

**SPEEDO CHAMPIONS SERIES
CENTRAL SECTION REGION VIII
LONG COURSE SWIMMING CHAMPIONSHIPS
JULY 16-19, 2008**

SANCTIONED BY: USA SWIMMING and Oklahoma Swimming, Inc.

SANCTION #: OK08-031 Meet OK08-032 Time Trial

SPONSORED BY: CHESAPEAKE SWIM CLUB-OK

LOCATION: Oklahoma City Community College 7777 S. May Ave. Oklahoma City OK 73159

FACILITY: OLYMPIC FESTIVAL AQUATIC CENTER 77th and South May Avenue Okla. City OK 73159

MEET DIRECTOR: Paul Thompson, Chesapeake Swim Club, auggiel@sbcglobal.net (405) 570-6529

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

MEET ELIGIBILITY:

1. All attending Athletes and Coaches will have their credentials checked through the USA Swims Database for current registration and certification requirements. The credential check will occur during the normal Meet Entry period for this Meet. All credentials NOT in compliance MUST be addressed prior to or at the Meet Registration upon arrival at the venue.
2. The Meet Host will confirm all attending coaches and athletes with the Event Entry Report for the review and confirmation by the Team Entry Chair person.
3. It is the responsibility and accountability for the attending team to provide a list of all current coaches who plan on attending the meet.
4. All entry fees must be paid in full at the time of registration. Failure to pay the entry fees will result in the team and/or Athletes being scratched from the meet and may not complete in the meet until the entry fees are paid.

ATHLETES ELIGIBILITY:

1. The meet is open to all Athletes registered with USA Swimming in the Central Zone Section VIII who meet the stated qualifying times.
2. All Athletes MUST be USA registered or have proof of registration prior to being allowed to compete in and individual event or relay.
3. Proof of registration, if required, must be presented at the time of registration.
4. All RELAY ONLY swimmers must be included in the Meet Entry file. Relay only Athletes do not have to be entered in individual events to swim on the relays.
5. Athletes 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.

COACHES ELIGIBILITY:

1. All coaches attending the meet MUST be listed on/in the Team Manager Entry File and received with the Team Entry File or sent in the compatible electronic file sent to the Host Club.
2. Teams not using an electronic entry file that allows for the listing of all coaches attending the meet should specify the names of attending coaches in an email accompanying their Meet Entry.
3. If no coaches are pre-listed with the Team Entry File submission the Meet Host will notify the Team Entry Chair Person.
4. Any coach NOT PRE-LISTED with the Host Team prior to the Team check-in/ registration period for the Meet WILL NOT be allowed on the pool deck until they provide complete and current USA Swimming credentials.

5. **NO COACHES PACKETS** will be given or Meet registration allowed for any coach not completing the registration verification process.

SEEDING OF THE MEET:

1. **No Hytek or manual time conversions will be permitted.**
2. **Seeding priority for LC**
 - a. **LCM first seeding priority**
 - b. **SCY second and lowest seeding priority**
 - c. **Athletes having neither LCM nor SCM or SCY qualifying times may enter the event; however they MUST ENTER AT THE LOWEST NON-CONFORMING SEEDING PRIORITY.**
 - d. **The lowest seeding priority for this meet is SCY.-**
 - e. **No Hytek or manual time conversion are allowed.**

ENTRY LIMIT OF EVENTS:

1. **Each athlete 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 athlete 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.**

MEET PROOF OF TIMES:

1. **The Host Club will reconcile all meet entries with the USA Swims Database within 3 days after the entry deadline.**
2. **Proofs not in the Swims database or proofs for deck entries must be provided to the Clerk of Course at Registration.**
3. **There will be internet access provided through the Clerk of Course.**
4. **When the team checks in, they will be provided with a list of all athletes WITHOUT a proof of time in the Swims Database. These times will need to be proven for all athletes who do not make the qualifying times in the preliminaries (except for the 800/1500 Freestyles).**
5. **All proof of times must come from final results of a USA Swimming sanctioned or approved meet. Meet results MUST show the Meet name, location, date and time and sanction number.**
6. **Proof of times may be the personal best time achieved with no time limit on the qualifying time period.**
7. **Results posted on each LSC's website may be used for proof of times.**

DISTANCE EVENTS PROOF OF TIMES:

1. **Proof of time will NOT be considered as a positive check-in for the 800/1500 freestyle events.**
2. **If a proof of time has not confirmed by the scratch deadline for that day's events the athlete will be scratched and not allowed to swim.**
3. **If an athlete decides to scratch after proving their times they will need to follow the normal Championship scratch procedures.**
4. **If an athlete has proven the time, positively checked-in and IS SEEDED and then does NOT COMPETE they will be subject to the normal penalties associated with NOT SHOWING IN A PRELIMS EVENT.**
5. **Proof of times for the 800/1500 may come from proofs any of these events including the 1000.1650 freestyle events. Athletes using non-conforming times to enter (1000/1650) may enter the event but MUST be entered at the lowest non-conforming seeding priority for this meet which is SCY.**

DISTANCE EVENTS SEEDING:

1. **The 800 freestyle events will ALL be swam in the preliminaries. No 800 free will swim in finals.**
2. **The 800 freestyles shall be swam as follows:**
 - a. **1st 3 heats of women (3rd fastest 17-24) then (2nd fastest 9-16) then (1st fastest 1-8)**
 - b. **1st 3 heats of men (3rd fastest 17-24) then (2nd fastest 9-16) then (1st fastest 1-8)**
 - c. **The rest of the heats of will swim fastest to slowest alternating women then men.**
3. **The 1500 freestyle events will swam as timed finals in both the prelims and finals sessions.**
 - a. **The fastest heat of each of the women and men will swim in finals in their normal event numbered place during finals.**

- b. The slower heats will swim in prelims, after the relays and will alternate women then men swimming fastest to slowest.
4. **Seeding for the top 8 athletes for both the 800 and the 1500.**
 - a. All athletes **MUST USE THEIR CURRENT FASTEST** time that they have achieved in the last twelve 12 months including the corresponding Championship.
 5. **Seeding for athletes that are NOT in the top 8**
 - a. All athletes that are entered and their entered time places them in the top 8, **BUT** whose time was achieved outside of the 12 months qualifying period **will be seeded** with their most current provable time in the normal field.
 - b. Any athlete not in the top 8 must declare their intent to swim their fastest provable time or to down seed to the lowest non-conforming cutoff time. The lowest non-conforming cutoff time for this meet is SCY.

FAILING TO MAKE A QUALIFYING TIME:

1. Any athlete failing to meet the Meet Qualifying Standards must comply with one or more of the following options.

OPTION 1

1. Provide a proof of time they previously achieved the time standard with final results.
2. This must be accomplished at the meet and the proof times must come from final results of a USA sanctioned or approved meet, showing the name of the meet, location, date, time and sanction number.
3. Results posted on each LSC's website may be used for proof of times.
4. Results for proof of times must be from meets competed prior to the first day of the start of this meet.

OPTION 2:

1. Pay a twenty \$20.00 fee to the CSR VIII travel fund to continue to swim.
 2. This must be accomplished at the meet.
 3. The limit is three 3 fees being paid by the athlete before being barred from further competition with this meet.
 4. Once 3 payments have been received or three qualifying times have not been met you are barred from further competition and are out of this meet.
2. Athletes NOT complying with Option 1 or 2 within 30 minutes after the conclusion of the preliminary session **WILL BE BARRED** from the next day's events including relays.
 3. On the last day of competition athletes that have not complied with either Option 1 or 2 will have their clubs contacted after the meet.
 - a. Fees or proper proofs of time (hard or electronic copies) must be submitted to the CSR VIII Chairman with thirty 30 days after receipt of a certified letter from the CSR VIII Chairman or the athlete will be barred from all future CSR VIII Meets.
 - b. A list will be sent to all Meet Directors for future meets.
 - c. If fees or proper proofs of time are NOT received within the 30day period but are submitted after the 30day period a late penalty of \$20.00 will be assessed and the final payment for proofs of time will be doubled.
 4. Tabs for proof of times may be set up with the Clerk of Course.
 - a. Tabs **MUST** be set up at registration
 - b. Tabs must be accompanied with a blank check.
 - c. Tabs must be set up when you arrive at the meet **AND** prior to the first day's activities for a specific club.
 - d. All unused checks will be returned at the end of the meet.

SWIMMING OF RELAYS:

1. The fastest two heats of each women and men will swim in finals.
2. All remaining heats of relays will swim at the conclusion of that day's preliminaries.
3. All remaining heats of relays will swim fastest to slowest alternation women then men.
4. The option of changing the relay procedures will be decided at the Tuesday coaches business meeting.

