

South Wind Swim Conference

PAC & SWAT are hosting

Saturday, June 17th, 2023 @ Pocahontas, AR

This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU Youth Athlete membership must be obtained before the competition begins. BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

Hosted By: Pocahontas Dolphins & Jonesboro SWAT

Athletes Age: The age of the swimmer on June 1, 2023 will be the athlete's competition age for the SWSC summer league meets per the bylaws.

Entry Deadline: Entries must be submitted no later than Wednesday, June 14th @ 3:00pm. The 6/14/23 entry deadline is for the entries to be sent to the host team. The team entry deadline is before this and varies by team. **Deck entries will be accepted if there is an empty lane. No new heats will be created.**

Send Entries To: beadolphinsswimmer@gmail.com

Entry Limit: Each swimmer may swim a maximum of **Five (5) individual events and two (2) relays. Not including BONUS Events.**

Meet Participants: Hurricanes Mountain Home, SWAT Jonesboro, Dolphins Pocahontas, Rapids Harrison, Stingrays Stone County, Racers

Date & Start Time: Saturday, at **9:00am on June 17th**

Location:

Pocahontas Aquatic Center, 300 Geneva Drive

Pocahontas Facility Information:

25-meter pool with 8 lanes and touchpads. **The 2nd and 4th swimmers in the 100-meter relays may want to start in the water because of the pool depth. Also, all the 25 events will start in the "shallow" end.** Swimmers will not be allowed in the therapeutic pool.

Bullpen: Bullpen for 10&U will be utilized for this meet.

Eligibility: AAU registered athletes that are on a South Wind Swim Conference team.

Age Divisions: Individual events will be 6 & Under Exhibition, 8 & Under, 9-10 years, 11-12 years, 13-14 years, and 15-18 years. Relays will be 8 & Under, 10 & Under, 12 & Under, 14 & Under, and 18 & Under with the stipulation that at least one swimmer on the relay must be in that age group. There will also be Mixed Relays with the stipulation that there are 2 swimmers of each gender on the relay and that at least one swimmer on the relay must be in that age group. A swimmer's age as of June 1st shall determine their age division, unless they have declared otherwise.

6 & U Swimmers

6 & U events are not scored, are not judged, and are strictly "exhibition". They count towards a swimmer's 6 "splashes" required to be eligible for conference finals.

However, in order to swim at conference finals, all 6 & U swimmers must have a legal time which can only be obtained by swimming the 8 & U events which are judged for proper stroke technique. In 6 & U events, swimmers will receive participant ribbons.

If a 6 & U swimmer is not able to swim without help, whether that is a person, fins, or floaties, they are probably not ready to participate in the meet and should continue to just practice until such a time that they can attempt to swim the length of the pool unassisted. The lane ropes are always there, should they need to grab on them.

*For clarification on 6&U exhibition events please visit; www.southwindswimconference.com

Events: All events will be TIMED FINALS. Submit swimmer's best converted Long Course Meter Times to ensure proper seeding. This meet will be pre-seeded. We may combine some events due to number of entries and open lanes.

Awards:

- Individual Events: Ribbons will be awarded for 1st - 8th place in all age groups.
- Relay Events: Ribbons will be awarded for 1st – 8th place.
- Heat Ribbons will be awarded to the winner of each heat for each event.
- In the 6 & Under Exhibition Events, Participant Ribbons will be awarded.

Scoring:

- Individual Events: 9-7-6-5-4-3-2-1
- Relays: 18-14-12-10-8-6-4-2

Results: Will be posted in the pool lobby and on Meet Mobile. The results on Meet Mobile are not finalized.

NOTES – results are not finalized until after the meet if over.

Warm-up Times: Warm up times will be sent out after entries are received.

Rules and Safety: 2023 SWSC and USA rules shall govern this meet. No alcohol, smoking, or vaping in the Pocahontas Aquatic Center.

Concessions: **NO GLASS CONTAINERS WILL BE ALLOWED ON THE POOL DECK.** Concession stand will be available.

Hospitality: Prepacked snacks and will be available for Coaches, Officials, and Timers.

