



2022 SWEETHEART INVITE

Presented by Firehouse Subs

Hamme Pool, Fairbanks

JANUARY 21-23, 2022



All USA-S entries shall be submitted using a USA-S approved Standard Database Interchangeable Format (SDIF) electronic file. The SDIF file must be received, via email to the Entry Contact, by 11:59p Friday, January 14, 2022.					
SANCTION	Under sanction #AK-202122-19 by USA Swimming and Alaska Swimming. Under sanction #?? by Alaska Masters for USMS, Inc.				
LOCATION	Hamme Pool 901 Airport Way Fairbanks, AK 99701				
FACILITY	Six (6) lane, 25 yard competition pool, divided by Flo-thru lane lines. CTS6 timing system with touch pads, DisplayLink scoreboard, CTS Dolphin back-up watches, and horn/strobe light start. Pool depth is 4.5 feet at start end and 3.5 feet at turn end. USA-S: The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. USMS: The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.				
EVENT PERSONNEL	<p>Meet Referee: Jarrod Welsh 706-662-0603 Email: jarrod.d.welsh@gmail.com</p> <p>Admin Referee: Diane Beshears 907-388-0295 Email: dbeshears@pavingproductsalaska.com</p> <p>Meet Director: Josh Gregory 970-689-1407 Email: coachjosh@aksst.com</p> <p>Entry Chair: Josh Gregory 970-689-1407 Email: coachjosh@aksst.com</p>				
SCHEDULE		Friday	Saturday AM	Saturday PM	Sunday
	Warm Up	4:30-5:20p	9:00-9:50a	3:00-3:50p	9:00-9:50a
	Official's Meeting	5:00p	9:30a	3:30p	9:30a
	Coach's Meeting	Virtual (Thurs)	As needed	As needed	As needed
	Positive Check-In		9:30a		9:30a
	Competition	5:30p	10:00a	4:00p	10:00a
*PROJECTED TIMELINE: will be established and distributed by Wednesday, January 19, along with the heat/lane assignment report.					
WARM UPS	Warm up and warm down procedures will be enforced in accordance with ASI 2021-2022 Rules and Regulations. Diving well will be open for continuous warm up/down. See appendix A for details.				
FORMAT	<ul style="list-style-type: none"> This meet will be conducted in SCY All events are timed finals Positive check-in due thirty (30) minutes prior to respective session start time Dual Sanctioned: USMS scores will be kept on Saturday afternoon only. Must be current USMS member and sign liability waiver (appendix B). 				



SEEDING	All events will be pre-seeded and swum SLOWEST TO FASTEST with the exception of positive check-in events
CHECK-IN PROCEDURE/EVENTS	Positive check-in for the 500 Free, 1000 Free, 1650 Free, and 400 IM are due by 9:30a on their respective days. Positive check-in events will be swum FASTEST TO SLOWEST .
SCRATCHES	<ul style="list-style-type: none"> Individual scratch rules for events will be in effect as stated in the 2021-2022 ASI Rules and Regulations (article 3.A.9) A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event. Scratches shall be made at the Clerk of Course on the provided scratch sheet.
ELIGIBILITY	<ul style="list-style-type: none"> USAS Athletes: Open to all USA-S registered swimmers. <i>Post high school athletes may compete as exhibition only.</i> USMS Athletes: Open to all USMS registered swimmers. Any 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 without the use of the backstroke ledge. 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. Contestants must enter the age bracket 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 team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.
ENTRY DEADLINE AND SUBMISSION	MEET ENTRY CONTACT: Josh Gregory ENTRY DEADLINE: 11:59p on Friday, January 14, 2022. Late entries will not be accepted. Email: coachjosh@aksst.com Phone: 970-689-1407
ENTRY LIMITS	Three (3) individual events and one (1) relay event per session, seven (7) individual events total. Swimmers will not be guaranteed twenty minutes between events.
RELAYS	Mixed relays must consist of two (2) females and two (2) males to place and score. Any other combination of genders will swim exhibition only. Relay teams consisting of USAS and USMS members will be exhibition only, and times will not count for either organization.
USAS/USMS ENTRY RULES	SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hy-Tek). ENTRIES MUST INCLUDE: Full legal name, age, USAS/USMS Registration number DECK ENTRIES: Deck entries will not be accepted.
INCLUDE WITH TEAM ENTRY	Team Entry Report with USAS/USMS Membership ID #
ENTRY FEES	INDIVIDUAL EVENT: \$5.00 RELAY EVENT: \$10.00 ATHLETE SURCHARGE: \$20.00 Please make checks payable to: Stingray Swim Team Deliver fees to computer table during meet, or mail to: PO Bo 72301, Fairbanks, AK 99707. Meet fees are non-refundable.



