

2010 Utah Short Course B-C Finale

Hosted by **UTAH SWIMMING**
Friday & Saturday, March 19-20, 2010

Sanction:

Sanction No. UT10-22. Meet held under the sanction of United States Swimming, Inc. 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 proved that the swimmer was not so registered."

Coaches Checklist:

There will be a checklist at the clerk of course to verify coaches' USA Registrations. All coaches need to check in.

Venue:

South Davis Recreation Center
550 North 200 West
Bountiful, Utah 84010
(801) 298-6220

Date/Times:

Friday, March 19, 2010	Warm-Up @ 12:00 Noon	Meet @ 1:00 pm
Saturday, March 20, 2010	Warm-Up @ 12:00 Noon	Meet @ 1:00 pm

***Warm-Up will end 10 minutes prior to the starting of the meet.**

Meet Director:

Carri Oviatt (801) 785-5505 waneoviatt@mstarmetro.net

Meet Referee:

Carri Oviatt (801) 785-5505

Meet Starter:

Wane Oviatt (801) 785-5505

Course:

Ten (10) lane, indoor 25 yard pool, with Colorado Timing system, scoreboard and horn start.

Rules:

2009 USA Swimming rules will apply. Utah Swimming warm-up rules will be in effect.

Eligibility:

This meet is open to all 2010 registered USA/ Utah Swimming athletes **who have achieved 3 or less 2010 Utah Age Group Championship qualifying times.** Swimmers may not swim any events for which they have qualified for the State Championships. Also swimmers may not swim any events for which they have No Times ("NT"). The swimmer's age as of Friday March 19, 2010 shall determine the age for the entire meet. No deck registration will be accepted; swimmers must be registered at time of entry.

Disabled USA/Utah Swimming registered swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per U.S.I. policy. For additional information see the section below on adaptive swimming

Meet Format:

This meet will run as timed finals on Friday and Saturday.

Check In:

No "check-in" will be required for this meet.

Scratch Procedure:

Scratches are due thirty (30) minutes before the beginning of each session. Swimmers missing an event will be disqualified from that event only. No further penalties will be assessed.

Combined Events & Heats:

At the Meet Referee's discretion, events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events.

Entries:

Individual swimmers may enter no more than THREE (3) individual events per day. Swimmers may enter both the Championship meet and the B/C meet, but their total entries may not exceed THREE (3) events total per day.

Teams must designate a Team Entry Representative on the Team Information Sheet. This person will be the only one to submit entries and/or make changes to entries.

Please submit all entries either on a disk or by e-mail using Hy-tek software, or use the enclosed entry form. Teams entering on a disk or e-mail must submit a signed hardcopy with verification of times. **A mandatory scratch-down will apply at this meet to keep to a 3 hour time limit. If a scratch-down is needed, swimmers will be reimbursed. A check will be sent to each team needing reimbursement.** 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. ***TEAM ENTRIES WILL NOT BE ACCEPTED WITHOUT THE TEAM CONTACT INFORMATION SHEET FILLED OUT IN ITS ENTIRETY!*** If sending entries by e-mail, please include all team information and contact information with the e-mail.

Individual Entries:

Swimmers may enter no more than THREE (3) events per day. 'No Times' (NT's) will **NOT** be accepted. **Swimmers may not enter any event in which they have achieved a 2010 Utah Age Group State Championship qualifying time.**

Entry Fees:

Surcharge, per participating swimmer: \$5.00
Individual Event Entry: \$3.00

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

Entry Deadline:

All entries must be received by Friday, March 12, 2010 by 9:00 pm.

Mail entries to: Carri Oviatt
957 E. 200 S.
Lindon, UT 84042-2116
(801) 785-5505

Or e-mail entries to waneoviatt@mstarmetro.net

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

Adaptive Swimming

In accordance with USA Swimming rules, Articles 105.1 and 202.2.13, **the Meet Referee has the authority to accommodate swimmers with disabilities.** Qualifying times for 50-yard events will be waived for swimmers with a disability. Swimmers with a disability may enter events and they will be seeded into an age group with comparable times.

Entries for swimmers with a disability will be deck seeded at the meet. The person in charge of team entries should notify the meet entry contact and state what the intended entries will be at the time entries are due.

Warm-up:

Utah Swimming warm-up procedures will be used. All warm-ups must be done under the supervision of a registered USA Swimming coach. Coaches have responsibility of ensuring that all of their swimmers are instructed in proper warm-up procedures. All swimmers will enter the pool from a 3-point 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. All lanes of the pool will be circle swimming only. During the last 15 minutes of warm-up, lanes 2 and 9 will be opened for diving starts.

