

# 7<sup>TH</sup> ANNUAL BATTLE FOR THE BELT

FRIDAY, FEBRUARY 16 – SUNDAY, FEBRUARY 18, 2024

**SANCTION:** HELD UNDER USA SWIMMING THROUGH ARKANSAS SWIMMING, INC.  
SANCTION NUMBER AR-02162024

**HOST:** ARKANSAS SWIM CLUB RACERS

**DATES:** FEBRUARY 16-18, 2024

**LOCATION:** THE RIVER CENTER  
1800 CITIZENS DRIVE  
BENTON, AR 72015

**STARTING TIME:** FRIDAY SESSION – WARM-UPS WILL BEGIN AT 4:00 PM.  
MEET WILL BEGIN AT 5:30 PM.  
SATURDAY SESSION – WARM-UPS WILL BEGIN AT 8:30 AM.  
MEET WILL BEGIN AT 10:00 AM.  
SUNDAY SESSION – WARM-UPS WILL BEGIN AT 8:30 AM.  
MEET WILL BEGIN AT 10:00 AM.

**FACILITY:** EIGHT LANE, 25 YARD INDOOR COURSE WITH NON-TURBULENT LANE LINES, SPECTRUM ACCELERATOR STARTING BLOCKS. EIGHT LANES WILL BE USED FOR COMPETITION. COLORADO ELECTRONIC TIMING SYSTEM WITH TOUCH PADS AND HORN START. EIGHT COLORADO BACKSTROKE START DEVICES AND EIGHT RELAY JUDGING PLATFORMS WITH SPEEDLIGHTS. FULL COLOR LED SCREEN COLORADO SCOREBOARD. SEPARATE WARM UP/WARM-DOWN AREA WILL BE AVAILABLE IN THE LEISURE POOL. THE MEET WILL BE RUN WITH A CLOSED DECK. ONLY SWIMMERS, CERTIFIED COACHES AND MEET PERSONNEL WILL BE ALLOWED ON DECK. NO FOOD WILL BE ALLOWED ON DECK. SPECTATOR SEATING WILL BE AVAILABLE IN THE NATATORIUM BLEACHERS AREA. SWIMMERS LEAVING THE POOL AREA MUST WEAR A SHIRT, PANTS AND SHOES. THE MINIMUM WATER DEPTH, MEASURED IN ACCORDANCE WITH ARTICLE 202.4.10C IS 12'6" AT THE START END AND 4'0" AT THE TURN END. THE COMPETITION COURSE HAS NOT BEEN CERTIFIED IN ACCORDANCE WITH ARTICLE 104.2.2.C(5).

**MEET TYPE:** AGE GROUP EVENTS, TIMED FINALS.

**RULES:** USA SWIMMING AND ARKANSAS SWIMMING, INC. RULES AND REGULATIONS WILL GOVERN THE MEET. ASI SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT.

**OFFICIALS:** MEET REFEREE: ALYCE OULETTE – JOULETTE@SBCGLOBAL.NET  
MEET DIRECTOR: MONICA NELSEN – MONICA@CASCRACERS.COM  
ADMINISTRATIVE OFFICIAL: MELINDA MARTIN – MELINDA.MARTIN@STAFFMARK.COM

**ATTENDING COACHES:** ONLY COACHES REGISTERED WITH USA SWIMMING WILL BE ALLOWED TO PARTICIPATE IN ANY COACHING CAPACITY. UNDER ARSI RULES, EACH TEAM MUST PROVIDE A COPY OF EACH ATTENDING COACH'S USA SWIMMING MEMBERSHIP CARD. ATTENDING COACHES SHOULD BE PREPARED TO SHOW PROOF OF USA SWIMMING REGISTRATION AND VALID CERTIFICATION IN CPR, FIRST AID, SAFETY TRAINING FOR SWIM COACHES, CONCUSSION TRAINING AND COACHES ADVANTAGE TUTORIAL.

**ELIGIBILITY:** ALL SWIMMERS MUST BE REGISTERED AS 2024 ATHLETE MEMBERS OF USA SWIMMING. NO ENTRIES WILL BE ACCEPTED WITHOUT CURRENT USA SWIMMING REGISTRATION NUMBER. SWIMMERS WHO ENTER AS PENDING OR APPLIED FOR MUST SEND THEIR ATHLETE REGISTRATION AND PAYMENT WITH THE TEAM ENTRIES. ON DECK REGISTRATION WILL NOT BE PERMITTED. IF YOU HAVE ALREADY SENT THE REGISTRATION AND FEE TO ARSI, PLEASE SEND A COPY OF THE REGISTRATION

FORM. THE AGE OF EACH SWIMMER AS OF FEBRUARY 16, 2024 DETERMINES AGE GROUP CLASSIFICATION FOR THE ENTIRE MEET.

