

**AMERICAN ENERGY SWIM CLUB  
WINTER ICE BREAKER MEET**

**January 24-26, 2020**

**OKS Sanction # OK20-004**

Held under the sanction of: **USA-Swimming and Oklahoma Swimming, Inc.**

**HOST:** American Energy Swim Club

**LOCATION:** **Mitch Park YMCA/Edmond Public Schools Aquatic Center**  
2901 Marilyn Williams Drive  
Edmond, OK 73003  
Oklahoma City, OK

**MEET DIRECTOR:** Dan Vincent  
(918) 706-4884  
[meetdirector@aescok.org](mailto:meetdirector@aescok.org)

**MEET REFEREE:** Mitch Parks  
**OFFICIAL:** (405) 760-9056  
[mitch.parks@aescok.org](mailto:mitch.parks@aescok.org)

**MEET ADMIN** Amanda Herrick  
**OFFICIAL:** (405) 760-9056  
[ahistoryherrick@gmail.com](mailto:ahistoryherrick@gmail.com)

**ENTRIES CHAIR:** Shilah Seale  
(405) 779-0211  
[meetentries@aescok.org](mailto:meetentries@aescok.org)

**FACILITIES:** Twenty-five (25) Short Course Yard venue. The competition pool is certified according to USA-S rule 104.2.2C (4). A copy of this certification is on file with USA-S. The depth of the competition pool when measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.) meters) at the start wall is 13 feet 6 inches and when measured for a distance of 3 feet 3 inches to 16 feet 5 inches (5.0 meters) at the turn/bulkhead is 7 feet 4 inches. Controlled temperatures. Eight lanes, with non-turbulent lane lines. Electronic timing system. Large spectator area. Warm-up pool available for continual use. The course has been certified in accordance with USA Swimming rule 104.2.2C (4). A copy of this certification is on file with USA Swimming.

**FORMAT:** Dual session timed finals meet. Entry times will be in seeded SCY, LCM, SCM format. The use of a "No Time" for an individual event is allowed. Please use a composite time for relays. The format is designed to limit the time of competition to four hours for swimmers 12 & under. If the entry report for the meet indicates that the 4 hour limit will be exceeded the Meet Director will make any necessary revisions to meet this requirement. Swimmers of any age may swim the SENIOR events. 12- Under athletes who choose to enter one of the "SENIOR" events may not exceed the 4 hour rule for their AGE Group.

**ELIGIBILITY:** The meet is open to all registered USA-S athletes. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

Registration for USA Swimming membership will NOT be accepted at this meet. All entrants must be registered with USA Swimming and be able to demonstrate the same prior to the first day of the meet.

The Meet Director will initiate a registration recon report to the OKS Registration Chair at least 5-6 days prior to the event. The report will list all registration errors for athletes entered in the meet. The Meet Director will notify the attending clubs or unattached athletes of these errors. The notification of error must be corrected or reconciled before the start of the first session in which they are listed to swim or the

athlete will not be allowed to swim. The Meet Referee and the Meet Director will work with the cooperation of the Registration Chair to enforce and follow up on the swimmers noted in the registration report.

All applicable adults participating or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) will govern this meet. If any adult is swimming, they must complete USA-Swimming Athlete Protection.

**POOL DECK  
ACCESS:**

Access to the pool/deck area will be limited to athletes, coaches, officials, timers and OKS representatives working the meet. **Coaches and officials must provide Deck Pass proof to receive deck privileges.** Parents and other non-swimmers not involved in the running of this meet are requested to remain in designated spectator areas. Non – Athlete registration cards do NOT grant parents access to the pool deck at any time.

The Meet Director and Meet Referee reserve the right to limit deck access in the event of overcrowding, inappropriate behavior or for any reason concerning the safety or the efficient operation of the meet. USA-S Rules of Conduct will be strictly enforced.

**DECK CHANGING:** Deck changes are prohibited.

**CODE OF CONDUCT:** Any individual who exhibits behavior of a threatening, abusive or derogatory manner toward an official or member of the meet operations committee is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective team's parents. Anyone found to be misrepresenting him or herself, as a certified coach will be removed from the deck. The Code of Conduct for USA Swimming as outlined in Article 304.2 and 304.3 will be enforced at the meet.

