



**NORTHWEST ARKANSAS AQUATICS  
JULY JAM SESSIONS  
JULY 15-17, 2022**

---

- SANCTION:** Held under USA Swimming through Arkansas Swimming, Inc.  
Sanction No. AR22-01715
- SPONSORED BY:** Northwest Arkansas Aquatics
- LOCATION:** Melvin Ford Aquatic Center  
Memorial Park  
401 NE Martin Luther King Jr Pkwy  
Bentonville, AR 72712
- FACILITY:** 8-lane, 50-meter outdoor pool with 9-foot wide lanes. Each lane is equipped with Kiefer non-turbulent lane lines, non-skid Colorado Timing System touch pads and slanted starting blocks at both ends. The competition course has not been certified in accordance with Section 104.2.2C (5). The minimum water depth, measured in accordance with Article 202.4.10C is 4' 0" at the start end and 4' 0" at the turn end.
- Note: Since the ARSI Timing System will be used, no equipment will be permitted in the competition pool at any time with the exception of a kickboard. If you want to use equipment during the course of the meet, that equipment will be permitted in the diving well.
- ELIGIBILITY:** All 2022 USA Swimming registered swimmers are eligible. No entries will be accepted unless the swimmer is registered in accordance with USA Swimming regulations. The swimmer's registration number and age must appear on the entry form. Swimmers who enter as pending or applied for must send in the Athlete Registration Form and payment with the team entry or send a copy of the form and payment which has been sent to Arkansas Swimming. On-deck registration will be allowed. Swimmer's age will be determined by the age of the athlete on July 15, 2022.
- TIME STANDARDS:** There will be no time standards for the 2022 July Jam Sessions.
- EVENTS:** This is a timed finals meet.
- ENTRY LIMIT:** Swimmers may enter a maximum of three (3) events per session. Swimmers are limited to 10 individual events for the meet. Swimmers may enter every relay event.
- NOTE: This meet will be limited to the first 350 swimmers entered in the meet. Entries will be accepted in the order in which they are received. If a team's entry exceeds the 350-swimmer limit, all of that team's entries will be accepted.
- RELAYS:** Relays will be timed finals. Each club is allowed to enter as many relays as they want. Each swimmer is allowed to participate in every relay event. Relay names must be submitted prior to one hour before the start of the relay events in the session that they are competing in.
- RULES:** 2022 USA Swimming and ARSI rules will govern the meet.
- AWARDS:** Awards will be distributed as follows:
- Individual and Relay events will be awarded:  
Ribbons for 1<sup>st</sup>-8<sup>th</sup> place in the following age groups:  
10 & Under and 11-12.  
High Point Awards:



Male & Female 10 & under  
Male & Female 13 & 14

Male & Female 11 & 12  
Male & Female 15 & Over

**SCORING:** Individual events: 9-7-6-5-4-3-2-1  
Relay events: 18-14-12-10-8-6-4-2

**ENTRY FEES:** Individual events: \$6.00  
Relay events: \$10.00

**SURCHARGE:** \$17.00 facility usage fee  
\$3.00 ASI surcharge

**ENTRY DEADLINE:** Entries must be received by Sunday, July 10<sup>th</sup>. **Make checks payable to Northwest Arkansas Aquatics.** The enclosed meet summary form must be filled out and returned with the correct entry fee to the address listed. Forms which require a signature for receipt will not be accepted.

Northwest Arkansas Aquatics  
P.O. Box 1335  
Bentonville, AR, 72712  
[nwaasharksAO@gmail.com](mailto:nwaasharksAO@gmail.com)

**DECK ENTRIES:** Deck entries will not be permitted.

**OFFICIALS:** Meet Referee: Jennifer Setliff Email: [jennifer.setliff@yahoo.com](mailto:jennifer.setliff@yahoo.com)  
Administrative Official: Laura Fox Email: [nwaasharksAO@gmail.com](mailto:nwaasharksAO@gmail.com)  
Meet Director: Eric Paden Email: [meetchief@nwaasharks.org](mailto:meetchief@nwaasharks.org)

**ENTRY FORMS:** All teams should submit their entries using HY-TEK software or compatible cl2 file. Please submit your entry via e-mail to Laura Fox ([nwaasharksAO@gmail.com](mailto:nwaasharksAO@gmail.com)). All teams must return the meet summary form with entries.

**COACHES:** Attending coaches should be prepared to show proof of their registration and valid certification in CPR, First Aid, and Safety Training for Swim Coaches, concussion training and completion of the Coaches Advantage Tutorial, if requested. Time may be saved by sending a copy of these with your entries.

**SCRATCHES:** No fees will be refunded for scratches or no-shows. Scratches must be turned in 45 minutes prior to the start of the session.

