



**Official Information:**

Meet Referee: Michael Lawhon

Meet Director: Sara Frazier

Meet Starter: TBD

Any officiating help from visiting teams will be greatly appreciated! Hospitality will be provided for Coaches & Officials.

**Meetings:**

Friday

- Officials Meeting @ 6:30 pm in the Hospitality Room.
- Timers Meeting @ 6:45pm in the Lobby.
- Coaches Meeting @ 6:45 pm in Hospitality Room.

Saturday & Sunday - AM Session

- Officials Meeting at 8:45 am in the Hospitality Room.
- Timers Meeting at 9:00 am in the Lobby.
- Coaches Meeting at 9:00 am in Hospitality Room.

Saturday & Sunday - PM Session

- Officials Meeting at 12:45 pm in the Hospitality Room.
- Timers Meeting at 1:00pm in the Lobby.
- Coaches Meeting at 1:00 pm 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 November 1st will determine their age division.

If a swimmer should age up between November 1st and July 25th, a swimmer may choose to swim up an age group in order to qualify for the Junior Olympics in those events. NOTE: Coaches if a swimmer is competing up an age group please alter the entry file you submit. There have been instances in the past where this was not done. It caused confusion, disappointment, and additional issues at the meet.

**Eligibility:**

All Arkansas AAU registered athletes and Arkansas AAU registered teams are eligible. Entries will not be accepted without current registration numbers for AAU registered athletes and AAU registered teams. Proof of AAU registration must be sent in with entries.

**Entry information:**

If a swimmer should age up between November 1st and July 25th, a swimmer may choose to swim up an age group in order to qualify for the Junior Olympics in those events. NOTE: Coaches if a swimmer is competing up an age group please alter the entry file you submit. There have been instances in the past where this was not done. It caused confusion, disappointment, and additional issues at the meet.

Should include swimmers name, birth date, AAU Registration numbers and seed time. Each swimmer is allowed 1 relay and 5 individual events per day (Maximum of 2 relays and 12 individual events for the entire meet) Yard times must be converted to short course meter times. Swimmers age as of November 1<sup>st</sup>, 2019 will determine their age group for the meet. Swimmers cannot swim in more than one age group.

Swimmers who have achieved a BB time standard in SC or LCM in events that are 100 or less distance and swimmers that have achieved an A time in SC or LCM in 200 or more distance must swim those events as an exhibition. Time standards are from the USA motivational time standards.

**Entry Deadlines:**

All events and entries are due by 3:00pm Friday, October 25<sup>th</sup>, 2019. Proof of AAU registration must be submitted with entries.

**Submit Entries To:** Meet Director Sara Frazier [wsfrazier@live.com](mailto:wsfrazier@live.com)

For questions please contact Sara Frazier 870-892-8799 or 870-810-2110 or by email at [wsfrazier@live.com](mailto:wsfrazier@live.com)

**Deck entries will NOT be accepted. With the exception of exhibition entries. New heats will not be created.**

**Registration Fee:**

\$8.00 Surcharge includes facility, & swimmer registration:

\$4.00 per individual event

\$8.00 per relay Events

All registration fees must be paid to Meet Director prior to the meet start on Friday. An exception will be made for teams not participating on Friday. Their entry fees must be paid before the start of the session on Saturday.

Checks should be made out to PAC Dolphins. Please, one check per team (multiple checks from individual parents will not be accepted)

**Scoring/Award Information:** AWARDS WILL BE HANDED OUT AT THE END OF EACH SESSION

- Individual Events will be scored as 9, 7, 6, 5, 4, 3, 2, 1  
1st -3rd place will receive an AAU Medals; 4th – 8th place will receive a ribbon.
- Relay Events will be scored as 18, 14, 12, 10, 8, 6, 4, 2  
1st – 3rd place will receive an AAU Medals; 4th – 8th place will receive a ribbon.
- High Point Awards will be given to: 1st place Individual Boy and Girl for each Age Division (8-Under, 9-10, 11-12, 13-14 & 15-18)
- Team Trophies 1st – 3rd place Teams with High Points (Combined Boys and Girls Score)

**JO Qualification:**

First, Second, and Third place finishers in AAU Club or District Championship Meets for individual events under 400M will qualify in those events. In addition, swimmers who meet or beat the U.S. Swimming Long Course “A” minimum time standards for all 200M, 400M and 1500M events and “BB” time standards for events less than 200M are eligible to compete in the events where they meet the minimum time standards.

\*\*\*\*Qualification for the 400M and 1500M is time only.

**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.

**Meet Shirt:** Is available for pre-order at [www.pacdolphins.com](http://www.pacdolphins.com)

**Meet Swim Cap:** Is available for pre-order at [www.pacdolphins.com](http://www.pacdolphins.com). Please note that swimmers must wear their team swim cap or a swim cap the meets the rules put forth by USA Swimming.

**Hospitality:** Limited Hospitality will be available. Drinks and snack mix 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. All personal chairs and canopies need to be removed after each session. 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 \$10.
- Results will be available on Meet Mobile and will be posted at the pool.

Friday Evening	
400 IM	13-18
200 Free	18 & U
400 Free	13-18

10 & Under Event Schedule			
Saturday - Morning		Sunday - Morning	
100 Free	10&U	50 Free	10&U
25 Free	8&U*	100 Back	10 &U
50 Back	10&U	25 Back	8&U*
100 Fly	10&U	50 Fly	10&U
25 Fly	8&U*	100 Breast	10 &U
50 Breast	10&U	25 Breast	8&U*
200 IM	10&U	100 IM	10&U*
* 100 Medley Relay - 8&U		* 100 Free Relay 8&U	
200 Medley Relay - 10&U		200 Free Relay 10&U	
<b>MEDALS</b>		<b>MEDALS</b>	

11-18 Event Schedule			
Saturday - Afternoon		Sunday - Afternoon	
100 Free	11to18	200 Free Relay - 10&U	
100 Back	11to18	200 Free Relay - 14&U	
100 Breast	11to18	200 Free Relay - 18&U	
200 Fly	13to18	100 Fly	11to18
50 Fly	11to12	50 Free	11to18
200 IM	13to18	50 Breast	11to12
200 Medley Relay - 12&U		200 Breast	13to18
200 Medley Relay - 14 &U		50 Back	11to12
200 Medley Relay - 18 & U		200 Back	13to18
<b>MEDALS</b>		200 IM	11to12
		1500	13to18
		<b>MEDALS</b>	

**Mile Check-in**

We are requesting positive check-in for the 1500 on Sunday before the session begins.

The 1500 will be left off the initial heat sheets at the meet and one will be posted after check-in.

\*Not an event at Junior Olympics