Meet Director: Sara Frazier

Referee: Michael Lawhon

Starter: TBA

Timers and Officials:

- Once entries are received each team will be assigned timing lanes.
- It is recommended that your team submit a timer's sheet to the announcer on the day of the meet.
- Each team must provide stroke and turn judges or S&T shadows. If a team does not provide these positions, the following is due to the host team.
 - Less than 8 kids – no official
 - 9-19 = 1 official or \$25
 - 20+ = 2 officials or \$50.
 - NOTE = These can be shadowing officials - shadow officials count.

Meetings:

Coaches: **8:45 AM – Location TBD**

Stroke & Turn Judges: **8:30 AM – Location near starter**

Timers: **8:45 AM - In the parking lot**

National Anthem: **9:00am**

For additional questions please contact;

Sara Frazier 870-810-2110 or Anna Lawhon 870-809-1423 or email beadolphinswimmer@gmail.com

Distance events: We will take a short break at the conclusion of the “regular” meet to reset the computer for the distance events. These events are not scored and ribbons will not be awarded. They also do not count in the swimmer's individual event limit. 1500 swimmers must provide their own counter and timer.

June 17th

Pocahontas

Mixed 11+ - 200 Freestyle

Mixed Open - 100 Freestyle

Mixed 13+ - 200 Butterfly

Mixed Open - 200 IM

Mixed 13+ - 200 Breaststroke

Mixed 13+ - 200 Backstroke

Mixed 11+ - 400 Free

Mixed 13+ - 1500

2023 SWSC Event Line-up	
AGE	Event
6&U, 7-8	25 Free
9-10, 11-12, 13-14, 15-18	50 Free
6&U, 7-8	25 Backstroke
9-10, 11-12	50 Backstroke
13-14, 15-18	100 Backstroke
8&U, 9-10	100 IM
11-12, 13-14, 15-18	200 IM
8&U, 9-10	100 Free Relay
11-12, 13-14, 15-18	200 Free Relay
8&U	50 Freestyle
9-10, 11-12, 13-14, 15-18	100 Freestyle
6&U, 7-8	25 Breaststroke
9-10, 11-12	50 Breaststroke
13-14, 15-18	100 Breaststroke
6&U, 7-8	25 Butterfly
9-10, 11-12	50 Butterfly
13-14, 15-18	100 Butterfly
8&U, 9-10	100 Medley Relay
11-12, 13-14, 15-18	200 Medley Relay

Location Information: Pocahontas

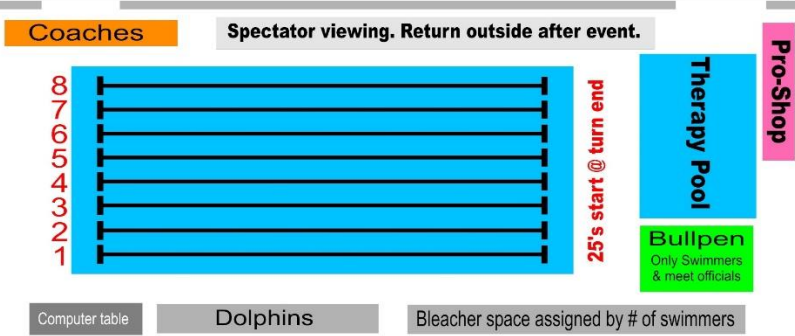
- Parking is available at multiple locations and signs will direct you towards additional areas.
- Seating will be assigned to teams on the deck.
- Spectator chairs are NOT permitted in the pool area.
- Do not block any emergency exits or equipment.
- There will be a designated area for spectators and canopies in the area outside of the pool barriers.
- All personal chairs and canopies need to be removed after each session.
- Neither the host team or the facility will be responsible for lost, damaged, or stolen items.

MAP - Pocahontas Meet Layout

Family seating.
Chairs & Tents in this area.

*Scale is off.
For general information.
Please park at the
community center or
behind the pool.

BARRICADE



Computer table

Dolphins

Bleacher space assigned by # of swimmers