Unaccompanied Swimmers:

If you do not have a coach with you, please check in with the meet director or referee before entering the pool. A coach will be assigned to you. USA Swimming rule 202.3.2 states that "at a sanctioned event all competitors must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

Results:

Results will be emailed to the participating teams. They will also be posted on the Utah Swimming Website.

Awards:

Medals will be awarded for first through eighth place in each event. 13 & over events will be awarded as 13-14 and 15 & over.

Awards will not be mailed out. Teams are responsible for having a representative pick up their awards at the conclusion of the meet.

Timers & Volunteers:

Each team will have volunteer obligations to meet according to the number of swimmers entered per team.

Time Trials: No Time Trials will be offered.

TEAM INFORMATION SHEET

TEAM NAME & CLUB CODE:	
CONTACT NAME, PHONE, E-MAIL:	
TEAM ENTRY REPRESENTATIVE NAME, PHONE, E-MAIL:	
COACHES ATTENDING MEET (coaches must be listed in order to receive deck passes):	

2010 Utah Short Course *BC Finale* Event Schedule

	Friday, March 19	
Girls	Warm ups: 12:00 Meet starts: 1:00	Boys
1	10 & Under 200 Free	2
3	11-12 200 Free	4
5	13 & Over 200 Free	6
7	10 & Under 100 Butterfly	8
9	11-12 100 Butterfly	10
11	13 & Over 200 Butterfly	12
13	10 & Under 50 Free	14
15	11-12 50 Free	16
17	13 & Over 50 Free	18
19	10 & Under 50 Breast	20
21	11-12 50 Breast	22
23	13 & Over 100 Breast	24
25	10 & Under 100 Back	26
27	11-12 100 Back	28
29	13 & Over 200 Back	30
	Saturday, March 20	
	Warm ups: 12:00 Meet starts: 1:00	
31	10 & Under 100 IM	32
33	11-12 200 IM	34
35	13 & Over 200 IM	36
37	10 & Under 50 Butterfly	38
39	11-12 50 Butterfly	40
41	13 & Over 100 Butterfly	42
43	10 & Under 100 Free	44
45	11-12 100 Free	46
47	13 & Over 100 Free	48
49	10 & Under 50 Back	50
51	11-12 50 Back	52
53	13 & Over 100 Back	54
55	10 & Under 100 Breast	56
57	11-12 100 Breast	58
59	13 & Over 200 Breast	60

