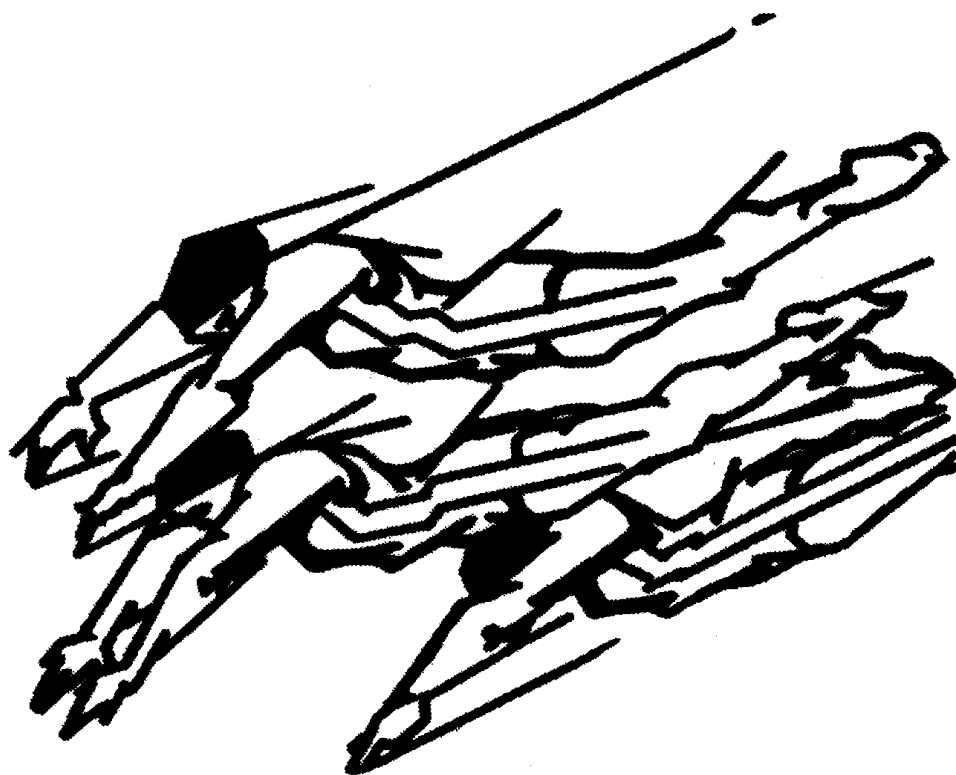


Atlanta Swim Association



2019 Rules and Regulations

Atlanta Swim Association

2019 Swim League Rule Book

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**ATLANTA SWIM ASSOCIATION
2019 SWIM LEAGUE FEE SCHEDULE**

Total cost to swim \$28.00 per swimmer

DUAL MEET OFFICIAL: The cost of a starter/referee will be \$90.00 per meet and is split by the 2 teams. In the case of inclement weather the referee will be paid the full fee (split by both teams) regardless of how many events are completed. Meets lasting longer than 3 ½ hours will result in overtime pay for the official. The official shall be paid \$5 per team for each 20 minutes the meet lasts past 3 ½ hours. For a rescheduled meet the starter/referee cost should be paid by the home team.

ENTRY FEE FOR LEAGUE CHAMPIONSHIP:

The entry fee for the League Championship meet is a flat \$23.00 per swimmer.

Late entries are allowed for the league championship meet on a lane availability basis for individual events only at a cost of \$30 per individual event and \$50 per relay, relay only swimmers are subject to a \$30 per swimmer fee. Changing of events at the league championship will be permitted at the discretion of meet management up to 48 hours prior to that team's divisional session at the late entry fee rate.

ONLINE REGISTRATION

Swimmers register for the league using our online registration process. This can be done by using one of the league approved registration providers for 2019 this includes Active Network, Swim-teams.us, and Swimtopia. Teams should build into their registration the ASA waiver and the ASA registration fee. Teams should aim to have their registration open by January 15 each season. All swimmers for each team must be registered by April 1st or will be subject to a late registration fee of \$37.00 (instead of \$28.00). Swimmers registering after June 1 will have to pay \$42.00 to swim. All fees are subject to a processing fee of \$1.50 charged by our registration provider, that fee should be built into your team's online registration. Teams that have a significant number of unpaid swimmers as of the entry deadline for the league championship may not be allowed to participate in that meet. Any unpaid fees after August 1 of that season will be billed to the team. Unpaid fees by teams after October 1 will be billed at the full late fee.

HEAT SHEET ADS: Teams may sell ads for the Atlanta Swim Association Championship heat sheet each season to earn a reduction for the dues for the following season. For each ad dollar they raise teams will receive a 50 % credit toward their championship fees for the current season. For more information on heat sheet ads please see Appendix 4 in the back of this rule book.

TEAMS WILL RECEIVE THE FOLLOWING ITEMS FOR THEIR DUES PAYMENT

- All Ribbons for scoring and exhibition heats.
- Training for Hy Tek Meet Manager and Team Manager
- Rulebooks
- Maps to all pools in the league
- League Newsletters
- Insurance (Benefit coverage for: Accidental Medical, Dental and Death and Dismemberment as well as Liability Coverage)
- Waiver/Release Program
- Enhanced league web site www.atlantaswimming.com

ATLANTA SWIM ASSOCIATION 2019 SWIM LEAGUE DATES

DUAL MEET DATES

Season Dates- INTOWN and DEKALB Teams

Tuesday, May 28	Dual Meet 1- Teams may reschedule meet with mutual agreement
Tuesday, June 4	Dual Meet 2
Tuesday, June 11	Dual Meet 3
Tuesday, June 18	Dual Meet 4
Monday, June 24	Dual Meet 5
Wed.-Sat., June 26 – 29	ASA Championship

Season Dates- EAST, CENTRAL, CHEROKEE, NORTH, and WEST Teams

Thursday, May 30	Dual Meet 1
Thursday, June 6	Dual Meet 2
Thursday, June 13	Dual Meet 3
Thursday, June 20	Dual Meet 4
Tuesday, June 25	Dual Meet 5 - Teams may reschedule meet with mutual agreement
Wed.-Sat., June 26 – 29	ASA Championship

ASA Championship – Entries Due – Friday, June 21 at 1 pm. For full info refer to pages 25-26

Divisionals

Wednesday, June 26 - 9 am -12:30 pm - Briarcliff / Sagamore, Briarwood Manor, Echo Ridge, Leafmore Creek Park, Leslie Beach Club, Northumberland, Nottaway, Twin Lakes, Westhampton/Embry Hills, Winding Vista

Wednesday, June 26 - 3 pm -6:30 pm - Avondale, Clairmont, Decatur, Glenwood Park, Healthy Lifestyles Healthy Kids, Intown Dolphins, Lake Claire, Lindmoor Woods, Pangborn, Smokerise, Venetian Pools

Thursday, June 27 -9:00 a.m. – 1:00 p.m. - Brittany Club, Byrnwyck, Deerbrooke Waters, Deerfield-Spalding Lake, Dunwoody CC, Dunwoody North, Fontainebleau, Gainsborough, Garden Hills, Georgetown, Hammond Hills, Hampton Hall-S, Hanover West , Huntcliff , Huntley Hills, Kingsley, Mark Trail/Princeton Sq., Mill Glen, Mountaire, Redfield, Riverside, Roxboro, The Branches, Vermack, Village Mill, Wynterhall, Zaban Sharks

Thursday, June 27 - 3:00 p.m. – 6:30 p.m. Atlanta Athletic Club, Cambridge, CC of the South, Chartwell, Chattahoochee, Doublegate, Falls of Autry Mill, Glastonberry, Grandview Glen, Harrington Falls, Haynes Landing, Highland Park, Hillbrooke, Horseshoe Bend CC, Inverness, Lifetime Fitness – Johns Creek Mayfair-St. Clair, Medlock Bridge, Neely Farms, Oxford Mill, Seven Oaks, Shakerag, St. Ives, Stonebrier, Sugar Mill, Sugarloaf TPC, Wellington, White Columns

Friday, June 28 - 9:00 a.m. – 1:15 p.m. (approximate time) Aberdeen, Chatt. River Club, Creekstone Estates, Deer Lake, Fieldstone, Grand Cascades, Lake Astoria, Lake Forest, Laurel Springs, Longlake, Olde Atlanta, Polo Golf and CC, St. Marlo, Three Chimney Farms, Windermere

Friday, June 28 - 3:30 p.m. – 7:00 p.m. - Alpharetta, Brookfield CC, Brookwood Hills, CC of Roswell, Chastain Park, Crooked Creek, Dunmoor, Edenwilde, Glen Abbey, Hampton Hall-N, Martin's Landing, Milton, Nesbit Lakes, Pennbrooke, Pinewalk, Roswel Rapids, Saddle Creek, Spring Ridge, Tuxford, Wexford, Wildwood Springs, Windward, Woodfield

ASA CHAMPIONSHIP FINALS

Saturday, June 29 11:00 a.m. – 2:00 p.m. (approximate time) 6 & Under, 7-8 and 9-10 Finals
4:00 p.m. – 7:30 p.m. (approximate time) 11-18 year old finals

The 6 and under individual events after the end of the relays during the divisionals. 6&un Free Relay, All Med. Relays, 6&un Free, All Free Relays, 6&un Back.

GRPA State Qualifying – Alpharetta, Atlanta/Sandy Springs, Forsyth County, and Johns Creek use the ASA Divisional Meet to qualify for the GRPA State Meet. Roswell, Cherokee County and the City of Tucker have qualifying meets, separate from the ASA Divisionals (details are listed below). Gwinnett and DeKalb County have separate qualifying events for the GRPA state meet, contact their Parks and Recreation Departments for more info. Info on how to qualify for state can be found at <http://atlantaswimming.com/swim-leagues/gpra-state/>

Cherokee County State Qualifying –

Saturday, June 29 9:00 am Cherokee Aquatic Center

Registration and meet info can be found at <http://www.crpa.net/cherokee-county-residents-swimmer-information/> You can also contact Kim Whatley 678-880-4761 or kwhatley@cherokeega.com

City of Roswell State Qualifying – Monday, June 17 at Roswell City Pool

City of Tucker State Qualifying – Saturday, June 22 at Chamblee High School

GPRA State Championship

Friday, July 19 State Swim Meet (10 & Unders) Cherokee Aquatic Center

Saturday, July 20 State Swim Meet (11 & Overs) Cherokee Aquatic Center

Atlanta Swim Association Sportsmanship

The Atlanta Swim Association has a Code of Ethics that is used as a guide for the swim league. Adherence to this code is required, and failure to comply with these standards may result in disciplinary action from the league.

All Team Representatives, Coaches, Participants, Officials, and Spectators will treat other Team Representatives, Coaches, Participants, Officials, and Spectators with respect and civility.

All Team Representatives, Coaches, Participants, Official, and Spectators will lead by example in demonstrating fair play and sportsmanship for all participants.

All Team Representatives, Coaches, Participants, Officials, and Spectators will encourage good sportsmanship by demonstrating positive support for all participants, coaches, and officials at every event, practice, and meeting.

All Team Representatives, Coaches, Participants, Officials, and Spectators shall provide support for coaches and officials working with the league to provide a positive and enjoyable experience for all.

All Team Representatives, Coaches, Participants, Officials, and Spectators will place the emotional and physical well being of their participants ahead of a personal desire to win.

All Team Representatives, Coaches, Participants, Officials, and Spectators will treat each participant as an individual, remembering the large range of emotional and physical development of members of the same age group.

All Team Representatives, Coaches, and Officials will do their best to provide a safe playing situation and environment.

All Team Representatives, Coaches, and Officials will do their best to organize practices that are fun and challenging for all participants.

All Team Representatives, Coaches, and Officials will be knowledgeable in the rules of the league and the sport, and will teach these rules to their participants and parents.

All Team Representatives and Coaches will use coaching techniques appropriate for the league and the sport of swimming.

All Team Representatives, Coaches, Participants, Officials, and Spectators must remember that the league is for children and not for adults. The Atlanta Swim Association is an introductory program for recreational swimming. Year round and intensely competitive programs are available from several local US Swimming Clubs.

Individuals not complying with these rules will be subject to suspension or dismissal from the league. A panel of League Officials, Team Representatives and Coaches will be responsible for hearing any complaints pertaining to this rule during the season and rendering any penalty if necessary.

MINIMUM EQUIPMENT AND PERSONNEL

Minimum required equipment and supplies:

1. Starting blocks (provided pool meets league depth requirements)
2. Chairs behind each lane (2 deep)
3. Backstroke flags at each end
4. Lane ropes
5. Lane markers
6. P.A. System
7. Bullhorn for starter
8. Starting signal (whistle or horn)
9. Stopwatches (each team should provide their own watches)
10. Clipboards
11. Table for scoring
12. Hy Tek Meet Manager and Team Manager Software
13. Computer Equipment to run software prior to, and during meets.

Minimum personnel:

1. Two deck managers (one from each team)
2. One announcer (home team provides)
3. One starter/referee (provided by the league)
4. Two place judges (one from each team)
5. Timers (two for each lane from the team swimming in that lane)
6. One judges recorder (home team provides)
7. Two master recorders (one from each team)
8. One runner (home team provides)
9. Two computer operators (one from each team)
10. Two ribbon workers (one from each team)

Responsibilities of host team:

1. Provide all ribbons for non-exhibition events. Each team is responsible for providing their own exhibition ribbons.
2. Provide all computer equipment required for running the meet. This includes a computer (preferably laptop), laser printer, award labels and paper. If possible, the visiting team should bring backup equipment, just in case.
3. Prepare the pool for the meet by having all paperwork completed. Arrange seating for meet officials, set up pool and any other preparation necessary prior to turning over the meet to the starter/referee.
4. Provide water for ALL meet workers who cannot leave their positions (officials, place judges, timers, etc...)
5. Home team is responsible for calling or e mailing in score of meets, **the night of the meet**. If by phone, call Franke Marsden at (404) 664-3975, leave a message if there is no answer. Teams may e mail the score instead of phoning, please e mail scores to fmarsden@atlantaswimming.com. DO NOT TEXT YOUR FINAL SCORE.

JOB DESCRIPTIONS OF PERSONNEL NEEDED FOR SWIM MEET

1. **Announcer.** The *host team* will arrange for someone to act as announcer. In addition they shall provide him with equipment to perform his duty. This equipment includes loudspeaker or bullhorn and an order of events. Announcing for each meet must be loud enough to be understood by participants, officials and spectators.

