



2021 AAU Fall Sprint Invite

By Host: Aquakids & Pine Bluff Sharks

Dates: October 1, 2021

Sanction: Held under AAU Swimming Appending Approval Number:

Licensing 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

Location: University of Arkansas at Little Rock
Donaghey Student Center
Little Rock, AR 72204

Please be aware of the special circumstances regarding admission, prohibition against containers and personal items on deck associated with swim meets conducted at UALR & The Donaghey Student Center at the University of Arkansas at Little Rock.

Facility SCY: Eight lane x 25 yard pool with 9 foot lanes with Keifer Competitor lane lines and non-skid starting blocks. Colorado timing system and touch pads will be used with an eight-lane scoreboard. The minimum water depth, measured in accordance with Article 202.4.10C, is 7'0" at the start end and 8'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (5). Colorado Electronic Timing System with touch pads, horn start and eight-line display scoreboard. The meet will be run with a closed deck. No spectators will be admitted into the facility. Only coaches, swimmers, officials, and volunteers will be permitted to enter the facility.

All officials, coaches, swimmers, and volunteers may be required to wear face coverings based on UALR's Covid-19 policies. Also, swimmers may be required to wear face coverings up until the time they are entering the pool.

The swim meet may be limited to 60 swimmers. Swimmers and Spectators will be able to set up in designated areas.

Meet Type: Age-Group Timed Finals

Rules: 2021 AAU Swimming Rules and Regulations will govern the meet.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. All 18 and older registered athletes club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets.

Attending Coaches: Only coaches registered with AAU & USA Swimming will be allowed to participate in any coaching capacity. Under AAUI rules, each team must provide a copy of each attending coach's USA Swimming membership card. Attending coaches should be prepared to show proof of USA Swimming registration and valid certification in CPR, First Aid, Safety Training for Swim Coaches, concussion training, and completion of the Coaches Advantage Tutorial



Officials: Meet Referee: Jeff Carpenter - jstonecarp@gmail.com
Administrative Official: Milssa Britt - melissa_r_britt@yahoo.com
Meet Director: Amy Priddle - Apriddle.kedneycarecenter@yahoo.com

Eligibility: All swimmers must be registered as 2021 - 2022 athlete members of AAU Swimming. No entries will be accepted unless the swimmer is registered in accordance with AAU Swimming regulations. Swimmers who enter as pending, or applied for, must send their Athlete Registration and payment with the team entries. On deck registration will be permitted. The age of each swimmer as of October 1, 2021 determines age group classification for the entire meet.

Starting Times: Friday Short Course Session - 10/1st – Warm-Ups for the first session will begin at 5:00 PM

Entry Fee: \$35.00 Entry Fee

Make checks payable to **The Aquakids**. Mail entry fees to:
The Aquakids
C/o Steve Hall
PO Box 10155
Conway, AR 72034

Entry Limit: Swimmers competing in meet may swim a maximum of four (5) individual events per day.

Deadline: Entries must be received by Friday, September 24th, 2021.

Seeding: All events will be pre-seeded.

Deck Entries: No Deck Entries.

Scratches: AAU pre-seeded timed finals scratch rules will be in effect. Swimmers who do not report for a pre-seeded event will not be penalized. Any swimmer who has checked in (and not scratched before the check-in deadline) for a deck-seeded event and fails to swim shall be barred from his/her next individual event. Entry fees will not be refunded for scratches or no-shows.

Warm-Up: General Warm-up will be 25 minute long from 5:00 pm to 5:25pm. Warm-up assignments will be assigned prior to the swim meet by September 30th.

All AAU warm-up rules will be followed. Any swimmer who does not enter the pool feet first during any portion of a warm-up/warm-down period which requires feet first entry shall receive a warning for the first offense rather than a disqualification. Disqualifications are automatic for subsequent violations. In the session in which the penalty is enforced, the swimmer cannot deck enter an event to replace the event from which they were removed. These warm-up rules also apply to the warm-up/warm-down area that will be available during each session. Swimmers may dive into the pool during a designated sprint warm-up.

Heat Sheets: Heat sheets will be available for purchase for \$5.00

Awards: Ribbons will be given for places 1st-8th for the following ages 8 & Unders, 9-10, 11-12, 13-14 and 15 -18 years of age. Highpoint will be given to the following age groups listed above for the top scorer in each age division for both female and male.

Scoring: There will be no team scoring for this meet, but individuals will be scored for highpoint purposes only.

Final Results: Final results will be posted on the Aquakids website and the appropriate AAU websites.



