

# 2025 Savannah Cayce Southeast Alaska Regional Championships April 4-6, 2025

Hosted by Glacier Swim Club

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

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 <b><u>on or before March 26, 2025</u></b>						
<b>SANCTION</b>	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."					
<b>LOCATION</b>	Dimond Park Aquatic Center 3045 Dimond Park Loop Juneau AK 99801					
<b>FACILITY</b>	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. <b>The meet host will ensure the required course dimensions.</b> 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.					
<b>EVENT PERSONNEL</b>	<b>Meet Referee:</b> Kate Peimann, <a href="mailto:kpeimann@gmail.com">kpeimann@gmail.com</a> <b>Admin Official:</b> Bob Foy, <a href="mailto:foy.alaska@gmail.com">foy.alaska@gmail.com</a> <b>Meet Directors:</b> Angie Wright, <a href="mailto:gscmeetdirector@gmail.com">gscmeetdirector@gmail.com</a> <b>Entry Chair:</b> Angie Wright, <a href="mailto:gscmeetdirector@gmail.com">gscmeetdirector@gmail.com</a> <b>Safety Marshall:</b> Renee Sullivan, <a href="mailto:reneesullivan1@gmail.com">reneesullivan1@gmail.com</a>					
<b>SCHEDULE</b>		<b>Friday</b>	<b>Sat prelims</b>	<b>Sat finals</b>	<b>Sun prelims</b>	<b>Sun Finals</b>
	<b>Warm-ups</b>	1:00 pm	7:00 am	2:00 pm	7:00 am	2:00 pm
	<b>Official's Meeting</b>	1:30 pm	8:00 am	2:30 pm	8:00 am	2:30 pm
	<b>Coaches' Meeting</b>	12:45 (if needed)	None	None	None	None
	<b>Meet Begins</b>	2:00 pm	8:30 am	3:00 pm	8:30 am	3:00 pm
	<b>Timers</b>	1:30 pm	8:00 am	2:30 pm	8:00 am	2:30 pm
<b>WARM-UPS</b>	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.					



<b>FORMAT</b>	<p><b>Friday:</b></p> <ul style="list-style-type: none"> <li>All events are timed finals.</li> </ul> <p><b>Saturday &amp; Sunday:</b></p> <ul style="list-style-type: none"> <li>Prelim/Finals format for all 11/olders (top 8 qualify for finals).</li> <li>All 8/y and 10/y events are timed finals.</li> <li>All 11/older 500 frees are timed finals swum in prelims.</li> <li>All 11/older 200 fly, 200 back, and 200 breast are timed finals swum in finals.</li> <li>All relays are timed finals.</li> </ul>
<b>SEEDING</b>	<p>All events, except the 400 IM, 500 free and 1650 free, will be pre-seeded and swum <b>slowest to fastest</b>. The 400 IM, 500 free, and 1650 free will be swum fastest to slowest alternating girls/boys.</p> <p>Entry seed times must be submitted for SCY. Times must be submitted to the hundredth. <b>NT'S ARE NOT ALLOWED. Coaches times are allowed, but please only enter swimmers who are fully able to swim the event legally.</b></p>
<b>CHECK-IN PROCEDURE</b>	<p>Positive Check-In for the following events only: 1650 free, 500 free, 400 IM</p> <p>Positive Check-in will close 45 min before start of session in which the event is swum.</p>
<b>SCRATCHES</b>	<ul style="list-style-type: none"> <li>Individual scratch rules for events will be in effect as stated in the 2024-2025 ASI Rules and Regulations.</li> <li>Scratches shall be made each day and delivered to the Clerk of Course on the attached scratch.</li> <li>A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event.</li> <li>There are no refunds for scratching swimmers from events.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all swimmers currently registered as athlete members with USA Swimming or master swimmers registered with USMS. There are no qualifying times.</li> <li>Contestants must enter the age bracket corresponding to their age on the first day of the meet.</li> <li>Swimmers must have a legal time to enter an event. NT's are not allowed. Coaches times are allowed.</li> <li>No 18/y swimmer will be permitted to compete unless the swimmer is a member as provided in USAS Article 302.</li> <li><b>DIVE START CERTIFICATION:</b> 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.</li> </ul>
<b>MASTERS SWIMMERS</b>	<p>Master Swimmers MUST sign USMS participant liability waiver and provide USMS membership number. Master swimmers will be entered as exhibition only (non-scoring, no awards). Masters may participate on relays, but any relays including masters will be exhibition also.</p>