DECK ACCESS AND CREDENTIALS	Closed deck. Athletes, coaches and volunteers only. Coaches must supply computer table with current credentials prior to competition, Deck Pass app will suffice. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met.
MEET RULES	This meet will be run according to USA Swimming/USMS/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).
SCORING	<i>Results separated by age group & gender</i> AGE GROUPS: 10&U, 11-12, 13-14, 15&O, Masters Age Groups INDIVIDUAL: 7-5-4-3-2-1 RELAY: 14-10-8-6-4-2 *Masters scores will be kept for their LMSC Workout Group (or AKMS if no Workout Group is specified) and will not count toward any USA-S team.
AWARDS	<i>Results separated by age group & gender</i> AGE GROUPS: 10&U, 11-12, 13-14, 15&O (no awards for Masters) INDIVIDUAL: Ribbons 1 st -6 th RELAY: Ribbons 1 st -3 rd High Point: Trophy 1 st – 3 rd
MEET PROGRAMS AND RESULTS	Coach's heat sheet will be available at the beginning of warm ups. Live results will be available on Meet Mobile. Final results will be posted on NA and ASI websites.
LIABILITY	<ul style="list-style-type: none"> 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 the event. It is understood and agreed that USMS/Stingray Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
POOL RULES	<ul style="list-style-type: none"> No glass on deck at any time. No shaving allowed on site. Smoking or use of other tobacco products in not permitted before, during or after the meet within the facility or adjacent outdoor areas. Food allowed in designated 'swimmer snack area' only.
DECK CHANGING	Deck Changes are prohibited.
RECORDING BAN	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Visual recording devices are not permitted behind the blocks during the start sequence throughout the meet.
DRONES	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.
FIRST RESPONDERS	Coaches are to be the first responders in case of emergency. Borough lifeguards will be present to assist coaches and active the facility's Emergency Action Plan as needed.
Minor Athlete Abuse Prevention Policy (MAAPP)	All USA Swimming athletes 18 years of age and older must complete Athlete Protection Training prior to competition. Those who have not completed Athlete Protection Training, with training completion loaded into SWIMS, prior to this meet will not be allowed to compete. Athlete Protection Training can be found here: https://www.usaswimming.org/utility/landing-pages/safe-sport/apt This does not apply to US Masters athletes unless that athlete is also a registered USAS member.



TIME TRIALS	Time trials will not be offered
TIMERS	Participating teams are asked to provide two (2) timers per session. SST will provide the rest.
CONCESSIONS	A concession stand will be offered
HOSPITALITY	Hospitality will be offered for coaches, officials and volunteers only
ADDITIONAL SESSIONS FOR USMS	Masters swimmers may enter and compete in additional sessions as exhibition. USMS scores will be kept for Saturday afternoon only. Please no times (or estimated times) slower than: 400 IM - 8:00 500 FR - 8:00 1000 FR - 16:20 1650 FR - 27:30

EVENT SCHEDULE

FRIDAY EVENING

MIXED EVENT #	EVENT
1	12&U 200 MED RELAY
2	12&U 50 BK
3	11-12 200 BK
4	12&U 50 BR
5	11-12 200 BR
6	12&U 50 FL
7	11-12 200 FL
8	12&U 50 FR

SATURDAY MORNING

MIXED EVENT #	EVENT
9	12&U 200 FR RELAY
10	OPEN 500 FR*
11	12&U 100 BR
12	13&O 200 BR
13	12&U 100 FR
14	13&O 200 FR
15	12&U 100 IM
16	11&O 1,000 FR*

*positive check in due by 9:30am



SATURDAY AFTERNOON

MIXED EVENT #	EVENT
17 (USMS 117)	13&O/Masters 200 MED RELAY
18 (USMS 118)	13&O/Masters 100 BK
19	Masters 50 BK
20 (USMS 120)	13&O/Masters 100 BR
21	Masters 50 BR
22 (USMS 122)	13&O/Masters 100 FL
23	Masters 50 FL
24 (USMS 124)	13&O/Masters 100 FR
25	Masters 100 IM
26	13&O 200 IM
27	Masters 50 FR

SUNDAY MORNING

MIXED EVENT #	EVENT
28	13&O 200 FR RELAY
29	11&O 400 IM*
30	12&U 100 BK
31	13&O 200 BK
32	12&U 100 FL
33	13&O 200 FL
34	12&U 200 IM
35	13&O 50 FR
36	12&U 200 FR
37	11&O 1,650 FR*

*positive check in due by 9:30am



Covid-19 Mitigation and USA Swimming Required Language

USA SWIMMING REQUIRED LANGUAGE	<ul style="list-style-type: none"> • In applying for this sanctioned event, the Host, Stingray Swim Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Alaska Swimming, the State of Alaska, and Fairbanks North Star Borough. It is understood that mandates may change. Meet management will stay abreast of the changes and will update and communicate mitigation plans accordingly. • 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 cannot prevent you (or your children) from becoming exposed to, contracting, or spreading Covid-19 while participating in USA Swimming sanctioned events. It is not possible to prevent 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 Alaska Swimming 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 therewith. (USA Swimming)
COVID-19 MITIGATION	<ul style="list-style-type: none"> • Local borough protocols and requirements for the Hamme facility as of the event dates must be followed by ALL PARTICIPANTS at all times. (FNSB Covid-19 Updates). All building, local, and state protocols and requirements will be adhered to-plans will be updated and communicated by meet management prior to commencement of the event.
COVID-19 LOGISTICS FOR TEAMS	<ul style="list-style-type: none"> • Any additional logistics, updated requirements, and specifics will be distributed to participating teams prior to the meet. Questions will be answered at the first coach's meeting and any required signage will be displayed throughout the facility.

APPENDIX A Swim Meet Warm-up/Warm-down Procedures

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 or resisted cords and/or similar such devices that could result in injuries to swimmers.

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: Sprint 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 will post team assigned lanes for warm-ups.



**APPENDIX B
USMS LIABILITY WAIVER**

Athlete Name _____

Athlete Age _____

USMS ID# _____

LMSC _____

Workout Group _____

Liability Waiver:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule book article 204.1)

Athlete Signature _____ Date _____

