

2009 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET

Central Zone Section 1 Championship

Hosted by Lake Country Swim Team

Walter Schroeder Aquatic Center

March 12-15, 2009

- SANCTIONED BY:** Wisconsin Swimming, Inc. **SANCTION NO:** 2009 – 052WI **TIME TRIALS:** 2009 – 033WI (TT)
- MEET HOST:** Lake Country Swim Team
- INFORMATION & RESULTS:** www.lakecountyswimming.com
- DATES OF MEET:** Thursday, March 12 through Sunday, March 15, 2009
- START TIMES:** THURSDAY TIMED FINALS: 5:00 PM
PRELIMS: 9:00 AM Friday, Saturday and Sunday
FINALS: 6:00 PM Friday and Saturday, 5:00 PM on Sunday
- REGISTRATION:** Teams may register and pick-up their deck credentials during the following times. Wednesday, March 11, 6:00 PM-8:00 PM, Thursday, March 12, 1:00 PM – 7:00 PM; Friday, March 13, 7:00 AM-9:00 AM
- GENERAL MEETING:** Thursday, March 12, 2:00 PM
- MEET REFEREE:** Bill Rose, Email: cbrose@omsoft.com
- NATIONAL EVALUATOR:** Paul Jones, Email: plus3@comcast.net
- OFFICIALS MEETINGS:** 4:00 PM Thursday Timed Finals, 8:00 AM Prelims, 5:00PM Finals (Sunday Finals 4:00 PM)
- LOCATION:** Walter Schroeder Aquatic Center, 9250 North Green Bay Rd., Brown Deer, WI 53209
- FACILITY:** Two 25-yard pools separated by bulkheads. The competition course is 6'6" feet deep at the starting end with 8-foot wide lanes. Slanted starting blocks are 29 inches above water surface. The second course will be available for warm-up and warm-down throughout the meet, except during events where two courses are used. If two courses are used for competition the space between the pools will be available for warm-up and warm down for athletes competing in that session only. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- DECK ACCESS:** Coaches, Athletes, and Spectators will enter the building through the West Schroeder Event doors. Coaches and Athletes may enter using their event credential. No spectators will be allowed on the pool deck.
- ADMISSION:** 13 and Over spectators: Thursday timed finals, \$3.00 (includes heat sheet), Admission for all other sessions, prelims or finals, \$6.00, Heat sheets, \$3.00. A one-day pass (prelim and finals admissions, prelim and finals heat sheets) is available for \$12.00. 12 and under spectators are no charge
- ELIGIBILITY:** All swimmers must be current 2009 registered athlete members of USA Swimming. All coaches who want to be on deck, must be non-athlete coach members for 2009 and must display current certifications to be a USA swimming coach. The meet is open to those USA Swimming athletes registered in the following LSCs: Illinois, Iowa, Minnesota, North Dakota, South Dakota, Wisconsin, Indiana, Michigan, Ohio and Lake Erie. Athletes registered with LSC's outside of the Central Zone, who have achieved a 2008 Speedo Short Course Junior National Championships Bonus time standard are also eligible. There will be no on deck registration
- QUALIFYING:** Qualifying time standards are included in this packet. Times received in Short Course Yards, Short Course Meters, or Long Course Meters will be accepted. All entries will be seeded first by Short Course Yards, then by Short Course Meters, and finally by Long Course Meters.
- ENTRY LIMITS:** Swimmers may enter all events for which they qualify, but may compete in a maximum of three individual events per day including time trials. Teams may enter as many relays as they like, but may only score their top two
- BONUS EVENTS:** Bonus swims are available for swimmers from Zone C, Section 1 and Section 3 (LSCs: Illinois, Minnesota, Wisconsin, Iowa, North Dakota, South Dakota, Indiana, Michigan, Ohio and Lake Erie). Any swimmer with one or more cut may enter up to two additional events without qualification.
- ENTRY FEES:** \$8.50 per individual event; \$20.00 per relay event. \$3.00 WI Swimming, Inc. surcharge per individual entered (including relay only athletes). Time trials are \$12.00 for individual and \$20.00 for relays.
- FACILITY USER FEE:** \$7.00 per individual entered (including relay only athletes) to support the cost of maintaining the Walter Schroeder Aquatic Center

ENTRY PROCEDURE: All entries must be done using USA Swimming OME (online meet entry). Entries can be done at www.usaswimming.org/ome. **Paper or Hy-Tek entries will not be accepted.** Please contact Susan Woessner at USA Swimming with any questions on the OME system. (719) 332-0184. Payment for OME is requested by using Visa, MasterCard, American Express or Discover. OME will allow you to modify entry times through March 9. Once you have paid for your entry, you can add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. After you have completed your entries, you will be sent a confirmation email. Please bring a copy of all communications with you to the meet.

