



**SPEEDO CHAMPIONS SERIES  
CENTRAL SECTION REGION VIII  
LONG COURSE SWIMMING CHAMPIONSHIP  
JULY 18-21, 2007**

**SANCTION BY:** USA Swimming and Oklahoma Swimming

**SANCTION #:** OK07-034

**SPONSORED BY:** CHESAPEAKE SWIM CLUB

**LOCATION:** Oklahoma City Community College  
Olympic Festival Aquatic Center  
77<sup>th</sup> and South May Avenue  
Oklahoma City, OK 73159

**FACILITY:** 50 meter course. Controlled temperatures. Eight lanes with non-turbulent lane lines. Fully automatic electronic Colorado Timing system. Large spectator seating area, athlete rest area. Diving well available for warm-up and cool down during competition.

**MEET DIRECTOR:** Paul Thompson, Chesapeake Swim Club, [uggie1@sbcglobal.net](mailto:uggie1@sbcglobal.net), (405) 570-6529

**MEET REFEREE:** Paul Jones, [plus3@comcast.net](mailto:plus3@comcast.net), (248) 310-3300

**MEET SCHEDULE:** Wed/Thurs/Fri/Sat Prelims: Warm-up 7:00 a.m. Meet Starts 9:00 a.m.  
Finals: Warm up 4:00 p.m. Meet Starts 5:30 p.m. (Sun 5:00 p.m.)  
**Note:** Finals warm up time may be adjusted earlier by 30 minutes. If this occurs all times will be adjusted earlier by the same interval.

**ELIGIBILITY:** Open to all USA registered swimmers in CSRVIII who meet the qualifying times. **Relay only** swimmers must be entered in the meet. (Individual events not required). Swimmers with a disability who have been classified and have achieved a National Disability Championship Qualifying Time may enter at this meet who meet the qualifying time. Entry fees **MUST** be paid **IN-Full** at time of registration. Failure to pay the entry fees will result in the team and/or the athlete(s) being scratched from the meet and may not complete in the meet until entry fees are paid. All athletes **MUST** be USA registered or have proof of registration prior to being allowed to complete in any individual event or relay. Proof of USA registration (if required) **must** be presented at time of registration. All coaches attending the meet **MUST** be entered on the Team Roster Form **WITH** their registration and expiration dates. Any coach **NOT** pre-listed on the Team Roster Form will not be able to register until they present proof of their registration. No coaches packets will be handed out for any Coaches not pre-listed on the Team Roster Form **OR** not having presented their registration credentials.

**SEEDING:**

**SEEDING** will be done as follows:

**No Time Conversions will be permitted:**

**SUMMER SECTIONAL:**

- a. LCM First Seeding Priority
- b. SCY Second Seeding Priority
- c. Athletes having neither LCM nor SCY times may enter the event, however you **MUST ENTER AT THE QUALIFYING TIME OF THE LOWEST SEEDING PRIORITY FOR PROPER SEEDING.**
- d. **No** Hytek or manual time conversions are allowed.

**LIMIT OF EVENTS:** Each swimmer may enter as many events as he/she qualifies for, but may COMPETE in only a maximum of 6 individual events plus relays; no more than 3 individual events per day including time trials. (Time Trials do not count toward total events)

**MEET**

**PROOF OF TIMES:** To streamline the proof process, The Host Club will reconcile all meet entries with the USA National SWIMS database within three days after the entry deadline. If you have proofs not in

the

National SWIMS Database or proofs for deck entries you must provide them to the Clerk of Course. There will also be an Internet Terminal available at the Clerk of Course.

When the team checks in, they will be provided with a list of athletics **WITHOUT** a proof of time in the SWIMS database. **These are the times that will need to proven for all athletes who do not make a qualifying time in the preliminaries ( except for the 800/1000 or the 1500/1600). All proof of times must come from final results of a USA Swimming Sanctioned or Approved Meet, showing swim meet, location, date and the time may be The personnel best time achieved with no time limit on the qualifying period. Each LSC'S Official Web site results may be used for proof of times.**

**NOTE:** Proof of time will be considered a check-in for the 800/1500 Freestyle

- 1) If time has not been proven as stated above (800, 1500) the swimmer is automatically scratched.
- 2) If a swimmer decides to scratch after proving, he or she needs to follow the scratch procedures USA Swimming 207.12.10 alternating heats of women and men.
- 3) If the time has been proven, the swimmer is seeded and does not show up for his or her heat, then the penalty will be in accordance with USA Swimming 207.12.10.

