



“I’m not like T-rex!”

December 5th, 2020

Hosted by: PAC Dolphins Swim Team

Sanction Information:

This event is licensed by the Amateur Athletic Union of the U. S., Inc.

- * All participants must have a current AAU membership.
- * AAU membership may not be included as part of the entry fee to the event.
- * AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

Entry Deadlines:

All events and entries are due by 3:00pm on Monday, November 30th 2020. Proof of AAU registration must be submitted with entries. Please email meet entries to beadolphinsswimmer@gmail.com

Registration Fee:

- \$38.00 Surcharge includes 5 individual events, 1 relay, facility surcharge, & heat sheet.
- Deck entries will be accepted with proof of AAU Membership. NO new heats will be created.
- Deck entry fee is \$45.00. No new heats will be created.
- Sessions are limited to 50 swimmers.

All registration fees must be paid to Meet Director prior to the meet start. Checks should be made out to PAC Dolphins. Please, one check per team (multiple checks from individual parents will not be accepted)

Eligibility:

All AAU registered athletes and AAU registered teams are eligible. **Proof of AAU registration must be sent in with entries.**

Entry information:

- Should include swimmers name, AAU Registration numbers and seed time.
- If you are able to estimate a NT, please so do. It helps seed the meet accurately.
- Each swimmer is allowed 1 relay and 5 individual events.
- Yard times must be converted to short course meter times.
- Swimmers age as of December 5th, 2020 will determine their age group for the meet.
- Swimmers cannot swim in more than one age group.
- BONUS Event is 1500 and will take place after Session #3. The 1500 will not be included in team points or be eligible for awards. Open to 11+. Each swimmer must provide their own timer and their own counter. PAC Dolphins will provide the lap counting hardware.
- 400 Free - Will not use lap counting hardware.

Additional Information:

Heats will be pre-seeded and mixed gender.

Schedule:

Session 1

6&U and 7-8-year old

Warm-up begins @ 8am

Session 1 begins @ 8:50

25 Free
25 Fly
25 Back
25 Breast
100 IM
50 Free
50 Fly
50 Back
50 Breast
100 Free
100 Free Relay

Session 2

9-12-year old

Warm-up begins @ 10:30

Session 2 begins @ 11:15

25 Free
25 Fly
25 Back
25 Breast
100 IM
50 Free
50 Fly
50 Back
50 Breast
100 Free
100 Free Relay
400 Free

Session 3

13-18-year old

Warm-up begins @ 1:15

Session 3 begins @ 2:15

100 IM
50 Free
50 Fly
50 Back
50 Breast
100 Free
100 Fly
100 Back
100 Breast
100 Free Relay
400 Free

Session 4 - will begin after a short break to clear/clean facility

Warm-up - TBA

Session 4 begins shortly after session 3

1500 - OPEN

- Limited to 24 participants.
- Must provide own timer and card turner.

Warm Up Schedule & Procedures:

Each team will be assigned specific warm up times and lanes prior to the meet start. Times are tentative as the # of swimmers may vary. Feet first entry unless during designated starts.

Location:

Pocahontas Aquatic Center
Geneva Drive
Pocahontas, AR 72455

Official Information:

Meet Referee: TBD

Meet Director: TBD

Meet Starter: TBD

Any officiating help from visiting teams will be greatly appreciated!

Meetings:

Session 1 - TBD

Session 2 - TBD

Session 3 - TBD

Session 4 - TBD

Timing:

Colorado Electronic Touch Pads at finish end with SST back up plunger, SST timing console, and 1 stop watch backups per lane. One timer per lane.

Age Divisions:

6 & Under, 7-8, 9-10, 11-12, 13-14, 15-18.

*6&U will be considered exhibition unless they are entered in the 7-8 division.

Relays will be 8 & Under, 9-12, 13-18 with the stipulation that all swimmers entered in the relays be in that session.

Individual events that are shown as multiple age groups will be swum together but scored as age divisions. The swimmers age as of December 5th, 2020 will determine their age division.

Award Information:

- High Point Awards will be given to: 1st- 4th place individual boy and girl for each age division
- Team Banners 1st – 3rd place Teams with High Points (Combined Boys and Girls Score)
- Individual Ribbons will be given for 1st-8th Boy and Girl for each age division and event.
- Awards will be mailed to the teams after the meet.