<b>ADAPTIVE SWIMMERS</b>	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.
<b>ENTRY DEADLINE AND SUBMISSION</b>	<b>MEET ENTRY CONTACT:</b> Angie Wright, <a href="mailto:gscmeetdirector@gmail.com">gscmeetdirector@gmail.com</a> <b>ENTRY DEADLINE: Wednesday, March 26, 2025.</b> <b>Late entries may be accepted for a fee (see below)</b>
<b>LATE ENTRIES</b>	<b>Late entries will be accepted</b> , for an additional fee of \$5 per swimmer entry fee (\$23.00 total) and \$1 individual event fee (\$6.00 total), and \$2 for relay events (\$12.00 total). No on-deck registration will be accepted. Late entry deadline is April 1, 2025.
<b>ENTRY LIMITS</b>	Swimmers may enter a <b>total of eight (8) events</b> , with <b>no more than two (2) events on Friday, and three (3) events on Saturday &amp; Sunday</b> . This is exclusive of relay events. Swimmers are limited to 1 relay entry per day.
<b>ENTRY RULES</b>	<b>SDIF REQUIRED:</b> All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hytek). <b>ENTRIES MUST INCLUDE:</b> Full legal name, age, USA Swimming Registration number <b>AGE:</b> Swimmer's age on the day of the meet determines age group for the competition. <b>DECK ENTRIES:</b> Deck entries will not be accepted. <b>SEED TIMES:</b> 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. <b>CHECK TEAM ENTRIES:</b> It is the responsibility of the TEAM entry person to confirm that entries have been received by the Entry Chair.
<b>INCLUDE WITH TEAM ENTRY</b>	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: <ul style="list-style-type: none"> <li>a. Hy-Tek meet entry report</li> <li>b. Hy-Tek team entry fee report</li> <li>c. Current USA-S registration number for each athlete</li> </ul>
<b>ENTRY FEES</b>	<b>Entry Fees:</b> Swimmer Entry fee           \$ 18.00 per swimmer Individual Event fee         \$ 5.00 per swimmer Relay Entry Fee             \$ 10.00 per relay <i>Meet entry fees are nonrefundable.</i> <b>Make checks payable to:</b> Glacier Swim Club <b>Entries fees can be mailed to:</b> GSC % Entry Chair PO Box 35382 Juneau AK 99803 or deliver to the computer desk prior to the start of the meet.



<b>DECK ACCESS AND CREDENTIALS</b>	<b>Closed deck.</b> 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.
<b>RULES</b>	This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).
<b>SCORING</b>	Team and individual scores will be kept. Individual scores through 8th place (9-7-6-5-4-3-2-1). Only one relay may score per team (18-14-12-10-8-6-4-2)
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Medals will be awarded for 1st - 3rd place in all events.</li> <li>• Ribbons will be awarded for 4th-8th place in all events.</li> <li>• High Point award will be given to the top 3 boys and girls in each age group.</li> <li>• Top 3 combined team scores will be awarded.</li> </ul>
<b>MEET PROGRAMS AND RESULTS</b>	Coach's heat sheet will be available at the beginning of warm-ups. Live results will be available on Meet Mobile.
<b>USA Swimming Required Language</b>	<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>





