



# Arizona Swimming

## 2010 Short Course Senior State Championships

### March 18-21, 2010

Held under the sanction of USA Swimming, Inc.

Sanctioned By: Arizona Swimming Inc.

Sanction # AZ10C096R3

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Mesa Aquatics, City of Mesa, 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: Mesa Aquatics  
Meet Director: Sam Hewson [mesaquatics@cox.net](mailto:mesaquatics@cox.net) 480-472-4525

Meet Referee: **Pam Birnbrich** [pbirnbrich@gmail.com](mailto:pbirnbrich@gmail.com)

Meet Location: Kino Jr. High Aquatic Center  
Mesa Aquatics Swim Club  
848 N Horne  
Mesa AZ 85203

Course: Outdoor eight lane 25 yard course will be provided with non-turbulent lane lines, fully automatic Colorado Timing System. Continuous warm up/cool down will be available throughout the meet.

Eligibility: 1. Open to any Arizona/USA Swimming registered athlete 15 years or older who has met the 2009-2012 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](http://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 March 18, 2009 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 500 Free, 1000 Free, 1650 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 3:30 pm on Thursday for Session I, and 9:30 am for Sessions II, IV, and VI.  
b. For the 1000 Free and the 1650 Free events, swimmers must provide their own personnel for timing and lap counting.  
c. The Thursday night distance event (1000 Free) is a timed finals event. This event will be swum fastest to slowest, alternating women and men.

d. Sunday's distance event (1650 Free) is a timed finals event with the fastest seeded heat being swum during finals. All other heats of the 1650 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 500 Free and 400 IM will be seeded and swum as follows:** 1). Top 6 heats of women – circle seeded and swum fast to slow. 2). Top 6 heats of men – circle seeded and swum fast to slow. 3). All remaining heats will be swum fast to slow alternating women and men.

6. **All individual events 500 yards and shorter are preliminary/final events.** All 200 yard and shorter individual events are pre-seeded for preliminaries.

7. **To enter the 50 Fly, 50 Back, and 50 Breast 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.**

11. Time trials will be offered during the meet at the conclusion of the preliminary session if time permits and 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. The deadline will be announced during the preliminary session each day.

13. The Arizona Senior scratch rule will be in effect. Any athlete qualifying for a bonus, consolation, or championship final competition in an individual event who fails to compete (no show) ("Failure to Compete") in either bonus, consolation or championship final 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. 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: 3:00 pm	Meet Start: 4:00 pm
	Sessions II, IV, VI	Prelims:	Warm-up: 7:30 am	Meet Start: 9:00 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 Monday, March 8, 2010. Coaches are encouraged to submit team entries in Hy-Tek Commlink format by e-mail. Such entries must be received by Wednesday, March 10, 2010, 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 : Mesa Aquatics Swim Club 848 N Horne Mesa AZ 85203 Phone 480-472-4525	Entry Fees: Individual Events: \$ 6.00 LSC Surcharge: \$ 5.00 Relay Events: \$12.00 Time Trials: \$ 7.00
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<p><i>Make checks payable to: MAC (Mesa Aquatics Swim Club)</i></p> <p><i>Relay Only Swimmers Must Pay LSC Surcharge</i></p>	<p>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.</p> <p>For individual entries and team entries not submitted in the Hy-Tek Commlink format, entries will not be accepted without team payment.</p>
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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 1<sup>st</sup> – 8<sup>th</sup> Place, Ribbons 9<sup>th</sup> – 16<sup>th</sup> Place.  
Relay Events: Medals for 1<sup>st</sup> – 3<sup>rd</sup> Place  
High Point: 1<sup>st</sup> – 3<sup>rd</sup> Place for men and women.  
Team Points: 1<sup>st</sup> – 3<sup>rd</sup> Place for combined team score.
- Proof of Time: Proof of time is required to be seeded into the top heat of the 1000 Freestyle and 1650 Freestyle.  
Proof of time for these 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 on site, off street parking. Church next door is available on Saturday. Only off street Parking will be available on Sunday.
- Officials: All officials are encouraged to work at the meet. Please contact the Meet Referee prior to the meet if you plan to work at the meet. Any and all help is appreciated.
- Concessions: A full service concession stand will be made available serving fresh prepared meals and snacks throughout the meet. Two concession stands will be made available for easy access. Coaches, Officials and all works will have great hospitality.
- Hotels: Official sponsored hotel for the meet:  
Phoenix East/Mesa Hilton  
1011 West Holmes Ave  
Mesa AZ 85210  
480-844-6005  
State that you are with the Arizona Swimming Senior State Championship meet to receive a special rate.
- Heat Sheets: Heat sheets will be available for \$10.00 This includes a coupon for all final sessions heat sheets. Final heat sheets purchased separately will be \$2.00 each.

# 2010 Short Course Senior State Championships

March 18-21, 2010

## Event Order

### Session I – Thursday, March 18, 2009

Timed Finals – Warm-up: 3:00 pm / Meet Start: 4:00 pm

Women's Event #	Event	Qualifying Time	Men's Event #
1	1000 Free*		<u>2</u>
<u>3</u>	200 Free Relay#		4

\* The 1000 Free will be deck seeded, requiring positive check-in at the Clerk of Course by 3:30 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 10 minute break prior to the start of the 200 Free Relay

### Session II – Friday, March 19, 2009

Preliminaries – Warm-up: 7:30 am / Meet Start 9:00 am

Women's Event #	Event	Men's Event #
7	50 Back	<u>8</u>
9	100 Free	10
11	200 Breast	12
13	100 Fly	14
15	500 Free**	16

\*\* The 500 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) – March 19, 2009

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	500 Free	16
17	400 Free Relay#	18

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

### Session IV – Saturday, March 20, 2009

Preliminaries – Warm-up: 7:30am / Meet Start: 9:00 am

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) – Saturday, March 20, 2009

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 – Sunday, March 21, 2009

Preliminaries – Warm-up: 7:30 am / Meet Start: 9:00 am

Women's Event #	<u>Event</u>	Men's Event #
31	50 Breast	<u>32</u>
33	50 Free	<u>34</u>
35	200 Fly	<u>36</u>
37	100 Back	<u>38</u>
39	200 IM	<u>40</u>
41	1650 Free****	<u>42</u>

\*\*\*\* The 1650 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) – Sunday, March 21, 2009

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

Women's Event #	<u>Event</u>	Men's Event #
31	50 Breast	<u>32</u>
33	50 Free	<u>34</u>
41*	1650 Free	
35	200 Fly	<u>36</u>
37	100 Back	<u>38</u>
	1650 Free	<u>42*</u>
39	200 IM	<u>40</u>
43	400 Medley Relay#	<u>44</u>

\*The top heat of the womens 1650 Free will be swum after the 50 freestyle (event 34) in the finals session.

The top heat of the men's 1650 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 1000free and the men's 1650 free. 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
1000free/1650free			

### 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 <u>          </u> <b>\$5.00</b>	
	800/1000 : .		Team Name			Coach Name			
	1500/1650 : .		Parent Name			Parent Phone		Total Entry Fees Due <u>          </u> <b>\$</b>	

**Make Checks Payable to Mesa Aquatics Swim Club**