5. Relays not making the qualifying times **need not prove** their times unless they desire to score points in the meet. This proof would be done by showing aggregate times of the exact individuals who participated in the relay's being proved.
6. **ONLY** Saturday's 400 free relays may request to be down seeded into prelims.
 - a. Declaration to down seed **MUST BE MADE** prior to the scratch deadline for that day's events.
 - b. Relays that have requested to be down seeded from the finals heats into prelims will be placed in the slowest heats in prelims (Not swimming in finals) with the same relative placement as they would have been in finals.

DISTANCE AND RELAY POSITIVE CHECK IN:

1. All relays **MUST** positively check-in by the scratch deadline for that day's events **TO BE SEEDED**.
2. Declaration of athlete names and order of swims will be required 1 hour prior to swimming the event.
3. All distance events athletes (800/1500) **MUST** positively check-in to be seeded by the scratch deadline for that day's events **TO BE SEEDED**.
 - a. Proofs of times are **not** accepted as positively checking in.

400 INDIVIDUAL MEDLEY EVENTS:

1. This event will be swum as a prelim final event.
2. The fastest four 4 heats of women will swim 4th fastest (25-32) then the 3rd fastest (17-24) then the 2nd fastest (9-16) then the 1st fastest (1-8). Championship seeding will be used for the fastest 3 heats.
3. The fastest four 4 heats of men will swim next 4th fastest (25-32) then the 3rd fastest (17-24) then the 2nd fastest (9-16) then the 1st fastest (1-8). Championship seeding will be used for the fastest 3 heats
4. All remaining heats of both women and men will swim fastest to slowest alternating women then men.

SCRATCH PROCEDURES:

1. Scratch procedures will be 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.
3. Scratch deadline for Thursday, Friday for Saturday's events will be 30 minutes following the beginning of finals.
4. Coaches **YOU MUST ARRIVE PRIOR** to the scratch deadlines for proof of entry and registration for that days events.

ENTRY DEADLINE:

1. All entries must be received in an **ELECTRONIC FORMAT** using **the host provided** HYTEK meet event file OR an **Sd3**, OR **Hvy** 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.
2. Entries may be sent by email **OR** land based mail. Emailed entries must be received by **Tuesday July 08, 2008** with corresponding Hardcopies to be received via land mail by **Tuesday July 08, 2008**. 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; email address and telephone number or the entry will not be accepted.
3. **Land mailed** entries must be received by **Tuesday July 08, 2008**. 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, email address and telephone number or the entry will **NOT** be accepted.
4. **Host Club** entry chair will enter the athletes through import of 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 the

hard copy printed and on file with the host club. Entries not received in an electronic format with accompanying paper copies will not be accepted and will be returned regardless of when received.

5. 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 charges will only be accepted at the meet during registration or before the scratch deadline for that day's events.

ENTRY FEES:

1. There will be a \$10.00 surcharge per swimmer.
2. Entry fees will be \$5 for individual events and \$10 for relay events.
3. Sixty percent (60% of the entry money) (including deck entries) will be retained by the host.
4. Forty percent (40%) of the entry money will be turned over to the CSRVIII Travel Fund.
5. All proof of time money (\$20) shall go to the CSRVIII Travel Fund.

MAIL PAPER ENTRIES TO:

MAIL HYTEK OR COMPATIBLE ELECTRONIC FILES TO:

DECK ENTRIES:

1. Entries will be accepted on the deck up until the check-in/scratch deadline time for that day's events.
2. Deck entry fees will be \$7.50 for individual events and \$15 for relay events.
3. Of the \$7.50 deck entry fee for individual events, \$4.50 goes to the host, \$3 to the CSRVIII Travel Fund.
4. Of the \$15 deck entry fee for relays, \$9 goes to the host, \$6 to the CSRVIII Travel Fund.
5. All deck entries will be seeded at the lowest non-conforming qualifying time for this meet which is SCY.

TRAVEL FUND:

1. Any swimmer, who makes the National USA Swimming qualifying time, participates in the CSRVIII Meet and the National Senior/Junior/USA Disability Meet, same events (no time trials) is eligible for a share of the Travel Fund.
2. Each swimmer desiring aid from the Travel Fund must submit, in writing to the CSRVIII Chairman a travel expense report upon completion of participating in the USA Swimming Nationals, by the date so indicated at the CSRVIII meeting.
3. Request and expense report should be submitted to: Hank Enterline, CSRVIII Chairman, 3205 Pinehurst Drive, Norman, OK 73072-7663 PH: (405) 364-9294 (H)

RULES GOVERNING THE COMPETITION: 2008 USA Rule Book and National Championship Swimming rules will prevail.