800- Swim all heats of the 800 Freestyle at once in the Preliminaries. The 800 shall be swum as follows: 1<sup>st</sup> three heats; women's 3<sup>rd</sup> fastest (17-24), 2<sup>nd</sup> fastest (9-16), 1<sup>st</sup> fastest (1-8) then the same format for men's 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup>, then alternating the rest of the swimmers women then men fastest to slowest.

1500- The fastest heat of the women's and men's 1500 will be swum in their normal place during finals. The slowest heats will be swum following the prelims, after the relays, alternating heats of women and men. These heats will be swum fastest to slowest.

**PROOF OF TIMES:** A swimmer failing to make a qualifying time in the preliminaries has the following options:

1. Proof of time that he/she has previously achieved the standard with final results. This must be accomplished at the meet.

**NOTE:** Proof of times must come from final results of a USA Swimming sanctioned or approved meet, showing swim meet, location, date, and sanction number. Each LSC's official web site final results may be used for proof of time. Results used for Proof of Time, **MUST** be achieved at Meets attended prior to the start of the first day of the meet.

2. Pay a twenty dollar (\$20) fee to the CSRVIII Travel Fund to continue to swim. This must be accomplished at the meet. This is limited to three (3) fees being paid by the swimmer before being barred from further competition within this meet. (three (3) payments and you are out of meet!).
3. Being barred from the next day's events in the meet including relays if (1) or (2) are not done. Completion of the above must be completed within thirty minutes after the

conclusion of that **Preliminary Session**. If this is the last day of events, item 4 applies.  
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4. "Last Day of Competition"--Swimmers who do not pay the "Proof of Times Fee" or prove their times prior to the end of the meet, will have their clubs contacted after the meet. Fees or proof (Hard Copy or Electronic) must be accomplished through the CSRVIII Chairman within thirty days (30) after receipt of a certified letter from the CSRVIII Chairman or the swimmer will be barred from future CSRVIII Meets. After the thirty day (30) period, if proof or money comes in after that time, a penalty for proof will be incurred of twenty dollar (\$20.00) and for payment of the proof of Time Fees, the amount will be doubled.

#### **TABS for Proof of Time**

Tab **MUST SET UP AT REGISTRATION**

By providing a blank signed check.

By presenting the check to the registration personnel when you arrive.

Before the first day's activities start for specific club.

All unused checks will be returned at the end of the meet.

#### **RELAYS:**

The 2 fastest heats of relays will be swum in the finals. All remaining heats of the relays will be swum at the conclusion of that day's preliminaries. The option of changing the relay procedures will be decided at the Tuesday coaches meeting.

**ONLY** Saturday's 400 Meter Medley Relays may request to be down seeded into prelims to their same relative position as in finals, if it is declared prior to the scratch deadline of that days events.

Relays not making the qualifying times need not prove them unless they desire to score. This proof would be done by showing aggregate times of the individuals on that team.

400 Meter Medley Relays that are required for down seeding from the finals heats will be placed in the slowest heats in preliminaries (not swimming in Finals) with their relative placement being the same as it would have been in finals.

#### **RELAY AND**

**DISTANCE EVENT CHECK IN:** All relays must check in to declare their intent to swim by the scratch deadline for those days' events to be seeded. Failure to check in will result in the relay being scratched. Relay names of athletics and order of swim will be required 1 hour prior to swimming the event.

**All distance events athletes must check in by the scratch deadline for those days' events to be seeded.**

#### **EVENTS:**

All events will be swum prelims and finals except the 800, 1500, and relays. When finals are held, there will be a bonus, consolation final, and finals heat swum .

#### **FREESTYLE**

**800/1000 & 1500/1650** For the 800 or the 1500, you may use proofs from any of these events to enter. Proof of times for these must be presented prior to the scratch deadline for that day's events. Swimmers using a non-conforming distance should enter at the cutoff time.

