

Utah Senior Championships
St. George, Utah
February 19-20, 2010

Sanction No.: UT10-05. In granting this sanction number, it is understood and agreed USA Swimming shall be free and held harmless from any and all liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event.

Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter whether the swimmer, coach, parent or team representative, certifies that the swimmer is a registered member of USA Swimming and that all times stated in/on the entry are true and correct. The submitter further assumes responsibility for any false or incorrect times, and understands that all listed entry times are subject to Utah Swimming Time Verification Procedures, and that a fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected before the entry deadline. It is understood that an automatic call before the review section shall be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.

Venue: **Sand Hollow Aquatic Center.** 1144 North Lava Flow Drive, St. George, Utah

Date/Time: **Friday & Saturday February 19-20, 2010**
Prelims: Warm-up 9:00 a.m.; Meet 10:00 a.m.
Championship and Consolation Finals: Warm-up 5:30 p.m., Meet 6:30 p.m..

Course: Eight Lane, indoor, 25 yard pool, with Colorado 5000 electronic timing system with horn start.

Hosted by: Utah Swimming

Meet Contact: Ron Lockwood (801) 815-7919

Meet Director: Ron Lockwood (801) 815-7919

Meet Referee: Carri Oviatt (801) 785-5505

Meet Starter: Kyle Westra (801) 254-4863

Rules: 2009 rules will apply. Utah Swimming warm-up procedures will be enforced.

Eligibility: This meet is open to all registered 2010 USA Swimming athletes

Individual Entries: Swimmers may enter no more than three (3) individual events per day. No deck entries will be allowed.

Relay Entries: Only USA Swimming registered athletes and teams may compete in relay events. Relay entries will be unlimited per team with the TOP 2 relays from each team scoring. Swimmers are limited to participating in two relays per day. Please submit your relay entries with your master entries.

Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages, and order of swimming for each entered relay. **Initial relay declarations must be returned to the clerk of course by 11:00 a.m. on the day the event will be swum.** Upon reporting to the blocks, immediately prior to the start of the relay heat in which the team is entered, the FINAL relay entry form shall be handed to the head lane timer. No change will be permitted thereafter and failure to present the head lane timer with a written list of relay swimmers shall prevent such teams from competing. A runner shall be furnished to distribute copies of the listed relay swimmers to the Clerk of Course, announcer, and others.

Meet Format:

This meet will run as prelims and finals. There will be a Consolation and Championship heat in the Finals Session. The relays will be run as a timed finals event in the finals sessions.

The 1650 Freestyle will be run as a timed finals event, seeded fastest to slowest and swum fastest to slowest, alternating between girls and boys. This event will start 30 minutes after the Saturday prelims session.

Check-In Procedure: A “**positive check-in**” is required for the **1650 Freestyle**. Swimmers participating in this event must check-in on *Friday, February 19* with the Clerk of Course. Swimmers that do not check in will not be allowed to swim in this event and will be automatically scratched from this event. **Swimmers competing in the 1650 Freestyle are responsible to have their own timers and counters.**

Scratch Procedure: Scratches for Fridays events must be emailed to the meet entry chair by 6:00 pm Thursday night. Please bring a hard copy of that email to the meet to ensure that no mistakes are made. Scratches for Saturdays events will be due in the scratch box located at the clerk of course by 6:30 pm on Friday evening.

Penalties for prelims events: If a swimmer fails to scratch properly and does not report to the block to swim, that swimmer will be disqualified from that event and scratched from the next individual event for which he/she is entered. If a swimmer misses a second event, he/she will be barred from further competition for the remainder of the meet. In a championship meet, upon request and approval of the Meet Referee, the barred swimmer can be re-entered into the meet and reseeded in the first heat of his/her remaining events and allowed to swim for time only and is disqualified from relay events. That swimmer cannot advance into finals and will not be eligible to score points individually or for the club.

Penalties for Final or Consolation Heats: A swimmer qualifying for either Consolation Finals or Championship Finals has 30 minutes after the time of the announcement of the qualifiers of each individual event to scratch. The Clerk of the Course will then reseed the Consolation or Championship heats by inserting alternates, thus filling all lanes. Any swimmer qualifying for a Consolation or Championship final heat who fails to compete in that event shall be barred from further competition for the remainder of the meet. Declared false starts are not allowed for Consolation or Championship finals. Upon request and approval of the Meet Referee any barred swimmer can be re-entered into the first heat of his/her remaining events and allowed to swim for time only. The swimmer cannot advance into finals and will not be eligible to score points individually or for the club. After the final posting of the event, alternates are only eligible to fill consolation heats. It is the responsibility of the swimmer to check for final postings of each event to see if they have been placed into a Consolation or Championship heat.

Any swimmer failing to properly scratch a consolation or final event on Saturday night will be subject to a \$50.00 fine.

