must be received in accordance with the previously stated deadlines. All information must be received by deadline.

Mail Entries to: Arkansas Dolphin Laser Swim Team
#1 Huntington Road
Little Rock, AR 72227
Email: coachkeith@dolphin-laser.com
Phone and Fax: (501) 225-5711

Please send a self-addressed stamped postcard with entries to assure acknowledgment of entries or supply an e-mail address for acknowledgment of receipt. The host club will be responsible for undeliverable e-mail. Meet entries which require a signature for receipt will not be accepted.

Initial meet entry submissions must be sent to the host club only by postal mail or other delivery services (UPS, FedEx, etc.) and must be received by **Wednesday, July 22**. All initial submissions must include all of the following items.

- a) Either a Hy-Tek file containing all entries sent as an e-mail attachment or a diskette/CD with a Hy-Tek file containing all entries (Hy-Tek files are not required for clubs or individual unattached swimmers who do not have access to Hy-Tek),
- b) A list of all attending coaches,
- c) A copy of the signed meet summary form provided by the host club,
- d) A check in the amount to cover all entries, made payable to the host club.

The host club can not 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, except for the check, may be e-mailed to the host club. Additional changes allowed until the July 27 deadline may be e-mailed to the host club as well.

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 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 102.25-102.26)

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.

Possessing a still or video camera or a cell phone with video capability is absolutely prohibited in all dressing areas, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person so found possessing such devices in these areas will immediately removed from the meet with all fees forfeited, and subject to further LSC and or USA Swimming sanctions and penalties. Non-athletes will be removed from the venue.

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 automatically be removed from their next individual event. If the swimmer does not have an individual event in the session in which the violation occurred, they shall be removed from their first individual event in the next session in which they are entered, be it prelims, finals or timed finals that day or the next day of the meet.

Arkansas Swimming, Inc.
Age Group Championships
July 31 – Aug. 1, 2009
Order of Events and Qualifying Times

<i>Friday</i>				
Girls	Q. T.	Event	Q.T.	Boys
1	6:42.29	13 – 18 400 Individual Medley	6:28.89	2
3	4:00.59	10 & Under 200 Individual Medley	3:57.89	4
5	3:05.39	13 – 18 200 Butterfly	2:48.59	6
7	3:08.49	13 - 18 200 Backstroke	2:53.89	8
9	3:31.99	13 - 18 200 Breaststroke	3:16.09	10
11	6:13.99	11 – 12 400 Freestyle	6:11.59	12
13	5:56.09	13 – 14 400 Freestyle	5:43.29	14
15	5:52.09	15 – 18 400 Freestyle	5:29.99	16
<i>Saturday</i>				
Girls	Q.T.	Event	Q.T.	Boys
17	43.09	10 & Under 50 Freestyle	42.39	18
19	1:23.39	11 – 12 100 Freestyle	1:20.59	20
21	1:20.29	13 – 14 100 Freestyle	1:14.99	22
23	1:18.89	15 – 18 100 Freestyle	1:12.09	24
25	3:22.69	11 – 12 200 Ind. Medley	3:26.69	26
27	3:14.09	13 – 14 200 Ind. Medley	3:04.39	28
29	3:09.09	15 – 18 200 Ind. Medley	2:56.79	30
31	51.79	10 & Under 50 Butterfly	49.89	32
33	1:35.99	11 – 12 100 Butterfly	1:34.69	34
35	1:27.29	13 – 14 100 Butterfly	1:21.69	36
37	1:25.59	15 – 18 100 Butterfly	1:17.59	38
39	3:37.69	10 & Under 200 Freestyle	3:25.49	40
41	2:59.59	11 – 12 200 Freestyle	2:55.79	42
43	2:52.09	13 – 14 200 Freestyle	2:43.09	44
45	2:48.09	15 – 18 200 Freestyle	2:36.59	46
47	3:25.99	10 & Under 200 Med .Relay	3:22.99	48
49	3:00.99	11 – 12 200 Medley Relay	2:57.99	50
51	2:49.99	13 – 14 200 Medley Relay	2:40.99	52
53	2:35.99	15 – 18 200 Medley Relay	2:20.99	54
<i>Sunday</i>				
Girls	Q.T.	Event	Q.T.	Boys
55	12:01.59	13 – 18 800 Freestyle	11:37.99	56
57	52.89	10 & Under 50 Backstroke	53.59	58
59	1:38.39	11 – 12 100 Backstroke	1:35.59	60
61	1:30.49	13 – 14 100 Backstroke	1:24.99	62
63	1:28.49	15 – 18 100 Backstroke	1:20.99	64
65	1:38.49	10 & Under 100 Freestyle	1:36.29	66
67	37.79	11 – 12 50 Freestyle	37.19	68
69	37.09	13 – 14 50 Freestyle	34.59	70
71	36.39	15 – 18 50 Freestyle	32.99	72
73	57.79	10 & Under 50 Breaststroke	58.29	74
75	1:45.89	11 – 12 100 Breaststroke	1:46.49	76
77	1:40.29	13 – 14 100 Breaststroke	1:34.19	78
79	1:39.09	15 – 18 100 Breaststroke	1:30.59	80
81	3:03.99	10 & Under 200 Free Relay	3:00.99	82
83	2:48.99	11 – 12 200 Freestyle Relay	2:45.99	84
85	2:25.99	13 – 14 200 Freestyle Relay	2:17.99	86
87	2:22.99	15 – 18 200 Freestyle Relay	2:10.99	88