2010 Utah Age Group State Championship Time Standards

Girls			Boys			
SCY	SCM	LCM	10-Under Events	LCM	SCM	SCY
35.19	38.99	39.89	50 Free	39.89	38.99	35.19
1:20.39	1:28.59	1:30.79	100 Free	1:31.09	1:28.29	1:20.69
2:58.29	3:16.99	3:25.09	200 Free	3:16.99	3:11.89	2:53.89
7:13.99	6:19.39	6:32.79	400/500 Free	6:29.79	6:16.19	7:09.99
41.59	44.89	46.69	50 Back	48.19	46.19	42.99
1:31.79	1:37.99	1:43.09	100 Back	1:46.09	1:42.39	1:34.59
47.49	50.99	53.69	50 Breast	54.99	53.09	48.69
1:44.99	1:53.19	1:58.59	100 Breast	1:59.79	1:56.19	1:46.49
43.19	47.49	48.59	50 Fly	48.59	47.49	43.19
1:43.59	1:54.29	1:57.69	100 Fly	1:55.49	1:52.59	1:42.09
1:32.09	1:41.99	N/A	100 IM	N/A	1:40.59	1:30.99
3:19.39	3:40.29	3:47.29	200 IM	3:47.29	3:40.29	3:19.39
2:24.79	2:40.79	2:43.59	200 F.R.	2:41.59	2:38.09	2:22.39
2:50.69	3:09.49	3:14.29	200 M.R.	3:14.69	3:10.39	2:51.49
SCY	SCM	LCM	11-12 Events	LCM	SCM	SCY
30.39	33.49	34.59	50 Free	34.79	33.69	30.59
1:07.99	1:14.69	1:17.09	100 Free	1:16.49	1:13.99	1:07.49
2:30.79	2:46.79	2:51.99	200 Free	2:50.69	2:45.29	2:29.79
6:40.09	5:50.09	6:00.09	400/500 Free	5:58.49	5:46.99	6:36.49
36.19	39.39	40.79	50 Back	41.59	40.29	36.89
1:18.69	1:25.69	1:28.59	100 Back	1:29.09	1:26.29	1:19.19
2:52.69	3:10.79	3:17.49	200 Back	3:13.39	3:03.99	2:46.49
40.99	45.09	46.49	50 Breast	46.49	45.09	40.99
1:28.89	1:37.49	1:40.69	100 Breast	1:40.69	1:37.49	1:28.89
3:13.99	3:34.39	3:40.59	200 Breast	3:35.09	3:26.69	3:07.09
35.29	39.09	39.89	50 Fly	40.19	39.29	35.59
1:21.09	1:29.69	1:31.99	100 Fly	1:31.09	1:27.99	1:19.69
2:51.59	3:09.49	3:15.69	200 Fly	3:12.79	3:05.79	2:48.29
1:19.39	1:26.89	N/A	100 IM	N/A	1:26.59	1:18.29
2:50.69	3:08.69	3:12.39	200 IM	3:12.99	3:07.49	2:51.19
6:09.39	6:43.19	6:59.19	400 IM	6:50.29	6:35.29	6:00.69
2:09.19	2:23.49	2:25.59	200 F.R.	2:23.19	2:18.99	2:05.19
4:42.39	5:13.49	5:21.59	400 F.R.	5:10.39	5:04.19	4:33.99
2:25.99	2:42.09	2:45.59	200 M.R.	2:45.59	2:41.09	2:25.09
SCY	SCM	LCM	13-14 Events	LCM	SCM	SCY
28.59	31.49	32.59	50 Free	31.39	30.09	27.59
1:02.99	1:09.19	1:11.49	100 Free	1:08.09	1:05.39	59.99
2:19.09	2:32.99	2:37.59	200 Free	2:32.29	2:26.59	2:14.39
6:15.49	5:26.69	5:35.09	400/500 Free	5:23.99	5:15.49	6:02.99
13:08.29	11:29.89	11:42.79	800/1000 Free	11:23.99	11:07.29	12:43.59
21:53.19	21:45.59	22:23.09	1500/1650 Free	21:55.59	21:10.29	21:17.79
1:11.29	1:16.79	1:20.49	100 Back	1:18.69	1:14.39	1:09.79
2:38.19	2:50.29	2:58.09	200 Back	2:52.99	2:45.09	2:33.79
1:22.39	1:30.29	1:33.49	100 Breast	1:30.49	1:26.59	1:19.89
2:58.09	3:15.39	3:21.69	200 Breast	3:16.09	3:05.59	2:53.19
1:14.49	1:21.89	1:24.09	100 Fly	1:19.39	1:17.39	1:10.09
2:40.99	2:57.89	3:03.69	200 Fly	2:54.99	2:50.79	2:34.59
2:37.39	2:53.79	2:57.79	200 IM	2:51.79	2:44.09	2:31.99
5:44.49	6:20.99	6:30.09	400 IM	6:15.59	6:03.89	5:29.29
2:01.39	2:14.79	2:19.79	200 F.R.	2:12.79	2:07.89	1:55.19
4:25.19	4:54.39	5:03.19	400 F.R.	4:48.79	4:39.29	4:11.59
5:01.99	5:35.29	5:41.69	400 M.R.	5:18.39	5:11.99	4:40.99
SCY	SCM	LCM	Senior Events	LCM	SCM	SCY
27.29	30.39	31.19	50 Free	27.59	26.79	24.09
59.39	1:06.59	1:08.19	100 Free	1:00.29	58.69	52.79
2:09.09	2:23.69	2:26.89	200 Free	2:13.79	2:10.59	1:57.29
5:48.99	5:01.89	5:08.29	400/500 Free	4:45.09	4:38.79	5:22.49
12:21.39	10:45.29	10:58.09	800/1000 Free	10:15.99	10:03.19	11:34.19
20:03.89	20:11.69	20:25.89	1500/1650 Free	19:35.59	19:11.09	19:07.59
1:08.19	1:16.09	1:17.29	100 Back	1:10.69	1:09.49	1:02.19
2:27.29	2:44.89	2:47.29	200 Back	2:33.09	2:30.69	2:14.89
1:17.19	1:25.99	1:27.89	100 Breast	1:19.09	1:17.09	1:09.09
2:46.89	3:06.19	3:10.19	200 Breast	2:59.59	2:55.59	2:37.69
1:07.89	1:15.79	1:17.29	100 Fly	1:08.39	1:06.99	59.99
2:34.69	2:51.89	2:54.69	200 Fly	2:41.19	2:37.39	2:21.29
2:26.89	2:43.59	2:46.79	200 IM	2:32.09	2:28.89	2:13.29
5:18.29	5:56.09	6:02.49	400 IM	5:32.39	5:25.99	4:51.09
1:55.59	2:08.39	2:12.19	200 F.R.	1:57.99	1:54.09	1:42.59
4:10.19	4:38.19	4:45.99	400 F.R.	4:17.79	4:08.89	3:43.79
4:45.89	5:17.79	5:24.19	400 M.R.	4:53.29	4:46.89	4:17.99

