SPEEDO SECTIONALS AT COLUMBIA-2016
CENTRAL SECTION REGION VIII
July 20 - 23, 2016

Swimmers who are full time (not seasonal) members of USA Swimming within the Central Section Region VIII (CSR VIII_ of the Central Zone may enter the Speedo Sectionals at Columbia-2016 through USA Swimming's Online Meet Entry (OME) system at (usaswimming.org/ome) beginning Friday, May 27, 2016 at 11:59 PM CDST.

The entry deadline is Thursday, July 14, 2016 at 10:00AM CDST. The qualification time date range for this meet begins on June 18, 2014 and ends Thursday, July 14, 2016. Entries are not accepted until they have been officially submitted in the OME system.

SANCTION AND SANCTION #	These championships and corresponding time trials are held under the sanction of USA Swimming and Missouri Valley Swimming. Meet sanction MV-16-58. Time Trial Sanction MV-16-59TT In granting these sanctions, it is understood and agreed that USA Swimming Inc., Missouri Valley Swimming (LSC), Central Section Region VIII, all officials, the Columbia Swim Club, University of Missouri and Mizzou Aquatic Center shall be free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the meet. Damage to the facility, when proven, will cause the offending swimmer or swimmers, if unattached, or the offending swimmer's club if attached to be accountable for repairs.
HOST	Columbia Swim Club
EVENT PERSONNEL	Meet Director: Valerie Wen, meetdirector@csctigersharks.org, 573-239-4629 Entries Chair: Greg Husky, cscentries@gmail.com, 573-228-0385 Meet Referee: Tony Storer, tstorer@summitgroupsoftware.com, 402-429-0350
LOCATION	Mizzou Aquatic Center at the University of Missouri Student Recreation Complex, 213 Rothwell Gymnasium, Columbia, MO 65211. *In order to find this on navigation app, enter Corner of Rollins & Hitt Street on the University of Missouri Campus or use 1100 Rollins St. which is actually a building on opposite corner.* (573) 884-5600. **Parking:** Parking is available on levels 4-6 only of the Virginia Avenue Garage located adjacent to the Student Recreation Complex and in the metered lot just east of the garage. Parking passes are REQUIRED for garage during the week, but are free with a paid admission; they are available at admissions area and on the Columbia Swim Club Website, www.csctigersharks.org/. Bus parking is available in AV14 Trowbridge. For a map of MU campus parking, (http://mu-cfmap.col.missouri.edu/muparking/) **Facility Access:** Access to the Student Recreation Complex and Mizzou Aquatic Center is through the main entrance to the facility on the Southeast side of the complex along Hitt Street. Spectators will access the Student Recreation Complex and Mizzou Aquatic Center through the main entrance to the facility on the Southeast side of the complex along Hitt Street and enter the Aquatic Mezzanine immediately to the left. The doors to the spectator seating area will open each morning at **7:00 am**.