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 relay entries _____ @ \$ 5.00 _____

Number of swimmers (Surcharge) _____ @ \$15.50 _____

Total enclosed _____

Team Address: _____ E-mail: _____

Telephone: (_____) _____

Do you prefer early or late warm-up? _____

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.

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: Dolphin-Laser Booster Association

Please send entries to: Arkansas Dolphin-Laser Swim Team
#1 Huntington Road
Little Rock, AR 72227
Email: coachkeith@dolphin-laser.com

Arkansas Swimming, Inc.
Age Group Championships
Time Trials
August 1-2, 2009

- Sanctioned by:** USA Swimming through Arkansas Swimming, Inc.
- Sanction #:** 09AR0801t
- Sponsored by:** Arkansas Dolphin-Laser Swim Team
- 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 31, 2009

SANCTIONED BY: USA Swimming through Arkansas Swimming, Inc. (ASI) **SANCTION #:** 09AR0731t

SPONSORED BY: Arkansas Dolphin-Laser Swim Team **LOCATION:** University of Arkansas At Little Rock
Donaghey Student Center
2801 South University
Little Rock, AR 72204

FACILITY: 8 lane, 50-meter pool with 9-foot wide lanes. Each lane is equipped with non-turbulent lane lines, touch pads and slanted starting blocks. Colorado Timing System will be used with touchpads at both ends of the pool. **The meet will be run with a closed deck.**

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. For swimmers entered in the ASI Age Group Championship Meet, their total events for the meet and time trial may not exceed five (5) events for the day.

STARTING TIME: Immediately following the completion of Friday evening's Age Group Championship Meet session.

ENTRY FEES: \$5.00 for each individual event, \$10 for each relay entry. **SCORING:** The trials will not be scored.

ENTRY DEADLINE: All entries must be turned in to the Clerk of Course by the start of the meet Friday.

TOBACCO: Smoking and use of other tobacco products 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 102.26)

RULES AND SAFETY: The 2009 USA Swimming and ASI official rules shall govern the meet. Possessing a still or video camera or a cell phone with video capability is absolutely prohibited in all dressing areas, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person so found possessing such devices in these areas will immediately removed from the meet with all fees forfeited, and subject to further LSC and or USA Swimming sanctions and penalties. 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 automatically be removed from their next individual event. If the swimmer does not have an individual event in the session in which the violation occurred, they shall be removed from their first individual event in the next session in which they are entered, be it prelims, finals or timed finals that day or the next day of the meet.

Order of Events

Girls	Event	Boys
1	Senior 100 Breast	2
3	Senior 200 Free	4
5	Senior 100 Fly	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 Free	16
17	Senior 200 Breast	18
19	Senior 100 Back	20
21	12 & Under 50 Back	22
23	Senior 400 Free	24
25	Senior 200 Back	26
27	Senior 100 Free	28
29	12 & Under 50 Fly	30
31	Senior 200 Fly	32
33	Senior 1500 Free	34
35	Open 200 Free Relay	36
37	Open 400 Free Relay	38
39	Open 800 Free Relay	40
41	Open 200 Medley Relay	42
43	Open 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: Dolphin-Laser Booster Association

Please send entries to: Arkansas Dolphin Laser Swim Team
#1 Huntington Road
Little Rock, AR 72227
Email: coachkeith@dolphin-laser.com