

2019 IE SAS Summer Solstice Swim Meet

June 21-23, 2019

Held under the sanction of USA Swimming and Inland Empire Swimming, Inc.
Sanction # IE 19-1393, approval of USA Swimming, and sanctioned by Inland
Northwest LMSC for USMS Inc. Sanction # 359-S004

In granting this sanction it is understood and agreed that USA Swimming and Inland Empire Swimming shall be free and held harmless from any liabilities of claims for damages arising by reason of injuries to anyone during the conduct of the event. Use of audio or visual recording devices, including cellphone cameras is not allowed in changing areas, rest rooms or locker rooms. Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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. Deck changes are prohibited. Changing into or out of swimsuits other than in the facility locker rooms or other designated area designated by the host facility, is not appropriate, and is prohibited.

Host: Spokane Area Swimming (SAS)

Location: Witter Pool, Mission Park, 1400 East Mission, Spokane, WA.

Facilities: Witter Pool is an aquatic center opened to the public May 17, 2010. The aquatic center has a competition pool (50 meters x 25 yards-8 lanes). The adjacent warm-up pool (20 yards – 3 lanes), will be available during the duration of the competition. Water depth and starting block height meet the 2014 USA Swimming regulations. The competition course has not been certified in accordance with USA Swimming article 104.2.2C (4). The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with USMS articles 105.1.7 and 107.2.1. The competitive pool water depth varies from 12 feet at the start end to 3.6 feet at the turn end. The 200 meter relays will have the 50m and the 150m exchanges from within the water starts. The aquatic center is wheelchair accessible.

Shade tents are not allowed inside the fenced pool area. All portable shade and tents must be taken down each evening.

Parking: Parking is available in the Witter Pool lot, Mission Park lot (adjacent to pool); please no parking on the Centennial Trail. Parking is also available in the Stevens Elementary parking lot (two blocks east over the bridge, on the right). Street parking is available along the area residential streets. The Avista parking lot is available after 5pm on Friday, and all day Saturday and Sunday. **DO NOT ATTEMPT TO PARK IN THE GRAVEL LOT BEFORE 5PM. AVISTA UTILITIES HAVE STRICT SECURITY; CARS MAY BE TOWED WITHOUT NOTICE. DO NOT PARK IN THE GRASS BEHIND THE POOL.** No overnight camping (tent or R.V.) is allowed in any lots or City parks.

Meet Schedule:

<u>Day</u>	<u>Session</u>	<u>Age</u>	<u>Warm-Up</u>	<u>Start</u>	Officials <u>Meeting</u>	Coaches <u>Meeting</u>
Friday	1	11 & Over	8:00-8:45 am	9:00 am	8:15 am	7:45 am
Friday	2	All	1:00-1:45 pm	2:00 pm	1:15 pm	12:45 pm
Sat/Sun	3/5	12 & Under	7:00-7:45 am	8:00 am	7:15 am	6:45 am
Sat/Sun	4/6	13 & Over	12:00-12:45 pm	1:00 pm	12:15 pm	11:45 am

Eligibility: Open to all swimmers who are registered with USA Swimming at the time of meet entry or with U.S. Masters Swimming.

Entries: All swimmers may enter maximum of (3) events on Friday and a maximum of five (5) events on Saturday and Sunday and may enter one relay per day. Entries will be limited to the team that has the 450th swimmer entered. Date of receiving entries determines the order of entry. Submit long course meter times. No time entries are allowed. Deck registrations for USA Swimming swimmers not in the meet are not permitted per IES policy. However, pre-registered swimmers who have not pre-entered the maximum number of events as stated above may deck enter additional events and time trials at the discretion of the meet referee.

Positive check in will be required for the 1500 free, 800 free, 400 free and 400 IM. If the projected timeline exceeds USA Swimming or the Inland Empire recommended timeline, entries may be limited in the relays, 1500 Free, 800 Free or the 12 & under 200 events; no-times and slower entries will be deleted first. Entry fees will be refunded for any deleted entries. All teams will be notified by June 15th of any pre-meet scratches.

