

GSC Intrasquad Championships January 25-26, 2025

Hosted by Glacier Swim Club

Under Sanction by USA Swimming, Alaska Swimming, and AKMS for USMS Inc

USMS Sanction # xxxxxx

<p>All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) The SDIF file must be received, via email to the Entry Contact <u>on or before January 18, 2025</u></p>						
SANCTION	Under sanction #AK-_____ - by USA Swimming and Alaska Swimming. "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."					
LOCATION	Dimond Park Aquatic Center 3045 Dimond Park Loop Juneau AK 99801					
FACILITY	25-yard pool with separated warm up/warm-down pool, 8 lanes with flow-thru lane lines. 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. Pool depth is 13 feet at the start end and 4 feet at the turn end. The meet host will ensure the required course dimensions. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. And with USAS article 103.3.					
EVENT PERSONNEL	<p>Meet Referee: Kate Peimann, kpeimann@gmail.com</p> <p>Admin Official: Bob Foy, foy.alaska@gmail.com</p> <p>Meet Directors: Angie Wright, bashfulaw@aol.com, 907-321-5594</p> <p>Safety Marshall:</p>					
				Sat finals		Sun Finals
	Warm-ups			1:30pm		7:15am
	Meet Start time:			3:00pm		8:45am

WARM-UPS	<p>Warm-ups will be conducted in accordance with USA-S and ASI, see Appendix A in this invite. Team need to have their teams in place by time listed above for warm-up lane assignments and procedures.</p> <p>Please note: There will be a separate warmup lane for use by Masters only. There will also be a side pool available for continuous warmup during the meet.</p>
FORMAT	<p>Saturday & Sunday:</p> <ul style="list-style-type: none"> • All events are swam as timed finals.
ELIGIBILITY	<ul style="list-style-type: none"> ● Open to all swimmers currently registered as athlete members with USA Swimming or master swimmers registered with USMS. There are no qualifying times. ● Contestants must enter the age bracket corresponding to their age on the first day of the meet. ● Swimmers must have a legal time to enter an event. NT's are not allowed. ● USMS members must be registered and eligible according to USMS Article 102.1
MASTERS SWIMMERS	<p>Master Swimmers MUST sign USMS participant liability waiver and provide USMS membership number. Master swimmers will be entered as exhibition only. Masters may participate on relays.</p>

ADAPTIVE SWIMMERS	<p>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.</p>
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<p>ENTRY RULES</p>	<p>SDIF REQUIRED: All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hytek).</p> <p>ENTRIES MUST INCLUDE: Full legal name, age, USA Swimming Registration number AGE: Swimmer's age on the day of the meet determines age group for the competition. DECK ENTRIES: Deck entries will not be accepted.</p> <p>SEED TIMES: Entry seed times are preferred to be submitted for short course yards (SCY). Times must be submitted to the hundredth of a second. NT's are not allowed.</p> <p>CHECK TEAM ENTRIES: It is the responsibility of the TEAM entry person to confirm that entries have been received by the Entry Chair.</p>
<p>INCLUDE WITH TEAM ENTRY</p>	<p>Team entries may be submitted by email in Hy-Tek / Team Unify format. Teams must submit the following prior to the beginning of the meet:</p> <ul style="list-style-type: none"> a. Hy-Tek meet entry report b. Hy-Tek team entry fee report c. Current USA-S registration number for each athlete <p style="text-align: center;"><u>OR</u></p> <ul style="list-style-type: none"> d. USMS member #

<p>DECK ACCESS AND CREDENTIALS</p>	<p>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.</p>
<p>RULES</p>	<p>This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).</p>
<p>SCORING</p>	<p>Team and individual scores will be kept.</p>
<p>MEET PROGRAMS AND RESULTS</p>	<p>Coach's heat sheet will be available at the beginning of warm-ups. Live results will be available on Meet Mobile.</p>