FACILITY	8 lane, 50-meter competition course (79 degrees), 8 lane, 25-yard warm-up, cool-down pool (80-81 degrees), The depth of the pool measured from a distance of 3 feet 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) is 98.5 inches at the start end and 98.5 inches at the turn end. Colorado Time System throughout facility, 8 lane scoreboard, 3 Full-color digital display boards, 96" Lanes, 2 Stark Movable Bulkheads, 6" Competitor Gold Medal Lane Ropes. **Pool Certification:** The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
SCHEDULE	Day 1–3: Prelims 9:00 AM (warm-ups begin at 6:30 AM) Finals: 5:30 PM (warm-ups begin at 4:00 PM) Day 4: Prelims 9:00 AM (warm-ups begin at 6:30 AM) Finals: 5:00 PM (warm-ups begin at 3:30 PM)
TECHNICAL MEETING	A technical meeting of the CSRVIII Chair, Meet Director, Coaches, and Referee is Tuesday, July 19, 2016 at 7:00 PM CST. Coaches are accountable for ALL information handed out at the General Meeting as well as information conducted at the CSRVIII business meeting.
FORMAT	These championships will be conducted in LCM. The 800m and 1500m freestyle and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 32 swimmers from preliminaries advancing to finals. The order of the final events shall be D, C, B and A. <u>The Bonus (D) and (C) Final is reserved for swimmers who are 18 and under</u>. A Ready Room will be used to assemble and parade "A" finalists and the fastest seeded heats of 800m and 1500m freestyle swimmers. These swimmers must report to the Ready Room prior to the start of the D Final for the event.
SEEDING	1. Seeding priority for Summer Meet. a. LCM b. SCY c. LCM Bonus d. SCY Bonus - The lowest seeding **priority** for this meet is SCY Bonus. 2. All events will be seeded slowest to fastest. 3. 400 IM will be seeded fastest to slowest alternating women then men.
DISTANCE EVENTS	Swimmers may qualify for these events using any of the 800m/1000yd or 1500m/1650yd qualifying standards (i.e. the conforming or non-conforming distance event standards). These distance freestyle events will be swum with the fastest heat of each of the women and men in finals in their normal event numbered place. Swimmers in the top 8 MUST USE THEIR CURRENT FASTEST time that they have achieved in the last TWENTY-FIVE (25) months. All swimmers that are entered at a time that places them in the top 8. Swimmers who are not in the top 8 may swim their fastest provable time or down seed to the lowest non-conforming cutoff time prior to the scratch deadline for that day's events. All bonus swims will be seeded using the lowest non-conforming time for this meet. The slower heats will swim in prelims, after the relays and will alternate women then men swimming fastest to slowest. **A swimmer who positive checks-in or who does not scratch from an individual event on the last day of the meet and fails to compete is penalized $50.00 in prelims and $100.00 in finals.**
RELAYS	**New Relay rule approved Spring 2016:** • **Relay events will be scored for the top 24 finished regardless of age.** • **Relays will score double points (64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2)** • **There will be no limitations regarding age or how many relay entries a team may have as long as they can be proven.** • Relay entry times at the point of entry into the OME must come from proven times in SWIMS found in the meet qualifying date range. Entry times may be an aggregate of the entered swimmers or a time achieved by the team during the qualifying period. Once the time for the relay is proven through swims no further review of the entry time will happen at the meet.

	1. The fastest two heats of each women and men will swim in finals. Heats will swim slowest to fastest in finals. 2. All remaining heats of relays will swim at the conclusion of that day's preliminaries and will swim fastest to slowest alternating women than men. 3. There is a 10 minute break prior to the start of relays. 4. <u>ONLY Saturday's relays may request to swim in the morning or the evening session. Request must be made prior to the scratch deadline (Friday 6:00 PM). All relays will be seeded at their entry time.</u> Open lanes in Saturday's finals will be permitted.
ELIGIBILITY	**New Eligibility rule approved Fall 2015:** **ATHLETES WHO MAKE A FIRST-TIME CUT AFTER THE CLOSE OF OME MAY ENTER THE MEET. Entry information should be submitted at the venue to the Admin Referee. Do NOT send electronic entry information made from these meets to the Host. Your entries will only be completed at the venue. Bring appropriate proof of qualifying time achievement. Deadline for entries is the scratch deadline for the event. Proof of time (final results, deck pass, etc.) from a sanction, approved or observed meet is required for entries to be seeded. Only new first-time cuts will be accepted as priority events. Seeding will be the actual time achieved not the conforming time.** **If the athlete is already in the meet and the "new time" replaces an already entered "bonus entry", the new time will replace the bonus seeding. If new bonus entry events are available those will be taken and seeded at the appropriate bonus cuts with proof.** **New facility surcharges will apply if the athlete is not already in the meet. If a new athlete allows for the addition of a relay, it will be accepted. Entry fees will be the same as fees for event entered through OME.** 1. The meet is open to all full time (not seasonal) swimmers. Athletes must be registered members (either attached or unattached) of a CSRVIII member LSC or club and must meet the stated qualifying times. 2. All swimmers must be under the direct supervision of USA Swimming member coach. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. 3. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. On deck registration with USA Swimming will be permitted at this meet. Registration forms and assistance will be available at the Clerk of the Course. 4. Swimmers without a coach present: USA Swimming swimmer members 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 swimmer in making arrangements for supervision. 5. Swimmers entering the meet must have at least one provable entry time in order to enter the meet. Bonus swims are offered based on the following: a. 1 proven time allows for 2 bonus events b. 2 proven times allows for 2 bonus events c. 3 proven times allows for 2 bonus events d. 4 proven times allows for 2 bonus events e. 5 proven times allows for 1 bonus events 6. No bonus swims allowed in the 800/1000 or 1500/1650 except if a swimmer has achieved the qualifying time in one of the distance events they may use that to enter the other distance event. **All distance bonus swims will be seeded using the lowest non-conforming time for distance events which is SCY (the lowest non-conforming time for all other events is SCY Bonus).** Swimmers who want to enter bonus events by using the qualifying time in another distance event must email the Meet Referee and the CSRVIII Chair directly as OME will not permit this entry. 7. All swimmers MUST be USA Swimming registered swimmers in order to be entered into the meet using the OME and in order to receive their credentials. All swimmers must be 2016 swimmer members of USA Swimming. The qualifying time date range for the meet begins on Wednesday,

