

ARKANSAS SWIMMING, INC.
AGE GROUP CHAMPIONSHIPS
February 12 - 14, 2010

SANCTIONED BY: United States Swimming through Arkansas Swimming, Inc. Sanction #: 10AR0213
Time Trial Sanction #: 10AR0213t

SPONSORED BY: Arkansas Dolphin-Laser Swim Team **LOCATION:** University of Arkansas At Little Rock
Donaghey Student Center
2801 South University
Little Rock, AR 72204

FACILITY: Eight lane x 25 yard pool with 9 foot lanes with Keifer Competitor lane lines and non-skid starting blocks. Colorado timing system and touch pads will be used with an eight-lane scoreboard. Warm up and warm down area is available. Since a warm up / warm down area is available there will be no break between series of events during prelims. The competition course has not been certified in accordance with Article 104.2.21C(4). The minimum water depth measured in accordance with Article 103.2.3 is 7'0" at the start end and 8'0" at the turn end.

ELIGIBILITY: Open to all USA Swimming registered swimmers through Arkansas Swimming, Inc. meeting age and time standards. The qualifying times are as shown on the schedule of events. Any swimmer who has achieved the time standard(s) is eligible to swim those events. The 11-12 age group may use a USA Swimming "BB" time in the 50 as proof of time for the corresponding 100 yard event. Times will be proved using the SWIMS database prior to the meet. Entries not meeting the qualifying times will be removed from the meet except as specified below.

ENTRIES: Include all USA Swimming registration numbers on the official entry forms. Clubs may enter by using Hy-tek software. Printed copies of entries, including faxed entries are to be sent. Swimmers who have not registered with USA Swimming will have their entries returned. Entries received on or before Wednesday, February 3 will be accepted. Entries received after the respective deadline will not be accepted, except as specified below.

A Hy-Tek Best Times report or equivalent containing a list of (1) all entries in the 11-12 age group which are using a 50 yard event time to prove the corresponding 100 yard event and (2) all entries which are using a 400 meter free time to prove the 500 yard free must be submitted with the team's initial entry packet so that they can be checked against the SWIMS database. In addition, a hard copy of official meet results must be submitted when official distance splits are being used to prove a time. Hy-Tek Best Times reports or equivalent can not be used to prove splits.

Teams that have entered by the deadline will be allowed to add swimmers and make event changes until 6:00 p.m. on Monday, February 8. All additions and changes made after the February 3 deadline must pay double entry fees. A swimmer who scratches one event and enters another event to replace it will be charged double entry fees for the new event.

Each team will be notified of entries which do not meet the qualifying times based on SWIMS. These entries will be removed from the meet unless proof of an error or an omission from SWIMS can be verified using official meet results. The correction must be accomplished before 6:00 p.m. on Monday, February 8.

DECK ENTRIES: All deck entries must be received by the clerk of course by Friday at least one hour before the published start of the meet. All deck entries will be accepted at the Qualifying Time. Deck entries are limited to swimmers **not** already in the meet. Deck entered swimmers must show proof of current ASI membership to the host team's registration chairperson with the original or copy of their current USA Swimming card. Deck entered swimmers may be asked for proof of times. All deck entries will be double the entry fee. New heats will be created as needed to accommodate deck entries. The original heats will not be reseeded.

ENTRY LIMIT: Swimmers may enter a maximum of three (3) individual events per day including time trials plus a relay, with a limit of six (6) individual events for the meet. All individual events, with the exception of the 500 freestyle and 10 & Under 200 IM, are preliminaries in the morning and finals in the afternoon.

RELAYS: Each club is eligible to enter one (1) relay in each event regardless of the time standard. Additional relays for the club must meet the time standard. No relays will score points without making the qualifying time at the meet. Relays are timed finals, and will be swum at the conclusion of the finals on Saturday and at the conclusion of Prelims on Sunday.

RULES: 2009 USA Swimming and ASI rules will prevail. Any swimmer who does not enter the pool feet first during any portion of a warm-up / warm-down period which requires feet first entry shall automatically be removed from their next individual event. If the swimmer does not have an individual event in the session in which the violation occurred, they shall be removed from their first individual event in the next session in which they are entered, be it prelims, finals or timed finals that day or the next day of the meet. The feet first rule applies to the warm-up area during the session.

PRELIMS Warm-up procedures will be in effect. The warm-up period will be divided into three sessions:

PROCEDURE:

1st 30 min.	General warm-up in all lanes for specified teams.
2nd 30 min.	General warm-up in all lanes for specified teams.
Last 20 min.	All teams specific warm-up.
	Lanes 2, 3, 6 & 7 One way sprints from the blocks.
	Lanes 4, & 5 General warm-up or One way sprints from the blocks as determined by the Meet Director.
	Lanes 1 & 8 Pace work only.