OFFICIALS:

1. This meet has been designated as a National Qualifying Meet for Officials seeking N2 and/or N3 certification or re-certification.
2. The meet is open to all Officials inside and outside of the Region who wish to, and are eligible to, be evaluated for advancement and re-certification.
3. Officials desiring to be evaluated for advancement and/or re-certification must submit an Application for Evaluation to the Meet Referee no later than Wednesday July 9, 2008.
4. Applications received after that date will be accepted at the sole discretion of the Meet referee.

SCORING:

1. Scoring shall be through sixteen (16) places. Relays will be scored double.
2. Any swimmer in an individual event who places will be permitted to score team points provided that they have a provable previous time even though they do not swim the qualifying time.
3. In order for the relay teams that doesn't swim the qualifying times to score points they must furnish proof that the times standard has been previous made with the aggregate times of the exact individuals who participated in the relay's being proved.

AWARDS:

1. Trophies shall be awarded for the women's and men's teams for the top 3 places.
2. The CSRVIII Traveling Trophy shall be presented to the combined team winner.
3. High point awards will be given to the 1st, 2nd, and 3rd individual women's and men's high point winners.
4. Medals will be given to 1st—8th place in individual events and 1st – 3rd in relay events.
5. There will be a parade of the top finishers in each event of finals. The top 3 finishers in each event will report to the awards stand for awarding of the Bronze, Silver and Gold medals.

MEETINGS:

1. A GENERAL meeting of the CSRVIII Chairman, Meet Director, Coaches, and Referee will be held Tuesday at 7:00 p.m.
2. Coaches are accountable for ALL information handed out at the GENERAL/CSRVIII MEETINGS as well as information conducted at the business meeting.

POOL TYPES:

1. Pools with warm-up facilities, no breaks between events.
2. Pools without warm-up facilities, W/M – 10-minute break after each set.

POOL AVAILABILITY:

1. Team and Athlete registration will be available at the Pool beginning at 1:30pm Tuesday.
2. The pool will be available for warm-up Tuesday evening from 3:00 - 5:15 p.m.

STARTING TIMES:

	<u>WARM-UP</u>	<u>MEET STARTS</u>
1. Wed/Thurs/Fri/Sat Prelims:	7:00 a.m.	9:00 a.m.
2. Wed/Thurs/Fri Finals:	4:00 p.m.	5:30 p.m.
3. Sat Finals:	3:30 p.m.	5:00 p.m.

WARM-UP PROCEDURES:

1. The PRELIM Warm-ups for all days will be broken up into three (3) times.
 - a. Session 1: 7:00 - 7:45 a.m.
 - b. Session 2: 7:45 - 8:30 a.m.
 - c. Session 3: 8:30 - 8:50 a.m. (All teams SEE DESIGNATIONS BELOW)
 - i. At 8:30 AM to 8:50 AM Lanes 1 & 8 will be for PUSH/PACEWORK. Lane 2, 3, 6 & 7 will be for SPRINT LANES. Lane 4, 5 remain for GENERAL WARM-UP
 - ii. ON THE DAY of the 50 Freestyle Lanes 2 thru 7 will be Sprints for freestyle only, from the start end at 8:40 AM to 8:50 AM.
 - d. CLEAR POOL at 8:50 A.M.
2. Warm-up session lane assignments will be done by the Chairman prior to the meet by request, based upon their team's placing at last year's short course meet.
3. Lane assignments will be posted at the pool.
4. All lanes available whether in the competitive pool or warm-up pools will be used for assignment.
5. Each teams' coach must remain at their assigned lane to supervise warm-up
6. Lanes with multiple teams in them should communicate with the other teams what they are doing.
7. Teams may do sprints during this time if other swimmers clear the lane.
8. All warm-ups are also under the supervision of the Head Meet Marshall.
9. If a Diving Well or Warm-up Pool is available it will remain open throughout the competition
10. The FINAL Warm-up for all sessions will be:
 - a. The Finals warm-up session will be from 4:00 PM to 5:20 PM. At 5:00 PM Lanes 1 & 8 will be for PUSH/PACE WORK. Lanes 2, 3, 6 & 7 will be for SPRINT
 - b. Lanes 4, 5, remains for GENERAL WARM-UP ONLY.
 - c. Pool will be cleared at 5:20 PM.
11. 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.

THE COACH OF THE YEAR AWARD:

1. Coach of the Year will be given out twice a year.
2. 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.
3. Nominations should include a short summary presented at the Thursday (SC) and Tuesday (LC) CSRVIII Business Meetings.
4. The award will be presented at Friday (L.C.), Saturday (S.C.) night's finals.