Example of correct commands:

- First call, event number and event description (i.e. "Event number 1, 6 & under girls free relay. Please report to the blocks")
- After a short interval repeat the above for the second call.
- At the end of second call, wait a short interval and give final call for the event.
- The announcer should follow this procedure for all remaining events.
- Try to stay 3 events ahead of the event in the water.

At all times the announcer should know what is going on. This includes the event number, number of heats per event etc. so the calls can be made without haste. This keeps the meet running smoothly. At all times the next event should be on the deck. Working closely and communicating with the deck manager is vitally important in this position. The announcer should avoid talking while the starter is giving commands the swimmers.

2. **Deck Manager.** *Each team* will provide a deck manager. They are in charge of the ready area and shall line up all swimmers on the deck for their event. He/she shall be provided with the revised heat sheet listing names of all **swimmers in all events**. He/she shall notify each swimmer to wait behind the starting block until the starter takes over control of the race. The visiting team shall provide someone to work in the ready area to identify their swimmers, as the home team will not be familiar with those swimmers. These people should be strong natured. Getting the swimmers and making sure that they are in place is difficult yet critical **to the smooth running of the** meet. Each team is responsible for making sure that their swimmers report to the ready area from the team area in time to be checked off by the deck managers.
3. **Starter Referee.** The starter referee is provided by the league to act as an impartial third party. This person is responsible for any conflicts that may arise during the course of the meet. The starter/referee will start all races and act as a stroke and turn judge during the event. If the starter/referee decides to disqualify a swimmer during an event he/she will signal by raising his/her hand and inform the place judges of the disqualification at the end of the event. They will then notify either the swimmer or their coach of the disqualification. At times the referee may be late or may be unable to show up. In this case, a person shall be appointed with the consent of both teams to act as the starter referee. Atlanta is a big city and travel can be difficult. The two teams need to work out any of these potential difficulties between each other when they occur.
4. **Place Judges.** *Each team* shall provide a place judge. The judges must in all events and, at all times command a clear view of the race and finish line. Judges shall not serve as timers in the same race. The judges are to judge the place finishes as they see them. The judges are to write the place finish on their updated copy of the meet program. The judge's recorder at the end of the race will copy that order of finish on the UK Judges Placing Form. The place judges override the times and the starter/referee breaks a tie if the place judges disagree. **In an 8 lane pool a third finish judge will be used to cover all non scoring places. The first 2 judges will be responsible for all scoring places plus one place. The third judge will be**

responsible for the remaining non-scoring places. To avoid confusion it is advised that only 6 lanes be swum in an 8 lane pool during the scoring heat. The home team should provide the third place judge when needed in an 8 or 10 lane pool.

5. **Timers.** At all meets times shall be taken on each lane. *Each team* shall provide two timers for each of their team's lanes. In a five lane pool the home team will provide two timers for the fifth lane. One of the timers will operate the watch and the other will record the times on the lane timer worksheet, only one watch per lane is needed. At all times, the timer must have a clear view of the race and finish line. The timer shall look at the starter's signal and start the watch at the instant of the starting signal. The timer shall stop the watch immediately when any part of the swimmer's body touches the solid end of the pool as defined by the USS rulebook. The second timer shall record times on the timer's worksheet and communicate these times to the master recorder who shall record them on the score sheet. **Teams using automatic timing systems for their meets should have one timer from each team timing in each lane, instead of 2 timers from the same team.**
6. **Judges Recorder.** The *home team* will supply a judge's recorder. This person will place himself/herself behind the place judges with their own copy of the UK Judges Placing Form. When the race is finished and the judges and starter/referee have ruled on the place finishes, he/she will record the places in the appropriate block on the UK Judges Placing Form. **For swimmers who have been disqualified** by the starter/referee the judge's recorder will write "DQ" in the place block for that swimmer. The judge's recorder then passes the completed UK Judges Placing Form to the master recorder. The Judges Recorder has no say in the order of finish and should not attempt to influence the place judges on the order of finish.
7. **Master Recorder.** *Each team* will provide at least one Master Recorder. The master recorder collects the UK Judges Placing Form from the Judge's Recorder when the event is complete and all places have been recorded. The master recorder will then go to each lane and record each swimmer's time in the Time Column of the UK Judges Placing Form as noted by the recording timer. With all places and times recorded, the master recorder will deliver the completed UK Judges Placing Form to the scoring table either directly or via the runner. Each team can alternate this job for each race.
8. **Runners.** The *home team* shall provide a minimum of one runner at all times during the meet. Runners will be responsible for collecting the UK Judges Placing Sheet from the Master Recorder. Taking these promptly to the scorer's table. This position can be eliminated if the scoring table is in close enough proximity that the master recorders can deliver the scoresheet without slowing the meet.
9. **Computer Operator.** One computer operator shall be provided from *each team*. They shall work together at the table provided. They will input the results from each event as reflected on the completed UK Judges Placing Form into the computer immediately after each event. A running score shall be kept at all times. Upon completion of the meet each team shall receive a copy of the final meet results. It is suggested that teams alternate this job every group of events: i.e. one operator does the short free then the other operator does the long free. The person who is not currently working on the computer should assist the computer operator with checking the input of times and places.
10. **Ribbon Writers.** Ribbon writers shall be responsible for placing the completed ribbon labels on the appropriate award and placing them into a box for the appropriate team. Ribbons should be placed in two separate boxes and given to each team at the end of the meet.

ATLANTA SWIM ASSOCIATION - RULES FOR DUAL MEETS

1. **PROCEDURE:** The home team coach is responsible for setting up the meet. He or she is responsible for contacting the visiting team coach at least two days prior to the scheduled meet date to verify the time and date of the meet, time and place of lineup exchange, as well as any information pertinent to the meet.
2. **SCHEDULE:** Most inter-club dual meets are scheduled for either Tuesday or Thursday night. Meets are to be started promptly at 5:30 p.m. (DeKalb and Cherokee Division Meets Begin at 6:00 PM), unless otherwise mutually agreed upon by the two team representatives or coaches. Each team should receive at least 20 minutes of warm-up with use of all available competitive lanes. The home team will warm up first.
3. **SIGNED WAIVERS AND ONLINE REGISTRATION:** Swimmers register for the league using our online registration process. This can be done by using one of the league approved registration providers (for 2019 this includes Active Network, Swim-teams.us, and Swimtopia). Teams should build into their registration the ASA waiver and the ASA registration fee. Teams should aim to have their registration open by January 15 each season. All swimmers for each team must be registered by April 1st or will be subject to a late registration fee of \$37.00 (instead of \$28.00). Swimmers registering after June 1 will have to pay \$42.00 to swim. All fees are subject to a processing fee of \$1.50 charged by our registration provider. Teams that have a significant number of unpaid swimmers as of the entry deadline for the league championship may not be allowed to participate in that meet. Any unpaid fees after August 1 of that season will be billed to the team. Unpaid fees by teams after October 1 will be billed at the full late fee of \$42.00 per swimmer. Parents of swimmers competing in the Atlanta Swim Association must complete a waiver release form each season via the online registration system. Swimmers not completing this waiver process for each participant, they jeopardize their league provided swimmer's insurance coverage.
4. **PARTICIPATION:**
 - A. **The age control date for the league is the swimmer's age as of May 31st.**
 - B. **Age Groups:** 6&Under, 7-8, 9-10, 11-12, 13-14, 15-18
 - C. **19 Year Old Swimmers:** Swimmers who turn age 19 prior to June 1 will be permitted to swim as long as they were enrolled in high school that same calendar year.
 - D. **College Swimmers:** Swimmers who have not turned 19 prior to June 1 that current swim season may swim even if they are currently enrolled in college.
 - E. **Team Membership:** A swimmer may represent only one team within the league. Only club members are eligible to swim for a member team. Club membership is determined by that club's by-laws. Each new club in the league shall provide a copy of their by-laws prior to their first year of competition. The league should be notified of any significant changes to the membership requirements of a team.
 - F. **Coaches Swimming:** Coaches who are not dues paying members of the club that employs them may compete for that team. Each team is permitted to have one

coach per 50 swimmers compete for that team. This number will be rounded up, i.e. a team with 101 swimmers could have 3 coaches swim. Each coach swimming under these conditions must be paid a minimum of \$600 for that season. Proof of payment may be required if the league requests it.

- G. **Non Standard Swimmers:** Teams with an open membership policy are required to submit a roster to the league of all non-standard team members over the age of 13 one week prior to the start of the season. This includes team members by definition, who do not fit the normal description of a club member or neighborhood resident. Swimmers from adjoining neighborhoods, **without ASA swim teams**, or nearby (within 5 miles of the neighborhood) are not considered non-standard swimmers. Swimmers who have been team members prior to turning 13 are not considered non-standard team members. Swimmers who join your team and live in another ASA team neighborhood, who are over the age of 13 are considered non-standard swimmers. Teams are strongly discouraged from trying to draw swimmers of any age away from another ASA neighborhood. Swimmers who come from a neighborhood or address that is more than 5 miles away from your neighborhood, who are over the age of 13 are considered non-standard swimmers.

Swimmers who fall under the category of being a non-standard member must pay their member team a minimum team registration fee of \$75 payable to their member team. This payment should come from the swimmer or their family. Teams are required to provide the league a photocopy of payment along with their non-standard team member roster. Any swimmer who joins a team during the swimmer and falls under the non-standard swimmer rule, must have their name and proof of payment submitted to the league coordinator before they are allowed to compete in a league meet.

- H. Teams that violate the membership rules of the league are subject to a \$100 per meet per swimmer fine. This fine will go to a charity of ASA's choice.
- I. **Dual Meet Entry Limit:** Each club may enter three swimmers for team points in each individual event where lanes are available. In a 5 lane pool, each team receives 2 entries for points with the extra lane being used for exhibition swimmers. In an 8 lane pool teams are allowed three swimmers for points in heat 1, unless teams agree to allow each team 4 entries for points in that heat.
- J. **Dual Meet Entry Limit:** Each swimmer may enter two individual scoring events and two relays(one medley and one free) with the following exceptions:

Extra Event(s) Rule: A swimmer may enter a third individual scoring event to fill all legal lanes provided all other swimmers from that team in that age group are entered in at least two individual scoring events. A swimmer may not be entered in more than three individual (heat 1) scoring events unless all other swimmers in that age group are entered in three individual (heat 1) scoring events and so on. Therefore, a swimmer may enter every event in the meet provided the required numbers of swimmers have been entered in the required number of individual scoring events.

A good formula is listed below for teams to figure out if your team can enter swimmers in more than the allowed 2 heat 1 individual events and how many extra events they can be entered in without creating a rules infraction:

Take the number of scoring lanes the pool has for each team (4 & 5 lane pools have 2, 6 & 8 lane pools have 3), multiply that number by 6 (the number of individual events a swimmer can swim). This calculates how many heat 1 scoring swims are available.

Divide that number by the number of swimmers you have for that meet in a particular age group that you will enter for that meet. The number you have is the maximum number of heat 1 scoring events allowed in an age group. The remainder is the number of extra swimmers that can swim in one additional extra events above what you calculated.

Example: 5 swimmers in 11-12 boys in a 6 lane pool. 6 lanes x 3 scoring chances = 18. Divide $18/5 = 3$ with a remainder of 3. This means all swimmers in that age group can be entered in a maximum of 3 heat 1 scoring events with 3 swimmers in that age group being allowed to be entered in 4 heat 1 scoring events.

- K. **Exhibition Entry Limit:** Coaches may enter swimmers in exhibition events with the following limitations: A swimmer may not be entered in more than one exhibition event unless they are only swimming exhibition events, and the maximum number of exhibition events that a swimmer can compete in is two events.
 - L. **Exhibition Event Limit:** Teams are only allowed to have a maximum of one exhibition heat of long free, IM, Medley Relay and Free Relay.
 - M. **Swimming Up (Individual Event):** A swimmer may be entered in an older age group. However, swimmers may swim in only one age group for all individual events for the entire meet. Teams should avoid using this rule to “hide” swimmers in an age group with a large number of swimmers to allow them to place swimmers into more individual scoring events.
 - N. **Swimming Up (Relay Event):** A swimmer may enter an older age group in relays, without affecting their standing for individual events. For example, an 8 year old could swim the 13-14 medley relay and still swim their individual events as an 8 year old. Each swimmer may enter only one medley and one free relay.
5. **TEAM ROSTER:** Each team must maintain a team roster starting the Monday prior to the first dual meet of the season. This roster shall contain each swimmer's name, date of birth, age, address, e mail address and phone number and all Primary Contact information included in the according fields in Team Manager.

Each team must provide their opponent an export of their team’s roster for each dual meet. This export of the team roster should be provided at the lineup exchange along with that team’s meet entries. Teams must provide the league and export of their team roster the Monday prior to their first meet.

A final copy of each team's Team Manager roster must be submitted to the league with that team's championship meet entries. Teams may e mail their rosters to fmarsden@atlantaswimming.com with their entries for the ASA Championship.

- 6. LINEUP EXCHANGE:** The coaches of both teams will exchange meet rosters by 3:00 P.M. the day preceding swim meets. Each coach will provide the other with the following info, an export of their team's Hy Tek Team Manager entries and an export of their Team Manager Roster as well as a printout or pdf export of those entries via the Meet Entry Spreadsheet including heats and lanes. **The meet entry spreadsheet WITH HEATS AND LANES INCLUDED of each team is the official record of entry for each team.** It is the responsibility of the visiting coach to get his/her entries to the home team.

Teams are permitted to e mail lineups for exchange provided they include a pdf export of their entries to provide each team with a printed record of their entries. Teams must mutually agree to exchange lineups in this fashion otherwise an in person exchange must take place. It is strongly recommended teams exchange lineups within 5 minutes to avoid one team being able to view another team's lineup before sending their own.