Aquakids: We have taken enhanced health and safety measures – for swimmers, coaches, officials, and spectators. You must follow all posted instructions while attending the 2021 AAU Fall Sprint Invite at the University of Arkansas Little Rock. There is an inherent risk of exposure to COVID-19 and various of the virus exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and possible death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the 2021 AAU Fall Sprint Invite at the University of Arkansas at Little Rock, you voluntarily assume all risks related to exposure to COVID-19

AAUSwimming Covid-19 Release: 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 Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in AAU Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in an AAUSwimming 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 SWIMMING, AQUAKIDS INC. PINE BLUFF SHARKS, UALR 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Additional Rules: Use of a still or video camera or a cell phone with video capability is prohibited in all dressing rooms, locker rooms, bathrooms or any other location where swimmers may be dressing. Any person found using such devices in these areas will immediately be removed from the meet with all fees forfeited, and subject to further AAU Swimming sanctions and penalties.

Smoking and use of other tobacco products are prohibited on the deck, in the bleachers, locker rooms, and throughout the University of Arkansas at Little Rock.

Swimmers must use the locker rooms to change. On deck changing is not allowed.

This meet will have a “nut-free” deck. Please do not bring food items containing nuts on the pool deck.

Every swimmer entered in the meet must be certified by a AAU Swimming member coach as being proficient in performing a racing start or must start each race from within the water.

AAU Swimming welcomes the participation of swimmers with disabilities in all AAU sanctioned events. Swimmers and/or their coaches who may have special needs are expected to contact the Meet Referee to discuss competitive accommodations, and to contact both the Meet Referee and the Meet Director to discuss facility accommodations, prior to the entry deadline for the meet.

Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

It is understood and agreed to that AAU Swimming, Aquakids and Pine Bluff Sharks the host club and officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

AAU Swimming Maintain minimum physical distancing of six feet between participants at all times, except when actively



Guidelines: participating in the sports activity.

Athletes, Coaches, and All Staff must be screened prior to any activity by asking the following questions and excluded if the answer is yes.

- Have had a fever of 100.4°F or greater in the last 2 days
- Have a cough, difficulty breathing, sore throat, or loss of taste or smell
- Had contact with a person known to be infected with COVID-19 within the previous 14 days

Coaches and All Staff must have temperature checked by digital thermometer prior to entry, and those whose temperature is greater than 100.4°F must be excluded.

Face coverings that completely cover the nose and mouth are required for everyone 10 years of age or older for indoor sports. Face coverings are strongly encouraged for outdoor sports.

Athletes - Face coverings are strongly encouraged when not actively participating in an outdoor sports activity. - Face coverings or masks must be worn during indoor sports where a face covering is not inhibitory.

Coaches and Staff - Face coverings must be worn at all times for indoor sports and are strongly encouraged for outdoor sports.

Use of communal spas, showers, saunas or other similar equipment are prohibited.

An alcohol-based hand sanitizer or adequate handwashing facilities must be provided for use by all attendees.

Sports equipment, restrooms, lockers, water fountains and other high touch surfaces must be sanitized frequently during each event. For a list of cleaning products that will eliminate the Covid-19 virus, visit <https://www.epa.gov/pesticide-registration/list-ndisinfectants-use-against-sars-cov-2>.

Avoid non-sport related personal contact at all times. This includes, but is not limited to, huddles, high-fives, hand shaking, fist bumping, and chest bumping.

For games, competitions, tournaments, meets, and other athletic events held in a facility, the facility hosting the event must follow the current Directive for Large Indoor or Large Outdoor Venues. Spectators are covered under these Directives.

For training and conditioning held in an athletic facility, the facility must follow the current Directive for Gym, Fitness Center, Athletic Club and Weight Rooms.

Concession Stands may operate but must follow all applicable sections of the Directive for Resuming Restaurant Dine-In Operations.



2021 AAU Fall Sprint Invite
Friday, October 1st

Girls Open Events		Boys Open Events	
101	25 Free	25 Free	102
103	50 Fly	50 Fly	104
105	100 Back	100 Back	106
107	25 Breaststroke	25 Breaststroke	108
109	50 Free	50 Free	110
111	100 Fly	100 Fly	112
113	25 Back	25 Back	114
115	50 Breaststroke	50 Breaststroke	116
117	100 Free	100 Free	118
119	25 Fly	25 Fly	120
121	50 Backstroke	50 Backstroke	122
123	100 Breaststroke	100 Breaststroke	124
125	100 IM	100 IM	126



2021 AAU Fall Sprint Invite
Meet Summary Sheet

Team Name: _____

Team Abbreviation: _____ Club Code: _____

Attending Coaches: _____

Entry Information:

Number of individual entries _____ @ \$0.00 = _____

Number of swimmers (facility fee) _____ @ \$35.00 = _____

TOTAL \$ _____

Team Address: _____

Phone: (_____) _____

E-mail: _____

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against AAU Swimming, Aquakids, Pine Bluff Sharks and ULAR the host club, and officials.

Signature of coach or club representative:

Please send entries to: The Aquakids
C/o Steve Hall
PO Box 10155
Conway, AR 72034
(501) 773-7744
CoachSteveHall@Gmail.com