Rules and Safety:

This is an AAU sanctioned meet and USA Swimming rules shall govern the meet. 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 found possessing such devices in these areas will be asked to leave the meet. Please remind parents that any concerns should be directed to their child's coach and NOT to any officials or coaches of other teams.
NO alcohol, vaping, or smoking in the Pocahontas Aquatic Center.

Concessions: NO concessions will be available.

Pro Shop: Swim Shop will be available in the lobby.

Hospitality: Hospitality will be limited to bottled drinks and prepackaged snacks for coaches and officials.

Live Stream: This meet will be available for free live stream viewing on the team Twitch Account. Please go to <https://www.twitch.tv/pacdolphins>

Location Information:

- Parking is available at multiple locations and signs will direct you towards additional areas.
- Seating will be assigned to teams on the bleachers for swimmers. Chairs are NOT permitted in the pool area. Do not block any emergency exits or equipment. **There will be a designated area for spectators and canopies OUTSIDE.** All personal chairs and canopies need to be removed after each session. Neither the PAC Dolphins or the facility will be responsible for lost, damaged, or stolen items.

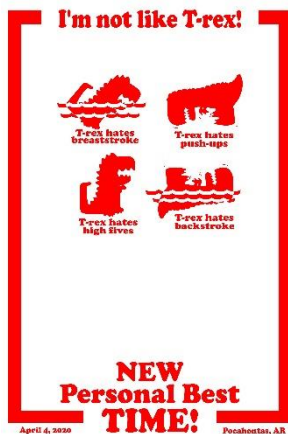
Pool:

The indoor competition pool is 25 meters and contains 8 lanes.

- Restrooms are located in the hallway.
- FIRST AID station is available in the lobby.
- Heat Sheets will be emailed to teams, posted at the pool and available on www.pacdolphins.com.
- Meet Mobile will be available.



High Point Medals



PB Poster for all to sign.



Team Banners

COVID-19

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.

AAU & the PAC Dolphins, cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a 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 AAU and the PAC DOLPHINS 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.

We want to do the best we can right now and know it is impossible to make everyone happy. Please follow the guidelines for the meet. We want to be able to hold more meets and this is a place to start.

- **Masks or a face shield must be worn by every person on the pool deck unless they are about to compete. Please bring a Ziploc bag or small container to store masks in while racing.**
- Spectators and parents must view the races from the parking lot side of the pool and stay outside the doors.
- Relays will have one empty lane between each team.
- Please remember to social distance.
- The plans we have in place allow us to follow the state directives.
- We will learn from this meet and improve upon it going forward.
- A Bullpen will be used. This is a staging area for swimmers.

- Please do not set chairs up on the sidewalk. Unfortunately, this will block the view of the meet. Everyone would like the chance to watch their kids compete.
- This meet will be live streamed. Family can watch it from anywhere.

LAYOUT FOR 12/5/2020

Family seating.
**Please remember
 to social distance**
 Chairs & Tents in this area.

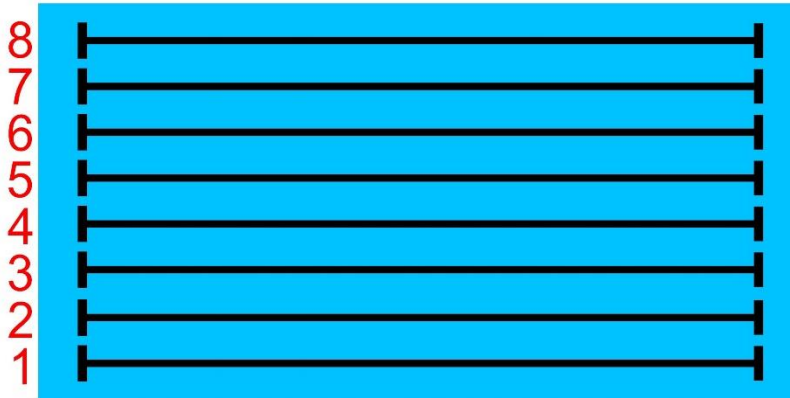
BARRICADE

*Scale is off.
 For general information.
 Please park at the
 community center.

Spectator viewing. Must stay on parking lot side of the doors.

Coaches

Bleacher space assigned by # of swimmers



25's start @ turn end

Therapy Pool

Computer table

Bleacher space assigned by # of swimmers

Bullpen

Only Swimmers
 & meet official