**FINAL RESULTS:** Final results will be posted on the Northwest Arkansas Aquatics Website & Arkansas Swimming Website.

<b>SCHEDULE:</b>	Friday PM:	Warm-ups: 4:05 PM	Meet Start:	5:00 PM
	Saturday AM:	Warm-ups: 7:35 AM	Meet Start:	8:30 AM
	Saturday PM:	Warm- ups: 3:35 PM	Meet Start:	4:30 PM
	Sunday AM:	Warm- ups: 7:35 AM	Meet Start:	8:30 AM

There will be assigned lanes for warm-up based on the number of entries per team. The first 35 minutes of warm-up will be general followed by the following breakdown for the final 15 minutes of the warm-up time period:

Lanes 1, 2, 7, 8 will be one way sprints and Lanes 3-6 will remain general warm-up.

The pool will close 5 minutes prior to the start of each session.



As stated earlier, no equipment will be permitted in the competition pool with the exception of a kickboard.

**WARM-UP:**

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 deck enter an event to replace the event from which they were removed. These warm-up rules also apply to the warm-up/warm-down lanes during warm-ups and all sessions.

**All warm-ups: Lanes will be assigned. Teams will have 25 minutes general warm-up. Pool will be cleared 5 minutes prior to the start of the meet.**

**SWIM SHOP:**

D&J Sports will have a limited supply of suits, goggles, and equipment at the meet.

**TOBACCO &  
ALCOHOL:**

Smoking and the use of other tobacco products as well as alcohol is prohibited on the pool deck or 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).

**RULES/SAFETY:**

**Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet.**

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.

This meet will have a “nut-free” deck. Please do not bring food items containing nuts on the pool deck.

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 be immediately 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. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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.

Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present (USA Swimming Rules and Regulations 103.13).

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.



**NORTHWEST  
ARKANSAS  
AQUATICS  
DISCLAIMER:**

We have taken enhanced health and safety measures – for swimmers, coaches, officials, and spectators. You must follow all posted instructions while attending the Memorial Classic at the Melvin Ford Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the Memorial Classic at the Melvin Ford Aquatic Center, you voluntarily assume all risks related to exposure to COVID-19.



**USA SWIMMING  
COVID-19  
RELEASE:**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND ARKANSAS SWIMMING**

**INC. AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP**

**ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE,**

**INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**

**ARKANSAS DOH  
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. 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.

## ORDER OF EVENTS

Women	FRIDAY, JULY 15, 2022	Men
101	12 & Under 400m Free	102
103	11 & Over 1500m Free	104

Both the 12 & Under 400 Free and the 11 & Over 1500 Free will be swum fastest to slowest alternating women then men. The 12 & Under event will be separated into 10 & Under and 11-12 for awards. The same will be done for the 11 & Over 1500. Awards will be separated by 11-12, 13-14, and 15 & Over.



Women	SATURDAY, JULY 16, 2022 Morning Session	Men
201	13 & Over 400m Free	202
203	Open 200m IM	204
205	Open 50m Free	206
207	Open 100m Fly	208
209	10 & Under 400m Free Relay	210
211	11-12 400m Free Relay	212
213	13-14 400m Free Relay	214
215	Open 400m Free Relay	216

All Open events and 13 & Over Events will be separated into 10 & under, 11-12, 13-14, and 15 & over age groups for awards.

Women	SATURDAY, JULY 16, 2022 Evening Session	Men
301	Open 400m IM	302
303	Open 100m Back	304
305	Open 50m Breast	306
307	Open 200m Breast	308
309	Open 200m Free	310
311	10 & Under 200m Medley Relay	312
313	11-12 200m Medley Relay	314
315	13-14 200m Medley Relay	316
317	Open 200m Medley Relay	318

All Open events and 13 & Over Events will be separated into 10 & under, 11-12, 13-14, and 15 & over age groups for awards.



Women	SUNDAY, JULY 17, 2022 Morning Session	Men
401	Open 50m Fly	402
403	Open 200m Fly	404
405	Open 100m Free	406
407	Open 50m Back	408
409	Open 200m Back	410
411	Open 100m Breast	412
413	10 & Under 200m Free Relay	414
415	11-12 200m Free Relay	416
417	13-14 200m Free Relay	418
419	Open 200m Free Relay	420

All Open events and 13 & Over Events will be separated into 10 & under, 11-12, 13-14, and 15 & over age groups for awards.



## Northwest Arkansas Aquatics 2022 July Jam Sessions Summary Sheet

Team Name: \_\_\_\_\_

Team Abbreviation: \_\_\_\_\_

LSC: \_\_\_\_\_

Attending Coaches: \_\_\_\_\_  
\_\_\_\_\_

Entry Information:

Number of individual entries	_____	@ \$6.00 =	_____
Number of relay entries	_____	@ \$10.00 =	_____
Number of swimmers (ASI surcharge)	_____	@ \$3.00 =	_____
Number of swimmers (Facility Fee)	_____	@ \$17.00 =	_____
		Total	_____

Team Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: ( ) \_\_\_\_\_  
Email: \_\_\_\_\_

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 mail (or email) entries to: Northwest Arkansas Aquatics  
PO BOX 1335  
Bentonville, AR. 72712  
[nwaasharksAO@gmail.com](mailto:nwaasharksAO@gmail.com)