



2010 Arizona Swimming Long Course Age Group State Championships July 22-25, 2010

Held under the sanction of USA Swimming, Inc.

- Sanctioned By: Arizona Swimming Inc Sanction # AZ10C132
- Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Sun Devil Aquatics, Arizona State University and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.
- Hosted By: Sun Devil Aquatics www.sundevilaquatics.com
- Meet Director: Kurt Roggensack kxr@asu.edu
- Meet Referee: Mary Kramer mckswim@aol.com
- Meet Location: Mona Plummer Aquatic Center- ASU, College Ave, Tempe AZ 85281
- Course: Outdoor 50 meter, (8) eight lane course, non-turbulent lane lines. Start and automatic timing systems with touch pads with scoreboard will be used. An additional 25 yard course will be available for continuous warm-up throughout the meet. Arizona Swimming warm-up/warm down procedures will be posted and enforced. The competition course has not been certified in accordance with 104.2.2(C). The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 6 inches at the start end and 6 feet, 6 inches at the turn end.
- Eligibility:
1. Open to any Arizona Swimming registered athlete 14 years old or younger holding a current USA Swimming registration card as of the meet entry deadline.
 2. A current, valid USA Swimming registration card or proof of registration must be presented to the Clerk of Course if requested.
 3. This is a time standard meet. All swimmers must have equaled or bettered the current Arizona Q time listed time standard which is published on www.azswimming.org prior to the meet entry deadline.
 4. Age on July 22, 2010 will govern for the meet.
 5. On-deck registration will not be available at any Arizona Swimming meet.
 6. Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, meet referee, and entry coordinator as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
- Rules:
1. The current USA Swimming rules for competitive swimming will govern.
 2. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner.
 3. The Arizona Swimming controlled meet warm-up will be posted and enforced.
 4. Swimmers are limited to three (3) individual events per day, including time trials.
 5. Swimmers are limited to six (6) individual events for the meet, excluding time trials. If an entry has greater than six (6) events for the meet or greater than three (3) entries for a day, the highest numbered event will be dropped until the entry limits are met.
 6. Swimmers must enter with a valid qualifying time. Entry times not achieved in Long Course meters shall be noted as SY (Short Course Yards) or SM (Short Course Meters). No converted times may be used. Seeding order for this meet will be 1) Long Course Meters, 2) Short Course Yards, 3) Short Course Meters. Clearly indicate on both electronic or paper entry (last chance qualifier) as well as the Hy-Tek Meet Entry Report SY or SM. Long Course Meter, Short Course Yard, and Short Course Meter qualifying times are published on www.azswimming.org, the Arizona Swimming web site.
 7. The 400 Free, 800 Free, 1500 Free, and 400 IM will be deck seeded, and will require positive check-in to swim with the Clerk of Course prior to the session in which they are swum. Deadline for check-in to swim the event is 4:30 pm on Thursday for Session I, and 9:30 am for Sessions II, III, and IV.
 8. The 10 & Under 400 Free, is a timed final event. This event will be swum fastest to slowest, alternating girls and boys.
 9. The 11-12 400 Free, 13-14 400 Free, and 11-14 400 Individual Medley are timed final events. The fastest seeded heat will be swum during Finals; a separate proof of time is required with entries to be seeded in the top eight. All other heats will be swum during the preliminaries, fastest to slowest, alternating girls and boys by heat.
 10. For the 11-14 800 Free, 11-14 1500 Free, and 11-14 400 IM will be combined across age groups for seeding, but scored separately by age group. The seeding order will be:
First ----- All conforming (LC) times at or faster than the 13-14 Q-time standard, regardless of the age of the athlete.
Second----- All non-conforming (SY or SM) times at or faster than the 13-14 Q-time standard, but only for 13-14 athletes.
Third----- All conforming (LC) times at or faster than the 11-12 Q-time standard but slower than the 13-14 Q-time standard (only 11-12 athletes in this group).
Fourth----- All non-conforming (SY or SM) times at or faster than the 11-12 Q-time standard, but only for 11-12 athletes.
 11. All other individual events (those of 200 meters or shorter) are pre-seeded preliminary/final events. The top 16 swimmers in the preliminary session will qualify to swim in the finals session, with the consolation heat followed by the championship finals heat.
 12. All Relay events MUST be Pre-entered with a seed time. Although there is no time standard for relay events, ALL relay entries must include a seed time to be seeded and swim. While entry of names is encouraged, no names are required at the time of entry. All relay events are timed final events with only the top 8 seeded relay teams to be swum during the Finals. All other relay teams will be swum in the Prelims in numeric order. Coaches may pick-up their relay cards for the meet at the start of Session I on Thursday. Swimmers' names must be listed on the relay card in order by swimmer when the relay team reports to the blocks to swim. Only two (2) relays per team can be entered for the 800 free relay. There is no limit to the number of relays a team may enter for all other relays, but only the two fastest relays from any one team will be scored. Deck entered relay entries WILL NOT be accepted.

Session I – Thursday, July 22, 2010**Timed Finals – Warm-up: 4:00 pm / Meet Start: 5:00 pm**

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
1	10 & U 400 Free*	2
3	11-14 800 Free*	4

* The 400 Free and 800 Free will be deck seeded, requiring positive check-in at the Clerk of Course by 4:30 PM in order to swim the event. The 800 Free is a combined event, scored separately by age group. Events will be swum fastest to slowest, alternating girls and boys by heat.

