

7th Annual Spring Invite

April 9th, 2022

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 **Youth** Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.
Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event.
Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

Entry Deadlines:

All events and entries are due by 8:00pm on Tuesday, April 5th. Proof of AAU registration must be submitted with entries.

Registration Fee:

- \$38.00 Surcharge includes 5 individual events, 2 relay events, facility surcharge and a digital heat sheet.
- Deck entries will be accepted with proof of AAU Membership. NO new heats will be created.
- Deck entry fee is \$48.00.

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 9th, 2022 will determine their age group for the meet.
- Swimmers cannot swim in more than one age group.

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.

Award Information:

- High Point Awards will be given to: 1st- 4th place individual boy and girl for each age division
- Team Awards for 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.
- Digital Heat Sheets are included in the meet entry fee.
- Meet Mobile will be available.

Questions:

Please text Anna Lawhon @ 870-809-1423 or email beadolphinswimmer@gmail.com