



## 6th Annual Dolphins Winter Invitational

### Aka... The Ugly Sweater Swim Meet

Saturday, December 3rd, 2022  
Pocahontas Aquatic Center  
Hosted by: PAC Dolphins Swim Team

We are going to mix it up for this meet! Heats will be mixed gender and pre-seeded.

- There are 25's, 50's, 100's, 200's in each stroke as well as the 100 IM, 200 IM, and the MILE.
- 200's will be 10&U, 11-12, 13-14, 15-18.
- Relays are Free, Medley, Mixed Free and Mixed Medley.
- Results will be separated into age groups and by gender.

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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.

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**Meet Director:** Sara Frazier **E-mail:** beadolphinsswimmer@gmail.com

**Date & Start Time:** Saturday, December 3rd, 2022. **Meet start @ 10:30 am\***

**Location:** Pocahontas Aquatic Center, 300 Geneva Dr, Pocahontas, AR

**Facility:** 25 meter pool with 8 lanes, SST Timing system with plunger, and Colorado Touchpads. The 2<sup>nd</sup> and 4<sup>th</sup> 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 at the "shallow" end. Swimmers will not be allowed in the therapeutic pool or in the water park area.

**Bullpen:** No bull pen will be used.

**Eligibility:** AAU registered athletes. The age of the swimmer as of Saturday, December 1st, 2018 will be the athlete's competition age.

**Age Divisions:** 8 & under, 9-10 years, 11-12 years, 13-14 years, 15-18 years, & Masters 18+.

Relays will be -

8 & under and 10 & under (100 meters), 12 & under, 14 & under, 18 & under, & Master's 18+ (200 meters).

**Events:**

- All events will be TIMED FINALS.
- Submit swimmer's best SHORT COURSE METER times to ensure proper seeding.
- All events are open to all age groups & Masters 18+.
- This meet will be pre-seeded.
- All ages will swim together.
- Over the top starts - TBD
- Events will be scored separately by age groups & gender.
- Heats will be mixed gender and seeded by time.

**Awards:**

- Individual Events: Ribbons will be awarded for 1<sup>st</sup>-8<sup>th</sup> place in all age groups.
- Relay Events: Ribbons will be awarded for 1<sup>st</sup> – 6<sup>rd</sup> place.
- Heat Winner ribbons will be awarded.
- High Point: Medals will be awarded for 1st-3rd each age group and gender.
- Team Trophies: Will be awarded for 1st-3<sup>rd</sup>

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

**Results:** Will be posted between the pool and lobby throughout the day.

**Warm-up Times:** TBD

**Entry Limit:** Each swimmer may swim a maximum of five (5) individual events and two (2) relays.

**Entry Deadline:**

- Entries must be submitted no later than MIDNIGHT, Tuesday November 29<sup>th</sup>.
- Deck entries will be accepted, if there is an empty lane. No new heats will be created. Deck entry fee is an additional \$10. (\$45 total)

**Entry Fee:** \$35/swimmer - Includes facility fees, and event/relay fees.

**Send Entries To:** [beadolphinswimmer@gmail.com](mailto:beadolphinswimmer@gmail.com)

**Contact Telephone numbers:** Coach Anna Lawhon 870-809-1423 (text or email is preferred)

**Rules and Safety:** This is an AAU sanctioned meet and USA 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 snack mix will be provided for the coaches, Officials, and Timers.

**Meet Director:** Sara Frazier

**Referee:** Sara Frazier or Michael Lawhon

**Starter:** TBA

**Timers and Officials:** We will need one (1) timer per lane. We will be using a SST timing system with 1 plunger, Colorado touch pads, and stopwatches. Once entries are received and our swimmers' families are signed up, we will let you know how many timers your team will need to provide. It is recommended that your team submit a timer's sheet to the announcer the day of the meet to ensure that there are plenty of timers from your team. Also, each team must provide as many stroke and turn judges as possible.

**Meetings:** Stroke & Turn Judges: TBD

Timers: TBD

Coaches: TBD