



2024 ALASKA MASTERS

Fall Harvest SCY Meet Dual Sanction with USAS

Hosted by Chugiak Aquatic Club

SANCTION:	Under sanction by USMS and Alaska Masters Swimming # TBD. USAS Sanction Number AK-202425-01.
LOCATION:	Bartlett Pool 1101 Golden Bear Dr Anchorage, AK 99504
DATE:	October 25 & 26, 2024
FACILITY:	The Bartlett pool is 50 meters, typically double-ended, split by two bulkheads. Each end is an eight (8) lane, 25-yard competition pool, divided by Kiefer Flo-thru lane lines. Colorado Timing system with touch pads, two plungers, and one or two wireless Dolphin hand-held stopwatches per lane and horn/strobe light start. If for any reason Dolphins are not used stopwatches will be substituted. The Colorado scoreboards are an eight (8) lane display. On the shallow end, start depth is 4 feet and turn depth is 4 feet 10 inches. On the deep end, the start depth is 12 feet and the turn depth is 5 feet. The meet host will ensure the required course dimensions.
TIMES:	<u>FRIDAY, October 25 Schedule</u> Warm-ups Start: 5:00pm Coaches' Meeting: 4:45pm Positive Check in for distance events: 5:30pm Officials' Meeting: 5:30pm Meet Start: 6:00pm <u>SATURDAY, October 26 Schedule</u> Warm-ups Start: 8:00am Coaches' Meeting: 7:45am Officials' Meeting: 8:30am Meet Start: 9:00am Warm-ups will be conducted in accordance with USMS and Alaska Masters Swimming Warm-up/Warm down procedures. There are no scheduled breaks for Saturday or Sunday. Warm up and warm down lane will be available at all times. Warm-ups will be conducted in accordance with Alaska Swimming Warm Up and Warm Down Procedures including three-point entry. There will be no lane assignments for warm-ups.
ELIGIBILITY:	Open to all swimmers currently registered with US Masters Swimming. A signed membership verification form must be signed during entries.
ADAPTIVE SWIMMERS:	Disabled and adaptive swimmers are welcome and encouraged to participate. Coaches need to contact the meet director or referee to let them know of any swimmers with special needs and



	what accommodations they are requesting. Questions regarding final assignments within specific heats should be brought to the attention of the meet referee.
ENTRY:	<p>Club entries should be emailed to the entries chair at CACmeets@gmail.com.</p> <ol style="list-style-type: none"> 1. Each swimmer may enter a total of five (5) individual events per day. There are no relays. 2. There will be a positive check-in for the 500 free which will close at 5:30 PM on Friday evening. 3. Online entries must be entered through the Club Assistant system. Entry information is at https://www.clubassistant.com/club/meet_information.cfm?c=1816&smid=19090&test_mode=1 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." 4. Online meet registration closes midnight Tuesday, October 15, 2024. 5. Deck entries will be accepted as space allows. A late fee will apply.
MEET FEES:	<p>ENTRY FEE: \$3.50 per swimmer INDIVIDUAL EVENT FEE: \$2.00 per event FACILITY CHARGE: \$12.00 per swimmer LATE FEE: \$5.00 per swimmer</p> <p>Make Checks Payable to: Chugiak Aquatics Club, 16525 S Birchwood Loop Rd, Chugiak, AK 99567</p>
FORMAT	<ul style="list-style-type: none"> • This meet will be double or single-ended at the Referee's discretion and dependent on officiating resources and the number of swimmers registered. • The 500 Free on Friday may be double-ended at the Referee's discretion, dependent on officiating resources and the number of swimmers registered for this event. • This meet will be short course yards (SCY). • All events will be timed finals and will not be scored. • There will be a positive check-in for the 500 free which will close at 5:30 PM. • Age group swimmers may enter any senior/open event. • No guaranteed twenty-minute break between individual swims. • Heats within events will be seeded fastest to slowest based on entry times. • Coaches shall check in with the Clerk-of-Course by 8:15 AM to scratch or add swimmers. The meet will be seeded at 5:30 PM on Friday evening. Adds after that point are on a space-available basis only.
RULES:	<p>Current USAS, USMS and Alaska Masters Swimming Rules will govern this meet.</p> <ol style="list-style-type: none"> 1. Closed deck. Athletes, coaches and volunteers only. Coaches must supply computer table with current credentials prior to competition, USAS app will suffice. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met. 2. This meet will be run as a "no recall meet" and the whistle start method will be used. 3. 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. 4. 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.



	<p>5. Deck Changes are prohibited. Per USA-S Rule 202.4.10(I)</p> <p>6. Swimming under the bulkheads for any reason is strictly prohibited and will result in ejection from the meet.</p> <p>7. 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.</p> <p>8. In accordance with USAS Rules and Regulations 202.6(D), the use of audio or visual recording devices, including cell phones, is not permitted in the changing rooms.</p>
SCORING:	No individual or team scoring.
Minor Athlete Abuse Prevention Policy (MAAPP)	<p>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.</p> <p>All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p>
AWARDS:	Ribbons will be awarded for places one through eight for each age group. (8 & under, 10 & under, 11/12, 13/14, 15 and older) There will be duckies for heat winners.
PROGRAM & RESULTS	Live results will be posted on Meet Mobile.
COACHES / OFFICIALS:	CAC will provide officials.
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 you cleanup your area of all debris and personal belongings prior to leaving the pool.

ORDER OF EVENTS

FRIDAY, OCTOBER 25, 2024

Female	Event	Male
1	8 & U 25 Free	2
3	8 & U 25 Fly	4



5	8 & U 25 Back	6
7	8 & U 25 Breast	8
9	Open 500 Free	10

SATURDAY, OCTOBER 26, 2024

Female	Event	Male
11	Open 200 IM	12
13	Open 100 Breast	14
15	Open 200 Back	16
17	Open 50 Free	18
19	Open 100 Back	20
21	12 and Under 50 Fly	22
23	Open 100 Fly	24
25	12 and Under 50 Back	26
27	Open 100 Free	28
29	12 and Under 50 Breast	30
31	Open 200 Fly	32