

# 2010 Utah Swimming Long Course Championships

Hosted by Utah Swimming  
July 28<sup>th</sup> – 31<sup>st</sup>, 2010

## Sanction #:

UT10-59

"In granting this sanction, it is understood and agreed that Utah Swimming and USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries 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:

Kearns Oquirrh Park Fitness Center (801-966-5555)  
5624 Cougar Lane  
Kearns, UT 84118

## Date/Time:

Wed, July 28

Warm-up @ 4:00 PM

Meet @ 5:00 PM

Thursday, July 29 - Saturday, July 31 Prelims

Warm-up @ 7 AM

Meet @ 8:30 AM

Thursday, July 29 - Saturday, July 31 Finals

Warm-up @ 4:30 PM

Meet @ 5:30 PM

## Course & Pool Spec:

- 50 meter pool with EIGHT (8) lanes, Colorado Timing System, Pads and Scoreboard
- The competition course has not been certified in accordance with 104.2.2C(4).
- Start End Water Depth: 5.5 feet @ 1 meter from wall; 6.5 feet @ 5meters from wall
- Turn End Water Depth: 5.5 feet @ 1 meter from wall; 6.5 feet @ 5meters from wall

## Meet Director:

Ron Lockwood 801-815-7919 [ronlockwood@live.com](mailto:ronlockwood@live.com)

## Meet Referee:

Debby Fleisch 801-943-2182 [debfleisch@gmail.com](mailto:debfleisch@gmail.com)

## Meet Starter:

Kyle Westra 801-230-9489 [kylewestra@comcast.net](mailto:kylewestra@comcast.net)

## Eligibility:

This meet is open to all Utah Swimming 2010 registered USA Swimming athletes who have achieved the qualifying time standards attached with this information. The swimmers age as of Wednesday, July 28<sup>th</sup>, 2010 shall determine the age for the entire meet. No deck registration will be accepted as swimmers must be registered at the time of entry.

## Entries Information and Deadline:

- Individual swimmers may enter up to Seven (7) individual events, swimming no more than THREE (3) individual events per day. Swimmers must meet the minimum qualifying time (see attached Time Standards).
- Relay entries are limited to no more than 2 entries per event per team. Teams entering swimmers who are not in the meet but who will swim on a relay are *requested* to submit names of such swimmers at the time of team entry to assist meet administration personnel in the meet setup. Teams will not be limited to swimmers listed on this entry and may change if they so desire. Each coach shall pick up relay entry forms from the Clerk of Course on which he or she shall list the competing relay swimmers, their first and last names, ages, and order of swimming for each entered relay. 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.
  - Teams wishing to enter only one relay per event must make sure that two swimmers on that relay are swimming individual events in this meet. Teams using the "2 swimmers in the meet" method will be allowed to enter the relay with an NT (No Time) entry time if they so choose.

- If a team enters 2 relays in an event, BOTH teams must meet the qualifying time standard (qualifying times may be met by aggregate times or by an actual time swum). Time verification will be enforced on all relays not meeting the qualifying times.
- Surcharge per participating swimmer: \$6.00  
Individual Event Entry: \$3.00  
Relay Event Entry \$6.00

All fees must accompany entries and are nonrefundable. One team check is recommended. Please make checks payable to Utah Swimming. Teams that have not paid their entry fees by August 19<sup>th</sup> will be assessed a \$50 late fee.

- All entries must be received (in the hands of the below designated person) by 7:00 PM, Tuesday, July 20<sup>th</sup>, 2010. Mail or deliver entries to:

Ruth Swallow  
7601 S. Siesta Hills Ct.  
Sandy, UT 84093  
801-891-4874

E-mail entries to:

[Utahlcmeetentry@gmail.com](mailto:Utahlcmeetentry@gmail.com)

Please submit all entries by e-mail using Hy-tek software, or by using the USI generic meet entry form that is available from the Utah Swimming website, [www.swimutah.com](http://www.swimutah.com). Teams entering via e-mail must submit a signed hard copy with verification of times. Teams using the official entry form must make sure that each form is signed and time verification is included on each entry. Teams must designate ONE (1) Team Entry Representative on the Team Information Sheet. This person will be the only one to submit entries and/or make changes to entries and will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers. Entries will not be accepted without time verification and one uniform entry sheet signed by the person responsible for entry submission. Also, team entries will not be accepted without the Team Contact Information Sheet filled out in its entirety.

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.

