



Arizona Age Group Short Course Region One Championships @ SAC February 24-26, 2012

Held under the sanction of USA Swimming

- Sanctioned by: Arizona Swimming Sanction Number: AZ12-41R2
Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., City of Scottsdale and Scottsdale Aquatic Club and all meet officials shall be held harmless from any and all liabilities of claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.
- Hosted by: Scottsdale Aquatic Club
Meet Director: Kevin Zacher, Judy Pennington sac6coach@aol.com
Meet Referee: Ray Eynon eynonaz@cox.net
Meet Location: Cactus Pool 7202 E. Cactus Rd. (from 101 take Cactus Rd. west- NE corner Cactus & Scottsdale Rds.)
- Course: Eight lane, outdoor, 25 yard, heated pool, Colorado automatic start & timing system with touch pads and 8 lane time display board. A warm down pool is available. 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, 0 inches at the turn end.
- Eligibility:
1. Open to any current USA Swimming registered athlete who is a member of or an unattached swimmer training with one of the following teams: WSF, SDA, KDST, GOLD, SWS, MVAC, ASG, SAC, PST, HSST, FSS, HEAT, SST, RPAC. All swimmers must be registered as of the meet entry deadline. No on-deck registration will be available. Proof of registration must be presented to the Clerk of Course if requested.
 2. Any swimmer entered in the meet, unaccompanied by a US Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
 3. Age on February 24, 2012 will govern for the meet.
 4. This is a Time Standard Meet. Swimmers must have equaled or bettered the Age Group Regional qualifying time (USA Swimming National Age Group Motivational "B" Time Standards) for each event they have entered. Qualifying times for the 50 stroke events (i.e. Butterfly, Backstroke and Breaststroke) will be the 100 times for 13-14 year old 2009-2012 USA Swimming National Age Group Motivational "B" Time Standards of the appropriate stroke.
 5. Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, 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 rules of USA competitive swimming will govern.
 2. Individual events are pre-seeded, time final events except where noted below.
 3. The 400 IM, 500 Free, 1000 Free, and 1650 Free will be deck seeded, and will require positive check-in with the clerk of course 30 minutes prior to the start of the session in which the events are swum. Failure to check in may result in an athlete's removal from the event. Swimmers in these events must provide their own timers (2) and personnel to count laps unless determined otherwise by the referee. These events will be swum fastest to slowest, alternating women and men.
 4. Swimmers are limited to 3 individual events per Session, and 5 events per day.
 5. Entry times must be the swimmer's best short course yards times.
 6. Swimmers must enter with a valid qualifying time. Entry times not achieved in Short

Course Yards shall be noted as LC (Long Course Meters) or SCM (Short Course Meters). No converted times may be used. Seeding order for this meet will be 1. Short Course Yards, 2. Long Course Meters, 3. Short Course Meters. Although encouraged to participate those athletes who have achieved Arizona Swimming Q times are eligible to enter the meet but are not eligible to receive awards.

7. Time trials may be offered at the discretion of the Meet Referee.

8. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner. Clerk of Course will expect credentials to be presented at coaches' sign-in table prior to the start of each session.

9. Relays must be entered along with individual entries by the meet entry deadline. There is no limit to the number of relays a team may enter. However, only the fastest two will be scored.

10. The Arizona Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.

11. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Sessions:	Session I (Friday, Feb. 24):	Warm-ups: 3:30 PM	Start: 4:30 PM
	Session II (Friday Feb. 24):	Warm-ups: 3:30 PM	Start: Following Session 1
	Session III (Saturday Feb. 25):	Warm-ups: 8:00 AM	Start: 9:00 AM
	Session IV (Sunday, Feb. 26):	Warm-ups: 8:00 AM	Start: 9:00 AM

Entries: All entries must be submitted via email in Hy-tek format unless other arrangements have been made with the meet director. Email entries to sac6coach@aol.com. Meet entries are due Monday, February 20th.

Entry Fees: \$5.00 LSC surcharge
\$4.50 per individual event
\$8.00 per relay
\$9.00 per individual time trial event

Entry fees are due no later than the start of the start of Session I and must be paid by one team check. Please write checks payable to Scottsdale Aquatic Club.