The 1500 free, 800 free, 400 free and 400 IM will be swum fastest to slowest alternating women and men. Some heats of the 1500 free, 800 free, 400 free and 400 IM may be swum mixed gender. Swimmers must provide their own timers for these events, and 1500 and 800 swimmers must provide their own counters.

Entry fees:

\$4.00 Individual entry fee per event (\$15 per time trial)

\$12.00 Relay entry fee per relay (\$20 per time trial)

\$14.00 Surcharge per swimmer

\$5.00 Facility fee per swimmer

Make checks payable to Spokane Area Swimming, in US funds.

Submitting entries by June 15, 2019:

USMS swimmers: Please register online only at www.inlandnwmasters.org

USA Swimming: Please submit the following to Jennifer Hochwalt at jrhochwalt@gmail.com

1. .zip entry file from Team Manager
2. Print to file (Word or PDF format) of team individual & relay entries
3. Print to file (Word or PDF format) of meet fees due

Entry Deadlines:

Priority deadline for Inland Empire Teams: June 5, 2019

Final entry deadline: June 15, 2019.

Due to the high interest in this meet, it is strongly recommended for IE teams to get your team entries in by the June 6th priority deadline. We will notify IE teams of their acceptance as we receive your submitted entries; we will notify all outside IE teams of their acceptance starting on June 6, 2019.

Mail entry fees and Meet Entry fee summary report to:

Spokane Area Swimming

P.O. Box 9920

Spokane, WA 99209-0920

Rules: Current United States Swimming rules will govern the dual-sanctioned meet as a Combined Meet. The rules and procedures of Inland Empire Swimming will also apply. Masters athletes must be currently registered with USMS. The Meet Referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event shall be directed to the Meet Referee and shall come from a Coach. USA swimmers participating in the meet without a Coach must report to the Meet Referee prior to the warm-ups for instructions. Coaches must be current USA Swimming certified. Proof of Coach's certification must be produced at any time upon request by the Meet Referee. Any swimmer entered in the meet must be certified by a USA Swimming Member Coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a Member Coach then it is the responsibility of the swimmer or the swimmer's Legal Guardian to ensure compliance with this requirement.

Deck Area: The Deck area is considered to be a three foot area from the edge of the pool and all of the area behind the starting blocks. Only swimmers, coaches, officials and meet personnel are permitted in the Deck area. Spectators will not be allowed in the Deck area.

SWIMS: The USA Swimming SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any swimmer data that is NOT correct in the meet database please notify the Meet Referee as soon as possible and the appropriate changes will be made. The data will be sent to USA Swimming within 3 days of the meet.

Awards: USA Swimmers placing 1st through 8th in individual events will receive stickers. Relays placing 1st through 3rd will be awarded stickers. All multi-age group events will be awarded as 8 & Under, 9-10, 11-12, 13-14, 15-19. Individual and team scores will not be recorded. Each team should have a representative to pick up awards at the end of the meet. Awards will not be mailed to teams that fail to pick up their awards at the end of the meet. USMS swimmers will be scored as a separate division and awards will be available upon request from the office.

Officials:

Meet Directors: Darren and Darcy Hein

Meet Referee: Mike Miura

Head Starter: Darcy Hein

Team Lead: Lisa Kuhar

Stroke & Turn: Trisha Siebert, Laura Prigan, Stacy Ruckhaber, Cindi Fuller

Administrative Official: Jennifer Hochwalt

Visiting Officials are welcome and encouraged to help. Please bring current certifications and USA Swimming registration cards; these will be verified by the meet referee before deck assignments are made. Please be sure to have the appropriate uniform of white polo shirt, blue shorts, skirt or pants, and white shoes.

Warm-up procedures: Meet marshals will be on deck as safety observers during the warm-up period. Meet marshals have the authority to remove, with concurrence of the meet referee, any swimmer, coach, or club from the warm-up or the meet who do not follow safety rules. Certified coaches must be on the deck during warm-ups.

