

2025 South Wind Swim Conference

@ Pocahontas, AR

Saturday - July 12, 2025

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: PAC

Entry Deadline: Entries must be submitted no later than **Tuesday July 8 @ 3:00pm.** Deck entries will be accepted if there is an empty lane. No new heats will be created.

Send Entries To: beadolphinswimmer@gmail.com

Entry Limit: Each swimmer may swim a maximum of **five (5) individual events and two (2) relays.**

Meet Participants: Current SWSC Teams

Date & Start Time: **Saturday, July 12, 2025 @ 9:00am**

Location: 1111 N Marr Street Pocahontas, AR 72455

Meetings:

Coaches: **8:45 am - On the deck in the waterpark**

Stroke & Turn Judges: **8:20 am- On the deck in the waterpark**

Timers: **8:35 am - In the parking lot**

National Anthem: **9:00 am**

Facility:

- 25 meter pool with 8 lanes, SST Timing system with plunger, and Colorado Touchpads.
- NOTE – Touchpads will not be used for the meet on June 21 or July 1 in Pocahontas.
- 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 pools.

Bullpen: A 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:

- A swimmer's age as of May 31st shall determine their age division, unless they have declared a swim up age before the beginning of the season.
- Individual events will be 6&U Exhibition, 8&U, 9-10, 11-12, 13-14, and 15-18.
- 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.

Mixed Relays

- Mixed Relays with the stipulation *that there must be at least one of the opposite gender* and that at least one swimmer on the relay must be in that age group for the & under relays.
- Mixed relays, all swimmers must be in the age group listed.

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, mixed gender and mixed age group based on the event.
- Submit swimmer's best converted SHORT COURSE 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 awards will be given to the winner of each heat for each event.
- In the 6 & Under Exhibition Events, Participant Ribbons will be awarded.

Scoring:

- Standard scoring in Meet Manager.

Results:

- Will be posted in the pool lobby throughout the day and on Meet Mobile.
- NOTE – 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:

- 2025 SWSC and USAS rules shall govern this meet.
- No alcohol, drug use, smoking, or vaping will be permitted.

Concessions:

- **NO GLASS CONTAINERS WILL BE ALLOWED ON THE POOL DECK.**
- The concession stand will be open for summer league swim meets.

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

Meet Director: Anna Lawhon

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.

For additional questions please contact;

Anna Lawhon (text#) 870-809-1423

beadolphinswimmer@gmail.com

Parking Information:



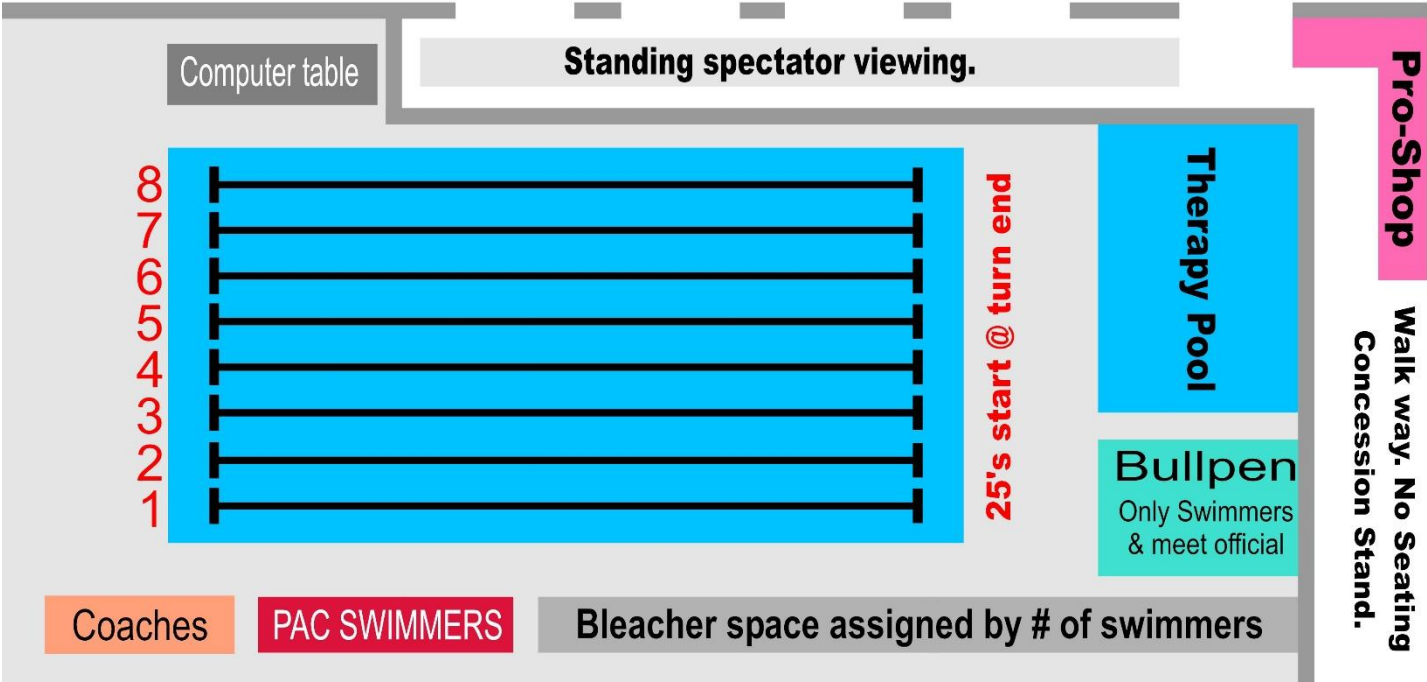
LAYOUT FOR SUMMER 2025

BIG PAC TEAM TENT

Chairs & Tents in this area.
Family seating.

*Scale is off.
For general information.
Parking 1111 N Marr St.

BARRICADE



Computer table

Standing spectator viewing.

8
7
6
5
4
3
2
1

25's start @ turn end

Therapy Pool

Bullpen
Only Swimmers
& meet official

Pro-Shop

Walk way. No Seating
Concession Stand.

Coaches

PAC SWIMMERS

Bleacher space assigned by # of swimmers

2025 SWSC Saturday 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, 10&U	100 Free Relay
12&U, 14&U, 18&U	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
10 minute Break – Computer Catch-up & Prep for relays	
8&U, 10&U	100 Medley Relay
12&U, 14&U, 18&U	200 Medley Relay

Weekday SWSC Meets – will not include the IM or the Medley Relays