

2023 GSC Intrasquad Meet

Hosted by the Glacier Swim Club

SANCTION: USA and USMS

LOCATION: Dimond Park Aquatic Center
3045 Dimond Park Loop
Juneau, AK 99801

DATE: February 4-5, 2023

FACILITY: Dimond Park Aquatic Center is a 8 lane, 25 yard pool, with flow-thru lane lines, and a Colorado Timing System with touch pads, two button manual back-up, eight lane electronic timing display board and horn/strobe start. In addition, at least two hand-held digital watches will be used per lane. This pool is 12 feet deep at the starting blocks and 4 feet deep at the turn and is currently certified in accordance with USMS 105.1.7 and 106.2.1 104.2.2C(4) USAS rules and regulations.

TIMES:

Warm-Up Start

Session 1: Saturday Morning 9:00 AM 10:00 AM

Session 2: Sunday Morning 9:00 AM 10:00 AM

Warm-ups will be conducted in accordance with USMS and Alaska Masters Swimming Warm-up/Warmdown procedures. There are no scheduled breaks for Saturday or Sunday.

ELIGIBILITY:

Open to all swimmers currently registered with US Masters Swimming and USA swimming. A signed membership verification form must accompany entries.

Disabled and adapted swimmers are encouraged to participate. Coaches or swimmers need to contact the meet director and referee to let them know of any swimmers with special needs and what accommodations they are requesting.

ENTRY: 1. Swimmers may enter a total of six (6) events, with no more than five (5) events on one day. This is exclusive of relay events.

2. We encourage online entries through the Club Assistant system. Entry information is at <https://www.teamunify.com/team/azgsc/page/calendar#/team-events/upcoming/1399058>.

You will be able to submit your entry times, use a secure site for payment of fees, sign the standard USMS waiver electronically, and have your USMS membership verified through this system. You will also be able to access the USMS database of times associated with your USMS registration number to help you determine appropriate seed times. Online entries will reduce the workload associated with putting together a meet. Online meet registration accepts credit cards. Your credit card statement will show a charge from "ClubAssistant.com Events"

3. Online meet registration closes at midnight, Sunday, January 23, 2023

4. The meet director must receive paper (or email attachment) entries by midnight, Sunday, January 23, 2023.

MEET FEES: Swimmer Entry Fee \$20.00 per swimmer
Individual Event Fee: \$5.00 per swimmer
Relay Event Fee: \$10.00 per relay

***Please make checks payable to Glacier Swim Club** and deliver to the computer desk prior to the start of the meet. Meet Fees are non-refundable.

Entries should be sent
to: Brooke Schwarting
schwartings@icloud.com
(907) 723-4416

RULES: 1. Current USMS and Alaska Masters Swimming Rules will govern this meet. 2. All events will be swum as timed finals.

3. The 500 Freestyle, the 1000 Freestyle, and the 400 IM shall be swum fastest to slowest. All other events will be contested slowest to fastest.

4. This meet will be run as a “no recall meet” and the whistle start method will be used.

5. Except for 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.

6. Per US Masters Swimming regulations the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.

7. Positive check in for the 500 free, 1000 free and 400 IM are required by 9:30AM each day.

PROGRAM AND RESULTS: Heat sheet will be available at the beginning of warm ups. Live results will be available on TouchPad Results.

COACHES/OFFICIALS: Glacier Swim club will provide certified officials. There will be a coaches/officials meeting just prior to the beginning of the meet on Saturday.

Meet Director: Brooke Schwarting , schwartings@icloud.com

Meet Referee : Tom Jacobsen,, drj4507@yahoo.com

Entries Chair:Brooke Schwarting , schwartings@icloud.com

POOL REMINDERS: No smoking will be permitted inside the pool building or on pool/school property. No glass on deck at any time. Please be certain that your team has cleanup up your area of all debris and personal belongings prior to leaving the pool.

SATURDAY FEBRUARY 4-5, 2023

Event Number	Sex	Distance	Course	Stroke	Relay	Date
1	Women	400	SCY	Medley	Relay	02/4/2023
2	Men	400	SCY	Medley	Relay	02/4/2023
3	Mixed	400	SCY	Medley	Relay	02/4/2023
4	Mixed	100	SCY	IM		02/4/2023
5	Mixed	200	SCY	Back		02/4/2023
6	Mixed	50	SCY	Fly		02/4/2023
7	Women	800	SCY	Free	Relay	02/4/2023
8	Men	800	SCY	Free	Relay	02/4/2023
9	Mixed	800	SCY	Free	Relay	02/4/2023
10	Mixed	100	SCY	Free		02/4/2023
11	Mixed	400	SCY	IM		02/4/2023
12	Mixed	100	SCY	Breast		02/4/2023
13	Mixed	50	SCY	Back		02/4/2023
14	Women	200	SCY	Free	Relay	02/4/2023
15	Men	200	SCY	Free	Relay	02/4/2023
16	Mixed	200	SCY	Free	Relay	02/4/2023
17	Mixed	500	SCY	Free		02/4/2023

SUNDAY FEBRUARY 5, 2023

Event Number	Sex	Distance	Course	Stroke	Relay	Date
18	Women	400	SCY	Free	Relay	2/5/2023
19	Men	400	SCY	Free	Relay	2/5/2023
20	Mixed	400	SCY	Free	Relay	2/5/2023
21	Mixed	200	SCY	Free		2/5/2023
22	Mixed	50	SCY	Breast		2/5/2023
23	Mixed	200	SCY	Fly		2/5/2023
24	Mixed	100	SCY	Back		2/5/2023
25	Mixed	200	SCY	IM		2/5/2023
26	Mixed	100	SCY	Fly		2/5/2023
27	Mixed	50	SCY	Free		2/5/2023
28	Mixed	200	SCY	Breast		2/5/2023
29	Women	200	SCY	Medley	Relay	2/5/2023

30	Men	200	SCY	Medley	Relay	2/5/2023
31	Mixed	200	SCY	Medley	Relay	2/5/2023
32	Mixed	1000	SCY	Free		2/5/2023