



ARKANSAS SWIMMING INC. 2022 SENIOR CHAMPIONSHIPS

- Host:** Razorback Aquatic Club – AquaHawgs
- Dates:** March 18-20, 2022
- Sanction:** Held under USA Swimming through Arkansas Swimming, Inc. Sanction Number 22AR0319
- Location:** University of Arkansas, HPER Natatorium.
Stadium Dr. and Meadow Street
Fayetteville, AR 72701
- Facility:** Eight lane, 8 foot wide, 25-yard indoor competition pool and an 8 lane 25-yard warm up pool with non-turbulent Keifer lane ropes, non-skid slanted starting blocks, Colorado timing system with touch-pads and 8-line scoreboard. The minimum water depth, measured in accordance with Article 202.4.10(C), is 6'0" at the start end and 6'0" at the turn end. The competition course has not been certified in accordance with 202.4.10(G).
- Meet Type:** Senior Championship – All events will be Prelims/Finals, with the exception of the 1650 Freestyle.
- Rules:** 2022 USA Swimming and Arkansas Swimming, Inc. Rules and Regulations will govern the meet. ARSI safety guidelines and warm-up procedures will be in effect. All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition. All 18 and older registered athletes club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets.
- Attending Coaches:** Only coaches registered with USA Swimming will be allowed to participate in any coaching capacity. Under ARSI rules, each team must provide a copy of each attending coach's USA Swimming membership card. Attending coaches should be prepared to show proof of USA Swimming registration and valid certification in CPR, First Aid, Safety Training for Swim Coaches, concussion training, and completion of the Coaches Advantage Tutorial
- Officials:**
- | | |
|--------------------------|--|
| Meet Referee: | David Wicklund - dave.wicklund423@gmail.com
Krissy Glass - krissymglass@gmail.com |
| Administrative Official: | Jody Boatright - jboatright@sdale.org |
| Meet Director: | John Moseley – john@aquahawgs.org
Jana Olson – jana@aquahawgs.org |
- Eligibility:** All swimmers must be registered as 2022 athlete members of USA Swimming. No entries will be accepted unless the swimmer is registered in accordance with USA Swimming regulations. Swimmers who enter as pending, or applied for, must send their Athlete Registration and payment with the team entries. If you have already sent the registration and fee to ARSI, please send a copy of the registration form. The age of each swimmer as of March 18, 2022 determines age group classification for the entire meet.
- Open to USA Swimming registered swimmers through ARSI meeting age and time standards. Swimmer's age as of the first day of the meet will determine age for the meet. The qualifying Times are as shown on the schedule of events. Any swimmer who has achieved the time standards is eligible to swim those events. Entries not meeting the qualifying times will be removed from the meet. All entry times must have been achieved on or after March 19, 2021.
- Starting Times:**
- | | |
|------------------------------------|---|
| Friday, Saturday & Sunday Prelims: | Warm-ups at 7:00 AM.
Session Starts at 9:00 AM |
| Friday, Saturday & Sunday Finals: | Warm-ups at 3:30 PM.
Session Starts at 5:00 PM |



Entry Deadline: Entries must be received by the host club on or before **Wednesday, March 9, 2022**. Clubs that have entered by the above deadline will be allowed changes of events entered or additional entries until 6:00 PM on **Monday, March 14**. All additions and changes made after the March 9 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.

A completed, signed summary form, payment of all fees for additions, changes, and deck entries must be made **30 minutes prior to the start of the Friday Finals session**.

Entry Limit: Swimmers may swim a maximum of three (3) individual events per day and seven (7) events for the meet.

Entry Fees: \$5.00 Entry Fee per individual event
\$10.00 Entry Fee per relay event
\$5.00 ARSI surcharge per swimmer
\$25.00 Facility surcharge per swimmer

Make checks payable to **RAC AquaHawgs**. Mail entry fees to:
RAC AquaHawgs
C/o John Moseley
PO Box 7062
Springdale, AR 72766

Seeding: All events will be pre-seeded. Scratches should be submitted to the host by 6:00 PM the night before prelims. The 1650 Freestyle will require positive check in. Positive check in for the 1650 Freestyle will close at 8:30 AM on Sunday, March 20.