**USA-S rule 202.4.10 H states the “(u)se of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms”.**

**LIABILITY**

In granting this sanction, pursuant to USA-S 202.4.10 L, “(i)t is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet”. In addition, it is understood and agreed that Oklahoma Swimming Inc., all officials, the American Energy Swim Club and Mitch Park YMCA, and Edmond Public Schools Aquatic Center shall be free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending swimmer or swimmers, if unattached, or the offending swimmer's club, if attached, to be accountable for repairs.

**DISABILITIES:**

American Energy Swim Club welcomes athletes with disabilities. Please alert the Meet Director to any accommodations that may be required at the entry deadline.

**ENTRY LIMITS:**

**Individuals:** Athletes are limited to ONE (1) individual event on Friday, and Six (6) individual events per day on Saturday and Sunday, plus relays. ***DECK ENTRIES WILL BE ACCEPTED AT THIS MEET INTO AVAILABLE LANES, the addition of a zero heat may be added at the discretion of the Meet Director.***

**Athletes are limited to an overall maximum of 13 individual events for this meet.**

Entries will be limited to the first 625 athletes. Entries will be considered according to the order of the electronic postmark. However, if a team's entries exceed the meet cap, the team will not be split. Teams

whose entries are not accepted because the limit has been reached will be notified by e-mail, and the entry fees will be returned.

**ENTRY FORMS:**

All entries should be submitted via electronic format. Files compatible with Hy-Tek Meet Manager e.g. CL2, Sd3, hyv format is the preferred procedure. Any handwritten or printed entries **MUST** indicate the swimmer's name, sex, age, USAS #, event #, and entry time for each event.

All entry files must include the entry chair's name, phone number, and e-mail contact information. The entry file should include the contact information for whom to send meet information updates and warm-up assignments. Each entry file will be followed up with an entry report from the American Energy Swim Club meet director. This report is for your review and confirmation of the entries received for the meet. If within 24 hours of receipt of the entry report there has been no response, the entry report will be automatically incorporated into the meet format as correct.

**IMPORTANT: Any athlete whose entries are not submitted via an electronic format, which will require "hand entry" into the meet, will be charged \$30.00 in addition to the other printed meet entry fees. These fees are nonrefundable and are due wither the athlete competes or not.**

**Send all electronic entry information to Entries Chair:**

**Shilah Seale**  
**meetentries@aescok.org**

Each team should make one check payable to: American Energy Swim Club or AESC for all entry fees. NO individual checks will be accepted. Entry fees must be received prior to the start of the meet. NO mail requiring signature confirmation for delivery will be accepted.

**Send payment to:**  
**American Energy Swim Club**  
**PO BOX 20338**  
**Oklahoma City, OK 73156**

**ENTRY FEES:**

\$8.00 per individual event (\$2.00 goes to the OKS Aquatic Fund)  
\$12.00 per relay (\$2.00 goes to OKS Aquatic Fund)  
\$16.00 per deck entry (\$2.00 goes to OKS Aquatic Fund)  
\$24.00 per relay deck entry (\$2.00 goes to OKS Aquatic Fund)  
\$23.00 per athlete surcharge. All athletes must be entered in the meet to swim any individual events.

**ENTRY  
DEADLINE:**

**ENTRIES MUST BE IN THE HANDS OF THE ENTRIES CHAIR NO LATER THAN 6:00PM TUESDAY, JANUARY 14, 2020. NO LATE ENTRIES WILL BE ACCEPTED. AMERICAN ENERGY SWIM CLUB WILL NOT BE RESPONSIBLE FOR THE INCLUSION OF ANY ENTRIES DELIVERED TO SOMEONE OTHER THAN THE MEET DIRECTOR.**

**SCRATCHES /  
SEEDING:**

The 12 & under 500 Free, Senior 400 IM, Senior 500 Free, Senior 1000 Free and Senior 1650 Free require a positive check-in to swim. These events will be deck seeded and swam fastest to slowest alternating women and men. **Failure to show for a "positive check in to swim" event will result in the athlete being removed from their next available individual event.**

Positive Check-In will close 30 min. prior to the start of the session that the event is scheduled to be swam.