#### **NOTE:**

In order to properly seed the fastest heat of the distance events (800) or the (1500), all athletes **MUST** use their entered time that they have done in the last twelve (12) months including the corresponding championship to be seeded in the top eight (8). All other entries are eligible to use life time bests or whatever times they want to be seeded at, which they can prove. When proving, you must declare your intent as to whether you will swim your fastest time or down seed to the cutoff. Down seeding **MUST** be declared by the scratch deadline for that day's events.

**SCRATCH  
PROCEDURE:**

The scratch procedures will be In Accordance With current USA Swimming policies, 207.12.10.  
Tuesday /L.C.—15 minutes after the Tuesday's CSRVIII Meeting for Wednesday.  
Wed/Thurs/Fri/L.C.— 6:00 p.m. for following days.  
Coaches must arrive prior to scratch deadline for the athletes first event to prove times if necessary.

**ENTRY FEES:**

Entry fees will be \$5 for individual events and \$10 for relay events. Sixty percent (60% of the entry money (including deck entries) will be retained by the host. Forty percent (40%) of the entry money will be turned over to the CSRVIII Travel Fund. All Proof of Time money (\$20) shall go to the CSRVIII Travel Fund.

**SURCHARGE:**

There is a \$10 surcharge per swimmer.

**ALL CHECKS SHOULD BE MADE PAYABLE TO: Chesapeake Swim Club**

**ENTRY DEADLINE:** All entries must be received in an **ELECTRONIC FORMAT** using the host provided HYTEK meet event file OR an Sd3, OR Hyv HYTEK compatible event file. **All** entries **MUST** include hardcopy reports including **individual and relay entries and team fee report with check attached**. Entries requiring a signature for delivery will **Not** be accepted.

**Entries may be sent by e-mail OR land based mail.**

**E-mail entries** must be received by Tuesday July 10, 2007 with corresponding Hardcopies to be received via land mail by Tuesday July 10, 2007. Entries will be accepted as of the day and time sent. Electronic time and date stamp will be the official time of entry. Electronic note must accompany the entry with a specific contact name, e-mail address and a telephone number or the entry will not be accepted.

**Land Mailed** entries must be received by Tuesday July 10, 2007. The time and date postmark will be official time of entry accepted as of the day and time sent. Electronic time and date stamp will be the official time of entry. Electronic note must accompany the entry with a specific contact name, e-mail and telephone number. Paper entries must also include a specific contact name, e-mail address and telephone number or the entry will NOT be accepted.

**Host Club** entry chair will enter the athletics though import Hytek Meet Event Files and print a hard copy of the entry for their records and then send a copy of the club entry via e-mail to the contact person. Any changes made by the host entry chair will be noted in the electronic note. Club entry person is to confirm receipt of the entry and acknowledge corrections within 2 days or the entry will stand as per hard copy printed and on file with the host club. **Entries not receive in an electronic format with accompanying paper copies will not be accepted and will be returned regardless of when received.**

Psych sheets will be electronically sent to the person on file for the club entry within 3 days following the entry deadline. 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.

**MAILPAPER ENTRIES TO: Paul Thompson  
Chesapeake Swim Club  
PO Box 6570  
Norman OK 73070-6570**

**SEND HYTEK ELECTRONIC FILES TO: Paul Thompson : [auggie1@sbcglobal.net](mailto:auggie1@sbcglobal.net)**



CLEAR POOL at 8:50.

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- 1) Lane assignments for warm-ups will be done by the Chairman prior to the meet by request, based upon their team's placing at last year's long course meet. Lane assignments will be posted at the pool. All lanes available whether in the competition pool or warm-up pools will be used for assignment.
- 2) Each teams' coach must remain at their assigned lane to supervise warm-ups.
- 3) Lanes with multiple teams in them should communicate with the other teams what they are doing.
- 4) Teams may do sprints during this time if the lane is cleared by other swimmer
- 5) All warm-ups are also under the supervision of the Head Meet Marshall.
- 6) If a Diving Well or Warm-up Pool is available it will remain open through out the competition.

**The Prelim Warm-up for session #3 will be:**

- 7) Warm-ups for Session #3 will be from 8:30 AM to 8:50 AM.
- 8) Pool will be closed at 8:50 AM.
- 9) **Long Course & Short Course Prelims:**  
At 8:30 AM to 8:50 AM Lanes 1 & 8 will be for **PUSH/PULL WORK**. Lanes 2,3,6 & 7 will be for **SPRINT LANES**.  
Lanes 4 & 5 remain for **GENERAL WARM-UP ONLY**.
- 10) **Long Course & Short Course Prelims:**  
**ON THE DAY** of the 50 Freestyle **Lane 2- 7** will be 50 Sprints from the start end at 8:30 AM to 8:50 AM.

