



Arizona Swimming 2015 Long Course Senior State Championship July 23 – 26, 2015

Held under the sanction of USA Swimming

Sanction # AZ15-113R2

Sanctioned By: Arizona Swimming Inc.

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., BEST Swim Club, Inc., Phoenix Swim Club, Phoenix Country Day School 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: Sandy Lee slee@phoenixswimclub.org 602-468-0319

Meet Referee: Mary Kramer mckswim2@gmail.com 480-540-9452

Meet Location: Phoenix Country Day Aquatic Center, 3901 E. Stanford Drive, Paradise Valley, AZ 85253
(2 Blocks North of Camelback Rd. on 40th Street)

Course: 8 Lane, 50 meter, with non-turbulent lane dividers, automatic Colorado start and timing system. Continuous warm-up will be available throughout the meet.

Eligibility: 1. **Open to any Arizona/USA Swimming registered athlete** who has met the **current** Arizona Swimming Senior State Qualifying Times as listed on the Arizona Swimming website in the 18 months prior to the first day of competition. **This is a preliminary-final time standard meet.** In all prelim/final events there will be a bonus, consolation and championship heat. The order of the final heats shall be C, B and A (bonus, consolation and championship).

AZ Rules

Rules Governing Sanctioned Meets

1. Age on the first day of competition will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
3. The current USA Swimming rules for competitive swimming will govern.
4. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach - it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
5. The competition course has been certified in accordance with 104.2.2C(4) as to pool length. A copy of such certification is on file with USA Swimming.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet at the start end and 13 feet at the turn end.
7. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
9. No swimmer will be permitted to compete unless swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or behind the blocks.
11. All referees, starters, administrative officials, chief judges and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
12. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectfully, to the Meet Referee prior to the start of each session of competition. If requested, Arizona Officials and Meet Marshals must present their AzSI issued Picture ID's to the Meet Referee
13. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition. If requested, Arizona Coaches must present their AzSI issued Picture ID's to the Clerk of Course.
14. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshal's shall wear their identifying vests.
15. Swimmers with a disability are welcome. The swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.

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- Meet Rules:**
- 1. This is a preliminary-final time standard meet.** In all prelim/final events there will be a bonus, consolation and championship heat. The order of the final heats shall be C, B and A (bonus, consolation and championship). The Athletes in the Championship Heat will be paraded to the starting blocks for all final events, at the discretion of the meet referee.
 - 2. Swimmers are limited** to three (3) individual events per day, including time trials and nine (9) individual events for the meet, excluding time trials. If an entry has greater than nine (9) events for the meet or greater than three (3) entries for a day, the highest numbered event will be dropped until the entry limits are met.
 - 3. Distance Events:** (All athletes must pre enter all events.)
 - a. The 400 Free, 800 Free, 1500 Free, and 400 IM** will require positive check-in with the Clerk of Course to compete. Deadline for check-in is 30 minutes after the start of warm-up for Session I, and one hour after the start of competition for all preliminary sessions.
 - Swimmers in Session I and VI 800 Free and 1500 Free are responsible for providing their own personnel for timing (2) and lap counting (1).
 - Events 1 and 2** (women's 1500 Free and men's 800 Free) are timed finals events and will be swum fastest to slowest, alternating women and men by heat.
 - Events 37 and 38** (women's 800 Free and men's 1500 Free) are timed finals events with the fastest seeded heat of their respective distances being swum during finals. All other heats will be swum during the preliminary session fastest to slowest, alternating women and men by heat.
 - In preliminaries only, the 400 Free and 400 IM will be seeded and swum as follows:** 1). Top 3 heats of women – circle seeded followed by the top 3 heats of men, circle seeded. 2). All remaining heats will be swum fastest to slowest alternating women and men.
 - 4. Relay Entries:** All relay athletes must be entered in an individual event in order to participate in a relay **except as noted below**. Relay events must be pre-entered via the USA Swimming OME (Online Meet Entry) system. The option for aggregate relay times will be available. Teams may enter a maximum of up to four relay teams per relay event, but only the two fastest relays from any one team per relay event will be scored. Teams may enter a relay with up to 2 "Relay Only" swimmers designated as "Relay Only" Swimmers on OME for the 200/400 Medley and Freestyle relays only.

The relay events in all sessions will be conducted as timed finals with the two fastest heats being swum in finals with the exception of the relays on the first day of competition and the relays on the final day of competition. On the first day of competition the relays will be swum as timed finals. The relays on the final day of competition will all be swum in the preliminary session prior to the distance event. Other Preliminary Session Relays will be swum prior to the respective distance events.