	June 18, 2014 through Thursday, July 14, 2016. All entries must be submitted using USA Swimming's Online Meet Entry (OME) procedures. The system can be accessed on the USA Swimming website at www.usaswimming.org/ome. The OME is available for this meet beginning on Friday, May 27, 2016 at 11:59 PM CDST. Entries will close on Thursday, July 14, 2016 at 10:00AM CDST. Columbia Swim Club will provide a Team Manager Event file on the meet website at www.csctigersharks.org. This will allow teams to establish the qualifying profile for their swimmers prior to using OME. 8. Entry Fees are payable to the Host, Columbia Swim Club. Failure to pay the entry fees will result in the team and/or athletes being scratched from the meet, and they may not compete in the meet until entry fees are paid. 9. Swimmers that swim with a NCAA College Team or as unattached swimmers must have their USA Swimming registration membership within one of the five (5) CSR VIIILSC's and when swimming in the CSRVIII Meet must be attached to one of the member clubs or entered as unattached to compete in the meet. 10. For a swimmer to represent a USA Swimming club in a competitive event, one hundred twenty (120) days must have elapsed without a swimmer having represented any other USA Swimming club in a USA Swimming competition. 11. **All RELAY ONLY swimmers must be entered into the meet using the OME. Relay only swimmers are restricted to Time Trial entries only unless they have a provable time. Relay Only swimmers must pay the facility surcharge fee in order to be entered in the meet.** 12. Swimmers with a disability who have been classified and have achieved a National Disability Championship Qualifying Time may enter this meet as long as the time is within the qualifying time standards for this meet. Please contact the Meet Director with any questions.
SWIMS DATABASE	Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets. 1. USA Swimming Sanctioned competition 2. USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS. 3. USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim. 4. The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college, or university within the appropriate time frame, may be used in proving relay entry times. That swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer. 5. Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. SWIMS data entry from meets in which time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. These times will not be automatically placed in the database. Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. 6. Times that occur at a qualifying event the weekend prior to the closing of the OME that are not in SWIMS will be accepted with appropriate proof at the venue beginning Tuesday, July 19, 2016. Proof must be provided by the scratch deadline.
ENTRIES	All entries must be made online using OME. OME is not an eligibility report. It is the coach's responsibility to know for which events his or her athlete is qualified. Only times found in the SWIMS database are used for seeding in this meet. All entry times must have been achieved between the qualifying time date range for the meet beginning on Wednesday, June 18, 2014 through Thursday, July 14, 2016. Each entry time used must be from a "Sanctioned" or "Approved" meet, or from an "Observed Swim" in accordance with USA Swimming Rules and Regulations. **The OME for this event is formatted to force the use the fastest provable entry time found during the qualifying**

