



Arizona Swimming

2010 Long Course Senior State Championships

July 8-11, 2010

Held under the sanction of USA Swimming, Inc.

Sanction # AZ10C137R

Sanctioned By: Arizona Swimming Inc.
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 Prep, 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: Eileen Hatfield Eileen.Hatfield@gmail.com

Meet Referee: Pam Birnbrich pbirnbrich@gmail.com

Meet Location: The Dottie Boreyko/Brophy Sports Campus
2902 E Campbell Ave.
Phoenix AZ 85016

Course Eight: Lane, outdoor, 50 meter pool with non-turbulent lane dividers, Colorado start and automatic timing system. A separate 6 lane warm-up pool will be available throughout the meet. 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 7feet, 6 inches at the turn end.

Eligibility:

1. Open to any Arizona/USA Swimming registered athlete 15 years or older(or to any Arizona/SUA Swimming registered athlete who turns 15 on or before July 22nd, 2010 which is prior to the start of the Arizona Age Group State Championships) who has met the 2009-1012 USA Swimming's 15-16 "B" time standard (either yards or meters), and to any 13 year old or older athlete from LSCs other than Arizona that has met the Arizona Swimming 13-14 "Q" times (see www.azswimming.org). Athletes must be currently USA Swimming registered as of the meet entry deadline.
2. Proof of current registration may be required by the Clerk of Course.
3. Age on **July 8, 2010** will govern for the meet.
4. On-deck registration will not be available.
5. 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 and nine (9) individual events for the meet, excluding time trials.
5. 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 be seeded and/or to swim. Deadline for check-in to swim the event is 4:30 pm on Thursday for Session I, and 9:30 am for Sessions II, IV, and VI.
 - b. For the 800 Free and the 1500 Free events,swimmers must provide their own personnel for timing and lap counting.
 - c. The Thursday night distance event (1500 Free for women and 800 Free for men) is a timed finals event..This event will be swum fastest to slowest, alternating women and men.
 - d. Sunday's distance event (800 Free for women and 1500 Free for men) is a timed finals event with the fastest seeded heat of their respective distance being swum during finals. All other heats of the 800Free /1500 Free will be swum during the preliminary session fastest to slowest, alternating women and men. Proof of time to be seeded in the top heat is required at the time of entry.

- e. In preliminaries, the 400 Free and 400 IM will be swum and fast to slow alternating women and men.
6. All individual events 400 meters and shorter are preliminary/final events. All 200 meter and shorter individual events are pre-seeded for preliminaries.
7. To enter the 50Fly, 50Back, and 50Breast you must have the qualifying time from the 100 of that event. Enter these events at their respective 100 time. Preliminary seeding will be done based on their 100 event time entry.
9. In all senior prelim/final events there will be a bonus, consolation, and championship final. The order of the final events shall be C, B and A (bonus, consolation and championship).
10. **Relay events are pre-entered timed finals events** and will be swum during finals. 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 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.

Deck entered relays entries WILL NOT be accepted.

12. Time trials may be offered during the meet 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. Time trial event order will be available at the Clerk of Course. The deadline for time trial entries will be decided by the Meet Referee.
13. 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 said bonus, consolation or final championship race shall be barred from further competition for the remainder of the meet.
14. Events Seeded on the Deck. There is no penalty for athletes not checking in for a timed final event; they will simply be scratched from it 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: 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 in a USA SDIF format file (Hy-Tek Commlink), or on the attached Arizona Swimming entry form. All individual entries and all team entries not submitted in the Hy-Tek Commlink format must be received by Friday July 2, 2010. New qualifying times achieved after the meet entry deadline but prior to Monday July 5th at 12 noon may enter the meet using the attached Arizona Swimming entry card or by fax to 602-468-0319. If other arrangements are necessary they must be made with directly with the meet host. NO LATE entries after 12 noon on Monday July 5th will be accepted in any format. Coaches are encouraged to submit team entries in Hy-Tek Commlink format by e-mail. Such entries must be received by Friday July 2, 2009, and be accompanied by a Hy-Tek meet entry report. The electronic copy will have precedence in case of a discrepancy. Entries fees must be paid by the start of the first session of the meet.

Mail or deliver entries to : Phoenix Swim Club 2902 E. Campbell Avenue Phoenix, AZ 85016 <i>Make checks payable to:</i> <i>Phoenix Swim Club</i> <i>Relay Only Swimmers Must Pay LSC Surcharge</i>	Entry Fees: Individual Events: \$ 6.00 LSC Surcharge: \$ 5.00 Relay Events: \$10.00 Time Trials: \$ 7.00 For team entries submitted in Hy-Tek Commlink files, fees are due to the Clerk of Course prior to the start of the first session of the meet and must be paid by using one team check. For individual entries and team entries not submitted in the Hy-Tek Commlink format, entries will not be accepted without team payment.
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Late entries will not be accepted, and no deck entries will be allowed.