Timing: Colorado Timing System will be used. Sign-up sheets will be posted with spots for two timers to each lane. Any assistance with timing assignments is appreciated.

Miscellaneous: Concessions will be available during the duration of the meet. Hospitality will be provided for coaches and officials. No smoking, glass containers, or alcoholic beverages are allowed within the Aquatic Center facility property or adjacent Mission park. Barbeque cooking is not allowed within the Witter Aquatic Center property. It is allowed in Mission Park.

Swimwear vendor: TBD

T-shirt vendor: EVENT SHIRT by Original Design, Anne North-Jones

Directions: From I-90 take the Hamilton street exit-travel north on Hamilton to Mission Street, turn right. Travel east on Mission Street approximately ½ miles, Witter Aquatic Center will be on the right side just past the railroad track crossing.

Hotel: Please consider the Hotel RL (formerly the Red Lion Inn at the Park) in downtown Spokane for your 2019 Summer Solstice lodging. SAS and Hotel RL are offering this excellent property within walking distance to downtown attractions for \$125.00 per night. This outstanding rate includes a 2 queen bed room, wi-fi, parking and breakfast. Please visit the link for booking information. The deadline for this offer is May 22nd.

<https://www.redlion.com/park-spokane>

Summer Solstice Swim Meet - Order of Events

Friday

Session 1: 8:00 am warm-up & 9:00 am start

Girls Event #	Event	Boys Event #
1	11 & over 1500 free	2
3	11 & over 800 free	4

Positive check-in for morning session closes at 8:30 am (Please check in before warm-ups)

Session 2: Warm-up 1:00 pm & Start at 2:00 pm

5	12 & under 200 IM	6
7	13 & over 200 IM	8
9	12 & under 200 Free	10
11	13 & over 200 Free	12

Saturday

Session 3: 7:00 am warm-up & 8:00 am start

Girls Event #	Event	Boys Event #
13	11/12 200 Back	14
15	10 & under 100 Breast	16
17	11/12 100 Breast	18
	2 minute Break	
19	10 & under 50 Fly	20

Girls Event #	Event	Boys Event #
21	11/12 50 Fly	22
23	10 & under 50 Free	24
25	11/12 50 Free	26
	2 minute Break	
27	10 & under 100 Back	28
29	11/12 100 Back	30
31	11/12 200 Fly	32
33	12 & under 200 Medley Relay	34

Session 4: 12:00 pm warm-up & 1:00 pm start

Girls Event #	Event	Boys Event #
35	13 & over 200 Back	36
	2 minute Break	
37	13 & over 50 Breast	38
	2 minute Break	
39	13 & over 100 Fly	40
41	13/14 400 Medley Relay	42
43	15 & over 400 Medley Relay	44
	2 minute Break	
45	13 & over 50 Fly	46
	2 minute Break	
47	13 & over 200 Breast	48
49	13 & over 100 Free	50
51	13 & over 400 IM	52

Positive Check-in for 400 IM closes at 1:30 pm (Please check in before warm-ups)

Sunday

Session 5: 7:00 am. Warm-up & 8:00 am start

Girls Event #	Event	Boys Event #
53	11/12 200 Breast 2 minute Break	54
55	10 & under 50 Back	56
57	11/12 50 Back	58
59	10 & under 50 Breast	60
61	11/12 50 Breast 2 minute Break	62
63	10 & under 100 Fly	64
65	11/12 100 Fly	66
67	10 & under 100 Free	68
69	11/12 100 Free	70
71	12 & under 200 Free Relay	72

Session 6: 12:00 pm warm-up & 1:00 start

Girls Event #	Event	Boys Event #
73	13 & over 200 Fly 2 minute Break	74
75	13 & over 50 Free 2 minute Break	76
77	13 & over 100 Back	78
79	13/14 400 Free Relay	80
81	15 & over 400 Free Relay 2 minute Break	82
83	13 & over 50 Back 2 minute Break	84
85	13 & over 100 Breast	86
87	13 & over 400 Free	88

Positive Check-in for 400 free closes at 1:30 p.m. (Please check in before warm-ups)