- 7. SUBSTITUTIONS:** Any individual event substitutions must be made with the computer operator up to **30 minutes** before the meet starts. These substitutions should be completed on the substitution form, a copy of this form can be found in the Appendix. Coaches should communicate substitutions to the computer operator as early as possible. No individual event substitutions are allowed after the 30 minute deadline for any reason. Individual event substitutions are only for swimmers who are unable to participate in the meet! Switching events of scheduled swimmers in scoring spots is not allowed. The swimmer who is substituted into an event cannot already be changed out of a scoring individual event. Swimmers may be moved from an exhibition event to fill an opening in a scoring event though. Teams may not place swimmers into open lanes in scoring events where they did not originally enter a swimmer. Relay substitutions may be made up to the event during the meet.
- 8. LANE ASSIGNMENTS:** The home team is in even lanes the visitor in the odd lanes.
- 9. EXHIBITION HEATS:** The scoring heat is always swum first. The exhibition heats are swum after the scoring heats and are designated as Event # Heat X (for example the first exhibition heat of the 6 & Under Girls 25 Free is event 13 Heat 2). **Teams are only allowed to have a maximum of one exhibition heat of long free, IM, Medley Relay and Free Relay.**
- 10. SWAP DEADLINE:** Unless two teams mutually consent to swap lineups after the 3:00 p.m. deadline, a \$50 penalty will be assessed to the team failing to swap their lineup with the opposing team. The league coordinator must be contacted within one hour of the infraction for the penalty to be enforced at the meet. No two teams should swap lineups later than 8:00 p.m. the day before a scheduled meet.
- 11. STARTER/REFEREE:** This person is supplied by the league and should arrive 15 minutes before the start of the meet. Prior to the start of the meet, the starter/referee will call a brief meeting so that the starter/referee can go over the rules with the two coaches, timers and judges. The starter/referee has final responsibility for all judgments and conduct of the meet.

12. **DUAL MEETS ARE JUDGED FINAL:** The finish judges will pick the order of finish by sight. Watches will not be consulted for places. If the finish judges cannot agree, the starter/referee will break the tie if possible. If the starter/referee cannot break the tie, a tie place will be awarded, dual ribbons will be awarded, and points will be split.
13. **USE OF ELECTRONIC TIMING EQUIPMENT:** Teams may elect to purchase or lease electronic timing for their meets. In the event that this equipment is used an experienced operator must operate it. **Teams using automatic timing systems for their meets should have one timer from each team timing in each lane, instead of 2 timers from the same team.** Teams using this equipment must use an average of 2 buttons for the official order of finish, place judges are still needed for these meets, but only serve as a backup in the event of equipment malfunctions as described below. Teams are required to have one stopwatch per lane as a backup in the event of equipment or operator error. Times from the electronic equipment should be transmitted directly to Hy Tek Meet Manager software at the end of each race.

In a heat 1 race if there is a >0.3 second differential between the two button times then the place judges will be consulted to determine the official order of finish for that lane where the differential occurred. For all other heats the timing equipment will be used to determine the order of finish.

Use of this equipment eliminates the need for Judges Recorders and Master Recorders for the meet. It is advised that the home team provide at least one runner to get backup times/places for the timing operator when needed. It is advisable for teams to still have one place judge from each team in place for a backup. If the equipment does not work during the meet, teams should return to the old system of place judges and recorders for the meet.

14. **ROPED OFF AREA:** At least one side of the pool must be completely roped off. This area should be accessible to only authorized meet personnel.

15. **SCORING**

A. Dual Meets

Individual Events: (only two swimmers per team may score points)

- 1st - 5 points
- 2nd - 3 points
- 3rd - 1 point

Relays: (only one relay per team may score points)

- 1st - 7 points
- 2nd - 3 points

Exhibition Events: Do not score points

B. Ties

Example for first place tie:

- | | | |
|-------------|-----------|---|
| Individual: | 1st place | 5 points |
| | 2nd place | <u>+3</u> points |
| | | 8 points (4 points to each team) |

The next place is awarded 3rd place points.

- | | |
|-------------------|-----------------------------------|
| Relays: 1st place | 7 points |
| 2nd place | <u>+3</u> points |
| | 10 points (5 points to each team) |

Sweep: No team can score first, second and third place points in an individual event; nor can a team score first and second place points in a relay event. If one team takes first and second place in a relay event; or first, second and third place in an individual event the opposing team can receive second place points in the relay, or third place points in the individual event as long as they have a relay or swimmer legally complete the race. However, the team can receive both first and second place ribbons for relays; or first, second and third place ribbons for individual events.

C. Divisional and Championship Meet Scoring

Divisional Sessions Scoring

Places: 1st Place ----->-----8th->---9th----->----->----->--16th--->17th-----24th Place

Points: 32, 28, 27, 26, 25, 24, 23, 22 20, 17, 16, 15, 14, 13, 12, 11 9, 7, 6, 5, 4, 3, 2, 1

Relays events double the above scoring

Championship Session Scoring

Places: 1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th 13th 14th 15th 16th 17th 18th 19th 20th

Points: 24 21 20 19 18 17 16 15 14 13 11 9 8 7 6 5 4 3 2 1

Relays events double the above scoring

1. A team may only enter 3 relays per event.
2. Top 24 will score in individual events and relays.
3. A team may only score one relay per relay event in the divisional.

16. ATTIRE

Per USS Rules, full body suits will not be allowed in ASA meets. The suit restrictions are as follows: Boys suits are limited to a jammer or brief design that can extend no further than the knee and cannot cover the upper torso or arms. Girl’s suits may not extend below the knee and cannot extend past the shoulders in coverage. All suits must be made from a “permeable” material and cannot compress the swimmer’s body and meet current FINA/USS approval standards.

17. BASIC RULES FOR STROKES, TURNS AND STARTS:

A. No swimmer shall use an illegal stroke; turn or kick to better their performance against their competition, or in violation of basic accepted swimming techniques. Violation will result in disqualification from that event at the discretion of the stroke and turn judge consistent with the rules.

B. All rules herein have been adapted from the current edition of the United States Swimming Rules and Regulations Publication. With the following clarification:

False Start: If the starter charges a false start in an event, the first false start will be charged to everyone in the heat. If a second false start is charged in an event, it will be charged only to the individual(s) false starting and that (those) individual(s) will be disqualified and not permitted to swim that event. False starts in the League Championship will be charged to the individual and not the field.

C. Coaches are not allowed to be in the water with swimmers during a race. This rule applies to all age groups and exhibition swimmers. An exception to this rule will be made in the case of a disabled swimmer.

18. STARTING BLOCKS

- A. In pools with water depth of less than 4 feet at the start end all swimmers **MUST** start from in the water at the start end of the pool that the swimmer is entering the water from. Normal backstroke starts are permitted in this water depth. Swimmers are not required to start from a block or the side even if the water depth permits that entry. At any time, swimmers may start from in the water.
- B. In pools with water depth of 4 feet or greater at the start end, all swimmers may start from starting platforms no higher than 30 inches above the water surface, or swimmers may start from the pool deck or in the water.
- C. Water depth should be measured from 1 meter to 5 meters from the end of the pool that the swimmer is entering the water. Measurements should be taken in ALL lanes on BOTH ends of the pool. The shallowest measurement in that range shall be the depth for that lane, the shallowest lane for that end of the pool will determine if blocks may or may not be used, or if swimmers **MUST** start in the water
- D. All teams must adhere to these standards in all dual meets and during practices.

19. RACING START PROCEDURE AND TRAINING

Racing starts should only be taught in at least six feet of water to and should only be taught under the direct supervision of a coach. No swimmer who has not been certified as proficient by his or her coach should be performing racing starts into less than six feet of water, or should not use the blocks at all and should start from in the water, unless the coach feels the swimmer is properly prepared to use a block to start. Full information on safe starting procedure can be found at <https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/ongoing-compliance/racing-start-certification/teaching-racing-starts-safety-and-backstroke-and-forward-start-protocols.pdf?sfvrsn=8> . A checklist on the proper steps to train a swimmer for safe starts can be found in the Appendix of the ASA Rule Book.

- 20. **CANCELLATION / POSTPONEMENT OF MEETS:** Every effort must be made to swim each meet as scheduled. In the event of inclement weather, each team must show up at the pool on time. If at 5:30 the weather still precludes the meet from starting, the two team representatives, two head coaches, and starter/referee will meet and decide whether to postpone or reschedule the meet. **Care for the safety of the swimmers and spectators should be of the utmost importance in deciding whether or not to continue competition.**

Teams should adhere to generally accepted aquatic safety policies for thunder and/or lightning. No one should be in the pool for a minimum of 30 minutes when lightning is seen or thunder is heard. The clock resets each time either lightning or thunder occurs. Teams should also take any active weather Warning (tornado, severe thunderstorm or flash flood) with the utmost seriousness and take that into consideration as to how to proceed.

IF the meet is delayed more than 30 minutes due to Inclement Weather AND half the events have been completed (43 events) AND there is a decisive winner (40 point lead or more), THEN, the meet will be called and the leader takes the win.

IF the meet is delayed more than 30 minutes due to Inclement Weather AND less than half the events have been completed (less than 43 events) OR if there is no decisive lead (less than a 40 point spread), THEN, one Parent Rep and one Coach from each team should:

Agree to continue the delay for an additional 15 minutes, OR
Agree to reschedule (if there is sufficient time remaining in the season), OR
Agree to a tie and both teams will be credited with a win.

If the meet is at or past Event 66 (end of 15-18 boys breastroke) and a team is ahead by 30 points or more and the meet can't continue due to inclement weather that the meet will be called and the leader wins the meet.

NOTE: If no agreement can be reached, then the Parent Rep of the leading team makes the decision to either reschedule or take the tie. The option to continue the delay must be agreed to by both teams.

If a meet is to be rescheduled, teams should make all efforts possible to swim the meet within a week of the postponed meet. The home team should notify the league office of a rescheduled meet and the need, if any, for a replacement starter/referee. A rescheduled meet will require each team to repeat the original procedures for a dual meet, including the exchange of revised lineups for each team. Teams may change their lineups to deal with the rescheduled date. The postponed meet does not impact the participation of swimmers in the rescheduled meet.

21. RESCORING OF CLOSE MEETS

Meets decided by 10 or fewer points should be rescored and audited by each team prior to announcing the score. Teams should carefully review all heat 1 races to ensure the times and places were correctly recorded and scored. Teams may mutually agree to waive this review. If teams announce the score, that score is final. Any calculation or data recording/input errors, caught after the announcement of the score that change the outcome of the meet will result in the meet being declared a tie with both teams being credited with a win.

22. PROTESTS, PENALTIES, AND INFRACTIONS FOR CHEATING

- A. Interference with the smooth operation of a dual meet in the discretion of the starter will result in the following penalties: (all infractions should be reported to league coordinator):
- | | |
|----------------|---|
| First Offense | 10 points |
| Second Offense | 25 points and ejection of offending party |
| Third Offense | 100 points |
- B. Lineup or participation infractions, not caught prior to the meet, should be immediately reported by the deck manager, computer table, and to the starter/referee before the start of the next event. The following are the penalties for lineup or participation infractions:
- | | |
|---------------------|--|
| First Offense | Forfeit all points in event |
| Subsequent Offenses | Forfeit all points in event plus 10 more points. |
- D. All protests must be submitted in writing to league office along with a copy of the meet results including a backup of the meet on diskette within 48 hours of the conclusion of the meet (Sat. and Sun. excluded). A \$20 fee that is refundable must accompany all protests if the protest is upheld.
- E. All coaches must attend the coaches meeting or face a \$50 fine, to be paid by the team. Coaches may only miss the meeting if they provide the league coordinator with sufficient advance notice of their reason for missing the meeting.

- F. Failure to swap lineup by 3:00 p.m. (unless coaches agree to a later time) deadline will result in \$50 penalty for offending team. Infraction must be reported to league coordinator within one hour of infraction to be enforced.
- G. Protests will be decided by a panel of team representatives that have not competed against either team involved in the protested meet. This panel will decide all protests within one week of the filing of the protest. Decisions of the panel are final.
- H. Teams that violate the membership rules of the league are subject to a \$100 per meet per swimmer fine. This fine will go to a charity of ASA's choice or the choice of the team filing the protest.
- I. DON'T CHEAT!

ASA Dual Meet Procedure When Using Hy Tek Meet Manager

STEP 1: Lineup Swap (by 3:00 p.m. day prior to meet).

The HOME TEAM should contact the visitor two days prior to the meet to arrange the lineup swap and go over any details of the meet. Each team should complete their lineup using Team Manager to assign swimmers to their lanes (home team in the even lanes visitors in the odd lanes). In a five-lane pool lane 5 is the exhibition lane in the first (scoring) heat and can be used by either team. In a five lane pool, in heat 1 only, the swimmer in lane 5 should be checked off as Exh. in the Run Menu for that event. For all subsequent heats in that event, lane 5 does not need to be checked off as Exh.

The lineup swap should take place by 3:00 p.m. the day preceding the meet, unless both teams mutually agree to a later time. For the swap teams will exchange 3 pieces of info: the export of the meet entry file, the export of the full team roster, printouts (or PDF files) of the entries in the Meet Entry Spreadsheet format INCLUDING HEAT AND LANE ASSIGNMENTS. When exporting your team's entries be sure to include the heat and lane assignments for your team as well as your relays. Each team's Meet Entry Spreadsheet Report (either printout or PDF or MS Excel file) at the time of the swap is the official record of entry for the meet. Ideally the swap should take place in person in order to go over details of the upcoming meet. Teams are permitted to e mail lineups for exchange provided they include a PDF export of their entries to provide each team with a printed record of their entries. Teams must mutually agree to exchange lineups in this fashion otherwise an in person exchange must take place. It is recommended that teams exchange lineups within 5 minutes to avoid one team being able to view another team's lineup before sending their own lineup. At this swap the two coaches should work together to plan for consolidating exhibition heats. Check the other team's entries for errors so you can work out any problems the day before the meet and avoid lineup infractions during the meet. Always check each other's entries to make sure there are no rule infractions in the lineup. If you discover any mistakes please work this out as soon as possible, prior to the meet.

STEP 2: Entry and Exhibition Heat Consolidation (by 10:00 p.m. night before meet.)

The home team is responsible for taking the entry files of both teams importing the entries and rosters for each team and then consolidating the entries for the meet into Meet Manager. This should be done no later than 10:00 p.m. the night before the meet. During the consolidation the home team should make every effort possible to minimize the number of exhibition heats by moving swimmers into all available lanes in the exhibition heats, regardless of team affiliation. In the exhibition heats teams do not need to adhere to the odd-even lane assignments if heats can be saved as a result.