The host team will notify each club of its warm-up times. The highest ranking team from the previous Short Course ASI Age Group Championship Meet will have the first choice of warm-up times, then the second place team, etc. The number of warm-up lanes per team will be determined by the number of swimmers entered in the meet by that club.

FINALS WARM UP Warm-ups for finals will start one hour prior to the start of each finals session. The warm-up period for finals will be divided into the following sessions:

PROCEDURES:

1 st 30 min.	General warm-up all lanes for specified teams
2 nd 30 min.	All teams specific warm-up
	Lanes 2, 3, 6 & 7 One way sprints from the blocks.
	Lanes 4, & 5 General warm-up, circle swimming only.
	Lanes 1 & 8 Pace work only.

STARTING TIMES:	Timed Finals	Friday:	Warm-Up: 4:00pm	Meet Starts: 5:00pm
	Prelims:	Saturday and Sunday:	Warm-Up: 8:00am	Meet Starts: 9:30 am
	Finals:	Saturday and Sunday:	Warm-Up: 4:00pm	Meet Starts: 5:00pm

TIME TRIALS: Time trials will be conducted at the conclusion of prelims on Saturday and Sunday for the express purpose of qualifying for a higher level of competition. Time trials are limited to those swimmers entered in individual events in this meet only. A swimmer may NOT exceed his or her maximum limit of events per day as allowed under USA Swimming rules.

CHECK IN AND SCRATCH RULES: All events are pre-seeded except the 500 free. Scratching is necessary to allow space for deck entries.

500 FREESTYLE: The 500 freestyle is a timed final event. Check-in is required for all participants at least 30 minutes prior to the start of the meet.

ENTRY FEES: \$15.50 surcharge for each swimmer (\$5.50 surcharge plus \$10.00 facility fee); \$3.00 per individual event and \$5.00 per relay.

ENTRY Make checks payable to the Dolphin-Laser Booster club. Entries must be received by the host club by the Wednesday, February 3, 2010 deadline.

DEADLINE: Mail Entries to: Arkansas Dolphin-Laser Swim Team
1 Huntington Road
Little Rock, AR 72227
coachkeith@Dolphin-Laser.com

Please send a self-addressed stamped postcard with entries to assure acknowledgment of entries or supply an e-mail address for acknowledgement of receipt. The host club will not be responsible for undeliverable e-mail. Meet entries which require a signature for receipt will not be accepted.

Initial meet entry submissions must be sent to the host club only by postal mail or other delivery services (UPS, FedEx, etc.) and must be received by Wednesday, February 3. A complete initial submission must include all of the following items.

- a) either a Hy-Tek file containing all entries sent as an e-mail attachment OR a diskette with a Hy-Tek file containing all entries (not required for clubs or unattached swimmers who do not have access to Hy-Tek),
- b) a list of all attending coaches,
- c) a copy of the signed meet summary form provided by the host club
- d) a check in the amount to cover all entries, made payable to the host club
- e) If appropriate, a copy of the Hy-Tek Best Times report or equivalent described in the ENTRY paragraph.
- f) If appropriate, a copy of official meet results as described in the ENTRY paragraph. Hy-Tek Best Times reports or equivalent will not be accepted.

The host club can not put a team's entries into the meet unless they have received a complete submission as defined above. There are no exceptions to this rule.

The host club will notify a club as soon as possible after the receipt of one or more of the items constituting a complete initial submission are missing. Missing items, except for the check, may be e-mailed to the host club. The host club e-mail for entries is: coachkeith@Dolphin-Laser.com

- FINALS:** The top 8 swimmers for each event from the prelims will compete in finals. In the 15-18 age groups there will be a consolation heat. The scratch rules apply to both of these heats.
- SUNDAY FINALS:** Any swimmer who is entered in any event in Sunday finals and does not swim the event will be subject to a \$10.00 fine per event not swum as well as removal from the remainder of the meet. Payment of fines must be accomplished by the swimmer or the club through the ASI General Chairman or the swimmer will be barred from future ASI meets by notice to all ASI registered clubs. This action does not negate an athlete's rights as specified by the USA Swimming Rules and Regulations.
- AGES:** Swimmers age as of the first day of the meet will determine age for the meet.
- AWARDS:** Medals will be awarded for 1st - 8th places in each individual event and 1st - 3rd for relays. Ribbons will be awarded for 4th - 8th in relay events. High point awards women and men in each age group. Team awards for the 1st - 3rd place teams in the men, women and combined divisions.
- SCORING:** Individual - 9, 7, 6, 5, 4, 3, 2, 1 Relays - 18, 14, 12, 10, 8, 6, 4, 2
- CONCESSIONS:** Concessions will be available during all sessions of the meet. Swim supplies will also be available. NO GLASS CONTAINERS WILL BE ALLOWED ON THE POOL DECK.
- TOBACCO AND ALCOHOL:** Alcoholic beverages, smoking and use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers during the meet or during the warm up periods in connection with the meet (USA Swimming Rules and Regulations 102.25, 102.26)
- CLOSED DECK:** Portions of the pool deck will be closed to spectators. Spectators will be required to remain in designated areas. Spectators will not be allowed in the closed portions of the deck, only registered athletes, coaches, officials and meet workers will be allowed in these areas. Spectator areas and closed areas will be marked.
- RULES AND SAFETY:** Possessing a still or video camera or a cell phone with video capability is absolutely prohibited in all dressing areas, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person so found possessing such devices in these areas will immediately removed from the meet with all fees forfeited, and subject to further LSC and or USA Swimming sanctions and penalties.