ENTRY DEADLINE: Entries may be submitted online beginning February 2nd (9:00am CDT) through the USA Swimming website using OME www.usaswimming.org/ome. Online entries will be accepted until Monday, March 9, 2009 at 12:00pm (CDT).

FOR MORE INFORMATION, CONTACT:

Meet Director: Mark Kohnhorst, Email: CoachKohn@sbcglobal.net

Referee: Bill Rose, Email: cbrose@omsoft.com

RULES: Current National USA Swimming Rules will govern all competitions, except as otherwise specified in this meet information. All information, rules and regulations, including time standards, schedules, order of events, meet operations and requirements will be found in the United States Swimming Rules and Regulations - current edition.

GENERAL MEETING: A general meeting will be held on Thursday, March 12 at 2:00 PM. The scratch deadline for Thursday's events will be 15 minutes after the closing of this meeting. All scratches and positive check-in are due at this time for Thursday's events. The scratch deadline for Friday events will be 30 minutes following the beginning of Thursday's finals, (6:30 PM). Additional Coaches meetings will be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coaches meetings. Coaches are responsible for all information from these meetings including changes in the meet format or conduct.

POOL HOURS: Wednesday, March 11, 6:00-8:00 PM, Thursday, March 12 from 2:30-3:50 PM. Friday, Saturday and Sunday doors open at 7:00am and the pool will be open for general warm-up all day. The structured warm-up schedule is listed below. The pool will close 30 minutes after the competition is completed each night. Sit and slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.

Wednesday General Warm-up 6:00PM-8:00PM

	WARM-UP	PRELIMS	WARM-UP	FINALS
Thursday			2:30-4:50pm	5:00pm
Friday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm
Saturday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm
Sunday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm

CONDUCT OF THE MEET: This meet is a prelim/final meet with the top 24 swimmers advancing to finals. Prelim events may be conducted using fly-over starts, except for backstroke events. Each event during finals will consist of a Bonus, Consolation, and Championship Final heat except for the 1000 and 1650 yard Freestyles and all relays. These events will be conducted as timed final events. The 1000 Free and 1650 Free will require a positive check-in. Information on check in deadlines will be distributed in the coaches' packet. Information on the location of the scratch box and the scratch deadlines will be distributed in the coaches' packet. We will abide by the National rulebook scratch procedure. A copy of the scratch procedure will be put in the coaches' packet (section 207.12).

OFFICIALS CERTIFICATION: This meet may be designated as a "Qualifying Meet," and a "National Evaluator" will be in attendance for certification and re-certification evaluations. Those desiring initial certification or re-certification above the LSC level should download the new application for this purpose from the "Officials" section under the "Volunteers" tab on the USA Swimming web site. There will be opportunities at the meet to be evaluated for N2- & N3- level positions. However, there may not be enough resources to accommodate all such requests. All applications for evaluations should be e-mailed to the meet referee.

THURSDAY: The 1000 Freestyle will be deck seeded with a positive check-in deadline 15 minutes after the coaches meeting on Thursday afternoon. All heats will be swum during the Thursday night timed final session alternating heats of women/men or in two courses. Scratch box closes at 6:30pm for Friday's events.

FRIDAY: The 800 Freestyle Relays will be timed final events with the single fastest heat of women and men seeded into finals; all other heats will be swum at the end of the prelim session, fastest to slowest alternating heats of women/men, or in separate pools. Scratch box closes at 6:30pm for Saturday's events.

