



Arizona Swimming 2012 Short Course Senior State Championships March 1-4, 2012

Held under the sanction of USA Swimming, Inc.

- Sanctioned By: Arizona Swimming, Inc. Sanction # AZ12-86
- Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Mesa Aquatics Club, Mesa Public Schools, City of Mesa 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: Mesa Aquatics Club
- Meet Director: Erin Shields erinmbshields@gmail.com
- Meet Referee: Ben Posniack BPosniack@cox.net
- Meet Location: Skyline Aquatic Center, 845 S. Crismon Rd., Mesa (north of the 60, take exit 192)
- Course: Eight lane, outdoor, 25 yard pool with non-turbulent lane lines, fully automatic Start and Timing System. Continuous warm-up/cool-down will be available throughout the meet. The competition course has been certified in accordance with 104.2.2(C). The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 6 inch at the start end and 6 feet, 7 inch at the turn end.
- Eligibility:
1. Open to any Arizona/USA Swimming registered athlete 15 years or older who has met the **current** Arizona Swimming Senior State Qualifying Times, defined as USA Swimming's Age Group Motivational 15-16 year old "BB" times. If a 14 year old athlete turns 15 after the start date of Senior States and before the start date of Age Group State, then the athlete is eligible to swim at Senior States if he/she has met the **current** Arizona Swimming Senior State Qualifying Times (either yards or meters as listed at www.azswimming.org) On-deck registration is not available at any Arizona Swimming meet.
 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 **March 1, 2012** will govern for the meet.
 4. 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 US Swimming rules for competitive swimming will govern.
 2. All coaches and officials must be US Swimming registered prior to the start of competition and wear current registration in a visible manner. Registration will be checked at the Clerk of Course prior to the start of each session of competition.
 3. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
 4. Swimmers are limited to three (3) individual events per day, including time trials and nine (9) individual events for the meet, excluding time trials.
 5. Seeding order for this meet will be 1) Short Course Yards, 2) Long Course Meters, 3) Short Course Meters.
 6. Distance Events:
 - a. **The 500 Free, 1000 Free, 1650 Free, and 400 IM will be deck seeded**, requiring positive check-in with the Clerk of Course to be seeded and/or to swim. Deadline for check-in to swim is 3:30pm on Thursday for Session I, and 9:30 am for Sessions II, IV, and VI.
 - b. Swimmers in the 500 Free, 1000 Free, and 1650 Free must provide their own personnel for timing (2) and lap counting.
 - c. The 1000 Free is a timed final event and will be swum fastest to slowest, alternating women and men.
 - d. The 1650 Free is a timed final event with the fastest seeded heat being swum during finals. All other heats of the 1650 Free will be swum during the preliminary session fastest to slowest, alternating women and men. Those athletes with top-8 seeded times may elect to swim in the preliminary session. Consideration of the order of events for Session VII Finals is presumed when making the decision. **DECLARATION** must be made before 9:30 AM on the day of Session VII Finals.
 - e. **In preliminaries, the 500 Free and 400 IM will be seeded and swum as follows:** 1). Top 3 heats of women – circle seeded followed by the top 3 heats of men, circle seeded. 2). All remaining heats will be swum fastest to slowest, alternating women and men.

7. **All individual events 500 yards and shorter are preliminary/final events.** All 200 yard and shorter individual events will be pre-seeded for preliminaries.

8. In all prelim/final events there will be a bonus, consolation, and championship heat. The order of the final heats shall be C, B and A (bonus, consolation and championship).

9. All athletes must be entered in an individual event. Relay only swimmers may NOT be entered in the meet. Relay events must be pre-entered via the USA OME (Online Meet Entry) system, and are timed finals events and will be swum during finals. The option for aggregate relay times will be available. There is no limit to the number of relays a team may enter, but only the two fastest relays from any one team will be scored. Coaches may pick up their relay cards for the meet at the start of Session I. **Deck entered relay entries WILL NOT be accepted.**

10. Time trials will be offered during the meet at the conclusion of the preliminary session at the sole discretion of the Meet Referee. Time trials do not count against the limit of nine (9) individual events for the meet, but do count towards the limit of three (3) individual events per day. The USA Swimming protocol will be used for time trial event order. If time trials are offered, the 800 M and 1,500 M freestyle will only be offered on Saturday. The deadline for time trial entries will be decided by the Meet Referee and posted with the Clerk of Course.

11. The Arizona Senior scratch rule will be in effect. Any athlete qualifying for a bonus, consolation, or championship final race in an individual event who fails to compete (no show) ("Failure to Compete") in the bonus, consolation, or championship final race shall be barred from further competition for the remainder of the meet, including relays. A declared false start or deliberate delay of meet is not permitted and will be regarded as a Failure to Compete.

12. Deck seeded events: There is no penalty for athletes who do not check in for a timed final deck seeded event; they will simply be scratched from the event and may not compete. Athletes entered in an individual event that is seeded on the deck, in whole or in part, who have checked in for that event must compete in the event unless they notify the Clerk of Course that they wish to scratch before the seeding for that event has begun. Failure to compete (no show) in an event will result in being barred from the next individual event in which an athlete is entered.