**Qualifying Times
& Entries**

Athletes must meet the minimum qualifying standards set forth in order to enter the meet. Athletes will be allowed one (1) bonus entry for each qualifying entry. 14 & under athletes must meet the minimum qualifying standard in all events in which they enter.

No Time Trials will be offered.

The swimmer's age as of Friday, Feb. 19 will determine their age for the meet.

Entries should be, if at all possible, submitted using a COMMLINK File either on a disk or emailed. **Teams entering on a disk must submit a signed hard copy with verification of times. Entries will not be accepted without time verification and one uniform entry sheet signed by the person responsible for entry submission; said person will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers. Teams using the official entry form must make sure that each form is signed and time verification is included on each entry. NO TEAM'S ENTRIES WILL BE ACCEPTED WITHOUT A TEAM CONTACT PERSON LISTED ON THE MASTER UNIFORM ENTRY SHEET.**

Results: Teams submitting entries on a disk will receive results via a back-up disk. All others will receive results via email. Please remember to include your email address with your entries.

Entry Fees: **Surcharge per participating swimmer: \$5.00**
Individual Event Entry: \$3.00
Relay Event Entry: \$6.00

All fees must accompany entries and are nonrefundable. One team check is recommended. Make checks payable to Utah Swimming.

Entry Deadline: All entries must be received (in the hands of the designated person below) by 11:59 P.M. Monday, February 15, 2010.

Email entries to Entry Chairperson:
Ruth Swallow
Swim4fishmarket@aol.com
(801) 891-4874

If you do not receive email confirmation that your entries have been received within 24 hours of the entry deadline, please contact Ruth Swallow immediately. You must receive confirmation to verify that your entries have been received or your entries will not be considered received.

Scoring Individual event scoring will be 20-17-16-15-14-13-12-11 for the finals heat, and 9-7-6-5-4-3-2-1 for the consolation heat. Relays will be double the score of individual events.

Awards: **Individual awards:** Ribbons 1st - 8th place
Relay awards: Custom ribbons for 1st - 3rd place
Team Awards: Custom trophy for 1st - 3rd place teams

Warm-Up: All warm-ups must be done under the supervision of a USA official. **As per USA swimming rule 202.3.2 "all USA swimming athletes must be under the supervision of a USA swimming member coach during warm-up, competition, and warm-down. If you do not have a coach with you, please check with the meet director or referee before entering the pool and a coach will be assigned to you."** Coaches have the responsibility of insuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. **All swimmers will enter the pool from a sitting position. There will be no pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.** During the last 30 minutes of warm-up, lanes 2 and 7 will be opened for diving starts under coaches' supervision and lanes 1 and 8 of the pool will be designated "push-pace" lanes.

Timers: Teams are requested to furnish 2 timers per session for all four sessions. ***Please give the name of your team's timer to the meet director before the start of each session.***

Miscellaneous**Items:**

Deck passes will be issued only to USA Swimming Registered coaches. Please obtain deck passes from the meet referee at the beginning of the first preliminary session.

Following the finals session on Saturday, February 20, 2010, a fun event featuring relays will follow. Please see attached flyer for more information.

2010 Senior State Championship Time Standard

| <i>Girls</i> | | | | <i>Boys</i> | | |
|-------------------|--------------------|--------------------|----------------|--------------------|--------------------|-------------------|
| <i>S.C. Yards</i> | <i>S.C. Meters</i> | <i>L.C. Meters</i> | <i>Senior</i> | <i>L.C. Meters</i> | <i>S.C. Meters</i> | <i>S.C. Yards</i> |
| 27.89 | 30.99 | 31.79 | 50 Free | 28.59 | 27.79 | 25.09 |
| 1:00.89 | 1:08.09 | 1:09.69 | 100 Free | 1:02.29 | 1:00.69 | 54.79 |
| 2:14.09 | 2:28.69 | 2:31.89 | 200 Free | 2:15.79 | 2:12.59 | 1:59.29 |
| 5:59.99 | 5:12.89 | 5:19.29 | 500/400 Free | 4:57.09 | 4:50.79 | 5:37.29 |
| 12:38.99 | 11:02.29 | 11:15.09 | 1000/800 Free | 10:32.99 | 10:20.19 | 11:51.19 |
| 20:43:89 | 20:51.69 | 21:05.89 | 1650/1500 Free | 20:05.59 | 19:51.09 | 19:47.59 |
| 1:09.59 | 1:17.49 | 1:18.69 | 100 Back | 1:12.69 | 1:11.49 | 1:04.19 |
| 2:30.29 | 2:47.89 | 2:50.29 | 200 Back | 2:39.09 | 2:36.69 | 2:20.89 |
| 1:19.19 | 1:27.99 | 1:29.89 | 100 Breast | 1:22.09 | 1:20.09 | 1:12.09 |
| 2:49.89 | 3:09.19 | 3:13.19 | 200 Breast | 3:04.59 | 2:59.59 | 2:42.69 |
| 1:09.89 | 1:17.79 | 1:19.29 | 100 Fly | 1:11.39 | 1:09.99 | 1:02.99 |
| 2:36.69 | 2:53.89 | 2:56.69 | 200 Fly | 2:45.19 | 2:41.39 | 2:25.29 |
| 2:29.89 | 2:46.59 | 2:57.69 | 200 I.M. | 2:37.09 | 2:33.89 | 2:18.29 |
| 5:25.29 | 6:03.09 | 6:09.49 | 400 I.M. | 5:40.39 | 5:33.99 | 4:59.09 |
| 2:03.49 | 2:17.29 | 2:20.49 | 200 Med Relay | 2:14.49 | 2:11.59 | 1:58.49 |
| 1:55.59 | 2:08.39 | 2:12.19 | 200 Free Relay | 1:57.99 | 1:54.09 | 1:42.59 |
| 4:45.89 | 5:17.79 | 5:24.19 | 400 Med Relay | 4:53.29 | 4:46.89 | 4:17.99 |
| 4:10.19 | 4:38.19 | 4:45.99 | 400 Free Relay | 4:17.79 | 4:08.89 | 3:43.79 |

