

# Arkansas First Chance Winter Meet November 5<sup>th</sup> & 6<sup>th</sup>, 2022

Hosted by Dolphins @ the PAC POOL  
Pocahontas, Arkansas  
[www.pacdolphins.com](http://www.pacdolphins.com)

**Meet Participants:** AAU registered swimmers from the state of Arkansas.

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](http://www.aausports.org) to obtain their membership.

## **Entry Deadline:**

- Entries must be submitted no later than **midnight on Monday, October 31, 2022.**
- Each team must submit a roster list of AAU #'s with their entries.
- Deck entries will NOT be accepted.
- Please note that the earlier deadline allows the host team to verify the entries.
- Confirmation, with a proof sheet of your entries, will be sent as soon as possible.
- A psych sheet will be sent out within 48/72 hours.
- You will have 24 hours for CORRECTIONS on the psych sheet.
- No new athletes may be entered after the Monday deadline.

## **Entry Limit:**

- Each swimmer may swim a maximum of **five (5) individual** events each day and **one (1) relay** each day.
- Bonus events – Are the 400 free, 400 IM, Mile.
- Bonus events - DO NOT count towards event limits for each day.
- Bonus events - Will not be scored or awarded medals or ribbons.
- Bonus events - DO NOT have a fee.
- Bonus events - Are limited to two heats and require positive check-in.

## **Meet fees:**

\$5.00 per individual events.

\$12.00 per relay.

\$10.00 Facility fee that will include a heat sheet for each swimmer.

Make one team check payable to PAC Dolphins. An itemized bill will be sent to your team based on your entries. No refunds.

## **Date & Start Time:**

One Session each day

November 5<sup>th</sup> @ 10:30am - Meet start time

November 6<sup>th</sup> @ 10:30am - Meet start time

**Location:** Pocahontas Aquatic Center, 300 Geneva Drive

**Facility:** 25 meter pool with 8 lanes and touchpads. **Also, all the 25 events will start in the “shallow” end.**

**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. Neither the PAC Dolphins or the facility will be responsible for lost, damaged, or stolen items.

**Bullpen:** No bullpen will be utilized.

**THERE ARE NO QUALIFYING TIME REQUIREMENTS FOR THIS MEET.**

Any swimmer with a BB time in any 50-100 yard event or A time in 200+ yard events will swim exhibition in that event. (For the Winter Qualifier and at the Last Chance Summer Qualifier.)

This has been voted on by Arkansas AAU coaches who attended the meeting this summer (2016-2017) and approved by the National Board. This change should allow more swimmers to qualify for the AAU Junior Olympic Games.

USA times maybe used for AAU meets. If you child has a time cut in USA Swimming please make sure to submit those times.

First, second, and third place finishers in approved AAU District Swimming Championship Meets in individual events under 400M, will qualify. The approved Winter Qualifier will be held in Pocahontas, AR in November. The approved Summer Qualifier Meets are in Pine Bluff and Texarkana.

In addition, swimmers ages 9-18 who meet or beat the USA Swimming long course “A” minimum time standard for all 200M, 400M and 1500M events and “BB” time standards for events under 200M are eligible to compete in the events where they meet the minimum time standards. Qualification for the 400M and 1500M is time only. The time standard must have been met during a bona fide competition during the period. AGE DIVISIONS: Girls & Boys: 8 & Under, 9-10, 11-12, 13-14, 15-18

**Age Divisions:** Individual events will 8 & Under, 9-10 years, 11-12 years, 13-14 years, and 15-18 years. Relays will be OPEN. There will also be Mixed Relays with the stipulation that there are 2 swimmers of each gender on the relay.

**We are requesting that swimmers be aged up per their age on July 27<sup>th</sup>, 2023. This will ensure that they are qualifying in the correct age group for AAU Junior Olympic Games 2023 in Des Moines, IA.**

If you choose not to age up to 7/27/23 - A swimmer’s age as of November 5<sup>th</sup>, 2022 shall determine their age division, unless they have declared otherwise.

**Events:** All events will be TIMED FINALS. Submit swimmer's best SHORT COURSE METER 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:** AAU medals for 1st-3rd place for individual & 1st-3rd for relays. High Point trophies will be presented in each age group and team high point awards will be given for 1<sup>st</sup>-3rd. Individual ribbons are awards 4<sup>th</sup>-8th place. Relay ribbons are awarded 4th-8<sup>th</sup>.