**SEEDING:** ALL EVENTS WILL BE PRE-SEEDED, EXCEPT FOR THE 500 FREESTYLE AND 400 IM. THE 500 FREESTYLE AND 400 IM WILL BE DECK-SEEDED AND WILL REQUIRE POSITIVE CHECK-IN. POSITIVE CHECK-IN DEADLINE WILL BE THIRTY (30) MINUTES PRIOR TO THE ANNOUNCED START OF THE SESSION. THE 500 FREESTYLE MAY BE LIMITED TO THE FASTEST 48 SWIMMERS. HEATS WILL BE SWUM FASTEST TO SLOWEST.

**FORMAT:** EVENTS WILL BE SWUM WITH COMBINED AGE GROUPS BUT WILL BE SEPARATED FOR AWARDS. FRIDAY SESSION WILL BE MIXED GENDER.

**ENTRY LIMITS:** SWIMMERS MAY ENTER MAXIMUM SIX (6) INDIVIDUAL EVENTS PER DAY. MEET WILL BE LIMITED TO FIRST 400 SWIMMERS ENTERED. IF THE TEAM'S ENTRIES EXCEED THE 400 SWIMMERS LIMIT, ALL OF THE TEAM'S ENTRIES WILL BE ACCEPTED.

**ENTRY FEES:** \$22.00 FACILITY FEE PER SWIMMER  
\$3.00 ASI SURCHARGE PER SWIMMER  
\$7.00 PER INDIVIDUAL EVENT

MAKE CHECKS PAYABLE TO **CASC RACERS**.

CASC RACERS  
C/O ADAM NELSEN  
3416 RIDGE PASS COURT  
LITTLE ROCK, AR 72227

**ENTRY DEADLINE:** ENTRIES MUST BE RECEIVED BY WEDNESDAY, FEBRUARY 7, 2024. THE PREFERRED METHOD OF ENTRY IS BY HY-TEK DIGITAL FILES ACCOMPANIED BY EMAILED OR HARD COPY ENTRY SUMMARY SHEET. SEND TO ENTRIES @CASCRACERS.COM.

**DECK ENTRIES:** DECK ENTRIES WILL BE ACCEPTED BY THE CLERK OF COURSE UP TO 30 MINUTES BEFORE THE PUBLISHED STARTING TIME. COST IS \$10.00 PER INDIVIDUAL EVENT. A SWIMMER WHO IS NOT PREVIOUSLY ENTERED IN THE MEET MUST ALSO PAY THE \$25.00 SURCHARGE. DECK ENTRIES FOR EACH EVENT WILL BE PLACED IN OPEN LANES IN EXISTING HEATS IN THE ORDER IN WHICH THEY ARE RECEIVED BY THE CLERK OF COURSE. NEW HEATS WILL BE CREATED TO ACCOMMODATE DECK ENTRIES AS NECESSARY. THE ORIGINAL HEATS WILL NOT BE RESEDED. THERE IS NO GUARANTEE THAT A DECK ENTRY WILL GET TO SWIM THE EVENT AND THERE WILL BE NO REFUND OF ENTRY FEES. NO EVENT WILL BE RESEDED TO ACCOMMODATE A DECK ENTRY. A SWIMMER WHO SCRATCHES ONE EVENT AND ENTERS ANOTHER EVENT TO REPLACE IT WILL BE CHARGED DECK ENTRY FEES. DECK PASS MAY BE USED TO VERIFY CURRENT ATHLETE MEMBERSHIP.

**SCRATCHES:** NO MONEY WILL BE REFUNDED FOR SCRATCHES. A SWIMMER WHO DOES NOT REPORT BY THE FINAL CALL WILL BE SCRATCHED FROM THAT EVENT.

**WARM-UP:** ALL ASI WARM-UP RULES WILL BE FOLLOWED. ANY SWIMMER WHO DOES NOT ENTER THE POOL FEET FIRST DURING ANY PORTION OF A WARM-UP/WARM-DOWN PERIOD WHICH REQUIRES FEET FIRST ENTRY SHALL RECEIVE A WARNING FOR THE FIRST OFFENSE RATHER THAN A DISQUALIFICATION. DISQUALIFICATIONS ARE AUTOMATIC FOR SUBSEQUENT VIOLATIONS. IN THE SESSION IN WHICH THE PENALTY IS ENFORCED, THE SWIMMER CANNOT DECK ENTER AN EVENT TO REPLACE THE EVENT FROM WHICH THEY WERE REMOVED.