Once the lineups have been merged and a final meet lineup is completed the home team must e mail a copy of the backup of the meet to the visiting team. This should be done as soon as possible. If the home team is unable to consolidate the exhibition heats by 10:00 p.m. or a mutually agreed upon deadline by both teams, then exhibition swimmers should be left in their originally assigned lanes and no consolidation of exhibition heats should take place. Every effort possible should be made to complete the consolidation by the agreed upon deadline though in an effort to minimize the number of exhibition heats.

STEP 3: Report Completion Prior To The Meet

The HOME TEAM should generate the following reports:

The following can be done the night before the meet.

A Meet Program that can be sold during the meet for spectators (I suggest a 3 column).

Lane/Timer Report (Continuous Format sorted by Lane Then Event) should be printed for each lane for the timers (home and visitor).

Another Lane/Timer Report (UK Judges Placing Sheet Format) should also be completed for the Judges Recorder. Teams can print updates for the events with substitutions the day of the meet. These forms should be cut in half to allow the Judges recorder to work with one race at a time and keep the flow of information moving.

Teams should have the following supplies on hand to make their job easier: a stapler, laser labels, paper, shade, a Surge Protector, and a flash drive.

STEP 4: Pre-Meet Meeting and Substitutions (Up to 30 minutes prior to meet start)

Once the visitor arrives at the pool for the meet they should communicate all legal substitutions (according to ASA Rule #6) as soon as possible. Substitutions should be completed using the substitution form found in the Appendix of this rule book. Substitutions can take place up to 30 minutes prior to the meet start. Substitutions should be made in the computer as soon as possible so the remaining forms can be printed. Teams are encouraged to communicate via phone or e mail the afternoon of the meet to exchange all substitutions they figure out after that morning's practice.

Once all substitutions have been made the home team should print the following forms:

At least 7 copies of the updated meet program (3 column format). One copy for the Starter, once copy for each place judge, one copy for each coach and one copy for each Deck Manager should be printed.

Print the pages of the Lane Timer Report (UK Format) that were affected by the substitutions. Only print the pages of the events that were affected, this will save time and paper. If time permits additional copies can be printed for the place judges as well. It is strongly suggested that these revised forms should be printed on colored paper so they are easily distinguishable from outdated information.

STEP 5: Meet Operation

The meet should begin with a welcome to the visiting team followed by instructions such as quiet for all starts, no smoking on the deck, etc...The announcer should make multiple calls for swimmers to report for their event and stay at least three events ahead of what is in the water.

The first three events should be called to the Deck Manager. It is the responsibility of each team to get their swimmers to the Deck Manager in a timely fashion during the meet. Swimmers should report three events prior to their event.

At this point the Deck Manager (Updated Meet Program in hand) is responsible for the swimmers reaching the starting blocks in their proper lanes according to the updated Meet Program. The Starter/Referee then takes over and instructs the swimmers on the event and starts the race.

At the conclusion of the race the Place Judges (one from each team) record the order of finish on their Meet Program and the timers record the time for their lane on the Lane Timer Sheet for their lane. In an 8 lane pool a third finish judge will be used to cover all non-scoring places. The first 2 judges will be responsible for all scoring places plus one place. The third judge will be responsible for the remaining non-scoring places. To avoid confusion it is advised that only 6 lanes be swum in an 8 lane pool during the coring heat. The Judges Recorder (from the home team) records the Place Judge's official order of finish on their copy of the UK Judge's Placing Sheet in the Place column next to the swimmer's name. Once places from the race have been recorded then the Judge's Recorder gives the form to the Master Recorder. The Master Recorder

(one from each team) then goes from lane to lane recording the times for each lane in the Time column for the race listed on the sheet. Once the times have been recorded the Master Recorder or a runner should take the completed form to the computer operator.

During the meet one computer should be used to tabulate results and score the meet. Each team should provide a computer operator for the meet. Teams should alternate entering times every group of events (i.e. Medley Relays, Short Freestyle, Backstroke). Attention should be paid to correct results in the event that the Place Judges differ with the times for the event. Corrections should be made via the Judge's Decision feature. After each event has been completed (all heats have been entered) the computer operator will "Score the Event" and print two copies of results from each event (one for each team). Coaches and Team Reps should have access to the results and completed UK Judges forms (with times and places recorded) throughout the meet.

Award labels (provided by the home team) should be printed every 5 to 10 events during the meet and given to the ribbon workers. Labels should be printed sorted by Team/Event and should be Award Type by Heat, and then given to each team. Labels are placed on the corresponding ribbons and given to each team. Please remember that ribbons are only given to first and second place relays and that each team is responsible for providing their own exhibition ribbons.

STEP 6: Post Meet

At the conclusion of the meet a Report for the Results and the Scores should be completed for each team and the score of the meet should be announced. The score of the meet should be phoned to the coordinator's office (404) 664-3975. Teams may e mail the score to frankem355@aol.com instead of phoning. DO NOT TEXT THE SCORE. A backup of the meet should be made for both teams; the visitor should bring their own flash drive for this purpose.

ASA ORDER OF EVENTS — DUAL MEET

MEDLEY RELAY EVENTS

1. 6 & Under Girls 100 Free Relay
2. 6 & Under Boys 100 Free Relay
3. 7-8 Girls 100 Med. Relay
4. 7-8 Boys 100 Med. Relay
5. 9-10 Girls 100 Med. Relay
6. 9-10 Boys 100 Med. Relay
7. 11-12 Girls 200 Med. Relay
8. 11-12 Boys 200 Med. Relay
9. 13-14 Girls 200 Med. Relay
10. 13-14 Boys 200 Med. Relay
11. 15-18 Girls 200 Med. Relay
12. 15-18 Boys 200 Med. Relay

FREESTYLE EVENTS

13. 6 & Under Girls 25 Freestyle
14. 6 & Under Boys 25 Freestyle
15. 7-8 Girls 25 Freestyle
16. 7-8 Boys 25 Freestyle
17. 9-10 Girls 25 Freestyle
18. 9-10 Boys 25 Freestyle
19. 11-12 Girls 50 Freestyle
20. 11-12 Boys 50 Freestyle
21. 13-14 Girls 50 Freestyle
22. 13-14 Boys 50 Freestyle
23. 15-18 Girls 50 Freestyle
24. 15-18 Boys 50 Freestyle
25. 7-8 Girls 50 Freestyle
26. 7-8 Boys 50 Freestyle
27. 9-10 Girls 50 Freestyle
28. 9-10 Boys 50 Freestyle
29. 11-12 Girls 100 Freestyle
30. 11-12 Boys 100 Freestyle
31. 13-14 Girls 100 Freestyle
32. 13-14 Boys 100 Freestyle
33. 15-18 Girls 100 Freestyle
34. 15-18 Boys 100 Freestyle

BACKSTROKE

35. 6 & under Girls 25 Backstroke
36. 6 & under Boys 25 Backstroke
37. 7-8 Girls 25 Backstroke
38. 7-8 Boys 25 Backstroke
39. 9-10 Girls 25 Backstroke
40. 9-10 Boys 25 Backstroke
41. 11-12 Girls 50 Backstroke
42. 11-12 Boys 50 Backstroke
43. 13-14 Girls 50 Backstroke
44. 13-14 Boys 50 Backstroke
45. 15-18 Girls 50 Backstroke

46. 15-18 Boys 50 Backstroke

INDIVIDUAL MEDLEY EVENTS

47. 7-8 Girls 100 Indiv. Medley
48. 7-8 Boys 100 Indiv. Medley
49. 9-10 Girls 100 Indiv. Medley
50. 9-10 Boys 100 Indiv. Medley
51. 11-12 Girls 100 Indiv. Medley
52. 11-12 Boys 100 Indiv. Medley
53. 13-14 Girls 100 Indiv. Medley
54. 13-14 Boys 100 Indiv. Medley
55. 15-18 Girls 100 Indiv. Medley
56. 15-18 Boys 100 Indiv. Medley

BREASTSTROKE EVENTS

57. 7-8 Girls 25 Breaststroke
58. 7-8 Boys 25 Breaststroke
59. 9-10 Girls 25 Breaststroke
60. 9-10 Boys 25 Breaststroke
61. 11-12 Girls 50 Breaststroke
62. 11-12 Boys 50 Breaststroke
63. 13-14 Girls 50 Breaststroke
64. 13-14 Boys 50 Breaststroke
65. 15-18 Girls 50 Breaststroke
66. 15-18 Boys 50 Breaststroke

BUTTERFLY EVENTS

67. 7-8 Girls 25 Butterfly
68. 7-8 Boys 25 Butterfly
69. 9-10 Girls 25 Butterfly
70. 9-10 Boys 25 Butterfly
71. 11-12 Girls 50 Butterfly
72. 11-12 Boys 50 Butterfly
73. 13-14 Girls 50 Butterfly
74. 13-14 Boys 50 Butterfly
75. 15-18 Girls 50 Butterfly
76. 15-18 Boys 50 Butterfly

FREESTYLE RELAY EVENTS

77. 7-8 Girls 100 Freestyle Relay
78. 7-8 Boys 100 Freestyle Relay
79. 9-10 Girls 100 Freestyle Relay
80. 9-10 Boys 100 Freestyle Relay
81. 11-12 Girls 200 Freestyle Relay
82. 11-12 Boys 200 Freestyle Relay
83. 13-14 Girls 200 Freestyle Relay
84. 13-14 Boys 200 Freestyle Relay
85. 15-18 Girls 200 Freestyle Relay
86. 15-18 Boys 200 Freestyle Relay

ASA DeKalb Swim League Dual Meet Order of Events

#	AGE/SEX	EVENT	#	AGE/SEX	EVENT
1	6 & Under Girls	100 Yard Freestyle Relay	47	7-8 Girls	25 Yard Breastroke
2	6 & Under Boys	100 Yard Freestyle Relay	48	7-8 Boys	25 Yard Breastroke
3	7-8 Girls	100 Yard Medley Relay	49	9-10 Girls	25 Yard Breastroke
4	7-8 Boys	100 Yard Medley Relay	50	9-10 Boys	25 Yard Breastroke
5	9-10 Girls	100 Yard Medley Relay	51	11-12 Girls	50 Yard Breastroke
6	9-10 Boys	100 Yard Medley Relay	52	11-12 Boys	50 Yard Breastroke
7	11-12 Girls	200 Yard Medley Relay	53	13-14 Girls	50 Yard Breastroke
8	11-12 Boys	200 Yard Medley Relay	54	13-14 Boys	50 Yard Breastroke
9	13-14 Girls	200 Yard Medley Relay	55	15-18 Girls	50 Yard Breastroke
10	13-14 Boys	200 Yard Medley Relay	56	15-18 Boys	50 Yard Breastroke
11	15-18 Girls	200h Yard Medley Relay			
12	15-18 Boys	200 Yard Medley Relay	57	7-8 Girls	25 Yard Butterfly
			58	7-8 Boys	25 Yard Butterfly
13	7-8 Girls	100 Yard I.M.	59	9-10 Girls	25 Yard Butterfly
14	7-8 Boys	100 Yard I.M.	60	9-10 Boys	25 Yard Butterfly
15	9-10 Girls	100 Yard I.M.	61	11-12 Girls	50 Yard Butterfly
16	9-10 Boys	100 Yard I.M.	62	11-12 Boys	50 Yard Butterfly
17	11-12 Girls	100 Yard I.M.	63	13-14 Girls	50 Yard Butterfly
18	11-12 Boys	100 Yard I.M.	64	13-14 Boys	50 Yard Butterfly
19	13-14 Girls	100 Yard I.M.	65	15-18 Girls	50 Yard Butterfly
20	13-14 Boys	100 Yard I.M.	66	15-18 Boys	50 Yard Butterfly
21	15-18 Girls	100 Yard I.M.			
22	15-18 Boys	100 Yard I.M.	67	7-8 Girls	100 Yard Free Relay
			68	7-8 Boys	100 Yard Free Relay
23	6 & Under Girls	25 Yard Freestyle	69	9-10 Girls	100 Yard Free Relay
24	6 & Under Boys	25 Yard Freestyle	70	9-10 Boys	100 Yard Free Relay
25	7-8 Girls	25 Yard Freestyle	71	11-12 Girls	200 Yard Free Relay
26	7-8 Boys	25 Yard Freestyle	72	11-12 Boys	200 Yard Free Relay
27	9-10 Girls	25 Yard Freestyle	73	13-14 Girls	200 Yard Free Relay
28	9-10 Boys	25 Yard Freestyle	74	13-14 Boys	200 Yard Free Relay
29	11-12 Girls	50 Yard Freestyle	75	15-18 Girls	200 Yard Free Relay
30	11-12 Boys	50 Yard Freestyle	76	15-18 Boys	200 Yard Free Relay
31	13-14 Girls	50 Yard Freestyle			
32	13-14 Boys	50 Yard Freestyle			
33	15-18 Girls	50 Yard Freestyle			
34	15-18 Boys	50 Yard Freestyle			
35	6 & Under Girls	25 Yard Backstroke			
36	6 & Under Boys	25 Yard Backstroke			
37	7-8 Girls	25 Yard Backstroke			
38	7-8 Boys	25 Yard Backstroke			
39	9-10 Girls	25 Yard Backstroke			
40	9-10 Boys	25 Yard Backstroke			
41	11-12 Girls	50 Yard Backstroke			
42	11-12 Boys	50 Yard Backstroke			
43	13-14 Girls	50 Yard Backstroke			
44	13-14 Boys	50 Yard Backstroke			
45	15-18 Girls	50 Yard Backstroke			
46	15-18 Boys	50 Yard Backstroke			