**Scoring:** Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 (through 16 places)

Relay Events: 40-34-32-30-28-26-24-22 (through 8 places)

**Results:** Will be posted in the pool lobby throughout the day. Meet Mobile will be utilized.

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

**Send Entries To:** beadolphinsswimmer@gmail.com

**Contact telephone numbers:** Sara Frazier 870-892-8799 or Anna Lawhon 870-809-1423

**Rules and Safety:** 2022 AAU 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 & drinks will be available. Lunch will be provided for officials, coaches, & meet staff.

**Meet Director:** Sara Frazier

**Referee:** Michael Lawhon

**Starter:** TBA

**Timers and Officials:** All visiting S&T will be appreciated. Each team will be assigned lanes for timing.

#### **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.

- Spectators and parents must view the races from the parking lot side of the pool and stay outside the doors.
- Please remember to social distance.
- 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.

**Family seating.**  
**Chairs & Tents in this area.**

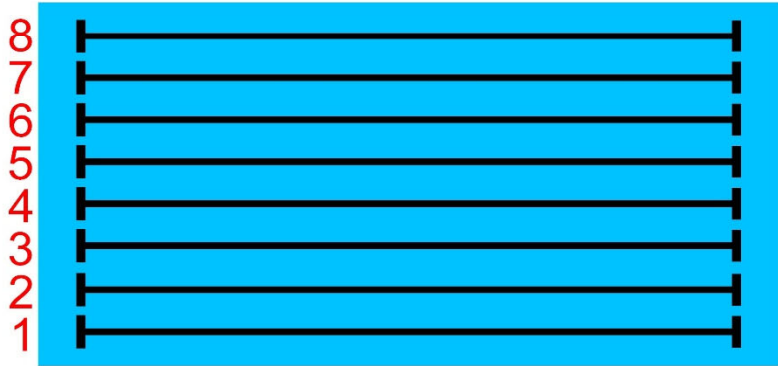
**\*Scale is off.**  
**For general information.**  
**Please park at the**  
**community center or**  
**behind the pool.**

**BARRICADE**



**Coaches**

**Spectator viewing. Return outside after event.**



**25's start @ turn end**

**Therapy Pool**

**Pro-Shop**

**Only Swimmers & meet officials**

Computer table

Dolphins

Bleacher space assigned by # of swimmers

# Event List

## November 5, 2022

|  |                                |
|--|--------------------------------|
| 200 Fly                                  | 13/14, 15/18                   |
| 50 Free                                  | 8&U, 9/10, 11/12, 13/14, 15/18 |
| 25 Breast                                | 8&U                            |
| 100 Back                                 | 10&U, 11/12, 13/14, 15/18      |
|  |                                |
| 200 Free                                 | 10&U, 11/12, 13/14, 15/18      |
|  |                                |
| 100 IM                                   | 8&U                            |
| 50 Fly                                   | 8&U, 9/10 , 11/12              |
| 25 Free                                  | 8&U                            |
| 100 Breast                               | 10&U, 11/12, 13/14, 15/18      |
|  |                                |
| 200 FREE RELAY - OPEN                    |                                |
| Relays Girls 18&U, Boys 18&U, Mixed 18&U |                                |
| 400 Free *bonus                          | 11/12, 13/14, 15/18            |
|  |                                |

## November 6, 2022

|  |                                      |
|--|--------------------------------------|
| 200 Back                                 | 13/14, 15/18                         |
| 50 Breast                                | 8&U, 9/10 , 11/12                    |
| 25 Fly                                   | 8&U                                  |
| 100 Free                                 | 10&U, 11/12, 13/14, 15/18            |
|  |                                      |
| 200 IM                                   | 10&U, 11/12, 13/14, 15/18            |
|  |                                      |
| 50 Back                                  | 8&U, 9/10 , 11/12                    |
| 200 Breast                               | 13/14, 15/18                         |
| 25 Back                                  | 8&U                                  |
| 100 Fly                                  | 10&U, 11/12, 13/14, 15/18            |
|  |                                      |
| 200 MEDLEY RELAY -OPEN                   |                                      |
| Relays Girls 18&U, Boys 18&U, Mixed 18&U |                                      |
| 400 IM *bonus                            | 13/14, 15/18                         |
| Mile *bonus                              | Limited to 2 heats - 13-18 year olds |