Deck Entries: Deck entries are limited to swimmers not already in the meet. All deck entries must be received by the Clerk of Course on Thursday at least one hour before the published start of the meet. All deck entries will be accepted at the qualifying time. Deck-entered swimmers must show proof of USA Swimming membership to the host team's registration chairperson with the original or photocopy of their current USA Swimming card. Deck Pass may be used to verify USA Swimming membership. All deck entries will be double the entry fee. New heats will be created to accommodate deck entries if necessary. The original heats will not be reseeded.

Scratches: ARSI pre-seeded timed finals scratch rules will be in effect. Swimmers who do not report for a pre-seeded event will not be penalized. Any swimmer who has checked in (and not scratched before the check-in deadline) for a deck-seeded event and fails to swim shall be barred from his/her next individual event. Entry fees will not be refunded for scratches or no-shows.

Warm-Up: All ARSI warm-up rules will be followed. 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 receive a warning for the first offense rather than a disqualification. Disqualifications are automatic for subsequent violations. In the session in which the penalty is enforced, the swimmer cannot deck enter an event to replace the event from which they were removed. These warm-up rules also apply to the warm-up/warm-down area that will be available during each session. Swimmers may dive into the pool during a designated sprint warm-up.

Heat Sheets: Heat sheets will be available.

Awards: Medals will be awarded for 1st-8th places in each individual event.
Medals will be awarded for 1st-3rd places in each relay event.
High point awards will be awarded to top scorer for girls and boys.
Team awards will be given for the 1st-3rd place teams in the girls, boys and combined divisions.

Scoring: The top sixteen (16) in individual and relay events will score.
Individual Scoring 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Scoring 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2



Final Results: Final results will be posted on the AquaHawks Website & Arkansas Swimming Website.

AquaHawks Disclaimer: We have taken enhanced health and safety measures – for swimmers, coaches, officials, and spectators. You must follow all posted instructions while attending the ARSI Senior Championships at the University of Arkansas HPER. 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 guests with underlying medical conditions are especially vulnerable. By attending the ARSI Senior Championships at the University of Arkansas HPER, you voluntarily assume all risks related to exposure to COVID-19.

Additional Rules: Use of a still or video camera or a cell phone with video capability is prohibited in all dressing rooms, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person found using such devices in these areas will immediately be removed from the meet with all fees forfeited, and subject to further LSC or USA Swimming sanctions and penalties.

Smoking and use of other tobacco products are prohibited on the deck, in the bleachers, locker rooms, and throughout the University of Arkansas HPER.

Swimmers must use the locker rooms to change. On deck changing is not allowed.

This meet will have a “nut-free” deck. Please do not bring food items containing nuts on the pool deck.

Every 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.

Arkansas Swimming welcomes the participation of swimmers with disabilities in all ARSI sanctioned events. Swimmers and/or their coaches who may have special needs are expected to contact the Meet Referee to discuss competitive accommodations, and to contact both the Meet Referee and the Meet Director to discuss facility accommodations, prior to the entry deadline for the meet.

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.

It is understood and agreed to that USA Swimming, Arkansas Swimming, the host club and officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Arkansas DOH Guidelines: Maintain minimum physical distancing of six feet between participants at all times, except when actively participating in the sports activity.

Athletes, Coaches, and All Staff must be screened prior to any activity by asking the following questions and excluded if the answer is yes.

- Have had a fever of 100.4°F or greater in the last 2 days
- Have a cough, difficulty breathing, sore throat, or loss of taste or smell
- Had contact with a person known to be infected with COVID-19 within the previous 14 days

Coaches and All Staff must have temperature checked by digital thermometer prior to entry, and those whose temperature is greater than 100.4°F must be excluded.

Face coverings that completely cover the nose and mouth are required for everyone 10 years of age or older for indoor sports. Face coverings are strongly encouraged for outdoor sports.

Athletes - Face coverings are strongly encouraged when not actively participating in an outdoor sports activity. - Face coverings or masks must be worn during indoor sports where a face covering is not inhibitory.



Coaches and Staff - Face coverings must be worn at all times for indoor sports and are strongly encouraged for outdoor sports.

Use of communal spas, showers, saunas or other similar equipment are prohibited. Locker rooms may only be used for storage of personal items. Social distancing of 6 feet must be maintained in the locker room.

An alcohol-based hand sanitizer or adequate handwashing facilities must be provided for use by all attendees.