Coaches may pick up their relay cards for the meet at the start of Session I. Session I, II, and III relay events must be positively checked in by 5:00 pm at the start of Session I. All other relays must be positively checked in by 10:00am the day prior to the event.
 - 5. Time trials** will be offered at the conclusion of the preliminary sessions at the sole discretion of the Meet Referee. Time Trials do not count against the limit of nine individual events for the meet, but do count towards the limit of three (3) individual events per day. The USA Swimming protocol will be used for time trial event order. If time trials are offered, the 800 and 1500 M Freestyle will only be offered on Saturday. The deadline for time trial entries will be decided by the Meet Referee and posted with the Clerk of Course.
 - 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 a bonus, consolation or final championship 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.
 - 7. Positive Check-in Events:** There is no penalty for athletes who do not check in for a timed final positive check-in events: they will simply be scratched from the event and may not compete. Failure to compete (no show) in a positive check-in event for which the athlete has checked in will result in being barred from the next individual event in which no athlete is entered.
 - 8. Entries and Proof of Time:** To enter, individuals must submit fastest Conforming (LC) times achieved in the 18

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months prior to the competition. Fastest non-conforming times (SCM, SCY) will also be accepted. All entries, conforming and non-conforming must be the fastest times achieved in the given course in the 18 months preceding the meet entry deadline which are equal or faster than the time standards for this meet. Events will be seeded LCM, SCM, and SCY. Converted times are not permitted. All entries must be submitted through USA Swimming's OME system. The OME entry system which interfaces with the USA Swimming times and membership database (SWIMS) which verifies membership status and times. Times not verified through SWIMS must be proven prior to 48 hours before the first day of the start of competition or the entry will be removed from the competition and the athlete will not be able to swim/compete in the non-verified time event.

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: 3:00 pm Meet Start: 4:00 pm

Relays: All entries must be submitted using USA Swimming **OME** (online meet entry) at www.usaswimming.org/ome. All relays and swimmers will automatically be entered at their best times in the SWIMS database from the last 18 months with the OME system. A confirmation by email will acknowledge receipt of entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Please contact USA Swimming with any questions on the OME system.

Late Entries: If an athlete achieves a new meet qualifying time between the specified meet entry deadline and the Sunday prior to the start of the meet, the athlete may enter that event. Late entries may be made by personal delivery, faxing or emailing: 1) a scan of the meet results for the new qualifying time; and, 2) a new entry spreadsheet or AZSI/USAS Meet Entry Card. Late entries are subject to times verification. In all cases, delivery of Late Entries must be received no later than 12 noon on the Monday prior to the start of the meet. It is the sole responsibility of the team submitting Late Entry(s) to confirm their timely receipt. Athletes achieving new times may complete a relay team not previously entered.

Entry deadline: Entries may be submitted online beginning **July 1, 2015** and will be accepted through **Friday July 17**. . Please NOTE: An entry cannot be revised after being "closed" in OME.

Entry Fees: LSC Surcharge: \$6.00
 Individual Events: \$6.00
 Relay Events: \$12.00
 Individual Time Trials: \$12.00
 Entries fees must be paid by the start of the first session of the meet. Please make checks payable to Phoenix Swim Club.

Scoring: Top 16 places will be scored. Only 2 relays per team per event will score.
 Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
 Relay events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 20, 8, 6, 4, 2

Awards: Individual Events: Medals for 1st – 8th place, Ribbons 9th – 16th place
 Relay Events: Medals for 1st – 3rd place
 Individual High Point: High Point: 1st – 3rd place for men and women.
 Team High Point: 1st – 3rd place for combined team score

Officials: Please contact the Meet Referee to indicate availability for the meet.
 Attire for prelims and Session I events is white over blue. Attire for evening finals is blue over khaki.

Deck: The deck may be closed or partially closed at the direction of the Meet Referee. Only athletes or those acting in an Official capacity for the meet may enter the closed area.

Session I – Thursday, July 23rd

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

Women's Event #	Event	Men's Event #
1	1500 Free	
	800 Free	2
3	200 Free Relay#	4

#There may be a 10 minute break prior to the start of the 200 Free relay.

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Session II (prelims) – Friday, July 24th

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

Women's Event #	Event	Men's Event #
5	200 Medley	6
7	200 Free	8
9	100 Breast	10
11	100 Fly	12
15	400 Free Relay	16
13	400 IM	14

Session III (finals) – Friday, July 24th

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

Women's Event #	Event	Men's Event #
5	200 Medley Relay	6
7	200 Free	8
9	100 Breast	10
11	100 Fly	12
13	400 IM	14
15	400 Free Relay	16

Session IV (prelims) – Saturday, July 25th

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

Women's Event #	Event	Men's Event #
17	200 Fly	18
19	50 Free	20
21	100 Back	22
23	200 Breast	24
25	800 Free Relay	26

Session V (finals) – Saturday, July 25th

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

Women's Event #	Event	Men's Event #
17	200 Fly	18
19	50 Free	20
21	100 Back	22
23	200 Breast	24
25	800 Free Relay	26

Session VI (prelims) – Sunday, July 26th

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

Women's Event #	Event	Men's Event #
27	200 IM	28
29	200 Back	30
31	100 Free	32
35	400 Medley Relay	36
33	400 Free	34
37	800 Free	
	1500 Free	38

Session VII (finals) – Sunday, July 26th

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

Women's Event #	Event	Men's Event #
27	200 IM	28
29	200 Back	30
31	100 Free	32
33	400 Free	34
37	800 Free	
	1500 Free	38