Atlanta Swim Association League Championship 2018 Records

Ev#	Event Description	Time	Date	Swimmer/Team
1	Girls 6&U 100 Free Relay J. Rohal, T. Dickson, C. Cohen, K. Smith	1:17.73	7/12/2001	WINDWARD WAVES
2	Boys 6&U 100 Free Relay A Mitten, L Canova, G Davies, T Meredith	1:21.14	6/29/2012	BROOKWOOD HILLS SWIM TEAM
3	Girls 7-8 100 Medley Relay K. Smith, J. Rohal, C. Cohen, T. Dickson	1:12.63	6/27/2003	WINDWARD WAVES
4	Boys 7-8 100 Medley Relay N Harrison, S King, J Marte, M Gibbs	1:14.10	6/28/2015	2015 HLHK SHARKS
5	Girls 9-10 100 Medley Relay K Smith, T Dickson, C Cohen, J Rohal	1:00.79	6/25/2005	WINDWARD WAVES
6	Boys 9-10 100 Medley Relay M Clayton, S Shah, L Weddington, E Hoppenfeld	59.85	6/29/2014	CHASTAIN PARK TIDAL WAVES
7	Girls 11-12 200 Medley Relay H Robison, A Reiter, I Webber, L Spratling	1:59.22	7/3/2011	VERMACK VIKINGS
8	Boys 11-12 200 Medley Relay M Gumbrill, A Chen, T Rice, T Gumbrill	1:55.08	7/2/2016	GEORGETOWN DOLPHINS - GTWN
9	Girls 13-14 200 Medley Relay H Rozenboom, G Johnson, K Hart, E Hicks	1:54.00	7/1/2017	CHASTAIN PARK TIDAL WAVES - CHAS
10	Boys 13-14 200 Medley Relay J Aikins, G Egolf, N Bohn, B Sasser	1:41.20	7/1/2017	POLO GCC DOLPHINS - POLO
11	Women 15-18 200 Medley Relay A Locker, S Coats, N Hollahan, J Borchers	1:50.98	6/29/2014	LEAFMORE DOLPHINS
12	Men 15-18 200 Medley Relay C Anderson, H Merkle, E Cox, N Stines	1:34.35	7/2/2016	CHASTAIN PARK TIDAL WAVES - CHAS
13	Girls 6&U 25 Free	16.97	1986	KATIE RICHARDSON - BROOKFIELD CC
14	Boys 6&U 25 Free	17.31	6/30/2013	LUKE SANDBERG - FNBL -GA
15	Girls 7-8 25 Free	14.97	7/2/2016	PILAR KING - HLHK SHARKS
16	Boys 7-8 25 Free	14.17	6/29/2012	N. JIN/LUKE SANDBERG - CCOS/FNBL
17	Girls 9-10 25 Free	13.01	6/28/2015	SADIE CLAYTON - CHAS
18	Boys 9-10 25 Free	12.86	6/27/2018	ISAIAH LEWIS - LINDMOOR WOODS
19	Girls 11-12 50 Free	24.77	7/2/2016	HAILEY GALBRAITH - LAKE FOREST
20	Boys 11-12 50 Free	23.57	6/28/2010	JACOB RUBIN - WELL-WAVES-GA
21	Girls 13-14 50 Free	24.04	6/28/2015	TATUM SMITH - HHLN -GA
22	Boys 13-14 50 Free	21.61	7/2/2016	CAM AUERBACH - SKRG
23	Women 15-18 50 Free	23.96	6/27/2018	TATUM SMITH - HAMPTON HALL-N
24	Men 15-18 50 Free	20.44	6/28/2015	KNOX AUERBACH - SKRG
25	Girls 7-8 50 Free	30.50	1988	KATIE RICHARDSON - BROOKFIELD CC
26	Boys 7-8 50 Free	30.07	7/1/2012	CARSON KENNEDY - OXFORD MILL
27	Girls 9-10 50 Free	27.16	6/29/2014	HAILEY GALBRAITH - LFL -GA
28	Boys 9-10 50 Free	26.91	6/29/2014	NATHAN JIN - ALP
29	Girls 11-12 100 Free	53.50	7/2/2016	HAILEY GALBRAITH - LAKE FOREST
30	Boys 11-12 100 Free	52.52	6/29/2014	CAM AUERBACH - SKRG
31	Girls 13-14 100 Free	52.32	6/27/2018	GIGI JOHNSON - CHAS
32	Boys 13-14 100 Free	47.27	7/2/2016	CAM AUERBACH - SKRG
33	Women 15-18 100 Free	52.42	6/28/2015	KATHERINE AIKINS - GC
34	Men 15-18 100 Free	44.43	6/28/2015	KNOX AUERBACH - SKRG
35	Girls 6&U 25 Back	20.21	6/28/2015	PILAR KING - 15 HLHK SHARKS
36	Boys 6&U 25 Back	17.50	1993	SCOTT PRATHER - RIVER CHASE
37	Girls 7-8 25 Back	17.10	6/29/2014	SADIE CLAYTON - CHAS
38	Boys 7-8 25 Back	17.85	6/30/2013	CHARLES TU - WHITECAPS
39	Girls 9-10 25 Back	15.09	6/30/2013	RACHEL SAXON - WCW -GA
40	Boys 9-10 25 Back	15.09	6/29/2014	JUSTIN BENDER - CHAR -GA
41	Girls 11-12 50 Back	28.06	6/27/2018	JAYLA THOMPSON - SUMMER SHARKS 18
42	Boys 11-12 50 Back	27.31	6/29/2014	IAN GRUM - VPCA -GA

Atlanta Swim Association League Championship 2018 Records

<u>Ev#</u>	<u>Event Description</u>	<u>Time</u>	<u>Date</u>	<u>Swimmer/Team</u>
43	Girls 13-14 50 Back	27.12	6/29/2014	LAINIE BELL - AVON -DK
44	Boys 13-14 50 Back	24.61	6/27/2018	IDRIS MUHAMMAD - COOLSHARKS
45	Women 15-18 50 Back	27.09	6/28/2015	RALEIGH BENTZ - NSC
46	Men 15-18 50 Back	23.16	6/28/2015	PATRICK CUSICK - PBP -AS
47	Girls 7-8 100 IM	1:17.78	6/29/2014	SADIE CLAYTON - CHAS
48	Boys 7-8 100 IM	1:16.09	6/29/2012	CARSON KENNEDY - OXFORD MILL
49	Girls 9-10 100 IM	1:07.19	7/2/2016	SADIE CLAYTON - CHAS
50	Boys 9-10 100 IM	1:06.30	6/29/2014	NATHAN JIN - ALP
51	Girls 11-12 100 IM	1:01.18	6/27/2018	ELLA JONES - OXFORD MILL
52	Boys 11-12 100 IM	59.35	7/1/2017	AL-8 THOMAS XIAO - GATORS
53	Girls 13-14 100 IM	58.59	6/29/2014	LAINIE BELL - AVON -DK
54	Boys 13-14 100 IM	53.14	6/28/2015	LIAM BELL - AVON -DK
55	Women 15-18 100 IM	58.36	7/9/2006	LAYNE BRODIE - HANOVER WEST
56	Men 15-18 100 IM	50.51	6/27/2018	KAMAL MUHAMMAD - RAGIN' RAYS
57	Girls 7-8 25 Breast	18.74	6/28/2015	SARELL TUTT - MARLINS
58	Boys 7-8 25 Breast	19.07	7/1/2012	SAAVAN SHAH - COOLSHARKS
59	Girls 9-10 25 Breast	15.87	6/30/2017	GIANNA VARRONE - FIELDSTONE
60	Boys 9-10 25 Breast	16.03	6/28/2015	THOMAS XIAO - GATORS
61	Girls 11-12 50 Breast	31.52	7/2/2016	MIA SHAFFER - LAKE FOREST
62	Boys 11-12 50 Breast	29.63	7/1/2017	AL-8 THOMAS XIAO - GATORS
63	Girls 13-14 50 Breast	30.14	7/2/2016	ADDIE FARRINGTON - FALLS FINS
64	Boys 13-14 50 Breast	26.37	6/28/2015	LIAM BELL - AVON -DK
65	Women 15-18 50 Breast	29.85	7/2/2016	ALLIE REITER - VERMACK
66	Men 15-18 50 Breast	25.52	6/27/2018	LIAM BELL - AVON -DK
67	Girls 7-8 25 Fly	15.73	1989	ZIBBY STOKES - BROOKWOOD HILLS
68	Boys 7-8 25 Fly	15.34	6/25/2005	BLAKE RABIN - COOL SHARKS
69	Girls 9-10 25 Fly	13.09	7/2/2016	SADIE CLAYTON - CHAS
70	Boys 9-10 25 Fly	13.75	7/2/2016	CONNOR NIXON - MALLARDS
71	Girls 11-12 50 Fly	26.43	7/1/2013	TATUM SMITH - HHLN -GA
72	Boys 11-12 50 Fly	26.52	6/29/2014	LANGSTON WEDDINGTON - CHAS
73	Girls 13-14 50 Fly	25.70	6/28/2015	TATUM SMITH - HHLN -GA
74	Boys 13-14 50 Fly	24.10	6/28/2015	MARK ROTOLO - BWSG BARRACUDAS
75	Women 15-18 50 Fly	25.27	6/27/2018	TATUM SMITH - HAMPTON HALL-N
76	Men 15-18 50 Fly	22.25	6/27/2018	RAUNAK KHOSLA - ROS
77	Girls 7-8 100 Free Relay	1:04.03	6/27/2003	WINDWARD WAVES
78	Boys 7-8 100 Free Relay	1:03.15	7/8/2000	KENNEDY REC CENTER
79	Girls 9-10 100 Free Relay	54.23	6/25/2005	WINDWARD WAVES J Rohal, T Dickson, C Cohen, K Smith
80	Boys 9-10 100 Free Relay	53.60	6/25/2014	CITY OF ALPHARETTA SHARKS A Lu, A Grottle, N Makarishchev, A Jin
81	Girls 11-12 200 Free Relay	1:48.40	6/27/2018	CHASTAIN PARK TIDAL WAVES C Masterson, L Foglesong, M Kinerman, S Clayton
82	Boys 11-12 200 Free Relay	1:44.43	7/2/2016	OXFORD MILL STINGRAYS - OXFORD J Kennedy, B Spann, J Bao, J Margarite
83	Girls 13-14 200 Free Relay	1:43.88	7/1/2017	CHASTAIN PARK TIDAL WAVES G Johnson, E Hicks, K Hart, H Rozenboom
84	Boys 13-14 200 Free Relay	1:31.44	7/1/2017	POLO GCC DOLPHINS - POLO N Bohn, G Egolf, B Sasser, J Aikins
85	Women 15-18 200 Free Relay	1:40.01	7/2/2016	VERMACK VIKINGS K McGrady, C Knippenberg, A Reiter, L Spratling
86	Men 15-18 200 Free Relay	1:25.21	7/2/2016	CHASTAIN PARK TIDAL WAVES E Cox, H Merkle, C Anderson, N Stines

Appendices

League Championship Rules

Meet Awards

League Ranking Calculations

Heat Sheet Ad Rates and Information

Starter Evaluation Form

Current US Swimming Rules

Safe Starting Procedure and Training

Dual Meet Substitution Form

Hy Tek Sample Forms

Meet Entry Report

Meet Program

UK Judges Placing Form

Lane/Timer Form

Roster of ASA Teams, Contacts and Pool Info - Visit -
<http://atlantaswimming.com/swim-leagues/atlanta-swim-association-home/teams/>

2019 Schedule

ASA Best Practices for Team Safety

Appendix 1

Atlanta Swim Association Championship Rules and Regulations

1. **Participation Requirements:** A swimmer must have participated in at least one regularly scheduled dual meet to be eligible for the championship meet.
2. **Entry Fees:** The entry fee check should be made payable to Atlanta Swim Association and should be brought to each team's divisional session. The entry fee for the meet is a flat \$23.00 per swimmer. Teams must submit ONE CHECK for their entry fees.
3. **Entry Format and Deadline:** Entries must be completed using Hy Tek Team Manager. Teams do not need to include heat/lane assignments, entries will be seeded based on entry time. Entries submitted without entry times will be seeded last at NT's (no time). All entries are due no later than Friday, June 21st at 1 pm to frankem355@aol.com.
4. **Entry File Requirements:** A Hy Tek Team Manager entry file, PDF file export of the entry report, and final team roster must be included with the entries. Entry fees along with a final balance of team dues must be delivered by the first day of the league championship.
5. **Entry Limits:** Each swimmer is allowed to enter two individual events and two relays. Teams may enter and score as many swimmers as they want in any individual event.
6. **Relay Entry Limit:** For the Divisional session, teams may only enter 3 relays in each relay event and only one relay per team per relay event can score. If a team places more than one relay in the top 24 they will receive awards for the swim, but they will not receive the points. Those points will be given to the remaining teams dislocated by second relays.
7. **Meet Warmups:** Scheduled warmups for each session will be offered 90 minutes prior to the start of your scheduled divisional session. There will be an open warmup available for all teams for finals. Feet first entries for all warmups only, except for designated one way sprint lanes. Teams failing to follow these procedures will be removed from their warmup session.
8. **Returning Swimmers:** Teams will compete in a Divisional meet on Wednesday, Thursday, or Friday. The top 10 relay times, top 40 individual 10 and under times and top 30 11 and over individual times from the combined results of the divisional meets will return for the Championship Final at the end of the week. Both the divisional and championship sessions will be scored and team awards will be provided for each meet.
9. **Relay Qualifying Limits:** For the Championship session teams will be allowed to only advance their fastest relay from the divisional meets. It is strongly advised that teams use the same personnel for the Championship that they used in the Divisional, unless a swimmer is unable to attend the Championship session, in which case swimmer(s) may be substituted.
10. **Meet Results and Posted Qualifiers:** RESULTS FROM DIVISIONALS WILL BE UPDATED AFTER EACH SESSION AND POSTED AT www.atlantaswimming.com. THIS IS WHERE YOU CAN FIND OUT IF YOUR SWIMMER HAS QUALIFIED TO SWIM IN SATURDAY'S FINALS.
11. **Scoring Divisions:** For the Divisional Meet, teams are ranked prior to the meet based on a formula that includes current season dual meet wins (2 points per win), team entry size (1 point for each 10 swimmers entered), and points scored in the previous year's championship (1 point per 50 points scored) and will be scored separately for team points. The top 3 teams in each

division will receive a trophy. There will be approximately 12 – 15 teams per division in each meet.