### **Meet Format, Check-in and Scratch Procedure:**

- The preliminary portion of this meet will be run as a double-ended meet. The Meet Referee will have the final decision on the format (either odd/even heats or boys/girls end).
- The Finals Sessions will consist of a Consolation heat and Championship heat.
- All Wednesday events will run as Timed Finals and are positive check-in. Check-in for Wednesday's events will close at 4:30 PM. The 1500m Freestyle will be seeded fastest to slowest and swum fastest to slowest, alternating between girls and boys.
- Thursday, Friday and Saturday will run as Prelims and Finals. The 10-Under 400m Freestyle, 11-12 200 Backstroke, Butterfly, Breaststroke and 800m Freestyles will be swum as timed final events during morning preliminaries. The 800m Freestyle will be seeded fastest to slowest and swum fastest to slowest, alternating between girls and boys.
- **Swimmers competing in the 400, 800, and 1500 Freestyles and the 11-12 200 Backstroke, 200 Breaststroke, 200 Butterfly, and 400 IM are responsible to provide their own timers and counters.**
- Any event with less than 8 entries will be swum in the finals session (unless stated differently).
- Check-in for the 800 Freestyle on Saturday will close at 6 PM on Friday night. Swimmers that do not check in will not be allowed to swim in that event and will be automatically scratched from that event. All other events are a "negative check-in."
- Relay events are Positive Check-In and Timed Finals. Relay events will be swum as the first event of the evening Finals Sessions. **Initial relay(s) declarations must be returned to the clerk of course by 11:00 AM on the day the event will be swum.** Relays that do not turn in their relay declaration form by 11 AM will not be allowed to swim in that event and will be automatically scratched from that event.

### UT2.3 UTAH SCRATCH PROCEDURE

#### .1 For Championship Meets (prelims and finals)

The scratch box will be located at the Clerk of the Course. The scratch box shall close for the following day's events 30 minutes after the beginning of the final session each day. In a meet that begins with a timed final session on the first day, the scratch box for the next day's events will close 30 minutes after the start of that timed final session.

#### .4 Penalties for Scored meets and Prelims events

If a swimmer fails to scratch properly and doesn't 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 with prelims and finals, 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 to swim for time only but will neither be eligible to score points individually or for the club.

#### .5 Penalties for Final or Consolation Heats

A swimmer qualifying for either Consolation Finals or Championships 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 seed the Consolation or the Championship heats by inserting

alternates, thus filling all the 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 meet and reseeded in the first heat of his/her remaining events and allowed to swim for time only, but will not be eligible to score points individually or for the club. After the final posting of the event, alternates are eligible to fill consolation heats.

#### .6 Results

Results from a preliminary competition are not the same as a final seeding posting. Any swimmer that may move into a finals seeding position as a result of scratches within the 30 minute time period is subject to all penalties outline in .5. Alternates as posted in the finals seeding are not subject to any penalty. It is the swimmers responsibility to know their final placement in their event before leaving the venue. In addition, any swimmer missing a final or consolation heat on the final session of the meet will be subject to a \$50.00 fine that must be paid before said swimmer will be allowed to compete in any future Utah Swimming sanctioned events.

- Scratches for the Thursday morning Preliminary session must be turned into the Clerk of Course by 6 PM on Wednesday. Teams not participating Wednesday must contact Ruth Swallow at [Utahlcmeetentry@gmail.com](mailto:Utahlcmeetentry@gmail.com) or 801-891-4874. Scratches for the Friday and Saturday Preliminary sessions must be turned into the Clerk of Course by 6 PM on the evening prior to Preliminary session.
- All swimmers, should they intend on not returning for finals for any reason, should properly scratch from all events with no regard for placement.

#### **Rules, Unaccompanied Athletes & Warm-up Procedures:**

- 2010 USA Swimming Rules will apply.
- Unaccompanied athletes: 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. A coach will be assigned.
- Warm-up: All warm-ups must be done under the supervision of a USA-S official. 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 3 point sitting position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.
- **Warm-up procedures will be e-mailed out to all teams and posted on the USI website after the entries are due.**

#### **Results:**

Results will be posted on the USI webpage, [www.swimutah.com](http://www.swimutah.com).

#### **Scoring:**

Individual events Championship Final: 20-17-16-15-14-13-12-11

Individual events Consolation Final: 9-7-6-5-4-3-2-1

Relay events: Double the points shown for individual events.

#### **Awards:**

Individual awards: Custom medals 1<sup>st</sup>–8<sup>th</sup> place events, Ribbons 9–16<sup>th</sup> place

High Point Trophy: Custom trophies for high point boy/girl, 1<sup>st</sup>–3<sup>rd</sup> in each age group.

Relay awards: Custom medals for 1–3<sup>rd</sup> place relay teams, Ribbons for 4<sup>th</sup>–8<sup>th</sup> place.

Team awards: Custom trophies for 1<sup>st</sup>–3<sup>rd</sup> place in 15 & Over, Age Group and Combined Teams.

