



Arizona Swimming 2017 Senior Long Course Championship July 27 – 30, 2017

Held under the sanction of USA Swimming
Sanction # AZ17-109R

Sanctioned By: Arizona Swimming Inc.

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Phoenix Swim Club, BEST Swim Club Inc., 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: Brian Shepherd

Meet Location: PCDS Aquatic Center, 3901 E. Stanford Drive, Paradise Valley, AZ 85253

Course: Eight Lane, 50 meter pool, 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 Championship Qualifying Times as listed on the Arizona Swimming website in the 18 months prior to the first day of competition.

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. Swimming competitions shall be conducted in conformance with USA Swimming Technical Rules.
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, 6 inches at the turn end.
7. Deck changes are 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, or locker rooms.
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 respectively, 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 IDs 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 IDs to the Clerk of Course. Deck pass with accompanying photo ID will be accepted as proof of current membership.
14. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshals shall wear their identifying vests.
15. Swimmers with a disability are welcome. The swimmer (or swimmer's 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.
16. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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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).
 2. **Swimmers are limited** to three (3) individual events per day, including time trials and six (6) individual events for the meet, excluding time trials. Swimmers who enter more than 3 individual events for the day or more than 6 individual events for the meet must scratch down to the allowed limit by the over-entry scratch deadline determined by the Meet Referee. If a swimmer does not scratch down to the allowed limit by the over-entry scratch deadline, then the Meet Referee or his/her designee will scratch the event(s) with the highest event number until the allowed limits are met. Failure to compete (no show) in an event is not a scratch; no shows count toward the daily and meet limits on events.
 3. The Meet Referee may elect to conduct some preliminary sessions of the meet by starting events from alternate ends of the course.
 4. **Events 200 Meters and longer:** (All athletes must pre-enter all events.)
 - a. **All events 200 meters and longer** will require positive check-in with the Clerk of Course to compete.
 - b. Deadline for check-in for **all 200 events** is 30 minutes after the start of warm-up for Sessions II, IV, and VI.
 - c. **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. Swimmers are responsible for providing their own personnel for timing (2) and lap counting (1). Deadline for check-in is 30 minutes after the start of warm-up for Session I.
 - d. **Events 37 and 38** (women's 800 Free and men's 1500 Free) are timed finals events with the fastest seeded heat being swum during finals. All other heats will be swum during the preliminary session fastest to slowest, alternating women and men by heat. Swimmers in the preliminary session are responsible for providing their own personnel for timing (2) and lap counting (1); in the finals session, for lap counting (1). The deadline for check-in is one hour after the start of competition for Session VI.
 - e. **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. Swimmers in the preliminary session are responsible for providing their own personnel for timing (2). Deadline for check-in is one hour after the start of competition for Session II (for the 400IM) and Session IV (for the 400 Free).
 5. **Relays** are timed final events and require positive check-in with the Clerk of Course. All relay athletes must be entered in the meet in order to participate in relays, with 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 with payment of the LSC surcharge and listed on the master entry. 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. Aggregate entry times are required for entry into relay events.

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.

Coaches may pick up their relay cards for the meet prior to the start of Session I. The deadline for check-in for relays swum on Thursday (200 Free Relay) is one hour after the start of completion for Session I. For relays swum on Friday and Saturday, coaches may request that a particular relay swim in the preliminary session. Relays with entry times slower than 16th will be seeded into the heats to be swum in the finals sessions if relays with entry times 16th and faster elect to swim in the preliminary session or scratch. The check-in deadline for Friday's relays (200 Medley Relay, 400 Free Relay) is 2 hours after the start of competition in Thursday's Session I. The check-in deadline for Saturday's relays (800 Free Relay) is 2 hours after the start of competition in Friday's Session III. The check-in deadline for Sunday's relays (400 Medley Relay) is 2 hours after the start of competition in Saturday's Session VI.
 6. **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 six (6) 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 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.
 7. The **Arizona Senior Scratch Rule** will be in effect. Athletes who do not Scratch or fail to notify the Referee, or his/her designee, of their decision regarding their Intent to Scratch will be seeded into the further rounds of competition and subject to the penalties below. Athletes who are seeded into a non-scoring bonus or other non-

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scoring final by virtue of scratches are not subject to penalties below for failing to scratch, but are encouraged to do so. 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.

8. Positive Check-in Events: There is no penalty for athletes who do not check in for 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 the athlete is entered and the club of the athlete or if unattached, the athlete, will be assessed a \$30 charge payable to Arizona Swimming prior to the conclusion of the meet.

9. Entries and Proof of Time: To enter, individuals must submit fastest Conforming (LCM) times achieved. 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, SCY. Converted times are not permitted. All entries must be submitted through USA Swimming's OME system. The OME entry system 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 p.m.	Meet Start: 5:00 p.m.
	Sessions II, IV, VI	Prelims:	Warm-up: 7:00 a.m.	Meet Start: 8:30 a.m.
	Sessions III, V, VII	Finals:	Warm-up: 4:00 p.m.	Meet Start: 5:00 p.m.