**The Finals Warm-up for all sessions will be:**

- 1) **Long Course & Short Course Finals:**  
The Final Warm-up session will be from 4:00 PM to 5:20 PM. At 5:00 PM Lanes 1 & 8 will be for **PUSH/PULL WORK**.  
Lanes 2,3,6 & 7 will be for **SPRINT LANES**. Lane 4, 5 remain for **GENERAL WARM-UP ONLY**.
- 2) Pool will be cleared at 5:20 PM.

**Please note that the Finals warm-up start may be adjusted earlier by 30 minutes. If this occurs all times will be adjusted earlier by the same interval.**

**COACH OF THE YEAR AWARD:**

Coach of the Year will be given out twice a year. The short course award will be presented at the long course meet and the long course award will be presented at the short course meet. Nominations should be a short summary at the Tuesday's meeting. The award will be presented at Friday night's final.

**HONEST EFFORT:**

An honest effort in all competition is required. Failure to make an honest effort shall result in disqualification from that event and the rest of the events for that day The determination of an honest effort performance will be made by the Meet Committee or the Referee.

**FINALS SCRATCH:**

"A swimmer who qualifies for a C, B, or A Final, who fails to declare intent to scratch or to scratch per USA Swimming Championship Rules and fails to complete in said final race, which is his/her final race of the Meet, shall be fined one hundred Dollars (\$100.00). The swimmer will have their club contacted by the CSRVIII Chairman, within thirty days (30) after receipt of the Certified letter from the CSRVIII Chairman or the swimmer will be barred from future CSRVIII Meets. A list will be sent to the Meet Director of the following CSRVIII Meet. After the thirty day (30) period, if money comes in after that time, the penalty of payment of the fine will be doubled. "

**TIME TRIALS****SANCTION #** OK07-035

- 1) Time trials can be conducted at the conclusion of each day's session but no sooner than 15 minutes after the last session.
- 2) A swimmer must be entered in the meet (individual event) to be eligible to participate in Time Trials.
- 3) The entry fee will be \$5 per individual event and \$10 per relay event. Time Trial entry forms will be included in the coach's packet.
- 4) Time trials shall be swum in order listed in the meet program. **NOTE:** Coaches are reminded that swimmers may compete in no more than three (3) individual events per day including time trials.
  - a) First Full Day: that day's events followed by the remaining events in the meet.
  - b) Second Day: that day's events, followed by the remaining days of the meet, followed by the events of the previous day.
  - c) Third Day that day's events, followed by the remaining days of the meet, followed by the events of the previous days.
  - d) Final Day: that day's events, followed by events of the previous days if time permits.
- 5) **(NOTE)** Time Trials for the 800/1000 and the 1500/1650 will be only be offered during that day's events and those swimming time trials will be placed in open lanes and open heats.
- 6) **Final night: Time Trials will be offered to Senior/U.S. Open possible Qualifiers only.**
- 7) Time trials shall not start after 3:00 p.m.

**LODGING**

**INFORMATION:** Meet host hotels with lodging rates for this meet. Please mention Chesapeake Swim Club/Speedo Championship Series Sectional Meet when making reservations. All are a short distance from the **Aquatic Center.**

FourPoints by Sheraton OKC Airport  
6300 E. Terminal Drive  
Oklahoma City OK 73159  
Reservations: 405-681-3500

Holiday Inn Oklahoma City Airport  
2101 South Meridian Avenue  
Oklahoma City OK 73108  
Reservations: 405-685-4000

Embassy Suites Hotel OKC Airport  
1815 South Meridian Avenue  
Oklahoma City OK 73108  
Reservations: 405-628-6000

**OTHER**

**INFORMATION:** Ample parking is available in college parking lots. Please observe restricted/ reserved parking designations. Parking violations may result in fines by campus security. Large area for charter bus usage. Arrangements have been made through the college food services department to offer team meals each evening during and immediately following the finals session. Look for more information concerning team meals on our web site [www.chesapeakeswimclub.org](http://www.chesapeakeswimclub.org) and in

**meet information e-mails to each club.**