Session II – Friday, July 23, 2010**Preliminaries – Warm-up: 7:00 am / Meet Start: 8:30 am****Finals – Warm-up 4:00 pm / Meet Start: 5:00 pm**

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
5	13-14 200 Free	6
7	11-12 200 Free	8
9	10 & U 200 Free	10
11	13-14 100 Fly	12
13	11-12 100 Fly	14
15	10 & U 100 Fly	16
17	13-14 100 Back	18
19	11-12 100 Back	20
21	10 & U 100 Back	22
23	13-14 100 Breast	24
25	11-12 100 Breast	26
27	10 & U 100 Breast	28
29	12 & U 400 Free Relay#	30
31	13-14 400 Free Relay#	32
33	11-14 400 IM**	34

**The 400 IM will be deck seeded, requiring positive check-in at the Clerk of Course by 9:30 am in order to swim the event. This is a combined event scored separately by age group. This is a timed final event with the fastest seeded heat swimming in finals. All remaining heats will be swum during the preliminary session, alternating girl's and boy's by heat, fastest to slowest.

Relay events are timed final events. The top 8 seeded relays will be swum during the finals session. All other relays will be swum during the prelims session in numeric order by event.

Saturday, July 24, 2010**Preliminaries – Warm-up: 7:00 am / Meet Start: 8:30 am****Finals – Warm-up 4:00 pm / Meet Start: 5:00 pm**

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
35	13-14 200 Medley Relay#	36
37	12 & U 200 Medley Relay#	38
39	10 & U 200 Medley Relay#	40
41	13-14 200 Fly	42
43	11-12 200 Fly	44
45	10 & U 50 Breast	46
47	11-12 50 Breast	48
49	13-14 50 Breast	50
51	10 & U 100 Free	52
53	11-12 100 Free	54
55	13-14 100 Free	56
57	11-12 200 Back	58
59	13-14 200 Back	60
61	10 & U 50 Fly	62
63	11-12 50 Fly	64
65	13-14 50 Fly	66
67	13-14 800 Free Relay#	68
69	11-12 400 Free***	70
71	13-14 400 Free***	72

***The 400 Free will be deck seeded, requiring positive check-in at the Clerk of Course by 9:30 am in order to swim the event. These are timed final events with the fastest seeded heat swimming in finals. All remaining heats will be swum during the preliminary session, alternating girl's and boy's by heat, fastest to slowest.

Relay events are timed final events. The top 8 seeded relays will be swum during the finals session. All other relays will be swum during the prelims session in numeric order by event. Only two (2) relays per team may be entered for the 800 Free Relay. Swimmers may not swim on a 12 & Under relay and a 10 & Under relay of the same stroke and distance.

Session IV – Sunday, July 25, 2010

Preliminaries – Warm-up: 7:00 am / Meet Start: 8:30 am

Finals – Warm-up 4:00 pm / Meet Start: 5:00 pm

Girls Event #	Event	Boys Event #
73	10 & U 200 Free Relay#	74
75	12 & U 200 Free Relay#	76
77	13-14 200 Free Relay#	78
79	10 & U 50 Back	80
81	11-12 50 Back	82
83	13-14 50 Back	84
85	10 & U 200 IM	86
87	11-12 200 IM	88
89	13-14 200 IM	90
91	10 & U 50 Free	92
93	11-12 50 Free	94
95	13-14 50 Free	96
97	11-12 200 Breast	98
99	13-14 200 Breast	100
101	12 & U 400 Medley Relay#	102
103	13-14 400 Medley Relay#	104
105	11-14 1500 Free****	106

Relay events are timed final events. The top 8 seeded relays will be swum during the finals session. All other relays will be swum during the prelims session in numeric order by event. Swimmers may not swim on a 12 & Under relay and a 10 & Under relay of the same stroke and distance.

**** The 1500 Free will be deck seeded, requiring positive check-in at the Clerk of Course by 9:30 am in order to swim the event. This is a combined event scored separately by age group. These are timed final events with all heats being swum during the preliminary session. These events will be swum fastest to slowest, alternating girls and boys by heat.

Proof of Time for Top 8 Seeding

This Section MUST be completed for a swimmer to be seeded in the top 8 for these timed final individual events, or entries made on Hy-Tek Commlink files must include the meet and date that the time was achieved. Only complete one form per individual athlete.

Name: _____ Team: _____

Event	Entry Time	Date Achieved	Meet
10 & U 400 Free			
11-12 400 Free			
13-14 400 Free			
11-14 800 Free			
11-14 1500 Free			
11-14 400 IM			

Arizona Swimming—USA Swimming Entry Card for specified LATE ENTRIES due to achievement of qualifying time after meet entry deadline ONLY.

ARIZONA SWIMMING -- USA SWIMMING ENTRY CARD

Male:

Female:

Last Name:		First Name:		M.I.:		Age:			
Event No.	Freestyle (Submitted Time)	Event No.	Backstroke (Submitted Time)	Event No.	Breaststroke (Submitted Time)	Event No.	Butterfly (Submitted Time)	Event No.	I.M. (Submitted Time)
	25		25		25		25		100
	:		:		:		:		:
	50		50		50		50		200
	:		:		:		:		:
	100		100		100		100		400
	:		:		:		:		:
	200		200		200		200		
	:		:		:		:		:
	400/500	USA Swimming				Club		No. of Events x \$6.00: \$	
	:	Number:				Initials:		Plus LSC Surcharge: \$5.00	
	800/1000	Team				Coach's		Total Entry Fees Due: \$	
	:	Name:				Name:			
	1500/1650	Parent's				Parent's			
	:	Name:				Phone:			