12. **Scoring:** The top 24 places for the divisional and the top 20 places for the championship will score.
13. **Finals Scoring:** Swimmers qualifying for the Championship session can place anywhere in the session. A swimmer or relay in the first heat can place as high as first, a swimmer or relay in the last heat can place as low as last in that session.
14. **Meet Bullpen and Athlete Staging:** All swimmers must go through the bullpen to participate in any race. All swimmers should report to the bullpen on the first call. No swimmer will be paged to the bullpen. Only competitors and authorized meet workers are allowed in the bullpen.
15. **Coaches Area:** Only coaches will be allowed in the coach's area.
16. **Event Alternates:** Alternates (first or second only) will be eligible to be placed into an open lane for a swimmer who does not show for their race. Once a heat has left the staging area to be taken to the blocks the seated alternate will swim in that heat. A qualified swimmer who no shows for that race will then assume the first alternate spot if they show after their heat has left the staging area.
17. **Finals Scratches:** Scratches for the Championship session should be communicated as soon as possible to allow notification of alternates. Teams will be provided a scratch form when they get their heat sheets for their divisional session. That scratch sheet must be returned to the meet manager before the end of that team's divisional session. Swimmers who fail to show for finals without a medical excuse or other family emergency are subject to a \$10/event fine, payable by the team.

Teams that have more than 10% of their qualifiers for finals no show for the ASA championship finals without being properly scratched from that session during their divisional will not be allowed to score team points in the finals session. Swimmers from that team will still be allowed to compete and receive individual awards, but will not score team points.

18. **Swimming Up:** The rules regarding swimming up in age group in dual meet competition apply for the League Championship Meet.
19. **Late Entries and Changes** – Late entries are allowed for the league championship meet on a lane availability basis for individual events only at a cost of \$30 per individual event and \$50 per relay, relay only swimmers are subject to a \$30 per swimmer fee. Changing of events at the league championship will be permitted at the discretion of meet management up to 48 hours prior to that team's divisional session at the late entry fee rate.
20. **Awards:** The top 30 swimmers will receive awards for each divisional session. Medals will be provided for the top 10 finishers in the Championship session; ribbons will be provided for all other places.
21. Smoking and glass items are prohibited inside the pool area.
22. **Parking:** Cars illegally parked will be towed immediately at the owner's expense. Please carpool whenever possible, this is a very large event. The cost of parking at Georgia Tech is \$15 per

vehicle per day or at a discount by visiting <https://gatech.clickandpark.com/event>. Please refer to the parking diagram included to find the best place to park.

23. **Team Areas:** Teams must sit in the designated team area and not in spectator areas. Teams violating this procedure will be seated somewhere near the Alabama border the following season. In the even numbered years teams starting with A-M will be allowed to sit on the deck, and Teams N-Z will sit in the upper seating areas. In the odd numbered years teams starting with N-Z will sit on the deck and teams A-M will sit upstairs. Teams should not set up their athlete team areas in lower seating sections 103-109, those are reserved for spectators only.
24. **No teams may be set up inside the Aquatic Center 1 hour and 45 minutes before the start of any session. Please leave all glass containers at home. No glass is permitted on the pool deck.**
25. Concessions provided will include: food & drink, T-shirts, swimsuits, and swim supplies.

Georgia Tech Aquatic Center (GTAC) Rules and Regulations

1. There is no smoking allowed in the GTAC.
2. Glass objects are prohibited in the GTAC.
3. All teams are to set up camp in their assigned team area either on deck or upstairs, please see the facility map and seating chart to figure out where your team is seated. Please only sit in your team area.
4. The bottom rows of seats are for spectators only, no team setup is allowed in this area
5. Swimmers should report for their events when called. Swimmers should enter the pool deck either by the gate by the main scoreboard side of the pool (please see the map in the heat sheet), or via the back hallway beneath the upstairs spectator seating and report to your respective bullpens.
6. Swimmers should exit the pool deck via the double doors located by their competition pool.
7. The diving well is for warmup and warmdown ONLY. Horseplay in this area during the meet will result in the pool being closed. All warmups and warmdowns should be supervised by a coach. Feet first entries for all warmups only, except for designated one way sprint lanes. Teams failing to follow these procedures will be removed from their warmup session.
8. Only swimmers going to their race, coaches and credentialed meet workers are allowed on deck during the meet. Please try to keep the downstairs hallway clear during the meet.
9. Please keep all stairways and hallways clear during the meet. Team setup is not allowed in those areas for any reason. Do not stand in the stairways for spectator seating.
10. Results will be posted on the second level beneath the spectator seating area.
11. Official Meet T Shirts and Heat sheets are on sale at the Fine Designs and Friend's Unlimited Swim Shop located on the second level beneath the spectator seating area.

APPENDIX 1 - AWARDS

DUAL MEET AWARDS

A. Dual Meet Ribbons

1. In individual events, swimmers will be awarded first through however many lanes a pool has place ribbons in scoring and individual events.
2. In relay events, swimmers will be awarded with first and second place ribbons only, no ribbons will be awarded for other places in relay events.
3. **The home team will provide all ribbons for heat 1 events, Each team is responsible for providing their own exhibition ribbons.**

B. Dual Meet Season Trophies: Trophies are awarded by ranking all teams in the order of the number of wins during the dual meet season.

- Teams with a 5-0 record will receive a Dual Meet Champion Trophy
- Teams with a 4-1 record will receive a Dual Meet Second Place Trophy
- Teams with a 3-2 record will receive a Dual Meet Third Place Trophy
- Teams must call in results of each meet within 24 hours of the end of the meet.

LEAGUE CHAMPIONSHIP AWARDS

- A. Team awards for the Divisional Session will be awarded for the top 3 teams in each division.
- B. There will be an award for the best performance by a new team in the league championship meet. This award is for new teams in the swim league, existing teams that transfer into the league are not eligible for this award.
- C. **Coach of the Year: Each team is encouraged to submit a nomination letter to the league coordinator for the coach that they feel merits this award. This letter will weigh heavily in the selection of the recipient of this award. This letter must be submitted no later than the entry deadline for the League Championship entries.**
- D. Swimmers will receive ribbons for first through 30th place in all events during the Divisionals
- E. Swimmers will receive medals for 1st – 10th place in individual and relay events and for 11th through 30th place in individual and relay events for the Championship Session on Sunday.

ALL awards will be given out at the conclusion of the League Championship meet.

EDUCATIONAL SCHOLARSHIP AWARDS

ASA is pleased to announce the creation of two \$500 scholarships to be awarded to an eligible graduating senior, male and female, planning to continue their education after high school. Our goal is to encourage our swimmers, help promote the positive benefits of swimming, the importance of community involvement and offer educational support.

Eligibility will be based on the following selection criteria:

- Must be a graduating Senior and registered in the ASA swim league
- A written Letter of Recommendation must be submitted to the league for the swimmer to be considered
- Points scored in the ASA Championship Meet (individual & relays events)

The scholarship will be based on the combination of the above criteria and will be presented at the conclusion of the ASA Championship meet. **The deadline for nomination letters is the same date as ASA Championship entries.**

APPENDIX 2
CALCULATION OF TEAM RANKINGS AND SCHEDULING

Each team is ranked according to their performance and team size during the previous year. For every dual meet win a team receives 3 ranking points, **a team is credited one ranking point for each 20 swimmers on their previous season's roster with swimmers under age 8 counting as ½ of a swimmer**, a team also receives one ranking point for every 50 points scored at the League Championship Meet. In the case of a tie the teams with the higher point total at the league championship meet will receive the higher ranking.

No team may jump more than six ranking places from one year to the next. This rule includes teams that are moved up a place due to a team falling under this requirement. Teams may however fall more than six places in the rankings from one year to the next.

Team schedules are comprised of a team swimming teams ranked no more than 6 places above or below their current ranking. However, teams in the top 9 spots are subject to swimming a team in the top 3 spots in the league. Teams will swim in their geographic division when possible. However, inter-divisional (super division) meets may be scheduled with teams in the Super Division as follows: Teams that rank in the top 2 spots in their geographic division or have more than 42 ranking points will be considered "Super Division" teams. Teams with fewer than 30 ranking points would be excluded from the Super Division unless they elect to swim with those teams. Additionally, odd numbers of teams in divisions from year to year may require inter-divisional meets.

There will be a North Super Division consisting of the North, West, East and Roswell Divisions. There will be a South Super Division consisting of the South and ASA-DeKalb Divisions. Teams in the Super Division MAY be matched with teams outside of their immediate geographic area, but still in their Super Division area. All interdivisional meet will be governed by ASA rules, event order (86 events), and will begin at 5:30 pm.

Teams with 2 home meets one season will have 3 home meets the next season. All efforts will be made to maintain a home and home situation will apply for teams swimming each other in consecutive seasons.

ATLANTA SWIM ASSOCIATION - - - STARTER EVALUATION FORM

DATE OF MEET _____ MEET: _____ VS. _____

STARTER: _____ TEAM REPRESENTATIVE: _____

		<u>Low</u>		<u>High</u>		
1	PROMPTNESS	1	2	3	4	5
2.	APPEARANCE	1	2	3	4	5
3.	ATTITUDE	1	2	3	4	5
4.	COMMAND OF MEET	1	2	3	4	5
5.	RULE KNOWLEDGE	1	2	3	4	5
6	RAPPORT	1	2	3	4	5

COMMENTS:

Please complete and send to:

Atlanta Swim Association
 2395 Christopher's Walk
 Atlanta, Georgia 30327
 Attention: Franke Marsden

UNITED STATES SWIMMING TECHNICAL RULES (Rev. 4/1/19)

101.1 STARTS

1. Equipment — A loudspeaker start system conforming to 103.18, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers for forward and backstroke starts, shall be the preferred starting device.
2. The Start
 - A. At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles or the verbal instruction "STEP UP" to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee's first long whistle or the instruction "STEP IN", the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.
 - B. When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.
 - C. On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal.
 - D. When a swimmer does not respond promptly to the command "take your mark," the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.
 - E. A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.
3. False Starts
 - A. Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks.
 - B. If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.
 - C. If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
 - D. A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.
4. Deliberate Delay or Misconduct
 - A. The Starter shall report a swimmer to the Referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, willful disobedience or misconduct.
 - B. The Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat.
 - C. Such disqualification shall not be charged as a false start.

101.2 BREASTSTROKE .

- 1 Start — The forward start shall be used. .
- 2 Stroke — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

- 3 Kick — After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- 4 Turns and Finish — At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

101.3 BUTTERFLY .

1. Start — The forward start shall be used.
2. Stroke — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.
3. Kick — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
4. Turns — At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
5. Finish — At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

101.4 BACKSTROKE .

1. Start — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
2. Stroke — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.
3. Turns — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
4. Finish — Upon the finish of the race, the swimmer must touch the wall while on the back. 101.5

101.5 FREESTYLE

1. Start — The forward start shall be used.
2. Stroke — In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.
3. Turns — Upon completion of each length the swimmer must touch the wall.
4. Finish — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

101.6 INDIVIDUAL MEDLEY —

1. The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle. .
2. Start — The forward start shall be used.
3. Stroke — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke, except in the freestyle, the swimmer must be on the breast except when executing a turn.
4. Turns
 - a. Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke.
 - b. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
 - i. Butterfly to Backstroke — The swimmer must touch as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
 - ii. Backstroke to Breaststroke — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
 - iii. Breaststroke to Freestyle — The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.
5. Finish — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

101.7 RELAYS

1. Freestyle Relay — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
2. Medley Relay — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used as described in 101.6 (Individual Medley) shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.
3. Rules Pertaining to Relay Races
 - a. A No swimmer shall swim more than one leg in any relay event.
 - b. When automatic relay take-off judging is used, each swimmer must touch the touchplate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
 - c. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
 - d. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
 - e. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
 - f. In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
 - g. In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.
 - h. On relays, the second, third and fourth swimmers are prohibited from starting from the top of the adjustable back plate. A swimmer must have at least part of one foot in contact with the starting platform in front of the adjustable back plate during a relay exchange.

Racing Start Certification Checklist

All racing start training and certification should be done in at least 6 feet of water. Check that each step is satisfactorily demonstrated. Steps 1 through 5 are described with accompanying photos in the American Red Cross Safety Training for Swim Coaches Manual. Access the manual on the coaches' tab at www.usaswimming.org. (See Chapter 2: Head-first Entries and Racing Start Safety.)

Step 1-5 should be observed the coach for all swimmers with less than one year of competitive experience or who are 10 years of age or younger.

Progression: The swimmer satisfactorily demonstrated the ability to safely enter the water using:

- Step 1: The sitting position
- Step 2: The kneeling position
- Step 3: The compact position
- Step 4: The stride position
- Step 5: A shallow head-first entry

A diagram of these positions can be viewed at:

<https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/ongoing-compliance/racing-start-certification/racing-start-certification-checklist.pdf?sfvrsn=10>

Step 6 should be completed by the coach for all swimmers, regardless of age or experience. Check either one of the boxes below depending on the age and experience of the swimmer:

For swimmers age 10 years and under and/or swimmers with less than one year of experience: The swimmer has satisfactorily completed the racing start learning progression and demonstrated the ability to safely execute a shallow racing start from a starting block.

OR

For swimmers age 11 years and older with more than one year experience: Based on prior competitive experience, the swimmer is capable of safely controlling the depth of his or her racing starts.