Sessions:	Session I	Timed Finals:	Warm-up: 3:00 pm	Meet Start: 4:00 pm
	Sessions II, IV, VI	Prelims:	Warm-up: 7:30 am	Meet Start: 9:00 am
	Sessions III, V, VII	Finals:	Warm-up: 4:00 pm	Meet Start: 5:00 pm

Entries: All entries must be submitted using USA Swimming OME (online meet entry) at www.usaswimming.org/ome. All relays and swimmers will automatically be entered at their best times with the OME system. A confirmation by email will acknowledge posting of entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Please contact Susan Woessner at USA Swimming with any questions on the OME system (719) 332-0184.

a. Time standards for the events of 50 Stroke shall be the 100 standard of said stroke. Entries for 50's of stroke shall be in 100 time only, no 50's of stroke entry times will be accepted.

Proof of time: Individual times must be submitted in actual times achieved in the prior 18 months preceding the meet entry deadline; conversions are not permitted. The OME entry system interfaces with the USA Swimming times and membership database (SWIMS) and will provide entry times. These times are proven. Custom times will not be allowed for meet entry.

Entry deadline: Entries may be submitted online beginning February 1, 2012 and will be accepted through February 22, 2012 by midnight. Updates for improved seed times will be allowed on the OME system through February 22, 2012.

Entry Fees:	LSC Surcharge:	\$5.00
	Individual Events:	\$6.00
	Relay Events:	\$12.00
	Individual Time Trials:	\$12.00

Entries fees must be paid by the start of the first session of the meet. Please make checks payable to MAC.

Scoring: Top 16 places will be scored. Only 2 relays per team per event will score.
Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 20, 8, 6, 4, 2

Awards: Individual Events: Medals for 1st – 8th place, ribbons 9th – 16th place
Relay Events: Medals for 1st – 3rd place
High Point: 1st – 3rd place for men and women.
Team Points: 1st – 3rd place for combined team score

Additional Information: Please visit mesaaquatics.org for information about concessions, hotels, and more!

Session I – March 1, 2012

Timed Finals – Warm-up: 3:00pm / Meet Start: 4:00pm

Women's Event #	Event	Men's Event #
1	1000 Free*	2
3	200 Free Relay#	4

* The 1000 Free will be deck seeded, requiring positive check-in at the Clerk of Course by 3:30 pm in order to swim the event.

* This event will be swum fastest to slowest, alternating women and men.

#Relay events are pre-entered, timed final events. There may be a 10 minute break prior to the start of the 200 Free Relay.

Session II (prelims) – March 2, 2012

Preliminaries – Warm-up: 7:30am / Meet Start 9:00am

Women's Event #	Event	Men's Event #
7	50 Back	8
9	100 Free	10
11	200 Breast	12
13	100 Fly	14
15	500 Free**	16

** The 500 Free will be deck seeded, requiring positive check-in at the Clerk of Course by 9:30 am in order to swim the event.

Session III (finals) – March 2, 2012

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

Women's Event #	Event	Men's Event #
5	200 Medley Relay#	6
7	50 Back	8
9	100 Free	10
11	200 Breast	12
13	100 Fly	14
15	500 Free	16
17	400 Free Relay#	18

Relay events are pre-entered, timed final events swum during the finals session only.

Session IV (prelims) – March 3, 2012

Preliminaries – Warm-up: 7:30am / Meet Start: 9:00 am

Women's Event#	Event	Men's Event #
19	50 Fly	20
21	200 Free	22
23	100 Breast	24
25	200 Back	26
27	400 IM***	28

*** 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.

Session V (finals) – March 3, 2012

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

Women's Event #	Event	Men's Event #
19	50 Fly	20
21	200 Free	22
23	100 Breast	24
25	200 Back	26
27	400 IM	28
29	800 Free Relay#	30

Relay events are pre-entered, timed final events swum during the finals session only.

Session VI (prelims) – March 4, 2012

Preliminaries – Warm-up: 7:30am / Meet Start: 9:00 am

Women's Event #	Event	Men's Event #
31	50 Breast	32
33	50 Free	34
35	200 Fly	36
37	100 Back	38
39	200 IM	40
41	1650 Free****	42

**** The 1650 Free will be deck seeded, requiring positive check-in at the Clerk of Course by 9:30 am in order to swim the event. The fastest seeded heat for each event will be swum during the finals session. All other heats will be swum during the preliminary session fastest to slowest, alternating women and men . ****Those athletes with top-8 seeded times may elect to swim in the preliminary session. Consideration of the order of events for Session VII Finals is presumed when making the decision. DECLARATION must be made before 9:30 AM on the day of Session VII Finals.

Session VII (finals) – March 4, 2012

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

Women's Event #	Event	Men's Event #
31	50 Breast	32
33	50 Free	34
41*	1650 Free	
35	200 Fly	36
37	100 Back	38
	1650 Free	42*
39	200 IM	40
43	400 Medley Relay#	44

*The fastest seeded heat of the women's 1650 Free will be swum after event 34 in the finals session. The fastest seeded heat of the men's 1650 free will be swum after event 38 in the finals session.

Relay events are pre-entered, timed final events swum during the finals session only.