<b>RULES</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• No glass on deck at any time.</li> <li>• No shaving allowed on site.</li> <li>• Smoking or use of other tobacco products is not permitted before, during or after the meet within the facility or adjacent outdoor areas.</li> <li>• Photography (cameras, cell phones etc.) behind the blocks is not allowed.</li> </ul>
<b>DECK CHANGING</b>	<b>Deck Changes are prohibited.</b> Per USA-S Rule 202.4.10(I).
<b>RECORDING BAN</b>	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.
<b>DRONES</b>	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. Per USA-S Rule 202.4.10(J).
<b>FIRST RESPONDERS</b>	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.
<b>Minor Athlete Abuse Prevention Policy (MAAPP)</b>	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: <a href="https://www.usaswimming.org/utility/landing-pages/safe-sport/apt">https://www.usaswimming.org/utility/landing-pages/safe-sport/apt</a>
<b>TIME TRIALS</b>	May be offered.
<b>OFFICIALS</b>	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.
<b>TIMERS</b>	Visiting teams may be asked to provide timers.
<b>CONCESSIONS</b>	A concession stand will be offered.
<b>HOSPITALITY</b>	Hospitality will be offered for coaches and volunteers only.



Friday Timed Finals			
Female event #	Event	Male event #	
1	11/older 1650 Free	2	Timed final
3	10/younger 500 Free	4	Timed final
5	12/y 50 Fly	6	Timed final
7	8/y 25 Fly	8	Timed final
9	11/older 400 IM	10	Timed final
Saturday Prelims			
11	12/younger 200 Medley Relay	12	Timed final
13	14/younger 200 Medley Relay	14	Timed final
15	Open 200 Medley Relay	16	Timed final
17	11/12 50 BACK	18	P/F
5 MIN BREAK			
19	11/O 100 FREE	20	P/F
21	11/O 100 BREAST	22	P/F
23	11/0 200 IM	24	P/F
5 MIN BREAK			
25	11/0 500 FREE	26	Timed Final
Saturday Finals			
27	10/y 200 Medley Relay	28	Timed final
5 MIN BREAK			
	11/12 50 BACK		Final
29	10/Y 50 BACK	30	Timed final
31	11/0 200 FLY	32	Timed final
33	8/Y 25 FREE	34	Timed final
35	10/Y 100 FREE	36	Timed final
	11/12 100 FREE		Final
	13/older 100 FREE		Final
5 MIN BREAK			
37	8/Y 25 BREAST	38	Timed final
39	11/0 200 BACK	40	Timed final
41	10/Y 100 BREAST	42	Timed final
	11/12 100 BREAST		Final
	13/older 100 BREAST		Final
43	10/Y 200 IM	44	Timed final
	11/12 200 IM		Final



	13/older 200 IM		Final
Sunday Prelims			
45	12/younger 200 Free Relay	46	Timed final
47	14/younger 200 Free Relay	48	Timed final
49	Open 200 Free Relay	50	Timed final
5 MIN BREAK			
51	11/0 200 FREE	52	P/F
53	11/0 100 BACK	54	P/F
55	11/0 50 FREE	56	P/F
57	11/12 100 IM	58	P/F
59	11/0 100 FLY	60	P/F
61	11/12 50 BREAST	62	P/F
Sunday Finals			
63	10/Y 200 Free Relay	64	Timed final
5 MIN BREAK			
65	10/Y 200 FREE	66	Timed final
	11/12 200 FREE		Final
	13/older 200 FREE		Final
67	8/Y 25 BACK	68	Timed final
69	10/Y 100 BACK	70	Timed final
	11/12 100 BACK		Final
	13/older 100 BACK		Final
5 MIN BREAK			
71	11/0 200 BREAST	72	Timed final
73	10/Y 50 FREE	74	Timed final
	11/12 50 FREE		Final
	13/older 50 FREE		Final
75	10/Y 100 IM	76	Timed final
	11/12 100 IM		Final
77	10/Y 100 FLY	78	Timed final
	11/12 100 FLY		Final
	13/older 100 FLY		Final
79	10/Y 50 BREAST	80	Timed final
	11/12 50 BREAST		Final



**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.





## **PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the



Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

First Name MI Last Name \_\_\_\_\_

Date of Birth (mm/dd/yyyy) \_\_\_\_\_

Street Address, City, State, Zip \_\_\_\_\_

Signature of Participant \_\_\_\_\_

Date Signed \_\_\_\_\_

***Revised 5/26/2020***