SCHEDULE OF EVENTS

Friday, February 19, 2010

Prelims Warm-up = 9:00 a.m.

Meet = 10:00 a.m.

| <u>Girls</u> <u>Event #</u> | <u>Event Name</u> | <u>Boys</u> <u>Event #</u> |
|--------------------------------|-------------------------|-------------------------------|
| 1 | Senior 200 Medley Relay | 2 |
| 3 | Senior 400 IM | 4 |
| 5 | Senior 100 Back | 6 |
| 7 | Senior 200 Free | 8 |
| 9 | Senior 200 Butterfly | 10 |
| 11 | Senior 100 Breaststroke | 12 |
| 13 | Senior 50 Freestyle | 14 |
| 15 | Senior 500 Freestyle | 16 |
| 17 | Senior 400 Free Relay | 18 |

Saturday, February 20, 2010

Prelims Warm-up = 9:00 a.m.

Meet = 10:00 a.m.

| <u>Girls</u> <u>Event #</u> | <u>Event Name</u> | <u>Boys</u> <u>Event #</u> |
|--------------------------------|----------------------------|-------------------------------|
| 19 | Senior 400 Medley Relay | 20 |
| 21 | Senior 200 IM | 22 |
| 23 | Senior 100 Freestyle | 24 |
| 25 | Senior 200 Backstroke | 26 |
| 27 | Senior 100 Butterfly | 28 |
| 29 | Senior 200 Breaststroke | 30 |
| 31 | Senior 200 Freestyle Relay | 32 |
| 33 | 1650 Freestyle | 34 |

MASTER RELAY ENTRY FORM
(MAKES COPIES AS NEEDED: 1 per Event per gender)

TEAM NAME:

EVENT #

SEX: FEMALE MALE

RELAY: 400 MEDLEY RELAY 200 FREESTYLE RELAY
 200 MEDLEY RELAY
 400 FREESTYLE RELAY

“A” RELAY ENTRY TIME: _____

“B” RELAY ENTRY TIME: _____

“C” RELAY ENTRY TIME: _____

“D” RELAY ENTRY TIME: _____

INDIVIDUAL NAMES FOR RELAYS WILL BE SUBMITTED WITH THE RELAY DECLARATION CARDS TO THE CLERK OF THE COURSE EACH MORNING.

TEAM NAME:

EVENT #

SEX: FEMALE MALE

RELAY: 400 MEDLEY RELAY 200 FREESTYLE RELAY
 200 MEDLEY RELAY
 400 FREESTYLE RELAY

“A” RELAY ENTRY TIME: _____

“B” RELAY ENTRY TIME: _____

“C” RELAY ENTRY TIME: _____

“D” RELAY ENTRY TIME: _____

INDIVIDUAL NAMES FOR RELAYS WILL BE SUBMITTED WITH THE RELAY DECLARATION CARDS TO THE CLERK OF THE COURSE EACH MORNING.

BACK BY POPULAR DEMAND!!!

Fun events to follow finals session Saturday night!!

Come join the fun after swimming a great Senior Finale
Start now to organize your relays
You don't have to limit yourselves to just your team for relays...
Feel free to mix it up a little...or a lot!!!

Here's a list of the relays we will be swimming!

1. 4 x 100 IM Relay (girls teams and boys teams-each participant swims 100 IM)
2. Co-ed freestyle relay...4x50 (4 swimmers: 2 boys, 2 girls)
3. Underwater relay...4x25 (4 swimmers, entire 25 yards swum under water)
4. Co-ed breaststroke relay...4x50 (4 swimmers: 2 boys, 2 girls)
5. Kicking relay...4x25 (4 swimmers: 2 boys, 2 girls. All kicking, no arm strokes)
6. Co-ed butterfly relay...4x50 (4 swimmers: 2 boys, 2 girls)