	entry period. The host will provide a Team Manager or suitable event file on the host web site and at the time of the distribution of the Meet Book to the club contacts. The event file can be used to assist you in completing your entries in the OME. **You may modify the entry time of an event within OME until you submit your entries. Once an entry has been submitted it can only be added to. Coaches can update entry times until the close of the OME. By not submitting your entry, coaches maintain the flexibility to remove swimmers or events. After an entry has been submitted, removals must be managed by the Meet Admin Staff. Once you have completed your online entry, you will receive an email confirmation. Please keep ALL electronic correspondence and bring them with you to the meet.** Coaches MUST use OME to apply for credentials. Please see credential area for more information. **Entry limits:** 1. Each swimmer may enter as many events as they qualify for, but may compete in only a maximum of 6 individual events plus relays for the total meet. 2. Each swimmer may compete in no more than 3 individual events per day including Time Trials. 3. Time Trials DO NOT count towards the total number of events allowed for the meet. **Entry deadline:** 4. All entries must be submitted using OME (see OME entry procedures) by Thursday, July 14, 2016 at 10:00AM CDST. 5. Psych Sheets are electronically sent to the person on file for the club entry based on contacts from the OME. Psych Sheets are made available to each attending team and posted on the club web site: www.csctigersharks.org by no later than Saturday, July 16, 2016 at 6:00pm CDST. Following the distribution of the psych sheet additional changes will only be accepted at the meet during registration or before the scratch deadline for that day's events. **Swimmers with Disabilities**: Coaches entering swimmers with disabilities that require accommodations, including the need for any personal assistance and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests. **Problems/Questions**: If you have any questions about using the system, please contact: • Jamie Lewis (E) jlewis@usaswimming.org, (M) (719) 330-4054 (W) (719) 866-3581 • Greg Huskey, Entries Chair at (E) cscentries@gmail.com or (M) 573-228-0385 • Paul Thompson, the CSR VIII Chair at (E) auggie1@sbcglobal.net or at (M) (405) 570-6529 **IF YOU HAVE ANY PROBLEMS WITH THE ENTRY PROCESS, YOU MUST EMAIL PAUL THOMPSON, THE MEET REFEREE, AND THE ENTRIES CHAIR PRIOR TO THE CLOSE OF OME. We will work diligently to help resolve issues addressed prior to the close of OME.** **DECK ENTRIES:** 1. Entries are accepted only for swimmers already entered in the meet. 2. Entries are accepted on the deck up until the check-in/scratch deadline time for that day's events. 3. All individual deck entries are seeded at the lowest non-conforming qualifying time for this meet which is SCY bonus. 4. All relay deck entries, are seeded at the lowest non-conforming qualifying time for this meet which is SCY. NOTE: See eligibility section for deck entry rules for athletes who have received a first time cut.
ENTRY FEES / PENALTIES	**Entry fees:** 1. There is a $21.00 facility surcharge per swimmer. $20.00 to host, $1.00 Central Zone. 2. Entry fees are: a. Proven individual events are $10.00 per event. CSRVIII $4.00, host $6.00. b. Relay events are $20.00. CSRVIII $8.00, host $12.00. 3. Bonus entry fees are: a. Bonus individual events are $16.00 per event CSRVIII $10.00, host $6.00.

	4. Deck entry fees are: a. Individual events are $16.00. CSRVIII $6.00, host $10.00. b. Relay events are $40.00. CSR VIII $16.00, host $24.00. 5. Time Trial entry fees are: a. $16 per individual event and $20 per relay event. The host retains all entry fees. 6. **Entry fees must be paid to the Meet Host: All checks must be payable to Columbia Swim Club and be addressed to Greg Huskey: 330 E. Wee Jo Ct., Columbia, Mo 65202**. **Entry penalties:** **Below is the process for clubs of individuals who have failed to complete entries prior to the entry deadline.** All entries both individual (attached or unattached) swimmers and club entries that were missed at the entry deadline for this meet must complete the following steps in order to enter the meet: 1. All swimmers must have at least one provable cut to enter the meet. 2. All entry fines go to CSR VIII Travel Fund. 3. **Fees for entries not <u>submitted</u> through the OME by the Entry Deadline Thursday, July 14, 2016 at 10:00AM CDST:** a. Facility Surcharge $21.00. $20.00 goes to host and $1.00 goes to Central Zone. b. Individual Event Deck Entry Fee is $20.00. $12.00 goes to host and $8.00 goes to CSRVIII Travel Fund. c. Relay Entry Fee is $40.00. $24.00 goes to the host and $16.00 goes to the CSRVIII Travel Fund. d. **Fine for failure to enter by the close of the OME** is <u>$50.00 per swimmer</u> (with a maximum fine of $300.00 for a club) who did not submit their entries through the official entry platform before the entry deadline. e. All entries that are not submitted through OME are seeded at the SCY bonus cut. 4. **Any swimmer or club that fails to "<u>check out"</u> their entries through the OME prior to Thursday, July 14, 2016 at 10:00AM CDST** are subject to a $50.00 fine per swimmer (with a maximum fine of $200.00 for a club). a. The swimmer entries that were listed in the OME report prior to the entry closing will be accepted. Entry times will be seeded accordingly. b. Any relay that was already listed is accepted. c. All entry fees are based on the entry fees appropriate for entries that were submitted in the regular entry period. (see above) d. Any additional entries (individual or relay) are regarded as “deck entries” and all appropriate “deck entry fees and seeding rules will apply. Page 5. 5. **Relay only swimmers:** are restricted to Time Trial entries only unless they have a provable time. a. All swimmers must have at least one provable individual event priority cut in either LCM or SCY time to enter individual events for the meet. b. Relay entry times at the point of entry into the OME must come from proven times in SWIMS found in the meet qualifying date range. Entry times MAY BE AN AGGREGATE OF THE ENTERED SWIMMERS OR A TIME ACHIEVED BY THE TEAM DURING THE QUALIFYING PERIOD. ONCE THE TIME FOR THE RELAY IS PROVEN THROUGH SWIMS NO FURTHER REVIEW OF THE ENTRY TIME WILL HAPPEN AT THE MEET.
CREDENTIALS	This meet is a closed deck. All swimmers, coaches, officials and meet volunteers must display their credentials in order to be on deck. Additionally, coaches must wear their USA Swimming registration cards and should participle in the OME Deck Pass process**.** **Coaches Credentials:** 1. All coaches in attendance must wear event/deck pass credentials and their current USA Swimming registration cards while on deck. 2. Coaches must participate in the Deck Pass request in the OME process. This will allow us to verify in advance the certifications of all coaches who are in attendance. The host will notify coaches whose recon shows any compliance items requiring attention prior to arrival at the venue. 3. Those coaches who do not participate in the Deck Pass process during the OME entry period must provide all necessary certification documentation at the "registration/check in" area prior to