HONEST EFFORT:

1. An honest effort in all competition is required.
2. Failure to make an honest effort shall result in disqualification from the event.
3. The determination of an honest effort performance will be made by the Meet Committee or the Referee.

FINALS SCRATCH:

1. 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 compete in said final race, which is his/her final race of the Meet, shall be fined one hundred dollar (\$100.00).
2. The Meet Director will send a list to the CSRVIII Chairman immediately following the CSRVIII Meet.
3. The swimmer will have their club contacted via Certified Letter from the CSRVIII Chairmen immediately following receipt of the list.
4. Within thirty days (30) after receipt of the certified letter from the CSRVIII Chairman payment must be received or the swimmer will be barred from future CSRVIII Meets.
5. A list will be sent to the Meet Directors of future CSRVIII Meets.
6. If payment is **NOT** received within the thirty (30) day time period, and is deemed late by the CSRVIII Chairman, a penalty of **DOUBLE** the fine will be incurred by the athlete.

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, if offered, will be conducted at the conclusion of each day's prelim session.
3. Time Trials will begin no sooner than 15 minutes after the last prelim session.
4. A swimmer must be **entered** in the meet (individual event or relay only) to be eligible to participate in Time Trials.
5. 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.
6. Time trials shall be swum in order listed under meet program.
7. First Full Day: That day's events, followed by the remaining events in the meet.
8. 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.
9. Final Day: That day's events, followed by events of the previous days in event order.
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 800/1000 and the 1500/1650 distance events will **only** be offered on that day's events and those swimming time trials will be placed in any **open lanes** and open **heats** regardless of gender.
12. Final night: Time Trials will be offered to National possible qualifiers **only**
13. Time trials shall not start after 3:00 p.m.

INFORMATION: Driving Instructions to the campus may be found at: <http://www.occc.edu/admissions/maps.html>
Campus parking lot information may be found at: <http://www.occc.edu/Maps/Outside-Map.pdf> .

OTHER INFORMATION: Please reference our club web site for all Speedo Champions Series Central Section Region VIII Long Course Championship information: www.chesapeakewimclub.org. Important updates will be posted on the web site as they become available. Information detailing the Meal Plan for athletes and coaches similar to last summer's meet will be posted shortly.

LONG COURSE APPENDIX

2008 SECTIONAL CHAMPIONSHIP QUALIFYING TIMES

Summer (Long Course) Oklahoma City, OK, July 16-19, 2008

Women		<u>Long Course</u>		Men
Long Course	Short Course	<u>Day One</u>	Short Course	Long Course
1:02:49	55:39	100 Free	49:59	56:79
2:55:59	2:35:19	200 Breast	2:22:29	2:44:49
2:35:29	2:15:29	200 Back	2:03:79	2:23:49
9:49:09	11:02:59	800 Free	10:23:79	9:17:19
		<u>Day Two</u>		
2:14:59	1:59:69	200 Free	1:48.79	2:04.49
5:26:89	4:47:19	400 IM	4:26:39	5:02:59
1:08:99	1:01:59	100 Fly	55:69	1:02:29
4:27:69	3:54:79	400 Free Relay	3:36.39	4:04.59
		<u>Day Three</u>		
4:44:19	5:19:69	400 Free	4:56:49	4:26:59
1:21:29	1:11:49	100 Breast	1:04:19	1:14:49
2:34:19	2:17.19	200 Fly	2:06:39	2:22:59
1:12:19	1:02:69	100 Back	56:99	1:05:99
9:45:59	8:36.99	800 Free Relay	7:48.99	9:18:39
		<u>Day Four</u>		
2:34:79	2:15:79	200 IM	2:03.69	2:21:49
18:59:49	18:41:59	1500 Free	17:36:99	17:49:59
28:89	25.69	50 Free	22.89	25.89
4:58:09	4:19:39	400 Medley Relay	3:54.99	4:35.09

NOTES:

1500 will be swum at the end of Prelims, 10-minute break before swim, swimming alternating Women/Men fastest to slowest.

1500 – The fastest heat of Women's/Men's will be swum in their normal place during finals.

800 will be swum as prescribed in the L.C. Meet Flyer page 2.

BREAKS:

Prelims:

10-minute break DAY 2 between each set of events (W/M)

(Optional, based on meet size, (DAY 2))

10-minute break DAY 4 between 200 IM & 50 Free (W/M)

10-minute break DAY 2-3-4 before Relays

Finals:

10-minute break after each set (W/M) during awards

10-minute break DAY 2-3-4 before Relays