Awards: Individual events: Regional medals 1st thru 3rd
Regional ribbons 4th thru 8th place
Relay events: Regional medals 1st place
Team Awards for First and Second place. Teams are responsible for picking up their awards.

Scoring: Only entries below the Arizona Qualifying Time Standard and above the Arizona Regional Time Standard **will be scored or eligible for awards as listed above.**
Individual Events: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2. ***Teams may only score top two (2) relay teams in each relay event.

Timing: Teams may be assigned lanes for timing.
Swimmers in events #1-6 must supply own personnel to count laps.
Swimmers in events #75-78 and #113-116 must supply own timers and personnel to count laps.

Parking: Free parking on site.

Concessions and vendors: Snack bar and swim equipment vendor will be available at all sessions of meet.

Hotels: Please see Scottsdale Aquatic Club website under Regional Meet Event for hotel information.
www.scottsdaleswim.com

Session I – Fri. February 24, 2012

Warm up: 3:30 PM Meet Start: 4:30 PM

Girls	Event	Boys
1*	10 & U 500 Free	2*
3*	11-12 1000 Free	4*
5*	13-14 1650 Free	6*

* The 500 Free, 1000 Free, and 1650 Free will be deck seeded, requiring positive check-in at the Clerk of Course 30 minutes prior to the start of session I. These events will be swum fastest to slowest, alternating women and men.

Session II – Fri. February 24, 2012

Warm up: 3:30 PM Meet Start: Following Session 1

Girls	Event	Boys
7	11-12 200 Free Relay	8
9	13-14 200 Free Relay	10
11	10 & U 50 Back	12
13	11-12 50 Back	14
15	13-14 50 Back	16
17	10 & U 50 Breast	18
19	11-12 50 Breast	20
21	13-14 50 Breast	22
23	10 & U 50 Fly	24
25	11-12 50 Fly	26
27	13-14 50 Fly	28
29	10 & U 50 Free	30
31	11-12 50 Free	32
33	13-14 50 Free	34
35	11-12 200 Medley Relay	36
37	13-14 200 Medley Relay	38

Session III – Sat. February 25, 2012

Warm up: 8:00 AM Meet Start: 9:00 AM

Girls	Event	Boys
39	11-12 400 IM	40
41	13-14 400 IM	42
43	10 & U 200 Free	44
45	11-12 200 Free	46
47	13-14 200 Free	48
49	10 & U 100 Back	50
51	11-12 100 Back	52
53	13-14 100 Back	54
55	11-12 200 Breast	56
57	13-14 200 Breast	58
59	10 & U 100 Fly	60
61	11-12 100 Fly	62
63	13-14 100 Fly	64
65	10 & U 100 IM	66
67	11-12 100 IM	68
69	13-14 800 Free Relay	70
71	11-12 400 Free Relay	72
73	10 & U 200 Free Relay	74
75*	13-14 1000 Free	76*
77*	11-12 1650 Free	77*

* The 1000 Free and 1650 Free will be deck seeded, requiring positive check-in at the Clerk of Course 30 minutes prior to the start of session III. These events will be swum fastest to slowest, alternating women and men.

Session IV – Sun. February 26, 2012

Warm up: 8:00 AM Meet Start 9:00 AM

Girls	Event	Boys
79	13-14 400 Medley Relay	80
81	11-12 400 Medley Relay	82
83	10 & U 200 Medley Relay	84
85	13-14 100 Free	86
87	11-12 100 Free	88
89	10 & U 100 Free	90
91	13-14 200 Back	92
93	11-12 200 Back	94
95	13-14 100 Breast	96
97	11-12 100 Breast	98
99	10 & U 100 Breast	100
101	13-14 200 Fly	102
103	11-12 200 Fly	104
105	13-14 200 IM	106
107	11-12 200 IM	108

109	10 & U 200 IM	110
111	13-14 400 Free Relay	112
113*	11-12 500 Free	114*
115*	13-14 500 Free	116*

* The 500 Free will be deck seeded, requiring positive check-in at the Clerk of Course 30 minutes prior to the start of session IV. These events will be swum fastest to slowest, alternating women and men.