	receiving any event/deck pass credentials, coach packets, swimmer "goody bag items" and swimmer event/deck pass credentials. 4. Deckpass/event credential ratio: 1-5 swimmers equals 1 credential 6-11 = 2 credentials 12-19 = 3 credentials 20-27 = 4 credentials 28-100 = 5 credentials
DISTANCE/ RELAY CHECK-IN	1. All distance events swimmers (800/1500) and relays MUST positively check-in by the scratch deadline for that day's events TO BE SEEDED. 2. Positive check-in deadline for Wednesday's events is 15 minutes after the completion of the CSRVIII business meeting. Meeting to be held Tuesday, July 19, 2016 at 7:00 PM CST. Positive check-in deadline for Thursday, Friday, and Saturday's events is 30 minutes after the beginning of the previous day's finals. 3. If coaches do not arrive on Tuesday prior to the positive check-in deadlines, they must make prior arrangements with the Meet Referee if they want their distance swimmer or relay seeded. 4. Declaration of swimmer names and order of swims is required 1 hour prior to swimming the relays.
SCRATCHES	1. Scratch procedures are in accordance with current USA Swimming National Championship rules and regulations. 2. Scratch deadline for Wednesday's events is 15 minutes after the completion of the CSRVIII business meeting. Meeting to be held Tuesday, July 19, 2016 at 7:00pm. Scratch deadline for Thursday, Friday, and Saturday's events is 30 minutes after the beginning of the previous day's finals. 3. If coaches do not arrive prior to the scratch deadlines, they must make prior arrangements with the Meet Referee if they want to scratch a swimmer or relay. **4. A swimmer who positive checks-in or who does not scratch from an individual event on the last day of the meet and fails to compete is penalized $50.00 in prelims and $100.00 in finals. 100% of this fine goes to the CSRVIII Travel Fund.** **Finals scratch:** **1. An swimmer who qualifies for a D, C, B, or A Final, who fails to declare intent to scratch or to scratch per USA Swimming Championship Rules and fails to compete in said final race, which is his/her final race of the Meet, shall be fined one hundred dollars ($100.00).** **2. A swimmer who positive checks-in or who does not scratch from an individual event on the last day of the meet and fails to compete is penalized $50.00 in prelims and $100.00 in finals. 100% of this fine goes to the CSRVIII Travel Fund.** 3. The Meet Director will send a list to the CSRVIII Chair immediately following the CSRVIII Meet. 4. The swimmer will have their club contacted by the CSRVIII Chair immediately following receipt of the list. 5. Within thirty days (30) after the postmark of the notification from the CSRVIII Chair, payment must be received or the swimmer is barred from future CSRVIII Meets. 6. A list will be sent to the Meet Directors of future CSRVIII Meets. 7. If payment is NOT received within the thirty (30) day time period, and is deemed late by the CSRVIII Chair, a penalty of DOUBLE the fine will be incurred by the swimmer.
SCORING AND AWARDS	**Team scores will be kept and awarded.** Scoring shall be through twenty-four (24) place basis with individual events. Scoring 32-28-27-26-25 -24 -23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and relay events receiving double these point values. 1. Medals are given to 1st—8th place in individual events and 1st – 3rd in relay events. 2. There is a parade of the top finishers in each event of finals. The top 3 finishers in each event will report to the awards stand immediately after the event for awarding of the Bronze, Silver and Gold medals. The coach of the top finisher should also report immediately after the event to the awards stand. If the coach is not available then a substitute will make the awards presentation.