ARKANSAS SWIMMING, INC.
AGE GROUP CHAMPIONSHIPS
February 13 - 14, 2010
Time Trials

Sanctioned by: USA Swimming through Arkansas Swimming, Inc.

Sanction #: 10AR0213t

Sponsored by: Arkansas Dolphin-Laser Swim Team

Eligibility: Open to all USA Swimming registered swimmers through Arkansas Swimming, Inc. Swimmers must be entered in an individual event in the Arkansas Age Group Championship Meet and must be trying to achieve times for a higher level of competition.

Event Limit: A swimmer may not exceed his/her limit of three (3) individual events per day.

Entry deadline: Entries and payment must be received by the Clerk of Course prior to the end of the meet prelim session.

Start Time: Immediately following prelims on Saturday and Sunday.

Cost: \$5 per individual event and \$10 per relay

Event Order: Saturday: Saturday's Age Group Championship events, followed by Sunday's events, then Friday's events
Sunday: Sunday's Age Group Championship events, followed by Saturday's events, then Friday's events

Arkansas Swimming Inc. Age Group Championships Summary Sheet

Name of Club: _____ Club Code: _____

Attending Coaches' Names: _____ E-mail: _____

Number of individual entries _____ @ \$ 3.00 _____

Number of relay entries _____ @ \$ 5.00 _____

Number of swimmers (Surcharge) _____ @ \$15.50 _____

Total enclosed _____

Team Address: _____ E-mail: _____

Telephone: (_____) _____

Do you prefer early or late warm-up? _____

The highest ranking team from the previous Short Course ASI Age Group Championship Meet will have the first choice of warm-up times, then the second place team, etc. The number of warm-up lanes per team will be determined by the number of swimmers entered in the meet by that club.

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USS, ASI, the host club, and officials.

Signature of coach or club representative: _____

Please make checks payable to: Arkansas Dolphins Swim Team

Please send entries to: Arkansas Dolphins Swim Team
1 Huntington Road
Little Rock, AR 72227
coachkeith@Dolphin-Laser.com

Arkansas Swimming, Inc.
Age Group Championships
February 12 - 14, 2010
Order of Events

Friday, February 12

Girls	Q.T.	Event	Q.T.	Boys
1	3:19.39	10 & Under 200 Yard I.M.	3:18.09	2
3	6:40.09	11 - 12 500 Yard Freestyle	6:35.09	4
5	6:22.39	13 - 14 500 Yard Freestyle	6:03.19	6
7	6:16.29	15 - 18 500 Yard Freestyle	5:51.29	8

Saturday, February 13

Girls	Q.T.	Event	Q.T.	Boys
9	35.99	10 & Under 50 Yard Free	35.19	10
11	1:08.29	11 - 12 100 Yard Free	1:07.89	12
13	1:07.39	13 - 14 100 Yard Free	1:02.19	14
15	1:05.79	15 - 18 100 Yard Free	59.79	16
17	1:33.79	10 & Under 100 Yard I.M.	1:31.19	18
19	2:50.69	11 - 12 200 Yard I.M.	2:49.39	20
21	2:42.99	13 - 14 200 Yard I.M.	2:31.99	22
23	2:39.29	15 - 18 200 Yard I.M.	2:26.39	24
25	42.99	10 & Under 50 Yard Butterfly	41.99	26
27	1:20.19	11 - 12 100 Yard Butterfly	1:18.69	28
29	1:13.49	13 - 14 100 Yard Butterfly	1:08.09	30
31	1:11.79	15 - 18 100 Yard Butterfly	1:05.09	32
33	43.49	10 & Under 50 Yard Backstroke	43.69	34
35	1:21.09	11 - 12 100 Yard Backstroke	1:19.09	36
37	1:14.19	13 - 14 100 Yard Backstroke	1:09.59	38
39	1:12.09	15 - 18 100 Yard Backstroke	1:06.19	40
41	2:53.69	10 & Under 200 Yard Med. Relay	2:51.69	42
43	2:28.69	11 - 12 200 Yard Med. Relay	2:27.69	44
45	2:19.69	13 - 14 200 Yard Med. Relay	2:08.69	46
47	2:17.69	15 - 18 200 Yard Med. Relay	2:00.69	48