<p>USA Swimming Required Language</p>	<p>In applying for this sanctioned event, the Host, Glacier Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Alaska Swimming, the State of Alaska, and City and Borough of Juneau. It is understood that mandates may change. Meet management will stay abreast of the changes and will update and communicate mitigation plans accordingly.</p> <p>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.</p> <p>USA Swimming, USMS, Alaska Swimming and Glacier Swim Club cannot prevent you (or your children) from becoming exposed to, contracting, or spreading Covid-19 while participating in USA Swimming or USMS sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming or USMS sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading Covid-19.</p> <p>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, USMS, Glacier Swim Club, 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.</p>
<p>RULES</p>	<ul style="list-style-type: none"> ● Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and cool-down lanes at any time. ● No glass on deck at any time. ● No shaving allowed on site. ● Smoking or use of other tobacco products is not permitted before, during or after the meet within the facility or adjacent outdoor areas. ● Photography (cameras, cell phones etc.) behind the blocks is not allowed.
<p>DECK CHANGING</p>	<p>Deck Changes are prohibited. Per USA-S Rule 202.4.10(l).</p>
<p>RECORDING BAN</p>	<p>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.</p>

ORDER OF EVENTS	Round	Event
	Finals	1 Girls 10 & Under 200 Freestyle Relay
	Finals	2 Boys 10 & Under 200 Freestyle Relay
	Finals	3 Mixed 11 & Over 200 Freestyle Relay
	Finals	4 Girls 10 & Under 100 Freestyle
	Finals	5 Boys 10 & Under 100 Freestyle
	Finals	6 Girls 11-13 200 Freestyle
	Finals	7 Boys 11-13 200 Freestyle
	Finals	8 Girls 14 & Over 200 Freestyle
	Finals	9 Boys 14 & Over 200 Freestyle
	Finals	10 Girls 10 & Under 25 Butterfly
	Finals	11 Boys 10 & Under 25 Butterfly
	Finals	12 Girls 11-13 50 Butterfly
	Finals	13 Boys 11-13 50 Butterfly
	Finals	14 Girls 14 & Over 100 Butterfly
	Finals	15 Boys 14 & Over 100 Butterfly
	Finals	16 Girls 10 & Under 50 Backstroke
	Finals	17 Boys 10 & Under 50 Backstroke
	Finals	18 Girls 13 & Under 100 Backstroke
	Finals	19 Boys 13 & Under 100 Backstroke
	Finals	20 Girls 14 & Over 200 Backstroke
	Finals	21 Boys 14 & Over 200 Backstroke
	Finals	22 Girls 10 & Under 25 Breaststroke
	Finals	23 Boys 10 & Under 25 Breaststroke
	Finals	24 Girls 11-13 50 Breaststroke
	Finals	25 Boys 11-13 50 Breaststroke
	Finals	26 Girls 14 & Over 100 Breaststroke
	Finals	27 Boys 14 & Over 100 Breaststroke
	Finals	28 Girls 10 & Under 50 Freestyle
	Finals	29 Boys 10 & Under 50 Freestyle
		Break: 10 Minutes:
	Finals	30 Girls 11-13 100 Freestyle
	Finals	31 Boys 11-13 100 Freestyle
	Finals	32 Girls 14 & Over 100 Freestyle
	Finals	33 Boys 14 & Over 100 Freestyle
	Finals	34 Girls 10 & Under 100 IM
	Finals	35 Boys 10 & Under 100 IM
	Finals	36 Girls 11-13 100 IM
	Finals	37 Boys 11-13 100 IM
	Finals	38 Girls 14 & Over 200 IM
	Finals	39 Boys 14 & Over 200 IM
	Finals	40 Girls 10 & Under 500 Freestyle
	Finals	41 Boys 10 & Under 500 Freestyle
	Finals	42 Girls 11-13 1000 Freestyle
		Round
Finals	43 Boys 11-13 1000 Freestyle	
Finals	44 Girls 14 & Over 1000 Freestyle	
Finals	45 Boys 14 & Over 1000 Freestyle	
	Finish Time	
FIRST RESPONDERS	Lifeguards are the first responders in case of emergency. Coaches and officials will assist lifeguards and activate the facility's Emergency Action Plan as needed.	

Minor Athlete Abuse Prevention Policy (MAAPP)	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. Athlete Protection Training can be found here: https://www.usaswimming.org/utility/landing-pages/safe-sport/apt
TIME TRIALS	May being offered.
OFFICIALS	GSC will provide certified officials. Visitors who are certified and who wish to officiate are welcome. Please have your deck pass available. There will be an Officials Meeting just prior to the beginning of each session.
CONCESSIONS	A concession stand will be offered.
HOSPITALITY	Hospitality will be offered for coaches and volunteers only.

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.