

2015 Arizona Swimming

## Polar Bear Plunge

Hosted by Yuma Aquatics (Yuma Heat)

**January 23 – 25, 2015**

- Approved by** Arizona Swimming, Inc. **Sanction #** AZ15-22
- Liability** In granting this Sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Yuma Aquatics, Inc., the City of Yuma and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.
- Host** Yuma Aquatics, Inc. (**HEAT**)
- Meet Director** Marcel da Ponte (928)580-9580 / yumaswims@yumaheat.org
- Location** Valley Aquatic Center 4381 W 18<sup>th</sup> St, Yuma, AZ 85364
- Meet Referee** John-Paul Plante / johnpaulplante@hotmail.com
- Course** Ten lane 25 yard course. Colorado Timing System with a horn start, 10 lane scoreboard, and Hy-Tek Meet Manager software with interface will be used.
- Eligibility**
1. Open to any USA Swimming registered athlete or any foreign athletes formally invited by USA Swimming.
  2. This is a No Time Standard (NTS) meet, limited to 400 athletes.
- Sessions**
- Session 1 Friday, January 23 – Warm-up begins at 1:00PM, 2:00PM Start**  
**Session 2 Saturday, January 24 - Warm-up begins 7:45AM, 9:00AM Start**  
**Session 3 Saturday, January 24 - Start 30 minutes after completion of session 2**  
**Session 4 Sunday, January 25 - Warm-up begins 7:45AM, 9:00AM Start**  
**Session 5 Sunday, January 25 - Start 30 minutes after completion of session 4**

## **Rules Governing Sanctioned Meets**

1. Age on the first day the meet will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
3. Swimming competitions shall be conducted in conformance with USA Swimming Technical Rules.
4. 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 - it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
5. The competition course has not been certified in accordance with 104.2.2C(4) as to pool length.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, x 9 inches at the start end and 6 feet, x 9 inches at the turn end.
7. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
9. No swimmer will be permitted to compete unless swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
11. All referees, starters, administrative officials, chief judges and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
12. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectfully, to the Meet Referee prior to the start of each session of competition. If requested, Arizona Officials and Meet Marshals must present their AzSI issued Picture Id's to the Meet Referee
13. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition. If requested, Arizona Coaches must present their AzSI issued Picture Id's to the Clerk of Course.
14. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshal's shall wear their identifying vests.
15. Swimmers with a disability are welcome. The Swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.

### **Entries**

Deadline for receipt of entries is 5:00 PM, Sunday, January 18, 2015.

No late entries will be accepted. Swimmers are allowed to swim a maximum of three (3) individual events per session/5 total per day. Entries must be submitted in short course yard times by sending a Hy-Tek file via email to: [yumaswims@yumaheat.org](mailto:yumaswims@yumaheat.org)

**Fees** \$ 6.00 per Swimmer (Arizona Swimming Surcharge)  
\$ 3.00 per Event  
Make Checks Payable To: **Yuma Heat**

- Awards** Ribbons for Places 1-10. Individual awards will be recognized for the following age groups, men and women: 8 &U, 9-10, 11-12, 13-14, 15 & Over.
- Officials** Visiting Stroke & Turn Officials are invited, and encouraged to participate.
- Hotels** A Hotel List will be posted on our website starting December 15, 2014. Please check for the best deals and the hotels that support swimming in Arizona.
- General** Heat sheets will be sold for \$5.00. / Concessions will be available.

**Meet Events:**

**Friday – Session 1**

**Warm-up: 1:00PM, Meet Starts: 2:00PM**

- 1 – Mixed 9 & Over 200 IM
- 2 – Mixed 12 & Under 100 IM
- 3 – Girls 15 & Over 50 Free
- 4 – Boys 15 & Over 50 Free
- 5 – Girls 13-14 50 Free
- 6 – Boys 13-14 50 Free
- 7 – Girls 11-12 50 Free
- 8 – Boys 11-12 50 Free
- 9 – Girls 10 & Under 50 Free
- 10 – Boys 10 & Under 50 Free
- \*11 – Mixed 9 & Over 500 Free

**Saturday – Session 2**

**Warm-up: 7:45AM, Meet Starts: 9:00AM**

- 12 – Mixed 14 & Under 50 Back
- 13 – Mixed 11 & Over 200 Back
- 14 – Mixed 10 & Under 25 Breast
- 15 – Mixed 9 & Over 100 Breast
- 16 – Mixed 14 & Under 50 Fly
- 17 – Mixed 11 & Over 200 Fly
- 18 – Mixed 10 & Under 25 Free
- 19 – Mixed 9 & Over 100 Free

**Saturday – Session 3**

**Meet Starts: 30 minutes following the conclusion of Session II**

- \*20 – Mixed 11 & Over 400 IM

**Sunday – Session 4**

**Warm-up: 7:45AM, Meet Starts: 9:00 AM**

- 21 – Mixed 9 & Over 200 Free**
- 22 – Mixed 10 & Under 25 Fly**
- 23 – Mixed 9 & Over 100 Fly**
- 24 – Mixed 14 & Under 50 Breast**
- 25 – Mixed 11 & Over 200 Breast**
- 26 – Mixed 10 & Under 25 Back**
- 27 – Mixed 9 & Over 100 Back**

**Sunday – Session 5**

**Meet Starts: 30 minutes following the conclusion of Session IV**

**\*28 – Mixed 11 & Over 1650 Free**

\* These events will be swum fastest to slowest and alternating 1 heat of girls and 1 heat of boys. Positive check in will be required for these events. Positive check in for the 500 Free will close at the start of session 1. Positive check in for the 400IM will close at the end of session 2. Positive check in for the 1650 will close at the end of session 4.