



Arizona Swimming's 2011 Long Course Senior State Championships July 7 – 10, 2011

Held under the sanction of USA Swimming, Inc.

- Sanctioned By: Arizona Swimming Inc. Sanction # **AZ11-74R**
- Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Phoenix Swim Club, BEST Swim Club, Inc., Brophy College Preparatory 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: Phoenix Swim Club
- Meet Director: Sandy Lee slee@phoenixswimclub.org
- Meet Referee: Greg Dozer adminvicechair@azswimming.org
- Meet Location: Phoenix Swim Club, 2902 E. Campbell Avenue, Phoenix, AZ 85016
- Course: Eight lane, outdoors, 50 meter pool with non-turbulent lane dividers, fully automatic start and timing system. The competition course has been certified in accordance with 104.2.2C(4). The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 6 inches at the start end and 7 feet, 6 inches 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 National Age Group Motivational 15-16 year old "BB" times and to any 13 year old or older athlete from an LSC other than Arizona that has met the current Arizona Swimming 13-14 State Qualifying Times. Proof of registration must be presented to Clerk of Course if requested. Qualifying times for the 50 meter stroke events (i.e. Butterfly, Backstroke and Breaststroke) will be the 100 meter times for 15-16 year old 2009-2012 USA Swimming National Age Group Motivational "BB" Time Standards of the appropriate stroke.
 2. 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.
 3. On-deck registration is not available.
 4. 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.
 5. Age on the first day of competition will govern for the meet.
 6. Swimmers with a disability are welcome to enter this meet. Meet director and or Meet Referee shall be notified 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 start of competition and wear current registration in a visible manner. Coaches must sign in and present proof of current membership 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. 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) and clearly indicate on both electronic as well as the Hy-Tek Meet Entry Report SY or SM. No converted times may be used. Seeding order for this meet will be 1) Long Course Meters, 2) Short Course Meters, 3) Short Course Yards.
 6. Proof of time will be required in advance for all swimmers for this meet. All entry times will be verified against the USA Swimming SWIMS database. Entry times must have been achieved before the entry due date for entries. If a time cannot be proven before the meet, the swimmer will be removed from the event. If a swim cannot be proven to have been performed in a USA Swimming sanctioned meet, the swimmer will be removed from the meet. No refunds will be given if a time cannot be proven. Only official results from sanctioned, approved or observed meets may be used to prove times. Converted times are not to be used. Time standards for this meet are provided in short course yards, short course meters, and long course meters. A swimmer who has met the qualifying time standard for

an event in any course may enter that event in this meet. When possible, coaches will be notified of swimmers who have not proven entry times.

7. Distance Events:

- a. The 400 Free, 800 Free, 1500 Free, and 400 IM will be deck seeded, and will require positive check-in with the Clerk of Course to compete. Deadline for check-in is 4:30 pm on Thursday for Session I, and 9:30 am for Sessions II, IV, and VI
- b. Swimmers in the 800 Free and 1500 Free must provide their own personnel for timing (2) and lap counting.
- c. Events 1 and 2 (women's 1500 Free and men's 800 Free) are timed finals events and will be swum fastest to slowest, alternating women and men by heat.
- d. Events 41 and 42 (women's 800 Free and men's 1500 Free) are timed finals events with the fastest seeded heat of their respective distances being swum during finals. All other heats will be swum during the preliminary session fastest to slowest, alternating women and men by heat..
- e. In preliminaries, the 400 Free and 400 IM will be swum fastest to slowest, alternating women and men.

8. All individual events 400 meters and shorter are preliminary/final events. All 200 meter and shorter individual events will be pre-seeded for preliminaries. Events 400 M and above require positive check in. See above.

9. In all prelim/final events there will be a bonus, consolation, and championship heat. The order of the final heats shall be bonus, consolation and championship.

10. Relays will be swum during finals. Relay events must be **pre-entered** with a seed time. The seed time shall be the aggregate time of the anticipate relay participants. A no time entry for any relay event will be rejected. Relays will require positive check-in with the Clerk of Course to compete. The deadline for the check-in will be by 5:00 pm for Session I and by 11:00 am for Sessions III, V, and VII. 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.

11. 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

12. 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) in a bonus, consolation or final championship 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.

13. Deck seeded events: There is no penalty for athletes who do not check in for a timed final event; they will simply be scratched from the event and may not compete. Failure to compete (no show) in an deck seeded event for which athlete has checked in will result in being barred from the next individual event in which an athlete is entered.

Sessions:	Session I	Timed Finals:	Warm-up: 4:00 pm	Meet Start: 5:00 pm
	Sessions II, IV, VI	Prelims:	Warm-up: 7:00 am	Meet Start: 8:30 am
	Sessions III, V, VII	Finals:	Warm-up: 4:00 pm	Meet Start: 5:00 pm

Entries: All entries must be submitted via email in Hy-tek format unless other arrangements have been made with the meet director in advance. Entries must be received by June 30, 2011, and be accompanied by a Hy-Tek meet entry report. The electronic copy will have precedence in case of a discrepancy. No late entries or deck entries will be accepted.

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 Phoenix Swim Club

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

Concessions A concession stand will be available.

Hotel Information	Homewood Suites 2001 E. Highland Avenue Phoenix, AZ 85012 602-279-9811	Courtyard by Marriott 2101 E. Camelback Road Phoenix, AZ 85016 602-955-5200	Embassy Suites Phoenix 2630 E. Camelback Road Phoenix, AZ 85016 602-955-3992
-------------------	---	--	---

Session I – July 7, 2011

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

Women's Event #	Event	Men's Event #
1	1500 Free*	
	800 Free*	2
3	200 Free Relay#	4

* The 1500 Free & 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. These events 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) – July 8, 2011

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

Women's Event #	Event	Men's Event #
7	50 Back	8
9	100 Free	10
11	200 Breast	12
13	100 Fly	14
15	400 Free**	16

** 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.

Session III (finals) – July 8, 2011

Finals – Warm-up 4:00 pm / 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	400 Free	16
17	400 Free Relay#	18

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

Session IV (prelims) – July 9, 2011

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

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) – July 9, 2011

Finals – Warm-up 4:00 pm / 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) – July 10, 2011

Preliminaries – Warm-up: 7:00 am / Meet Start: 8:30 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	800 Free****	
	1500 Free****	42

**** The 800 Free and 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. 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 the Session VII Finals is presumed when making the decision. Declaration must be made before the 9:30 AM on the day of Session VII Finals.

Session VII (finals) – July 10, 2011

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

Women's Event #	Event	Men's Event #
31	50 Breast	32
33	50 Free	34
41*	800 Free	
35	200 Fly	36
37	100 Back	38
	1500 Free	42*
39	200 IM	40
43	400 Medley Relay#	44

*The fastest seeded heat of the women's 800 free will be swum after event 34 in the finals session. The fastest seeded heat of the men's 1500 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.