Entries: Entry times must have been achieved in the last 18 months. 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 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.

The bonus structure is as follows:

- 1 Qualifying event – 3 Bonus swims (*swims as long as they have the bonus times in those events*)
- 2 Qualifying events – 4 Bonus swims (*swims as long as they have the bonus times in those events*)
- 3 Qualifying events – 3 Bonus swims (*swims as long as they have the bonus times in those events*)
- 4 Qualifying events – 2 Bonus swims (*swims as long as they have the bonus times in those events*)
- 5 Qualifying events – 1 Bonus swim (*swims as long as they have the bonus times in those events*)
- 6 Qualifying events – 0 Bonus swims (*swims as long as they have the bonus times in those events*)

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, 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. Newly achieved qualifying times may not be used to improve the seed time of a previously entered individual entry, or change a previously submitted individual entry, but may be allowed to complete a relay team not previously entered.

Entry deadline: Entries may be submitted online beginning July 1, 2017 and will be accepted through Friday, July 21st, 2017.

Entry Fees:

LSC Surcharge:	\$6.00
Individual Events:	\$7.50
Relay Events:	\$15.00
Individual Time Trials:	\$15.00

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 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, 10, 8, 6, 4, 2

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Awards: Individual Events: Medals for 1st – 8th place, Ribbons 9th – 16th place
Relay Events: Medals for 1st – 3rd place
Individual 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 is white over navy blue. Attire for evening finals is navy blue over khaki.

Deck: The deck may be closed or partially closed at the discretion 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 27th

Timed Finals – Warm-up: 4:00 p.m. Meet Start: 5:00 p.m.

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

* The Women's 1500 Free and Men's 800 Free requires positive check-in at the Clerk of Course by 30 minutes after the start of warm up in order to swim the event. Heats are swum fastest to slowest, alternating women and men.

Relay events are timed final events. There may be a 10-minute break prior to the start of the 200 Free Relay.

Session II (prelims) – Friday, July 28th

Preliminaries – Warm up 7:00 a.m. Meet Start: 8:30 a.m.

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

** The 200 Free and 400 IM require positive check-in at the Clerk of Course in order to swim the event. Positive check-in for the 200 Free will close 30 minutes after the start of warm-up.

The 400 IM will close one hour after the start of competition.

Relay events will be conducted as timed finals with the two fastest heats being swum in finals, unless requested to be swum in Prelims. 400 Free Relays will be swum after completion of the 100 Fly before the 400 IM.

The 400 IM will be swum as the top three heats of women followed by the top three heats of men. Then the remaining heats will be swum fastest to slowest, alternating women and men.

Session III (finals) – Friday, July 28th

Finals – Warm-up 4:00 p.m. Meet Start: 5:00 p.m.

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

Relay events will be conducted as timed finals with the two fastest heats being swum in finals.

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Session IV (prelims) – Saturday, July 29th

Preliminaries – Warm-up: 7:00 a.m. Meet Start: 8:30 a.m.

Women's Event #	Event	Men's Event #
17	200 Fly **	18
19	50 Free	20
21	100 Back	22
23	200 Breast **	24
27	800 Free Relay	28
25	400 Free **	26

** The 200 Fly, 200 Breast and 400 Free will require positive check-in at the Clerk of Course in order to swim the event. Positive check-in for the 200 Fly and 200 Breast will close 30 minutes after the start of warm-up.

The 400 Free will close one hour after the start of competition.

#Relay events will be conducted as timed finals with the fastest two heats being swum in finals.

800 Free Relays will be swum after completion of 200 Breast before the 400 Free.

The 400 Free will be swum as the top three heats of women followed by the top three heats of men. Then the remaining heats will be swum fastest to slowest, alternating women and men.

Session V (finals) – Saturday, July 29th

Finals – Warm up 4:00 p.m. Meet Start: 5:00 p.m.

Women's Event #	Event	Men's Event #
17	200 Fly	18
19	50 Free	20
21	100 Back	22
23	200 Breast	24
25	400 Free	26
27	800 Free Relay##	28

Relay events will be conducted as timed finals with the fastest two heats being swum in finals.

Session VI (prelims) – Sunday, July 30th

Preliminaries – Warm-up: 7:00 a.m. Meet Start: 8:30 a.m.

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

** The 200 IM and 200 Back will require positive check-in by 30 minutes after the start of warm-up with the Clerk of Course in order to swim.

*** The Women's 800 & Men's 1500 Free will require positive check-in at the Clerk of Course by one hour after the start of competition in order to swim the event. The fastest seeded heat for each event will be swum during the finals session. All other heats will be swum during the preliminary session fastest to slowest, alternating women and men.

#The 400 Medley Relay events will be swum as timed finals in the preliminary session prior to the 800 & 1500 Free.

Session VII (finals) – Sunday, July 30th

Finals – Warm-up 4:00 p.m. Meet Start: 5:00 p.m.

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

*** The fastest seeded heat for each event will be swum during the finals session. All other heats will be swum during the preliminary session fastest to slowest, alternating women and men.