Sunday, February 14

Girls	Q.T.	Event	Q.T.	Boys
49	1:21.59	10 & Under 100 Yard Freestyle	1:19.99	50
51	31.89	11 - 12 50 Yard Freestyle	30.99	52
53	30.99	13 - 14 50 Yard Freestyle	28.49	54
55	30.39	15 - 18 50 Yard Freestyle	27.39	56
57	47.79	10 & Under 50 Yard Breaststroke	47.89	58
59	1:29.29	11 - 12 100 Yard Breaststroke	1:27.79	60
61	1:24.09	13 - 14 100 Yard Breaststroke	1:18.09	62
63	1:21.99	15 - 18 100 Yard Breaststroke	1:14.69	64
65	2:58.29	10 & Under 200 Yard Freestyle	2:50.89	66
67	2:31.49	11 - 12 200 Yard Freestyle	2:27.49	68
69	2:24.99	13 - 14 200 Yard Freestyle	2:16.69	70
71	2:21.19	15 - 18 200 Yard Freestyle	2:10.09	72
73	2:27.69	10 & Under 200 Yard Free Relay	2:23.69	74
75	2:11.69	11 - 12 200 Yard Free Relay	2:07.69	76
77	2:07.69	13 - 14 200 Yard Free Relay	1:55.69	78
79	2:03.69	15 - 18 200 Yard Free Relay	1:51.69	80

ARKANSAS SWIMMING, INC.

Friday Time Trials
February 12, 2010

- SANCTIONED BY:** USA Swimming through Arkansas Swimming, Inc. **SANCTION #:** 10AR0212t
- SPONSORED BY:** Arkansas Dolphin-Laser Swim Team
- LOCATION:** University of Arkansas at Little Rock
Donaghey Student Center
2801 South University
Little Rock, AR 72204
- FACILITY:** Eight lane x 25 yard pool with 9 foot lanes with Keifer Competitor lane lines and non-skid starting blocks. Colorado timing system and touch pads will be used with an 8-lane scoreboard. Warm up and warm down area is available.
- ELIGIBILITY:** Open to all USA Swimming registered athletes.
- ENTRIES:** Include all USA Swimming registration numbers and dates of birth the entry form. Proof of USA Swimming membership is required for athletes not entered in the Age Group Championship meet.
- ENTRY LIMIT:** Swimmers may swim a maximum of three (3) events.
- RULES:** 2009 USA Swimming and Arkansas Swimming, Inc. will govern the trials. Any swimmer who does not enter feet first during warm up and warm down periods will be disqualified from his or her next individual event. Camera and camera phones are not allowed in the locker rooms or dressing areas.
- STARTING TIMES:** 15 minutes after the completion of Friday night's events.
- ENTRY FEES:** \$5.00 for each individual event and \$10.00 for each relay.
- ENTRY DEADLINE:** All entries must be turned in to the Clerk of Course by the start of the meet Friday.
- TOBACCO AND ALCOHOL:** Alcoholic beverages, smoking and use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers during the meet or during the warm up periods in connection with the meet (USA Swimming Rules and Regulations 102.25, 102.26)
- CLOSED DECK:** Portions of the pool deck will be closed to spectators. Spectators will be required to remain in designated areas. Spectators will not be allowed in the closed portions of the deck, only registered athletes, coaches, officials and meet workers will be allowed in these areas. Spectator areas and closed areas will be marked.

	Order of Events	
Girls	Event	Boys
1	Senior 100 Breast	2
3	Senior 200 Free	4
5	Senior 100 Fly	6
7	12 & Under 100 IM	7
8	Senior 200 IM	8
9	Senior 1000 Free	10
11	Senior 400 IM	12
13	12 & Under 50 Breast	14
15	Senior 50 Free	16
17	Senior 200 Breast	18
19	Senior 100 Back	20
21	12 & Under 50 Back	22
23	Senior 500 Free	24
25	Senior 200 Back	26
27	Senior 100 Free	28
29	12 & Under 50 Fly	30
31	Senior 200 Fly	32
33	Senior 1650 Free	34
35	Open 200 Free Relay	36
37	Open 400 Free Relay	38
39	Open 800 Free Relay	40
41	Open 200 Medley Relay	42
43	Open 400 Medley Relay	44