- SATURDAY:** The 400 Medley Relays will be timed final events with the fastest two heats of women and men seeded into finals; all other heats will be swum at the end of the prelim session, fastest to slowest. **For Sunday's** 400 Freestyle Relays, a coach may request to be down seeded into prelims and will be seeded into the slowest heat. Scratch box closes at 6:30 PM for Sunday's events. Declaration to down seed a relay, **MUST BE MADE** prior to the Scratch deadline for that day's events.
- SUNDAY:** The 400 Freestyle Relays will be timed final events with the fastest two heats of women and men seeded into finals; all other heats will be swum at the end of the prelim session, fastest to slowest (please see note above concerning down seeding relays). The 1650 Freestyle will be deck seeded with a positive check-in by 6:30pm Saturday. The fastest heat of women and men will be seeded into finals; all other heats will be swum after prelims (following the 400 Free Relays) fastest to slowest alternating heats of women/men or in two courses.
- SCRATCHES:** The following are the scratch deadlines for each day's events:
Deadline for Thursday's events: 15 minutes after general meeting
Deadline for Friday's events: Thursday 6:30pm
Deadline for Saturday's events: Friday 6:30pm
Deadline for Sunday's events: Saturday 6:30pm
- POSITIVE CHECK-IN:** Positive check-in is required for the 1000 and 1650 Freestyle and all relays. Swimmers and relays who fail to positively check-in will NOT be seeded for the event. Positive check-in deadlines are the same as the scratch deadlines. On Sunday, relays may be down seeded to swim in prelims, but this must be designated by the check-in deadline, Saturday, 6:30 PM.
- FINES/PROOF OF TIME:** A \$100.00 fine will be assessed for each individual or relay event in which the qualifying time standard was not met unless the time standard can be proved with an USA Swimming, Inc. sanctioned or approved meet result summary. **Only custom entry times need to be proved.** Proof of times can be submitted in SCY, LCM, or SCM. Teams with outstanding fines or proofs of time will be listed on the videoboard during the warm up for the finals session. **Computer access will not be provided for proof of times. Please bring hard copies with you to the meet. Times must be proved by the next individual event.**
- TIME TRIALS:** Time permitting, and at the discretion of the Meet Director or Meet Referee, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$12.00 per individual event. Relay time trials are \$20.00. Sign up for time trials will close at 10:00 AM that day.
- TIME TRIAL SCHEDULE (Time Permitting) Order of Events**
Friday afternoon following 400 Freestyle Relay in meet order: Friday / Saturday / Sunday events.
Saturday afternoon following 800 Freestyle Relay in meet order: Saturday / Sunday / Friday events.
Sunday afternoon following 1650 Freestyle Sunday events in meet order: Sunday/ Friday / Saturday events. *1650 Freestyle time trials Sunday afternoon only (time permitting) **Please check the note below for the seeding of 1650 freestyle time trial athletes in the preliminary sessions.**
Sunday evening following Finals and at the discretion of the Meet Director or Meet Referee, Friday / Saturday / Sunday events
- Time Trials (1000/1650) ONLY.**
Time trials for the 1000 freestyle on Thursday and the 1650 freestyle on Sunday will only be offered on those days respectively. All distance Time Trial athletes (1000/1650 freestyle) will be placed in the slowest heats in any open lanes regardless of gender during the normal preliminary swims of the 1000 freestyle and 1650 freestyle sessions. New heats will not be created for distance time trials.
- SCORING:** All events will be scored to 16 places using the following point system:
Individual Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Scoring: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- AWARDS:** Individual: Top 8 Awarded; Male and Female Individual High Point Awarded; Relays: Top 3 Awarded; Team: Top 5 Women's teams, Top 5 Men's teams, Top 10 Combined Teams.
- MEET COMMITTEE:** A meet committee of 3-5 people will be appointed by the meet referee and meet director. The meet committee will include at least one official, one coach and one athlete.

2009 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

Central Zone Section 1 Championship

SHORT COURSE SWIMMING CHAMPIONSHIPS

ORDER OF EVENTS

Time Standards for Swimmers in Zone C, Section 1 or 3

Women

Men

EV #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EV #
Thursday, March 12								
1	9:49.39	9:33.49	10:58.59	1000 Freestyle +	10:14.09	8:57.29	9:12.09	2
Friday, March 13								
3	1:11.99	1:08.79	1:02.29	100 Backstroke	56.29	1:02.69	1:05.09	4
5	1:21.49	1:19.19	1:10.49	100 Breaststroke	1:03.09	1:10.09	1:12.39	6
7	2:14.99	2:11.99	1:59.49	200 Freestyle	1:48.69	2:00.49	2:03.99	8
9	1:09.29	1:07.59	1:01.59	100 Butterfly	55.09	1:00.19	1:01.99	10
11	2:34.49	2:30.29	2:15.49	200 Individual Medley	2:03.29	2:16.29	2:21.69	12
13	9:25.99	9:16.69	8:17.99	800 Freestyle Relay++	7:31.29	8:21.69	8:36.79	14
Saturday, March 14								
15	5:29.29	5:19.29	4:48.49	400 Individual Medley	4:22.99	4:51.19	5:00.99	16
17	28.89	28.49	25.49	50 Freestyle	22.79	25.29	26.09	18
19	2:54.89	2:51.09	2:32.99	200 Breaststroke	2:17.59	2:34.39	2:38.79	20
21	4:45.79	4:37.69	5:18.09	500 Freestyle	4:56.39	4:16.69	4:24.79	22
23	4:52.99	4:45.09	4:15.79	400 Medley Relay++	3:49.09	4:15.99	4:23.89	24
Sunday, March 15								
25	18:50.69	18:23.09	18:26.99	1650 Freestyle*	17:12.19	17:09.09	17:41.79	26
27	2:34.79	2:29.29	2:14.69	200 Backstroke	2:01.69	2:15.19	2:20.39	28
29	1:02.49	1:00.59	54.89	100 Freestyle	49.59	54.89	56.59	30
31	2:32.89	2:28.39	2:15.09	200 Butterfly	2:01.79	2:13.39	2:18.49	32
33	4:21.89	4:17.39	3:50.09	400 Freestyle Relay++	3:24.39	3:47.19	3:55.29	34

* Slower heats swum at the end of prelims fastest to slowest alternating women/men or in two courses, fastest heat of men and women will be swum at the start of the finals session.