	Individual and Team awards will be presented at the conclusion of the meet. 1. Trophies shall be awarded for the Women's and Men's teams for the top 3 places. 2. The CSRVIII Jim Devine Traveling Trophy shall be presented to the Combined Team Winner. 3. High point awards are given to the 1st, 2nd, and 3rd individual Women's and Men's High Point Winners. 4. Two Plaques are awarded for the "Team" with the "Most Gold Medals" and the "Team" with the "Most Total Medals" during the awards presentations. 5. A high point distance award (400 Free, 800 Free, 1500 Free and 400 IM) is given to the individual Women's and Men's High Point Winner. 6. The Dylan Lynn Performance of the Meet Award is presented to both a female and male swimmer. LCM Performance of the meet will be scored off of FINA Points. SCY Performance of the meet will be scored off of Hytek Open Points. **Coach of the year award** 1. The Hank Enterline CSRVIII Coach of the Year is given out twice a year. 2. Coach of the Year for the Spring Sectional Championship is given out at the Summer Meet. 3. CSRVIII Chair will provide nomination forms prior to the Business Meeting of the section. A summary of nominations is presented at the Tuesday meeting. 4. The award is presented at Friday night's finals.
TRAVEL FUND	Summer travel fund shares are available to athletes who participated in Junior or National meets after to the Summer Sectional except for years when Olympic Trials occurs before Sectionals. (No time trials or relays may be eligible for a share of the travel fund). • Each year, beginning with the Spring 2015 Sectional Meet the Travel fund balance will be reduced by 15% to be held in reserve for the next Olympic Trials funding distribution period. Both Spring and Summer Sectional Meets travel funds will be reduced by 15%. Olympic Trials Travel fund shares come off the top of all of the available Travel Funds. Trial Funds is a specific funding amount and not a percentage of available travel funds. • In order to receive Olympic Trials Travel fund, the athlete must attend two (2) sectional meets, one of which must be the summer sectional meet following trials. • Athletes who attend Olympic Trials and attend the US Open and/or Junior Nationals will receive an additional share of that summers Travel Fund after all Trial Funds are assigned. • At this time attendance at Arena Pro Series meet(s) are not eligible for travel funds from the CSRVIII. • The LSC Senior Chair or designated representative is responsible to provide the names of swimmers of each LSC's that qualify for a share of the CS Reg. VIII Summer Travel Fund to the CSRVIII Chair. To receive reimbursement the LSC Chair or Senior Chair must also include information regarding the appropriate sectional and national meets that the swimmer attended. This list must be provided to the CSRVIII Chair for reimbursement. Questions regarding the travel fund should also be directed to the CSRVIII Chair: Paul Thompson, CSRVIII Chair, P.O. Box 6570, Norman, OK 73070-6570 or email auggie1@sbcglobal.net
RULES	Unless otherwise noted herein, these championships shall be conducted in accordance with current USA Swimming Rules. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in the rules, in this event information and conveyed in the Technical Meeting. **Eligibility and Technical juries** consisting of at least two athletes and one coach from member LSCs will be appointed by the CSRVIII Chair to review protests within their jurisdiction as defined in USA Swimming Rules. **Honest effort:** An honest effort in all competition is required. Failure to make an honest effort shall result in disqualification from the event. The determination of an honest effort performance is made by the Meet Committee or the Referee. Please note: • The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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. • Deck changes are prohibited.
TIME TRIALS	1. Time Trials are offered at the discretion of the Meet Referee and the Meet Director and ONLY if time permits. 2. Time trials begin 10 minutes after the conclusion of the prelim session and may not start after 3:00 p.m. 3. A swimmer must be entered in the meet (individual event or relay only) to be eligible to participate in Time Trials. 4. Time Trials entries are due by 10:00am for seeding in the current day Time Trial program. 5. See Page 6 for Time Trial Entry Fees. 6. First Full Day: That day's events, followed by the remaining events in the meet. 7. Second Day: That day's events, followed by the events of the remaining days of the meet followed by the events of the previous days. 8. Third Day: That day's events, followed by the events of the remaining days of the meet followed by the events of the previous days. 9. Final Day: Only time trials for distance events will be conducted and they will be seeded in open lanes only. 10. Coaches are reminded that swimmers may compete in no more than three (3) individual events per day including time trials. 11. Time trials for the 800 and the 1500 distance events will only be offered on that day's events and those swimming time trials are placed in any open lanes and open heats regardless of gender. 12. Final night: Time Trials are offered to National qualifying standard possible qualifiers only.
OFFICIALS	1. This meet has been designated as a national Qualifying meet for officials seeking N2 / N3 certifications or re-certifications. 2. Application to officiate or for evaluation can be found at www.centralzones.org. Applications for an assigned position must be received by June 9, 2016. Deck officials are always welcome, simply fill-out the online application or if the week of the event, please contact the Meet Referee directly. 3. An officials' meeting will be held one hour prior to each session at the pool. This meet has been designated as a National Qualifying Meet to all officials who wish to and are eligible to be evaluated for advancement or re-certification. Request for evaluation should be made to the meet referee by July 20, 2016. 4. The meet attire is khaki pants, knee length or longer skirts or shorts (during preliminary sessions only) plus white athletic shoes.
MEET PROGRAM / ADMISSION	Prelims: $15.00 Finals: $8.00 Session passes are available; visit the CSC website, www.csctigersharks.org, for prices and information regarding advance purchase.
WEBSITE	Visit the website for the most current information regarding the Speedo Sectionals at Columbia including a listing of hotels, meet information, updates, results, etc.: www.csctigersharks.org