On Friday the 1000 Freestyle and 1650 Freestyle will be swam in the following order:

The fastest heat of women in the 1000 will swim first followed by the fastest heat of men swimming the 1000. The fastest heat of women swimming the 1650 will then swim followed by the fastest heat of men swimming the 1650. Each following heat will alternate heats swimming fastest to slowest of the 1000 women and men followed by heats of the 1650 women and men until all heats have been completed.

The meet program is not the final determinant of seeding. Late entries, corrections, or scratches may impact the actual heat and lane assignment. Seeding will be posted as soon as possible after the scratch or positive check-in period closes.

**Swimmers (or their coach) are the only ones who may scratch a swimmer from an event.** Please note that a medical scratch approved by the Meet Referee, counts as an event and is regarded as a DQ with no penalty imposed.

#### **WARM UP PROCEDURES:**

Oklahoma Swimming warm-up procedures will be enforced. Only swimmers entered in individual events in each session may participate in that session's warm-up period. All swimmers must be under the direct supervision of a USA Swimming registered coach. 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or swimmer's legal guardian to ensure compliance with this requirement.

#### **WARM UP GUIDELINES:**

##### **PRE- MEET and GENERAL WARM –UP SESSIONS**

- Control/Supervise: Key words for safe warm-ups.
- A designated supervisor shall be on deck during the entire warm-up period.
- Marshalls should be actively supervising the warm-ups to ensure proper procedures are followed.
- Swimmers shall enter the water feet first except for starts. No forward or backstroke starts except in controlled one way sprint lanes at the designated time.
- General warm-up periods with assigned lanes for each team shall remain under the control of the assigned team's coaches at all times.
- No paddles buoys or kick boards are allowed unless specified in the Meet Information document.
- No diving in lanes other than those designated for racing starts in an unassigned warm up session.
- Starting blocks should be marked to remind swimmers that they should not dive in lanes other than the designated lanes.
- The Meet Announcer may announce lane changes and /or warm- up changes as per general and specific.
- Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
- Marshalls have the authority through the Meet Director over warm-up. A swimmer and/or coach may be removed from the deck for interfering with the Marshall.
- When the number of participants for a meet session cannot be safely accommodated during the same warm- up period, warm up- sessions should, be split to provide a safe and adequate warm- up time for all.
- The Meet Referee shall have the responsibility to establish and enforce rules for safe conduct within the competitive pool area during the duration of the swimming competition.
- There shall be at least one Marshall at each end of the warm up area to ensure the warm- up procedures will be followed.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition

#### **STARTS AND SPRINTS:**

Starts and Sprints will be conducted at the times as referenced. Starts and sprints will be permitted in all warm up lanes. Please refer to the information regarding starts and sprints listed below. During sprints, swimmers will start from the starting blocks, exit at the bulkhead and walk back to the start area. Warm-up information will be posted at the Clerk of Course area and the athlete bleacher area.

**TIMES:**

DAY	WARM-UP	SPRINTS	MEET STARTS
FRIDAY	4:00-4:20 PM 4:20-4:40 PM	4:40-4:55 PM	5:10 PM
SATURDAY AM	7:30-8:10 AM	8:10-8:25 AM	8:30 AM
SATUDAY PM	1:00-1:40 PM	1:40-1:55 PM	2:00 PM
SUNDAY AM	7:30-8:10 AM	8:10-8:25 AM	8:30 AM
SUNDAY PM	12:30-1:10 PM	1:10-1:25 PM	1:30 PM

**\*\*Warm Up sessions could be split into two 20 min sessions, depending on attendance\*\***

**RULES:** 2019 USA-S and OKS rules shall govern the meet.

**AWARDS:** Ribbons will be given for the first eight (8) places in the 8- under, 9, 10, 11-12 age groups. Ribbons will be given for participants swimming in the 12-under events only. The meet will NOT BE SCORED. Ribbons will be awarded for the top four (4) relay winners in the 12-under events. Ribbons will not be provided for athletes swimming out of their age group in the SENIOR sessions.