LAST MINUTE MEET ENTRY SUBSTITUTIONS

EVENT # _____ **HEAT #** _____

TEAM _____

IND or **RELAY** **A B C D E F** (CIRCLE ALL THAT APPLY)

TAKE OUT:
SWIMMER NAME _____ **AGE** _____

PUT IN:
SWIMMER NAME _____ **AGE** _____

IF RELAY, CHANGEORDER? _____

LAST MINUTE MEET ENTRY SUBSTITUTIONS

EVENT # _____ **HEAT #** _____

TEAM _____

IND or **RELAY** **A B C D E F** (CIRCLE ALL THAT APPLY)

TAKE OUT:
SWIMMER NAME _____ **AGE** _____

PUT IN:
SWIMMER NAME _____ **AGE** _____

IF RELAY, CHANGEORDER? _____

Meet Entries Spreadsheet

Meet Entries Report

2015 Tuxford at Glen Abbey 26-May-15 [Ageup: 6/1/2015] Yards

Female 11-12	# 7	# 19	# 29	# 41	# 51	# 61	# 71	# 81			
	200 Medley Relay	50 Free	100 Free	50 Back	100 IM	50 Breast	50 Fly	200 Free Relay			
Ashley Crosby (11)	A Back 1/3	37.20 Y 1/3									
Molly Farrell (12)	A Fly 1/3	NT 1/5									
Ametia Folmer (12)	A Brst 1/3	35.84 Y 1/1	NT 1/5								
Catherine Kitchens (11)	A Free 1/3		NT 1/3								

UK Judges Placing Form

Event 4 Girls 200 Yard Freestyle Finals

Judge's Placings

Heat 1

1st	2nd	3rd	4th	5th	6th	7th	8th		
3	4	5	6	1	2	7	8		

Lane	Comp#	School	Place	Time
1	12	Elizabeth Hill SO	5	32.00
2	83	Nikki Malgeri FR	6	33.00
3	19	Meagan McChesney SO	1	30.10
4	70	Elizabeth Durot SO	2	30.01
5	14	Alice Johnson SR	3	31.00
6	92	Carla Uribe SR	4	31.50
7	6	Kristie Day SR	7	34.00
8	86	Meghan O'Neill FR	8	40.00

Individual Meet Entries Report (By Event)

Individual Meet Entries Report

Woodward 03-Feb-04 Yards

Location: Woodward

# 1 Men 200 Medley Relay A WMS3	1/5	1:41.20Y	Benfield, Caroline	WMS3-GA 1/3	2:09.84Y
1 DuPuis, Nick			Zick, Stephanie	WMS3-GA 1/7	2:10.43Y
2 Murphy, Trevor			Reel, Jessie	WMS3-GA 1/1	2:15.03Y
3 Dash, Eliot					
4 Faux, Geoffrey					
# 1 Men 200 Medley Relay B WMS3	1/3	NT	# 5 Men 200 IM		
1 Kim, Minsoo			Brown, Jack	WMS3-GA 1/5	1:54.05Y
2 Harris, Hunter			Dash, Eliot	WMS3-GA 1/3	2:14.67Y
3 Bondurant, Will			Barrow, Brant	WMS3-GA 1/7	2:16.12Y
4 Ogburn, Charlie			Bondurant, Will	WMS3-GA 1/1	2:18.12Y
# 1 Men 200 Medley Relay C WMS3	1/7	NT	# 6 Women 200 IM		
1 Knezo, Alex			McCrackin, Miriam	WMS3-GA 1/3	2:13.18Y
2 Sebel, James			Lipsey, Lindsay	WMS3-GA 1/5	2:16.23Y
3 Byrne, Jacob			Greenburg, Julia	WMS3-GA 1/7	2:36.08Y
4 Bendeck, Victor			Dutcher, Jessie	WMS3-GA 1/1	2:47.45Y
# 2 Women 200 Medley Relay A WMS3	1/5	1:40.18Y	# 7 Men 50 Free		
1 Zick, Stephanie			Faux, Geoffrey	WMS3-GA 1/7	23.24Y
2 Zubowicz, Victoria			Green, Richmond	WMS3-GA 1/5	23.47Y
3 Hill, Elizabeth			Kilgore, Cada	WMS3-GA 1/3	23.98Y
4 McChesney, Meagan			Kim, Minsoo	WMS3-GA 1/1	24.63Y

Individual Meet Entries Report (By Name)

Individual Meet Entries Report

Woodward 03-Feb-04 Yards

Location: Woodward

WOMEN					
Bell, Katherine			WMS3-GA	# 18	Women 200 Free Relay D
# 2 Women 200 Medley Relay B				McChesney, Meagan	WMS3-GA
# 14 Women 100 Free	1/5	52.38Y		# 2 Women 200 Medley Relay A	
# 18 Women 200 Free Relay A				# 8 Women 50 Free	1/3 27.31Y
# 24 Women 400 Free Relay B				# 14 Women 100 Free	1/7 1:00.33Y
Benfield, Caroline			WMS3-GA	# 24 Women 400 Free Relay B	
# 4 Women 200 Free	1/3	2:09.84Y		McChesney, Ryan	WMS3-GA
# 16 Women 500 Free	1/3	5:51.53Y		# 8 Women 50 Free	1/5 26.47Y
# 18 Women 200 Free Relay C				# 18 Women 200 Free Relay A	
# 24 Women 400 Free Relay C				# 20 Women 100 Back	1/7 1:05.79Y
Berger, Brittany			WMS3-GA	# 24 Women 400 Free Relay A	
# 2 Women 200 Medley Relay D				McClellan, Katie	WMS3-GA
# 16 Women 500 Free	1/1	7:02.05Y		# 4 Women 200 Free	1/5 2:08.75Y
# 24 Women 400 Free Relay D				# 16 Women 500 Free	1/5 5:37.51Y
Blakely, Linda			WMS3-GA	# 18 Women 200 Free Relay C	
# 2 Women 200 Medley Relay C				# 24 Women 400 Free Relay C	
# 8 Women 50 Free	1/7	28.35Y		McCrackin, Miriam	WMS3-GA
# 18 Women 200 Free Relay C				# 2 Women 200 Medley Relay C	
# 24 Women 400 Free Relay C				# 6 Women 200 IM	1/3 2:13.18Y
Dutcher, Jessie			WMS3-GA	# 12 Women 100 Fly	1/3 1:03.45Y
# 2 Women 200 Medley Relay C				# 18 Women 200 Free Relay C	
# 6 Women 200 IM					

Lane Timer Sheet (Continuous Format by Lane)

Event 1 Boys 200 Yard Medley Relay Finals					Official Time
Lane 1	Heat 1	Westminster D	WMS3	NT	_____
Event 2 Girls 200 Yard Medley Relay Finals					Official Time
Lane 1	Heat 1	Westminster D	WMS3	NT	_____
Event 3 Boys 200 Yard Freestyle Finals					Official Time
Lane 1	Heat 1	Andrew Ray FR	WMS3	2:10.29	_____
Event 4 Girls 200 Yard Freestyle Finals					Official Time
Lane 1	Heat 1	Elizabeth Hill SO	WMS3	1:51.01	_____
Event 5 Boys 200 Yard IM Finals					Official Time
Lane 1	Heat 1	Trevor Murphy SO	WMS3	NT	_____
Event 6 Girls 200 Yard IM Finals					Official Time
Lane 1	Heat 1	Alison Reed SR	WMS3	2:30.85	_____
Event 7 Boys 50 Yard Freestyle Finals					Official Time
Lane 1	Heat 1	Chaz Walker SR	WMS3	25.49	_____

Meet Program

North Atlanta Swim Assoc Champ

Hy-Tek's MEET MANAGER 11:17 AM 4/26/2004 Page 1

**Marist. vs. Westminster - 1/24/2002
Meet Program - Dual Meet**

Event 1 Boys 200 Yard Medley Relay				Event 4 Girls 200 Yard Freestyle				Event 9 Boys 1 mtr Diving			
Lane	Team	Relay	Seed Time	Lane	Name	Yr School	Seed Time	Lane	Name	Yr School	Seed Time
Heat 1 Finals				Heat 1 Finals				Heat 1 Finals			
1	WMS3	D	NT	1	Elizabeth Hill	SO WMS3	1:51.01	1	Andrew Costas	FR MAR4	NI
2	MAR4	B	NT	2	Nikki Malgeri	FR MAR4	2:00.67	2	Eric Moorhead	JR WMS3	NI
	Brendan Wilson SO	Chris Bachner-Reimer S		3	Meagan McChesney	SO WMS3	2:16.89	3	Chad Lane	SR MAR4	NI
3	WMS3	C	NT	4	Elizabeth Durot	SO MAR4	1:53.96	4	Matt Simmons	SR MAR4	NI
4	MAR4	A	1:43.04	5	Alice Johnson	SR WMS3	2:13.35	5	Will Nowack	FR WMS3	NI
	Kyle Adams JR	Bill Jabr SR		6	Carla Uribe	SR MAR4	2:15.39	6	Ryan A Brown	SO MAR4	NI
5	WMS3	A	1:49.22	7	Kristie Day	SR WMS3	2:02.14	Event 10 Girls 1 mtr Diving			
	Casey Arundel JR	David Pinelli SO		8	Meghan O'Neill	FR MAR4	2:08.10	Heat 1 Finals			
6	MAR4	C	NT	Event 5 Boys 200 Yard IM				Heat 1 Finals			
	Ryan Leibrandt SO	Andrew Breunig FR		Heat 1 Finals				1	Jameson Weir	WMS3	NI
	Greg Zora FR	Andrew O'Shea FR		1	Trevor Murphy	SO WMS3	NT	2	Heather Gile	JR MAR4	NI
7	WMS3	B	NT	2	Brendan Wilson	SO MAR4	2:29.61	3	Elisabeth Holby	FR WMS3	NI
8	MAR4	D	NT	3	Thomas Davis	FR WMS3	3:03.32	4	Jenny Schork	JR MAR4	NI
	Alex Nevels FR	Michael Buckley FR		4	Mark Stephens	SR MAR4	1:56.76	5	Elizabeth Coleman	WMS3	NI
	Philip Church FR	Ryan Browne SR		5	Jonathan Weatherford	JR WMS3	2:18.69	6	Ali Gray	FR WMS3	NI
Event 2 Girls 200 Yard Medley Relay				Event 6 Girls 200 Yard IM				Event 11 Boys 100 Yard Butterfly			
Lane	Team	Relay	Seed Time	Lane	Name	Yr School	Seed Time	Lane	Name	Yr School	Seed Time
Heat 1 Finals				Heat 1 Finals				Heat 1 Finals			
1	WMS3	D	NT	1	Rob Stanfield	SR MAR4	1:03.06	1	Stephanie Uribe FR	Rachel Eddy JR	
2	MAR4	B	NT	2	Meg Ingraham SR	Carla Uribe SR		2	Cada Kilgore	SO WMS3	1:13.82
				3				3	Casey Arundel	JR MAR4	55.31

2019 Atlanta Swim Association Dual Meet Schedule

2019 South Division	Tuesday	Tuesday	Tuesday	Tuesday	Monday
Team	28-May	4-Jun	11-Jun	18-Jun	24-Jun
Brittany Club	Mark Trail/Princeton	at Roxboro	Kingsley	at The Branches	Gainsborough
Brookwood Hills	Hanover West	at Leafmore	Garden Hills	Georgetown	at Chastain
Byrnwyck	at Hampton Hall-S (5-29)	at Mark Trail/Princeton	Redfield	Mountaire	Huntley Hills
Chastain Park	Garden Hills	at The Branches	at Clairmont	Gainsborough	Brookwood Hills
Deerbrooke Waters	Redfield	at Huntcliff	at Vermack	Fontainebleau	Zaban
Deerfield-Spalding Lake	at Huntley Hills (5-29)	Dunwoody North	Dunwoody CC	at Mill Glen	Fontainebleau
Dunwoody CC	at Roxboro	Wynterhall	at Deerfield Spldg Lk	Riverside	The Branches
Dunwoody North	Gainsborough	at Deerfield Spldg Lk	at The Branches	Kingsley	at Village Mill
Fontainebleau	Zaban	Vermack	at Huntley Hills	at Deerbrooke Waters	at Deerfield Spdg Lk
Gainsborough	at Dunwoody North	Hampton Hall-S	Georgetown	at Chastain	at Brittany Club
Garden Hills	at Chastain	Hanover West	at Brookwood Hills	at Mark Trail/Princeton	Lake Claire
Georgetown	The Branches	Village Mill	at Gainsborough	at Brookwood Hills	Mark Trail/Princeton
Hammond Hills	at Riverside (5-29)	at Huntley Hills	Mill Glen	at Hanover West	Mountaire
Hampton Hall-S	Byrnwyck (5-29)	at Gainsborough	Hanover West	Roxboro	at Mill Glen
Hanover West	at Brookwood Hills	at Garden Hills	at Hampton Hall-S	Hammond Hills	Riverside
Huntcliff	Inverness	Deerbrooke Waters	at Zaban	Woodfield	at Redfield
Huntley Hills	Deerfield Spdg Lk (5-29)	Hammond Hills	Fontainebleau	at Village Mill	at Byrnwyck
Kingsley	Village Mill	Mill Glen	at Brittany Club	at Dunwoody North	Roxboro
Mark Trail/Princeton Sq.	at Brittany Club	Byrnwyck	at Riverside	Garden Hills	at Georgetown
Mill Glen	at Wynterhall	at Kingsley	at Hammond Hills	Deerfield Spdg Lk	Hampton Hall-S
Mountaire	Vermack	at Riverside	Wynterhall	at Byrnwyck	at Hammond Hills
Redfield	at Deerbrooke Waters	at Zaban	at Byrnwyck	Wynterhall	Huntcliff
Riverside	Hammond Hills (5-29)	Mountaire	Mark Trail/Princeton	at Dunwoody CC	at Hanover West
Roxboro	Dunwoody CC	Brittany Club	at Village Mill	at Hampton Hall-S	at Kingsley
The Branches	at Georgetown	Chastain	Dunwoody North	Brittany Club	at Dunwoody CC
Vermack	at Mountaire	at Fontainebleau	Deerbrooke Waters	Zaban	at Wynterhall
Village Mill	at Kingsley	at Georgetown	Roxboro	Huntley Hills	Dunwoody North
Wynterhall	Mill Glen	at Dunwoody CC	at Mountaire	at Redfield	Vermack
Zaban Sharks	at Fontainebleau	Redfield	Huntcliff	at Vermack	at Deerbrooke Waters
2019 DeKalb Division	Tuesday	Tuesday	Tuesday	Tuesday	Monday
Team	28-May	4-Jun	11-Jun	18-Jun	24-Jun
Avondale	at Leslie Beach Club	Lindmoor Woods	at Venetian	Twin Lakes	HLHK
Briarcliff / Sagamore	at Echo Ridge	Venetian	at Leslie Beach Club	Nottaway	Leafmore
Briarmoor Manor	Tri Meet w/GLW&PB	Intown	at Westhampton	at Northumberland	Glenwood
Clairmont	Lake Claire	Winding Vista	Chastain	at Leafmore	at Echo Ridge
Decatur	Smokerise	at Northumberland	HLHK	at Lindmoor Woods	Westhampton
Echo Ridge	Briarcliff/Sagamore	Twin Lakes	at Leafmore	at Venetian	Clairmont