SUMMER CSRVIII CHAMPIONSHIP SCHEDULE

POOL AVAILABILITY: Contact Valerie Wen, Meet Director for additional times.

1. The pool is available for Team Practice, Tuesday from 12:00 PM to 8:00 PM.
2. Team check-in and registration is available beginning at 12:00 PM on Tuesday.
3. Facility is open a minimum of 30 minutes prior to the start of each morning warm up prelim session for swimmers and coaches.

SESSION & MEET START TIMES:

Day	Session	Warm-Up	Clear Pool	Competition Begins	Session	Warm-Up	Clear Pool	Competition Begins
Tuesday	**General Meeting, Referee, CSRVIII 7:00 PM – All Coaches**							
Wednesday	**Prelims**	**6:30 AM**	**8:50 AM**	**9:00 AM**	**Finals**	**4:00 PM**	**5:20 PM**	**5:30 PM**
Thursday	**Prelims**	**6:30 AM**	**8:50 AM**	**9:00 AM**	**Finals**	**4:00 PM**	**5:20 PM**	**5:30 PM**
Friday	**Prelims**	**6:30 AM**	**8:50 AM**	**9:00 AM**	**Finals**	**4:00 PM**	**5:20 PM**	**5:30 PM**
Saturday	**Prelims**	**6:30 AM**	**8:50 AM**	**9:00 AM**	**Finals**	**3:30 PM**	**4:50 PM**	**5:00 PM**

Note: There is a 10 minute break prior to all relays and a 10 minute break prior to time trials.

WARM-UPS PRELIM SESSION: General warm-up, no assigned lanes. Warm-up opens 6:30 AM; there is general warm up with feet first entry. No sprinting or pace work allowed during the general warm-up session. Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up.

45 minutes prior to start of competition, the following warm up procedures are followed.