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

**Volunteer sign-up procedures will be e-mailed out to all teams by June 15<sup>th</sup>.**

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
5:28.79	6:04.99	6:11.99	400 F.R.	6:04.39	5:58.39	5:22.79
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
2:17.29			200 M. R.			2:07.79
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

# 2010 Utah Long Course Championships Event Schedule

## Wednesday, July 28, 2010

Warm-up @ 4 PM Meet @ 5 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
<u>Event #s</u>		<u>Event #s</u>
1	11-12 400 IM	2
3	13-Over 1500 Freestyle	4
<p>The 1500 Freestyle and 11-12 400 IM will be swum as Timed Finals. The 1500 will be seeded fastest to slowest and swum fastest to slowest, alternating between girls heats and boys heats.</p>		

## Thursday, July 29, 2010

Warm-up @ 7AM Meet @ 8:30 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
<u>Event #s</u>		<u>Event #s</u>
5	10 & Under 400 Free Relay	6
7	11-12 200 Freestyle Relay	8
9	13-14 200 Freestyle Relay	10
11	Senior 200 Freestyle Relay	12
13	10 & Under 200 Freestyle	14
15	11-12 200 Freestyle	16
17	13-14 200 Freestyle	18
19	Senior 200 Freestyle	20
21	10 & Under 50 Butterfly	22
23	11-12 50 Butterfly	24
25	13-14 100 Butterfly	26
27	Senior 100 Butterfly	28
29	10 & Under 50 Breaststroke	30
31	11-12 50 Breaststroke	32
33	13-14 100 Breaststroke	34
35	Senior 100 Breaststroke	36
37	10 & Under 200 IM	38
39	11-12 200 IM	40
41	13-14 400 IM	42
43	Senior 400 IM	44
45	11-12 200 Backstroke	46

Relays will be swum as the first events of the Finals session. The 11-12 200 Backstroke will be swum as Timed finals in Prelims.

## Friday, July 30, 2010

Warm-up @ 7AM Meet @ 8:30 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
<u>Event #s</u>		<u>Event #s</u>
47	10 & Under 200 Medley Relay	48
49	11-12 200 Medley Relay	50
51	13-14 400 Medley Relay	52
53	Senior 400 Medley Relay	54
55	10 & Under 100 Freestyle	56
57	11-12 100 Freestyle	58
59	13-14 100 Freestyle	60
61	Senior 100 Freestyle	62
63	10 & Under 100 Breaststroke	64
65	11-12 100 Breaststroke	66

## Friday, July 30, 2010 (Continued)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
<u>Event #s</u>		<u>Event #s</u>
67	13-14 200 Breaststroke	68
69	Senior 200 Breaststroke	70
71	10 & Under 50 Backstroke	72
73	11-12 50 Backstroke	74
75	13-14 100 Backstroke	76
77	Senior 100 Backstroke	78
79	11-12 200 Butterfly	80
81	10 & Under 400 Freestyle	82
83	11-12 400 Freestyle	84
85	13-14 400 Freestyle	86
87	Senior 400 Freestyle	88

Relays will be swum as the first event of the Finals session. The 11-12 200 Butterfly and 10 & Under 400 Freestyle will be swum as Timed Finals in Prelims.

## Saturday, July 31, 2010

Warm-up @ 7AM Meet @ 8:30 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
<u>Event #s</u>		<u>Event #s</u>
89	10 & Under 200 Freestyle Relay	90
91	13-14 400 Freestyle Relay	92
93	Senior 400 Freestyle Relay	94
95	11-12 400 Freestyle Relay	96
97	13-14 200 IM	98
99	Senior 200 IM	100
101	10 & Under 50 Freestyle	102
103	11-12 50 Freestyle	104
105	13-14 50 Freestyle	106
107	Senior 50 Freestyle	108
109	10 & Under 100 Butterfly	110
111	11-12 100 Butterfly	112
113	13-14 200 Butterfly	114
115	Senior 200 Butterfly	116
117	10 & Under 100 Backstroke	118
119	11-12 100 Backstroke	120
121	13-14 200 Backstroke	122
123	Senior 200 Backstroke	124
125	11-12 200 Breaststroke	126
127	13-Over 800 Freestyle	128

Relays will be swum as the first event of the Finals session. The 11-12 200 Breaststroke will be swum as Timed Finals in Prelims. All heats of the 800 Freestyle will be swum as Timed Finals in Prelims. The 800 will be seeded fastest to slowest and swum fastest to slowest, alternating between girls heats and boys heats.

# USI TEAM INFORMATION SHEET

**TEAM NAME & CLUB CODE:**

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**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):**


# Utah Swimming Relay Entry Form

Meet: 2010 Utah LC Championships

*Use one sheet per event – make additional copies for each relay event.*

Team Name: \_\_\_\_\_

Event #: \_\_\_\_\_

Age Group:      please circle      10-Under      11-12      13-14      Senior

Relay:            please circle      200 F.R.      400 F.R.      200 M.R.      400 M.R.

“A” Relay Entry Time: \_\_\_\_\_

“B” Relay Entry Time: \_\_\_\_\_