2019 DeKalb Division	Tuesday	Tuesday	Tuesday	Tuesday	Monday
Team	28-May	4-Jun	11-Jun	18-Jun	24-Jun
Glenwood Park	Tri Meet @ Briarmoor	at Westhampton	at Smokerise	at Pangborn	at Briarmoor Manor
Healthy Lifestyles Healthy Kids	at Twin Lakes	at Lake Claire	at Decatur	at Winding Vista	at Avondale
Intown Dolphins	at Westhampton	at Briarmoor Manor	at Pangborn	Tri-meet @ Smokerise	at Smokerise
Lake Claire	at Clairmont	HLHK	Winding Vista	Leslie Beach Club	at Garden Hills
Leafmore Creek Park	at Winding Vista	Brookwood Hills	Echo Ridge	Clairmont	at Braircliff/Sagamore
Leslie Beach Club	Avondale	at Nottaway	Braircliff/Sagamore	at Lake Claire	at Twin Lakes
Lindmoor Woods	Nottaway	at Avondale	at Northumberland	Decatur	Pangborn
Northumberland	at Venetian	Decatur	Lindmoor Woods	Briarmoor Manor	at Nottaway
Nottaway	at Lindmoor Woods	Leslie Beach Club	at Twin Lakes	at Briarcliff/Sagamore	Northumberland
Pangborn	Tri Meet @ Briarmoor	Smokerise	Intown	Glenwood	at Lindmoor Woods
Smokerise	at Decatur	at Pangborn	Glenwood	Tri Meet w/TWN&WHAM	Intown
Twin Lakes	HLHK	at Echo Ridge	Nottaway	at Avondale	Leslie Beach Club
Venetian Pools	Northumberland	at Braircliff/Sagamore	Avondale	Echo Ridge	at Winding Vista
Westhampton/Embry Hills	Intown	Glenwood	Briarmoor Manor	Tri-meet @ Smokerise	at Decatur
Winding Vista	Leafmore	at Clairmont	at Lake Claire	HLHK	Venetian
2019 East Division	Thursday	Thursday	Thursday	Thursday	Tuesday
Team	30-May	6-Jun	13-Jun	20-Jun	25-Jun
Atlanta Athletic Club	Stonebrier	at St. Ives	CC of Roswell (Mon. 6-10)	Horseshoe Bend	Medlock Bridge (Mon 6-24)
Cambridge	at Sugar Mill	at Highland Park	Lifetime Fitness	Stonebrier	Hillbrooke
Chattahoochee	Highland Park	Wellington	Stonebrier	at Medlock Bridge	at Shakerag
Highland Park	at Chattahoochee	Cambridge	at Shakerag	Seven Oaks	Stonebrier
Hillbrooke	Lifetime Fitness	Shakerag	Sugar Mill	at Deer Lake	at Cambridge
Lifetime Fitness	at Hillbrooke	at Grandview Glen	at Cambridge	at Wellington	at St. Ives
Medlock Bridge	at St. Ives	Stonebrier	Wellington	Chattahoochee	at Atlanta Athletic (Mon 6-24)
Seven Oaks	at Shakerag	Sugar Mill	St. Ives	at Highland Park	at St. Marlo
Shakerag	Seven Oaks	at Hillbrooke	Highland Park	at Sugar Mill	Chattahoochee
St. Ives	Medlock Bridge	Atlanta Athletic	at Seven Oaks	at CC of Roswell	Lifetime Fitness
Stonebrier	at Atlanta Athletic	at Medlock Bridge	at Chattahoochee	at Cambridge	at Highland Park
Sugar Mill	Cambridge	at Seven Oaks	at Hillbrooke	Shakerag	at Wellington
Wellington	at Olde Atlanta	at Chattahoochee	at Medlock Bridge	Lifetime Fitness	Sugar Mill
2019 West Division	Thursday	Thursday	Thursday	Thursday	Tuesday
Team	30-May	6-Jun	13-Jun	20-Jun	25-Jun
Alpharetta	at Edenwilde	White Columns	at Crooked Creek	at Glen Abbey	Roswell
Roswel Rapids	at Crooked Creek	at Pennbrooke	White Columns	Edenwilde	at Alpharetta
Glen Abbey	at White Columns	at Inverness	at Harrington Falls	Alpharetta	Edenwilde
White Columns	Glen Abbey	at Alpharetta	at Roswell	Crooked Creek	at Harrington Falls

2019 West Division	Thursday	Thursday	Thursday	Thursday	Tuesday
Team	30-May	6-Jun	13-Jun	20-Jun	25-Jun
Inverness	at Huntcliff (Thur 5-31)	Glen Abbey	Tri Meet @ Brookfield CC	Windward	Pennbrooke
Crooked Creek	Roswell	Milton	Alpharetta	at White Columns	at Windward
Edenwilde	Alpharetta	Wildwood Springs	Windward	at Roswell	at Glen Abbey
Wildwood Springs	at Eagle Watch	at Edenwilde	Wexford	at Saddle Creek	Brookfield CC
Harrington Falls	at Brookfield CC	Saddle Creek	Glen Abbey	at Milton	White Columns
Pennbrooke	at Doublegate	Roswell	Milton	Brookfield CC	at Inverness
Saddle Creek	Windward	at Harrington Falls	Tri Meet @ Brookfield CC	Wildwood Springs	Wexford
Windward	at Saddle Creek	Wexford	at Edenwilde	at Inverness	Crooked Creek
Wexford	at Milton	at Windward	at Wildwood Springs	at Woodlands	at Saddle Creek
Brookfield CC	Harrington Falls	at Arbor View	Tri Meet v INV&SC	at Pennbrooke	at Wildwood Springs
Milton	Wexford	at Crooked Creek	at Pennbrooke	Harrington Falls	Laurel Brooke
2019 North Division	Thursday	Thursday	Thursday	Thursday	Tuesday
Team	30-May	6-Jun	13-Jun	20-Jun	25-Jun
Aberdeen	at Polo Golf & CC	Chat. River Club	at Three Chimney Farms	Grand Cascades	Laurel Springs
Chatt. River Club	Creekstone Estates	at Aberdeen	at Deer Lake	Laurel Springs	Windermere
Creekstone Estates	at Chat. River Club	at Grand Cascades	Fieldstone	Lake Forest	Olde Atlanta
Deer Lake	at Grandview Glen	St. Marlo	Chat. River Club	Hillbrooke	at Longlake
Fieldstone	at Windermere	Polo Golf & CC	at Creekstone Estates	Three Chimney Farms	at Grand Cascades
Grand Cascades	at Laurel Springs	Creekstone Estates	at Windermere	at Aberdeen	Fieldstone
Grandview Glen	Deer Lake	Lifetime Fitness	at Olde Atlanta	Longlake	at Lake Forest
Lake Forest	Longlake	at Laurel Springs	Orange Shoals	at Creekstone Estates	Grandview Glen
Laurel Springs	Grand Cascades	Lake Forest	Polo Golf & CC	at Chat. River Club	at Aberdeen
Longlake	at Lake Forest	at Three Chimney Farms	St. Marlo	at Grandview Glen	Deer Lake
Olde Atlanta	Wellington	Windermere	Grandview Glen	at St. Marlo	at Creekstone Estates
Polo Golf and CC	Aberdeen	at Fieldstone	at Laurel Springs	at Windermere	Three Chimney Farms
St. Marlo	Three Chimney Farms	at Deer Lake	at Longlake	Olde Atlanta	Seven Oaks
Three Chimney Farms	at St. Marlo	Longlake	Aberdeen	at Fieldstone	at Polo Golf & CC
Windermere	Fieldstone	at Olde Atlanta	Grand Cascades	Polo Golf & CC	at Chat. River Club
2019 Cherokee Division	Thursday	Thursday	Thursday	Thursday	Tuesday
Team	30-May	6-Jun	13-Jun	20-Jun	25-Jun
Arbor View	at Laurel Brooke	Brookfield CC	Towne Lake Hills	River Green	at Bridgemill
Bradshaw	bye	Woodlands	at Laurel Brooke	Woodmont	at Orange Shoals
Bridgemill	bye	at Woodmont	River Green	at Wyngate	Arbor View
Deer Run	at Woodmont	Eagle Watch	Towne Lake Sharks	Orange Shoals	at Woodlands
Eagle Watch	Wildwood Springs	at Deer Run	at Wyngate	at Towne Lake Sharks	Woodmont
Laurel Brooke	Arbor View	at Orange Shoals	Bradshaw Farms	at Towne Lake Hills	at Milton
Orange Shoals	at Woodlands	Laurel Brooke	at Lake Forest	at Deer Run	Bradshaw Farms

2019 Cherokee Division	Thursday	Thursday	Thursday	Thursday	Tuesday
Team	30-May	6-Jun	13-Jun	20-Jun	25-Jun
River Green	Towne Lake Hills	Towne Lake Sharks	at Bridgemill	at Arbor View	Wyngate
Towne Lake Hills	at River Green	Wyngate	at Arbor View	Laurel Brooke	at Towne Lake Sharks
Towne Lake Sharks	Wyngate	at River Green	at Deer Run	Eagle Watch	Towne Lake Hills
Woodlands	Orange Shoals	at Bradshaw Farms	at Woodmont	Wexford	Deer Run
Woodmont	Deer Run	Bridgemill	Woodlands	at Bradshaw Farms	at Eagle Watch
Wyngate	at Towne Lake Sharks	at Towne Lake Hills	Eagle Watch	Bridgemill	at River Green
2019 Central Division	Thursday	Thursday	Thursday	Thursday	Tuesday
Team	30-May	6-Jun	13-Jun	20-Jun	25-Jun
CC of Roswell	at Horseshoe Bend	Tri Meet v CWL&NL	at Atlanta Athletic (Mon 6-10)	St Ives	at Haynes Landing
CC of the South	at Hampton Hall-N	at Neely Farms	at Mayfair St. Clair	at Martin's Landing	at Falls of Autry Mill
Chartwell	Woodfield	Tri Meet at CC of Roswell	Spring Ridge	at Dunmoor	at Tuxford
Doublegate	Pennbrooke	at Horseshoe Bend	at Martin's Landing	Oxford Mill	Neely Farms
Dunmoor	at Tuxford	Mayfair St. Clair	Hampton Hall-N	Chartwell	Tri Meet @Woodfield
Falls of Autry Mill	at Oxford Mill	at Glastonberry	at Tuxford	Hampton Hall-N	CC of the South
Glastonberry	at Mayfair St. Clair	Falls of Autry Mill	Haynes Landing	at Spring Ridge	Tri Meet @Woodfield
Hampton Hall-N	CC of the South	Pinewalk	at Dunmoor	at Falls of Autry Mill	Spring Ridge
Haynes Landing	Nesbit Lakes	Tuxford	at Glastonberry	at Mayfair St. Clair	CC of Roswell
Horseshoe Bend CC	CC of Roswell	Doublegate	at Pinewalk	at Atlanta Athletic	Oxford Mill
Martin's Landing	at Neely Farms	at Oxford Mill	Doublegate	CC of the South	Pinewalk
Mayfair-St. Clair	Glastonberry	at Dunmoor	CC of the South	Haynes Landing	at Nesbit Lakes
Neely Farms	Martin's Landing	CC of the South	at Oxford Mill	at Pinewalk	at Doublegate
Nesbit Lakes	at Haynes Landing	Tri Meet at CC of Roswell	Woodfield	Tuxford	Mayfair St. Clair
Oxford Mill	Falls of Autry Mill	Martin's Landing	Neely Farms	at Doublegate	at Horseshoe Bend
Pinewalk	at Spring Ridge	at Hampton Hall-N	Horseshoe Bend	Neely Farms	at Martin's Landing
Spring Ridge	Pinewalk	at Woodfield	at Chartwell	Glastonberry	at Hampton Hall-N
Tuxford	Dunmoor	at Haynes Landing	Falls of Autry Mill	at Nesbit Lakes	Chartwell
Woodfield	at Chartwell	Spring Ridge	at Nesbit Lakes	at Huntcliff (Tue 6-18)	TRI Meet v DMR&GLS

ASA Suggested Best Practices for Safety

The following safety requirements (listed but not limited to) should be adhered to in order to ensure optimum safety in the swimming pool:

- All ASA members are required to abide by the ASA Rules and Regulations.
- Teams should conduct background checks on all adult coaches and team coordinators in the interests of protecting the safety of their team members.
- All coaches should have current First Aid and CPR certifications and should re-certify on the recommended schedules by the American Red Cross. Information on getting training can be found at <https://www.redcross.org/take-a-class>
- If one of your coaches, volunteers, or members is flagged or reported engaging in any activity endangering the welfare of a minor that incident MUST be reported to local law enforcement and proper authorities as soon as possible.
- Teams should be mindful of possible concussions that may occur during the season. For full info on prevention and treatment visit <https://www.choa.org/medical-services/concussion>
- Teams should have a plan for deck evacuation in the event of inclement weather and communicate that plan with visiting teams.
- All swimming practices should be open to observation by parents.
- Two-deep Leadership: One coach and at least one other adult who is not in the water should be present at all practices and other sanctioned team activities whenever at least one athlete is present.
- Open and Observable Environment: An open and observable environment should be maintained for all interactions between adults and athletes. Private, or one-on-one situations, should be avoided unless they are open and observable.
- Athletes should not ride in a coach's vehicle without another adult present. Coaches driving swimmers/divers in ANY capacity should submit driving record to hiring club.
- A qualified life guard, or qualified educator, or qualified coach, should be on the pool deck in addition to any instructor or coach supervising the aquatic activity. Their sole responsibility for monitoring athlete safety at an aquatic activity and they must:
 - Ensure the safety of all athletes. Be alert and attentive at all times.
 - Always have a clear view of the entire pool. Visually scan above and below the water surface.
 - Do not get distracted or leave the pool area.
- The qualified life guard, or qualified educator, or qualified coach should always enter the pool area first and be the last to leave.
- The qualified life guard, or qualified educator, or qualified coach should ensure the pool is clear of unsafe hazards and has all the necessary safety equipment and is readily available each time the pool is in use. Pool deck must be kept clear of unnecessary equipment.
- There should be a designated telephone in close proximity of the pool deck designated for emergency calls. Know where record book is with parent emergency forms and phone numbers. Review emergency forms and be aware of medical issues of allergies, diabetic, asthma, heart problems and symptoms and have list of what to do if issue and review preseason
- A safety orientation for all participants should be conducted prior to initially using the pool. It should include all safety rules and regulations, including “horse play”, diving restrictions, safety procedures, water depth, and any other pertinent safety information. Some examples:
 - ASA Standards of Conduct
 - During warm-ups – feet first entry, facing water, no turning as enter (splitting chin)
 - No diving without coaches' permission
 - No touching or hanging onto another person while in the water
 - Never push people in the pool, bad example, dangerous
 - No inappropriate behavior on the deck or in the locker room
 - Pool rules should be enforced at all times.