THESE WARM-UP RULES ALSO APPLY TO THE WARM-UP/WARM-DOWN AREA THAT WILL BE AVAILABLE DURING EACH SESSION. SWIMMERS MAY DIVE INTO THE POOL DURING A DESIGNATED SPRINT WARM-UP. SWIMMERS WITHOUT A COACH AT THE MEET MUST CHECK IN WITH THE MEET REFEREE AND WILL BE ASSIGNED TO A COACH DURING THE WARM UP PORTION OF THE MEET.

**FINAL RESULTS:** FINAL RESULTS WILL BE POSTED ON THE CASC RACERS WEBSITE & ARKANSAS SWIMMING WEBSITE.

**AWARDS:** MEDALS WILL BE AWARDED FOR 1ST THROUGH 3RD PLACES AND RIBBONS WILL BE AWARDED FOR 4TH THROUGH 8TH PLACES. MEDALS, RIBBONS, AND HIGH POINT AWARDS WILL BE GIVEN FOR BOYS AND GIRLS IN THE FOLLOWING AGE GROUPS: 8 & U, 9-10, 11-12, 13-14 AND 15 & UP. THE 1<sup>ST</sup> PLACE TEAM WILL BE AWARDED THE CHAMPION BELT. A SPRINT CHAMPION AWARD WILL BE GIVEN FOR BOYS AND GIRLS FOR THE MOST POINTS FOR EVENTS 101 THROUGH 108 IN THE FOLLOWING AGE GROUPS: 8 & U, 9-10, 11-12, 13-14 AND 15 & UP.

**SCORING:** INDIVIDUAL EVENTS: 9-7-6-5-4-3-2-1.

**Rules/Safe Sport:** USA SWIMMING RULES AND REGULATIONS WILL GOVERN THE CONDUCT OF THIS MEET. IT SHALL BE THE SWIMMERS' AND COACHES' RESPONSIBILITY TO ACQUAINT THEMSELVES WITH ALL INFORMATION CONTAINED HERE WITHIN.

ALL COACHES AND OFFICIALS EXPECTING TO RECEIVE ACCESS TO THE POOL DECK MUST BE PREPARED TO SHOW A CURRENT USA SWIMMING MEMBERSHIP CARD (DECK PASS IS ACCEPTABLE PROOF OF USA SWIMMING MEMBERSHIP). INFORMATION REGARDING THE APT COURSE AND THE BACKGROUND CHECK IS AVAILABLE ONLINE AT USASWIMMING.ORG/PROTECT. COACHES MUST PROVIDE PROOF OF CPR, FIRST AID AND SAFETY TRAINING FOR SWIMMING COACHES OR USA SWIMMING APPROVED EQUIVALENTS AND MUST HAVE SUCCESSFULLY PASSED THE REQUIRED BACKGROUND CHECK AND APT COURSE. COACHES MUST DISPLAY THEIR COACH MEMBERSHIP CARD WHILE ON DECK.

NO SWIMMER WILL BE PERMITTED TO COMPETE UNLESS HE/SHE IS A MEMBER AS PROVIDED IN ARTICLE 302. ANY SWIMMER ENTERED IN THE MEET MUST BE CERTIFIED BY A USA SWIMMING MEMBER-COACH AS BEING PROFICIENT IN PERFORMING A RACING START. FURTHER, THOSE PARTICIPANTS NOT PROFICIENT WITH A BACKSTROKE LEDGE MUST START EACH RACE FROM WITHIN THE WATER, AND WITHOUT USE OF THE BACKSTROKE LEDGE. IT IS THE RESPONSIBILITY OF THE SWIMMER OR THE SWIMMER'S LEGAL GUARDIAN TO ENSURE COMPLIANCE WITH THESE REQUIREMENTS.

NO SWIMMER WILL BE ALLOWED ON DECK WITHOUT A COACH MEMBER PRESENT. IF THE HOME CLUB COACH IS NOT PLANNING TO ATTEND EVENT, SWIMMER MUST BE ASSIGNED A SUPERVISING COACH. IF A SWIMMER ARRIVES WITHOUT A COACH, HE/SHE MUST FIND A WILLING COACH AT THE FACILITY TO SIGN SUPERVISION FORM BEFORE A CREDENTIAL CAN BE ISSUED.