Sports equipment, restrooms, lockers, water fountains and other high touch surfaces must be sanitized frequently during each event. For a list of cleaning products that will eliminate the Covid-19 virus, visit <https://www.epa.gov/pesticide-registration/list-ndisinfectants-use-against-sars-cov-2>.

Avoid non-sport related personal contact at all times. This includes, but is not limited to, huddles, high-fives, hand shaking, fist bumping, and chest bumping.

For games, competitions, tournaments, meets, and other athletic events held in a facility, the facility hosting the event must follow the current Directive for Large Indoor or Large Outdoor Venues. Spectators are covered under these Directives.

For training and conditioning held in an athletic facility, the facility must follow the current Directive for Gym, Fitness Center, Athletic Club and Weight Rooms.

Concession Stands may operate but must follow all applicable sections of the Directive for Resuming Restaurant Dine-In Operations.

**USA Swimming
Covid-19
Release:**

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.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

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 AND ARKANSAS SWIMMING INC. 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.



Order of Events

GIRLS			FRIDAY, MARCH 18, 2022	BOYS		
LCM	SCY		Event		SCY	LCM
--	--	101	200 Free Relay*	102	--	--
5:20.69	5:59.29	103	500 Freestyle	104	5:32.29	4:56.59
2:49.79	2:30.09	105	200 Individual Medley	106	2:12.09	2:29.89
33.39	29.29	107	50 Freestyle	108	25.89	29.59
1:20.39	1:11.09	109	100 Butterfly	110	1:00.59	1:08.69
--	--	111	400 Medley Relay*	112	--	--

GIRLS			SATURDAY, MARCH 19, 2022	BOYS		
LCM	SCY		Event		SCY	LCM
--	--	201	200 Medley Relay*	202	--	--
6:14.19	5:31.29	203	400 Individual Medley	204	5:17.39	5:58.79
2:28.89	2:11.19	205	200 Freestyle	206	2:00.49	2:16.99
1:17.89	1:09.09	207	100 Backstroke	208	1:03.19	1:11.39
3:17.39	2:54.19	209	200 Breaststroke	210	2:29.59	2:50.09
--	--	211	800 Free Relay*	212	--	--

GIRLS			SUNDAY, MARCH 20, 2022	BOYS		
LCM	SCY		Event		SCY	LCM
2:57.89	2:37.89	301	200 Butterfly	302	2:26.89	2:45.69
1:10.29	1:01.89	303	100 Freestyle	304	55.09	1:02.79
2:50.79	2:31.69	305	200 Backstroke	306	2:24.49	2:42.79
1:32.39	1:21.39	307	100 Breaststroke	308	1:09.89	1:19.59
--	--	309	400 Free Relay**	310	--	--
22:09.29	21:43.19	311	1650 Freestyle^	312	20:43.19	21:08.09

**Relay will swim during Finals*

***Relay will swim during Prelims*

^The Fastest Heat of Girls & Boys will swim at the beginning of Finals



Meet Summary Sheet

Team Name: _____

Team Abbreviation: _____ LSC Code: _____

Attending Coaches: _____

Entry Information:

Number of individual entries _____ @ \$5.00 = _____

Number of Relay entries _____ @ \$10.00 = _____

Number of swimmers (ARSI surcharge) _____ @ \$5.00 = _____

Number of swimmers (facility fee) _____ @ \$25.00 = _____

TOTAL \$

Team Address: _____

Phone: (_____) _____

E-mail: _____

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

Signature of coach or club representative:

Please send entries to: RAC AquaHawgs
C/o John Moseley
PO Box 7062
Springdale, AR 72766
(713) 515-6487
John@AquaHawgs.org



**Arkansas Swimming, Inc.
Senior Championships
Friday, Saturday and Sunday Time Trials
March 18-20, 2022**

Sanctioned By: USA Swimming through Arkansas Swimming, Inc. (ARSI) **Sanction #:** 22AR0319t

Sponsored By: Razorback Aquatic Club AquaHawgs

Officials:

Meet Referee:	David Wicklund - dave.wicklund423@gmail.com
	Krissy Glass - krissymglass@gmail.com
Administrative Official:	Jody Boatright - jboatright@sdale.org
Meet Director:	John Moseley – john@aquahawgs.org
	Jana Olson – jana@aquahawgs.org

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 qualifying times for a higher level of competition.

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

Start Time: Immediately following prelims on Friday, Saturday and Sunday.

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

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

The event order will be the same as found in the event list.

Scoring: The time trial will not be scored.