



5th Annual Spring Invite “I’m not like T-rex!” April 4th, 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 connect. 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, March 30th 2020. Proof of AAU registration must be submitted with entries.

Registration Fee:

- \$35.00 Surcharge includes 5 individual events, 2 relay events, & facility surcharge.
- Deck entries will be accepted with proof of AAU Membership. NO new heats will be created.
- Deck entry fee is \$40.00.

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 2 relays and 5 individual events.
- Yard times must be converted to short course meter times.
- Swimmers age as of April 4th, 2020 will determine their age group for the meet.
- Swimmers cannot swim in more than one age group.
- BONUS Event is 1500. Open to 9+ age group and Masters. 1500 will not be included in scoring and is for time only. 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:

Meet begins at 9:30am.

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! Hospitality will be provided for Coaches & Officials.

Meetings:

Saturday

- Officials Meeting at 9:00 am in the Hospitality Room.
- Timers Meeting at 9:15 am in the area outside the Hospitality Room.
- Coaches Meeting at 9:15 am in Hospitality Room.

Timing:

Colorado Electronic Touch Pads at finish end with SST back up plunger, SST timing console, and 2 stop watch backups per lane. PLEASE practice correct finishes with your swimmers to aid in getting correct times.

Age Divisions:

8 & Under, 9-10, 11-12, 13-14, 15-18. Relays will be 10 & Under, 12 & Under, 14 & Under, and 18 & Under with the stipulation that at least one swimmer on that relay MUST be in that age group.

Individual events that are shown as multiple age groups will be swum together but scored as age divisions. The swimmers age as of April 4th, 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.

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 GLASS CONTAINERS WILL BE ALLOWED ON THE POOL DECK. Concession stand will be available.

Pro Shop: Swim Shop will be available.

Hospitality: Limited Hospitality will be available. Drinks and snacks will be provided for the coaches, Officials, and Timers.

Location Information:

- Parking is available at multiple locations and signs will direct you towards additional areas.
- Seating is available on bleachers. Chairs are permitted around the pool as well as outside area. Do not block any emergency exits or equipment. There will be a designated area for Canopies outside Neither the PAC Dolphins or the facility will be responsible for lost, damaged, or stolen items.

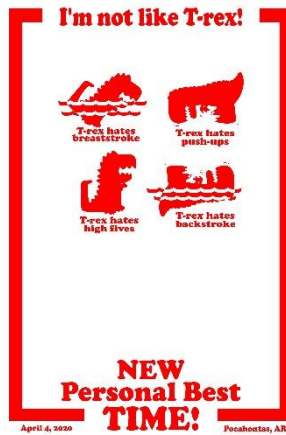
Pool:

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

- Restrooms are located in the hallway.
- FIRST AID station can be located in the guard room.
- Heat Sheets may be purchased for \$5.
- Meet Mobile will be available.



High Point Medals



PB Poster for all to sign.



Team Banners

Dolphins Spring Invite 4/4/2020

This meet is an opportunity to get times for JO in the 200's, 400 Free & Mile.

Girls	Event List	Boys
	100 Meter Free Relay - Open	
	100 Meter Free Relay - MIXED Open	
	50 Freestyle - Open	
	200 IM - Open	
	25 Butterfly - Open	
	200 Butterfly - 9+	
	50 Butterfly - Open	
	100 Butterfly - Open	
	400 Freestyle - 9+	
	100 IM - Open	
	100 Freestyle - Open	
	25 Backstroke - Open	
	200 Backstroke - 9+	
	50 Backstroke - Open	
	100 Backstroke - Open	
	25 Breaststroke - Open	
	200 Breaststroke - 9+	
	50 Breaststroke - Open	
	100 Breaststroke - Open	
	25 Freestyle - Open	
	200 Freestyle - Open	
	100 Meter Medley Relay - Open	
	100 Meter Medley Relay - MIXED Open	
1500 - Bonus Event *Does not count towards entry limits or results.		