THE SAFE SPORT PROGRAM IS USA SWIMMING'S COMPREHENSIVE ABUSE PREVENTION PROGRAM DEDICATED TO REDUCING THE RISK OF SEXUAL, EMOTIONAL, AND PHYSICAL ABUSE TO ATHLETES. COMPONENTS OF THE PROGRAM INCLUDE, BUT ARE NOT LIMITED TO, PROVIDING EDUCATION AND TRAINING, ENFORCING POLICIES, RULES, AND BEST PRACTICE GUIDELINES, PROMOTING HEALTHY BOUNDARIES AND MANDATED REPORTING OF VIOLATIONS.

THE MINOR ATHLETE ABUSE PREVENTION POLICY ("MAAPP") PROHIBITS APPLICABLE ADULTS FROM HAVING ONE-ON-ONE INTERACTION WITH MINOR ATHLETES THAT IS NOT WITHIN AN OBSERVABLE AND INTERRUPTIBLE DISTANCE FROM ANOTHER ADULT. ALL APPLICABLE ADULTS PARTICIPATING IN OR ASSOCIATED WITH THIS MEET, ACKNOWLEDGE THAT THEY ARE SUBJECT TO THE PROVISIONS OF THE USA SWIMMING MAAPP, AND THAT THEY UNDERSTAND THAT COMPLIANCE WITH THE MAAPP POLICY IS A CONDITION OF PARTICIPATION IN THE CONDUCT OF THIS COMPETITION.

PURSUANT TO USA SWIMMING RULES AND REGULATIONS AND FEDERAL LAW, IT IS EVERY MEMBER'S RESPONSIBILITY TO IMMEDIATELY (I.E., WITHIN 24 HOURS) REPORT ANY INCIDENT OF CHILD ABUSE, INCLUDING PHYSICAL OR SEXUAL ABUSE, TO LAW ENFORCEMENT AND THE U.S. CENTER FOR SAFE SPORT. REPORTING MUST OCCUR WHEN AN INDIVIDUAL HAS FIRSTHAND KNOWLEDGE OF MISCONDUCT OR WHERE SPECIFIC AND CREDIBLE INFORMATION HAS BEEN RECEIVED FROM A VICTIM OR KNOWLEDGEABLE THIRD PARTY. A REPORT TO THE U.S. CENTER FOR SAFE SPORT MAY BE MADE VIA TELEPHONE AT 720-531-0340 OR ONLINE AT WWW.USCENTERFORSAFESPORT.ORG/REPORT-A-CONCERN. VARIOUS STATE LAWS MAY ALSO REQUIRE REPORTING TO LAW ENFORCEMENT OR TO A DESIGNATED CHILD PROTECTION AGENCY.

THE REQUIREMENT TO COMPLETE ATHLETE PROTECTION TRAINING IS AN ANNUAL REQUIREMENT. USA SWIMMING MEMBERSHIP WILL BE AFFECTED IF A NON-ATHLETE MEMBER OR ADULT ATHLETE MEMBER DOES NOT RENEW ATHLETE PROTECTION TRAINING ANNUALLY.

EACH CLUB IS RESPONSIBLE FOR THE CONDUCT OF ITS SWIMMERS. ANY PERSON WHO, IN THE OPINION OF THE MEET DIRECTOR OR MEET MARSHALL, IS HARMFUL TO OTHERS OR TO OTHER'S PROPERTY MAY BE REQUIRED TO LEAVE THE COMPETITION.

USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN CHANGING AREAS, REST ROOMS OR LOCKER ROOMS. ANY PERSON FOUND POSSESSING SUCH DEVICES IN THESE AREAS WILL IMMEDIATELY BE REMOVED FROM THE MEET WITH ALL FEES FORFEITED AND WILL BE SUBJECT TO FURTHER LSC AND/OR USA SWIMMING SANCTIONS AND PENALTIES.

OPERATION OF A DRONE, OR ANY OTHER FLYING APPARATUS, IS PROHIBITED OVER THE VENUE (POOLS, ATHLETE/COACH AREAS, SPECTATOR AREAS AND OPEN CEILING LOCKER ROOMS) ANY TIME ATHLETES, COACHES, OFFICIALS AND/OR SPECTATORS ARE PRESENT.

**MEDICAL:** RIVER CENTER WILL PROVIDE LIFEGUARDS FOR MEDICAL EMERGENCIES. AED IS AVAILABLE ON DECK. EMERGENCY PHONES ON DECK CAN COMMUNICATE DIRECTLY WITH EMT.