+ Timed Finals, positive check-in is required, swum fast to slow, alternating women/men or in two courses

++ Timed Finals, positive check-in is required, fastest two heats of the men's and women's relays will be swum in finals (fastest single heat for 800 free relay). All other heats will be swum at the end of prelims, fastest to slowest (alternating women/men or in two courses for 800 free relay).

2009 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

Central Zone Section 1 Championship

SHORT COURSE SWIMMING CHAMPIONSHIPS ORDER OF EVENTS

Time Standards for Swimmers outside Zone C, Section 1 or 3

Swimmers registered **outside** of Illinois, Minnesota, Wisconsin, Iowa, North Dakota, South Dakota, Indiana, Michigan, Ohio and Lake Erie should follow the 2008 Speedo Short Course Junior National Championships Bonus Event Time Standards shown below.

EV #	LCM	SCM	SCY	EVENT	SCY	SCM	LCM	EV #
Thursday, March 12								
1	9:15.99	9:00.99	10:21.29	1000 Freestyle +	9:39.29	8:26.89	8:40.79	2
Friday, March 13								
3	1:07.89	1:04.89	59.09	100 Backstroke	53.09	59.09	1:01.39	4
5	1:16.79	1:14.69	1:06.89	100 Breaststroke	59.49	1:06.09	1:10.09	6
7	2:09.09	2:05.89	1:54.19	200 Freestyle	1:43.09	1:54.19	1:58.09	8
9	1:05.79	1:04.29	58.49	100 Butterfly	51.89	56.89	58.89	10
11	2:27.59	2:22.89	2:09.49	200 Individual Medley	1:56.29	2:08.49	2:13.59	12
13	9:25.99	9:16.69	8:17.99	800 Freestyle Relay++	7:31.29	8:21.69	8:36.79	14
Saturday, March 14								
15	5:09.69	5:01.19	4:33.09	400 Individual Medley	4:08.09	4:34.69	4:43.89	16
17	27.79	27.39	24.59	50 Freestyle	21.69	23.99	24.79	18
19	2:44.99	2:41.39	2:24.29	200 Breaststroke	2:09.79	2:25.59	2:29.79	20
21	4:30.69	4:21.89	5:03.29	500 Freestyle	4:39.59	4:02.09	4:09.79	22
23	4:52.99	4:45.09	4:15.79	400 Medley Relay++	3:49.09	4:15.99	4:23.89	24
Sunday, March 15								
25	17:46.69	17:13.09	17:24.29	1650 Freestyle*	16:13.69	16:02.39	16:41.69	26
27	2:25.99	2:20.79	2:06.99	200 Backstroke	1:54.79	2:07.49	2:12.39	28
29	1:00.19	58.29	52.89	100 Freestyle	47.09	52.09	53.99	30
31	2:24.19	2:19.99	2:07.39	200 Butterfly	1:54.89	2:05.79	2:10.59	32
33	4:21.89	4:17.39	3:50.09	400 Freestyle Relay++	3:24.39	3:47.19	3:55.29	34

* Slower heats swum at the end of prelims fastest to slowest alternating women/men or in two courses, fastest heat of men and women will be swum at the start of the finals session.

+ Timed Finals, positive check-in is required, swum fast to slow, alternating women/men or in two courses

++ Timed Finals, positive check-in is required, fastest two heats of the men's and women's relays will be swum in finals (fastest single heat for 800 free relay). All other heats will be swum at the end of prelims, fastest to slowest (alternating women/men or in two courses for 800 free relay).

CENTRAL ZONE SECTION 1 CHAMPIONSHIP MEET WAIVER

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, Inc., Wisconsin Swimming, Inc., the Walter Schroeder Aquatic Center, Ltd., Lake Country Swim Team and all other staff for injuries and/or expenses incurred by me/us at the meet, or while on the road to and from the meet.

SIGNATURE OF CLUB OFFICIAL TITLE

CLUB NAME USA Team CODE/TEAM ABBREVIATION

CLUB ADDRESS CITY/STATE ZIP CODE

COACH/TEAM REP. AT MEET PHONE # (important for scratches and finals info)

PERSON TO CONTACT FOR QUESTIONS REGARDING THIS ENTRY PHONE #

FAX # _____

e-mail _____

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