**FINAL RESULTS:** Results of each session shall be posted on the American Energy Swim Club website [[www.americanenergyswimclub.org](http://www.americanenergyswimclub.org)]. Results will also be available through the Meet Mobile app for iPhones, iPads, iTouch devices. Complete Meet event results will be sent electronically to each team's representative or if unattached to the athlete's representative, within 24 hours after the conclusion of the meet via email. Results to SWIMS file will be sent electronically to the OKS SWIMS Chair within 24 hours. Results files will include a results file for Team Manager and a complete results file in publication format.

**HEAT SHEETS:** A list of all entrants with their times by event, heat and lane assignment for each day will be sold for \$10.00 each. Deck seeded events will be shown in psych sheet format in the meet program.

**CONCESSIONS:** A concessions area will be available to swimmers and spectators by the entrance to the facility.

**MERCHANDISE:** A "swim shop" of swim merchandise will be on site for this event.

**HOSPITALITY:** There will be a hospitality area available for officials and coaches working the meet.

**SAFETY:** Activities in the pool area that may result in injury are prohibited. Event Marshals will be appointed to monitor the activities of swimmers and spectators during warm-ups and the meet, and are empowered by the safety rules of OKS to enforce the safety procedures. **Repeated violations or activities that are considered to be sufficiently dangerous may result in ejection from the meet.** Access to the pool/deck area will be limited as previously described. Swimmers failing to comply with the above safety rules are subject to disqualification and/or expulsion from the meet at the discretion of the Meet Referee. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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

	FRIDAY JANUARY 24, 2020	
<u>GIRLS EVENT #</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
1	12-U 200 FREE	2
3	12-U 500 FREE **	4
5	SENIOR 1000 FREE **	6
7	SENIOR 1650 FREE**	8

**\*\*POSITIVE CHECK IN EVENT**

	SATURDAY JANUARY 25, 2020 MORNING SESSION	
<u>GIRLS EVENT #</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
9	12-U 200 FREE RELAY	10
11	12-U 100 FLY	12
13	8-U 25 BACK	14
15	12-U 50 BACK	16
17	12-U 100 IM	18
19	8-U 25 FREE	20
21	12-U 50 FREE	22
23	12-U 100 BREAST	24

	SATURDAY JANUARY 25, 2020 AFTERNOON SESSION	
<u>GIRLS EVENT #</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
25	13 and OVER 200 MEDLEY RELAY	26
27	13 and OVER 200 FREE	28
29	13 and OVER 50 FREE	30
31	13 and OVER 100 FLY	32
33	13 and OVER 200 BACK	34
35	13 and OVER 200 BREAST	36
37	13 and OVER 100 FREE	38
39	13 and OVER 400 IM**	40

**\*\*POSITIVE CHECK IN EVENT**

	<b>SUNDAY JANUARY 26, 2020 MORNING SESSION</b>	
<b><u>GIRLS EVENT #</u></b>	<b><u>EVENT</u></b>	<b><u>BOYS EVENT #</u></b>
41	12-U 200 MEDLEY RELAY	42
43	12-U 100 FREE	44
45	8-U 25 BREAST	46
47	12-U 50 BREAST	48
49	12-U 200 IM	50
51	8-U 25 FLY	52
53	12-U 50 FLY	54
55	12-U 100 BACK	56

	<b>SUNDAY JANUARY 26, 2020 AFTERNOON SESSION</b>	
<b><u>GIRLS EVENT #</u></b>	<b><u>EVENT</u></b>	<b><u>BOYS EVENT #</u></b>
57	13 and OVER 200 FREE RELAY	58
59	13 and OVER 200 FLY	60
61	13 and OVER 100 BACK	62
63	13 and OVER 100 BREAST	64
65	13 and OVER 200 IM	66
67	13 and OVER 500 FREE **	68

**\*\*POSITIVE CHECK IN EVENT**