

South Wind Swim Conference

Saturday, June 10th, 2023

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 Youth Athlete membership must be obtained before the competition begins. BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

Hosted By: Arkansas Racers

Athletes Age: The age of the swimmer on June 1, 2023 will be the athlete's competition age for the SWSC summer league meets per the bylaws.

Entry Deadline: Entries must be submitted no later than Tuesday June 6th, @ 3:00pm. **Deck entries will be accepted if there is an empty lane. No new heats will be created.**

Send Entries To: entries@cascracers.com

Entry Limit: Each swimmer may swim a maximum of **4** events and **two (2) relays** excluding any exhibition swims.

Meet Participants: SWAT Jonesboro, Dolphins Pocahontas, Arkansas Racers

Date & Start Time: Saturday, June 10th at **9:00 AM**

Location: PARAGOULD COMMUNITY CENTER
3404 LINWOOD DRIVE
PARAGOULD, AR 72450

Facility: EIGHT LANE, 25 YARD INDOOR COURSE. EIGHT LANES WILL BE USED FOR COMPETITION. COLORADO ELECTRONIC TIMING SYSTEM WITH buttons AND HORN START. **The 2nd and 4th swimmers in the 100-meter relays may want to start in the water because of the pool depth. Also, all the 25 events will start in the "shallow" end.** Swimmers will not be allowed in the therapeutic pools or kiddy pools.

Bullpen: Bullpen for 10&U will be utilized for this meet.

Eligibility: AAU registered athletes that are on a South Wind Swim Conference team.

Age Divisions: Individual events will be 6 & Under Exhibition, 8 & Under, 9-10 years, 11-12 years, 13-14 years, and 15-18 years. Relays will be 8 & Under, 10 & Under, 12 & Under, 14 & Under, and 18 & Under with the stipulation that at least one swimmer on the relay must be in that age group. There will also be Mixed Relays with the stipulation that there are 2 swimmers of each gender on the relay and that at least one swimmer on the relay must be in that age group for the &under relays. Mixed relays, all swimmers must be in the age group listed. A swimmer's age as of June 1st shall determine their age division, unless they have declared otherwise.

6 & U Swimmers

6 & U events are not scored, are not judged, and are strictly "exhibition". They count towards a swimmer's 6 "splashes" required to be eligible for conference finals.

However, in order to swim at conference finals, all 6 & U swimmers must have a legal time which can only be obtained by swimming the 8 & U events which are judged for proper stroke technique. In 6 & U events, swimmers will receive participant ribbons.

If a 6 & U swimmer is not able to swim without help, whether that is a person, fins, or floaties, they are probably not ready to participate in the meet and should continue to just practice until such a time that they can attempt to swim the length of the pool unassisted. The lane ropes are always there, should they need to grab on them.

*For clarification on 6&U exhibition events please visit; www.southwindswimconference.com

Events: All events will be TIMED FINALS. Submit swimmer's best SHORT COURSE YARDS times to ensure proper seeding. This meet will be pre-seeded. We may combine some events due to number of entries and open lanes.

Awards:

- Individual Events: Ribbons will be awarded for 1st - 8th place in all age groups.
- Relay Events: Ribbons will be awarded for 1st – 8th place.
- Heat Ribbons will be awarded to the winner of each heat for each event.
- In the 6 & Under Exhibition Events, Participant Ribbons will be awarded.

Scoring:

- Individual Events: 9-7-6-5-4-3-2-1
- Relays: 18-14-12-10-8-6-4-2

Results: Will be posted in the hallway off the pool deck and on Meet Mobile. NOTE – results are not finalized until after the meet if over.

Warm-up Times: Warm up times will be sent out after entries are received.

Rules and Safety: 2023 SWSC and USA rules shall govern this meet. No alcohol, smoking, or vaping in the Pocahontas Aquatic Center.

Concessions: **NO GLASS CONTAINERS WILL BE ALLOWED ON THE POOL DECK.** Concession stand will be available.

Hospitality: Prepacked snacks and water will be available for Coaches, Officials, and Timers.

Meet Director: Monica Nelsen

Referee: Chuck Slocum

Starter: TBA

Timers and Officials:

- Once entries are received each team will be assigned timing lanes.
- It is recommended that your team submit a timer's sheet to the announcer on the day of the meet.
- Each team must provide stroke and turn judges or S&T shadows. If a team does not provide these positions, the following is due to the host team.
 - Less than 8 kids – no official
 - 9-19 = 1 official or \$25
 - 20+ = 2 officials or \$50.
 - NOTE = These can be shadowing officials - shadow officials count.

Meetings:

Coaches: **8:45 AM – Hallway off the pool deck**

Stroke & Turn Judges: **8:30 AM – Hallway off the pool deck**

Timers: **8:45 AM – pool deck near therapy pool**

National Anthem: **9:00am**

For additional questions please contact;

monica@casracers.com

2023 SWSC Event Line-up

AGE	Event
6&U, 7-8	25 Free
9-10, 11-12, 13-14, 15-18	50 Free
6&U, 7-8	25 Backstroke
9-10, 11-12	50 Backstroke
13-14, 15-18	100 Backstroke
8&U, 9-10	100 IM
11-12, 13-14, 15-18	200 IM
8&U, 10&U	100 Free Relay
12&U, 14&U, 18&U	200 Free Relay
8&U	50 Freestyle
9-10, 11-12, 13-14, 15-18	100 Freestyle
6&U, 7-8	25 Breaststroke
9-10, 11-12	50 Breaststroke
13-14, 15-18	100 Breaststroke
6&U, 7-8	25 Butterfly
9-10, 11-12	50 Butterfly
13-14, 15-18	100 Butterfly
8&U, 10&U	100 Medley Relay
12&U, 14&U, 18&U	200 Medley Relay

In an effort to help those who are looking to improve their seed times for Junior Olympics, we will offer exhibition swims after the meet in the following events: 200 Free, 200 Back, 200 Breast, 200 Fly

Location Information:

Please enter through the side doors. Do not enter through the main lobby.

Holiday Inn Express	Hampton Inn
3502 Linwood Drive	3810 Linwood Drive
Paragould, AR 72450	Paragould, AR 72450
(870) 236-9999	(870) 565-1010

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.