Scoring: Individual events: 16 places 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
 Relay events: 16 places Double individual points (only two per team may score)

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.

Proof of Time: Proof of time is required to be seeded into the top heat of the 800 Freestyle (women) / 1500 Freestyle (men). Proof of time for this event must be submitted with entry, either on the form included in the meet flyer or in the Hy-Tek electronic entry that includes the meet and the date when the entry time was achieved. If a swimmer fails to achieve the minimum time standard during the meet, it will be the swimmer's responsibility to provide proof of adequate prior performance. Failure to provide such verification will result in a \$25 fine per event or possible suspension.

Timing: Teams will be assigned lanes to time based on the number of athletes in the session.

Parking: Free parking will be available at Camelback High School. On- site parking will be available for \$3 per session or \$15 for an All Session Pass. It has become necessary to charge for parking to hire additional police officers to prevent people from parking in the neighborhood.

Officials: All officials are encouraged to work at the meet. You are strongly encouraged to contact the designated Meet Referee with your availability prior to the meet.

Concessions: A snack bar, t-shirt vendor and equipment vendor will be open during all sessions of the meet.

Accommodations:

Hilton Garden Inn
4000 N. Central Ave.
Phoenix, AZ 85012
(602)279-9811
Room Discount Code: PHX

Courtyard by Marriott
2101 E. Camelback Road
Phoenix, AZ 85016
602-955-5200

Homewood Suites
2001 E. Highland Avenue
Phoenix, AZ 85016
602-508-0937

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Event Order

Session I – July 8, 2010

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

Women's Event #	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	Men's Event #
1	<u>23:53.09</u>	1500 Free*		
		800 Free*	<u>11:42.19</u>	2
3		<u>200 Free Relay#</u>		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. Events will be swum fastest to slowest, alternating women and men.

Relay events are pre-entered timed final events. There will be a 10min break prior to the start of the 200Free relay.

Session II – July 9, 2010

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

Women's Event #	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	Men's Event #
7	Same as 100 BA	50 Back	Same as 100 BA	8
9	1:20.09	100 Free	1:13.59	10
11	3:36.59	200 Breast	3:23.29	12
13	1:26.59	100 Fly	1:18.99	14
15	6:00.39	400 Free**	5:38.59	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 9, 2010

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

Women's Event #	<u>Event</u>	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 – July 10, 2010

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

Women's Event #	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	Men's Event #
19	Same as 100 Fly	50 Fly	Same as 100 Fly	20
21	2:51.79	200 Free	2:39.99	22
23	1:41.09	100 Breast	1:32.99	24
25	3:11.69	200 Back	2:56.49	26
27	6:48.99	400 IM***	6:21.59	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 10, 2010

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

Women's Event #	<u>Event</u>	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 – July 11, 2010

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

Women's Event #	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	Men's Event #
31	Same as 100 BR	50 Breast	Same as 100 BR	<u>32</u>
33	<u>37.09</u>	50 Free	<u>33.59</u>	<u>34</u>
35	<u>3:09.69</u>	200 Fly	<u>2:55.69</u>	<u>36</u>
37	<u>1:28.99</u>	100 Back	<u>1:22.39</u>	<u>38</u>
39	<u>3:15.19</u>	200 IM	<u>3:01.79</u>	<u>40</u>
41	<u>12:23.29</u>	800 Free****		
		1500 Free****	<u>22:25.59</u>	<u>42</u>

**** 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 swims in the finals session. (Proof of Time is required to be seeded in the fastest heat.) All other heats swim in the preliminary session, fastest to slowest, alternating women and men.

Session VII (finals) – July 11, 2010

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 top heat of the women's 800 free will be swum after the 50 freestyle (event 34) in the finals session.

The top heat of the men's 1500 free will be swum after the 100 back (event 38).

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

Proof of Time for Top 8 Seeding

This Section must be completed for a swimmer to be seeded in the top 8 for the women's 800free and the men's 1500 free in session VII's timed final event, or entries made on Hy-Tek Commlink files must include the meet and date that the time was achieved.

Name: _____ Team: _____

Event	Entry Time	Date Achieved	Meet
800free/1500free			

Arizona Swimming - USA Swimming Entry Card

Male

Last Name: _____ First Name: _____ M.I: _____ Age: _____ Female

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 : .	No. Of Event x \$6.00	
	400/500 : .	USA Swim Number				Club Initials		LSC Surcharge	
	800/1000 : .	Team Name				Coach Name		\$5.00	
	1500/1650 : .	Parent Name				Parent Phone		Total Entry Fees Due	
								\$	

Make Checks Payable to Phoenix Swim Club