- Lanes 1&8 pace lanes: No diving or racing starts. Circle swimming only.
- Lanes 2&7 sprint lane: dive start, swim only one direction. Backstrokers enter the water feet first in rotation. No diving over persons in the water. On day of the 50 Free Meet Referee may have one lane starting from opposite end of pool.
- Lanes 3, 4, 5, & 6 general warm-ups. No Diving.
- Additional sprint lanes may be made available upon request to the Meet Referee.
- No equipment to be used during warm-ups in the competition pool. Pull buoys and kickboards may be used in the warm-up pool.

CLEAR POOL: 10 minutes prior to start of meet. 8:50 am. Meet starts 9:00 am.

WARM-UPS FINALS SESSION: Finals warm-up lane usage schedule: General warm up period: feet first entry No Diving from the blocks or sides of pool.

30 minutes prior to start of competition, the following warm up procedures are followed.

- Lanes 1 & 8 pace lanes: No diving or racing starts. Circle Swimming Only.
- Lanes 2 & 7 sprint lane: dive start, swim only one direction. Backstrokers enter the water feet first in rotation. No diving over persons in the water. On day of 50 Free Meet Referee may have one lane starting from opposite end of pool.
- Lanes 3, 4, 5, & 6 general warm-ups. No Diving.
- Additional sprint lanes may be made available upon request to the Meet Referee.
- No equipment to be used during warm-ups n the competition pool. Pull buoys and kickboards may be used in the warm-up pool.

CLEAR POOL: 10 minutes prior to start of meet. Wednesday – Friday – 5:20 pm, Saturday – 4:50 pm

SPEEDO SECTIONALS AT COLUMBIA-2016
CENTRAL SECTION REGION VIII
QUALIFYING TIMES | ORDER OF EVENTS
July 20-23, 2016
Columbia, MO

EVENT	WOMEN		WOMEN		EVENT	MEN		MEN		EVENT
	SHORT COURSE		LONG COURSE			LONG COURSE		SHORT COURSE		
	Bonus	Priority	Bonus	Priority		Priority	Bonus	Priority	Bonus	
					July 20					
1	*54.69*	53.69	*1:03.59*	1:01.59	100 Free	56.09	*58.09*	48.69	*49.69*	**2**
3	*2:36.99*	2:32.99	*2:58.19*	2:54.19	200 Breast	2:40.99	*2:44.99*	2:19.99	*2:23.99*	**4**
5	*2:14.99*	2:10.99	*2.34.99*	2:30.99	200 Back	2:18.99	*2:22.99*	2:01.99	*2:05.99*	**6**
7		10:44.99		9:40.99	800 Free	9:04.99		10:05.99		**8**
					July 21					
9	*1:59.09*	1:57.09	*2:16.99*	2:12.99	200 Free	2:02.99	*2:06.99*	1:47.09	*1:49.09*	**10**
11	*4:50.99*	4:42.99	*5:29.99*	5:21.99	400 IM	4:59.99	*5:07.99*	4:21.99	*4:29.99*	**12**
13	*1:01.59*	59.59	*1:09.79*	1:07.79	100 Fly	1:01.29	*1:03.29*	53.99	*55.99*	**14**
15		3:42.99		4:12.99	400 Free Relay	3:52.99		3:21.99		**16**
					July 22					
17	*5:19.99*	5:11.99	*4:48.09*	4:40.09	400 Free	4:21.99	*4:29.99*	4:51.99	*4:59.99*	**18**
19	*1:11.29*	1:09.29	*1:22.39*	1:20.39	100 Breast	1:13.39	*1:15.39*	1:02.99	*1:04.99*	**20**
21	*2:16.99*	2:12.99	*2:35.99*	2:31.99	200 Fly	2:19.59	*2:23.59*	2:02.99	*2:06.99*	**22**
23	*1:02.29*	1:00.29	*1:11.99*	1:09.99	100 Back	1:04.49	*1:06.49*	55.69	*57.69*	**24**
25		8:03.99		9:09.99	800 Free Relay	8:29.99		7:21.99		**26**
					July 23					
27	*2:16.49*	2:12.49	*2:34.99*	2:30.99	200 IM	2:18.99	*2:22.99*	1:59.99	*2:03.99*	**28**
29		18:04.99		18:29.99	1500 Free	17:29.99		17:04.99		**30**
31	*25.49*	24.99	*29.39*	28.39	50 Free	25.69	*26.69*	22.39	*22.89*	**32**
33		4:06.99		4:43.99	400 Medley Relay	4:18.99		3:44.99		**34**

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