Friday Afternoon		
101	10 and Under 25 Free	
102	11 and Up 25 Free	
103	10 and Under 25 Back	
104	11 and Up 25 Back	
105	10 and Under 25 Breast	
106	11 and Up 25 Breast	
107	10 and Under 25 Fly	
108	11 and Up 25 Fly	
	10 Min Break	
109	Open 100 IM	
110	Open 500 Free	

Saturday Afternoon		
201	10 and Under 100 Free	202
203	11-12 100 Free	204
203	13-14 100 Free	204
203	15 and Up 100 Free	204
205	10 and Under 200 IM	206
207	11-12 200 IM	208
207	13-14 200 IM	208
207	15 and Up 200 IM	208
209	10 and Under 50 Fly	210
211	11-12 100 Fly	212
211	13-14 100 Fly	212
211	15 and Up 100 Fly	212
213	11-12 50 Back	214
213	13-14 50 Back	214
213	15 and Up 50 Back	214
215	10 and Under 50 Breast	216
217	11-12 100 Breast	218
217	13-14 100 Breast	218
217	15 and Up 100 Breast	218
219	10 and Under 100 Back	220
221	11-12 200 Back	222
221	13-14 200 Back	222
221	15 and Up 200 Back	222
223	11-12 50 Fly	224
223	13-14 50 Fly	224
223	15 and Up 50 Fly	224

Sunday Afternoon		
301	10 and Under 200 free	302
303	11-12 200 Free	304
303	13-14 200 Free	304
303	15 and Up 200 Free	304
305	10 and Under 100 Fly	50
307	11-12 200 Fly	306
307	13-14 200 Fly	308
307	15 and Up 200 Fly	308
309	10 and Under 50 Back	310
311	11-12 100 Back	312
311	13-14 100 Back	312
311	15 and Up 100 Back	312
313	11-12 400 IM	314
313	13-14 400 IM	314
313	15 and Up 400 IM	314
315	10 and Under 100 Breast	316
317	11-12 200 Breast	318
317	13-14 200 Breast	318
317	15 and Up 200 Breast	318
319	10 and Under 50 Free	320
321	11-12 50 Free	322
321	13-14 50 Free	322
321	15 and Up 50 Free	322
323	11-12 50 Breast	324
323	13-14 50 Breast	324
323	15 and Up 50 Breast	324

## MEET SUMMARY FORM

COMPLETE THIS MEET SUMMARY FORM AND SUBMIT IT ALONG WITH YOUR COMPLETE ENTRY FORM AND YOUR CHECK. MAKE CHECKS PAYABLE TO CENTRAL ARKANSAS SWIM CLUB (CASC).

MAIL ALL ENTRIES TO:

ADAM NELSEN  
3416 RIDGE PASS CT  
LITTLE ROCK, AR 72227  
PHONE – (501) 744-3713  
EMAIL – ENTRIES@CASCRACERS.COM

NAME OF CLUB: \_\_\_\_\_

CLUB CODE: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

PERSON TO CONTACT REGARDING QUESTIONS: \_\_\_\_\_

PHONE NUMBER: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

ATTENDING COACHES: \_\_\_\_\_

COACH'S PHONE NUMBER: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

SWIMMERS X \$3.00 ASI SURCHARGE = \_\_\_\_\_

SWIMMERS X \$22.00 FACILITY FEE = \_\_\_\_\_

INDIVIDUAL ENTRIES X \$7.00 PER EVENT = \_\_\_\_\_

TOTAL FEES = \_\_\_\_\_

AS SPECIFIED BY USA SWIMMING AND ASI, EACH COACH OR TEAM REPRESENTATIVE MUST CERTIFY THAT ALL SWIMMERS ENTERED ON THE ENTRY FORMS ARE MEMBERS OF USA SWIMMING AS OF THE ENTRY DEADLINE, OR THE APPLICATIONS FOR MEMBERSHIP (INCLUDING FEES) ARE ENCLOSED WITH THE ENTRY FORMS. IN ADDITION, THE SIGNATURE BELOW CERTIFIES THAT EACH ATTENDING COACH IS A MEMBER OF USA SWIMMING AND HAS VALID CERTIFICATION IN CPR, FIRST AID AND SAFETY TRAINING FOR THE DURATION OF THE MEET. IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, WE HEREBY WAIVE AND RELIEVE ANY AND ALL CLAIMS AGAINST USA SWIMMING, ASI, RIVER CENTER, THE CENTRAL ARKANSAS SPORTS CLUB, AND OFFICIALS.

SIGNATURE OF COACH/TEAM REPRESENTATIVE: \_\_\_\_\_