



Arizona Swimming

2009 Long Course Senior State Championships

July 9-12, 2009

Held under the sanction of USA Swimming, Inc.

- Sanctioned By: Arizona Swimming Inc. Sanction # AZ09C098R
- Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., YMCA Westside Silver Fins, and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.
- Hosted By: YMCA Westside Silver Fins
- Meet Director: Erin Shields (623) 935-5193 eshields@vosymca.org
- Meet Referee: Colleen Jennings-Roggensack cjr@asu.edu
- Meet Location: Southwest Valley Family YMCA
2919 N. Litchfield Road
Goodyear, AZ 85395
- Course: Outdoor, 50 meter, 8 lane heated pool, with 4 lane 25 yard warm down pool available throughout meet. Colorado start and fully-automatic timing system (two button) and a full display scoreboard will be used. Starting blocks are only available on the deep end of the pool due to water depth requirements on the shallow end.
- Eligibility: 1. Open to any Arizona/USA Swimming registered athlete 15 years or older (or to any Arizona/USA Swimming registered athlete who is 14 years old and turns 15 on or before the meet entry deadline) who has met the 2009-2012 USA Swimming's 15-16 "B" time standard (either yards or meters), and to any 13 year old or older athlete from LSCs other than Arizona that has met the Arizona Swimming 13-14 "Q" times (see www.azswimming.org).
Athletes must be currently USA Swimming registered as of the meet entry deadline.
2. Proof of current registration may be required by the Clerk of Course.
3. Age on July 09, 2009 will govern for the meet.
4. On-deck registration will not be available.
5. Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, meet referee, and entry coordinator as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.
- Rules: 1. The current USA Swimming rules for competitive swimming will govern.
2. All coaches and officials must be USA Swimming registered prior to the competition and wear current registration in a visible manner.
3. The Arizona Swimming controlled meet warm-up will be posted and enforced.
4. Swimmers are limited to three (3) individual events per day, including time trials and nine (9) individual events for the meet, excluding time trials.
5. Distance Events:
a. The 400 Free, 800 Free, 1500 Free, and 400 IM will be deck seeded, and will require positive check-in with the Clerk of Course to be seeded and/or to swim. Deadline for check-in to swim the event is 4:30 pm on Thursday for Session I, and 9:30 am for Sessions II, IV, and VI.

Late entries will not be accepted, and no deck entries will be allowed.

- Scoring: Individual events: 16 places 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay events: 16 places Double individual points (only two per team may score)
- Awards: Individual Events: Medals for 1st – 8th Place, Ribbons 9th – 16th Place.
Relay Events: Medals for 1st – 3rd Place, Ribbons 4th – 8th Place.
High Point: 1st – 3rd Place for men and women.
Team Points: 1st – 3rd Place for combined team score.
- Proof of Time: Proof of time is required to be seeded into the top heat of the 800 Freestyle (women) / 1500 Freestyle (men). Proof of time for this event must be submitted with entry, either on the form included in the meet flyer or in the Hy-Tek electronic entry that includes the meet and the date when the entry time was achieved. If a swimmer fails to achieve the minimum time standard during the meet, it will be the swimmer's responsibility to provide proof of adequate prior performance. Failure to provide such verification will result in a \$25 fine per event or possible suspension.
- Timing: Teams will be assigned lanes to time based on the number of athletes in the session.
- Parking: Parking availability at the YMCA is restricted. Expect officials, coaches and volunteers to park in adjacent lot to the YMCA (main parking lot). There will be a drop off/ pick up area located near the community entrance of the pool for anyone that is not a coach, official or volunteer.
All parents and swimmers must use church parking lot to the east of the YMCA. Please enter the church parking lot using the driveway immediately east of the YMCA parking lot entrance on Thomas.
Please do not use the parking lot located on the North-West corner of the YMCA. It is for the city of Goodyear skate park only.
- Officials: All officials are encouraged to work at the meet. We are in need of any officials who may be able to work at this meet. If you are able to assist with this please contact Erin Shields at eshields@vosymca.org.
- Concessions: A snack bar, t-shirt vendor and equipment vendor will be open during all sessions of the meet.
- Accommodations: The Southwest Valley Family YMCA has worked out corporate rates at 3 local hotels for your convenience. The following hotels are all less than a mile from our facility: Holiday Inn Hotel and Suites (623-547-1313), Hampton Inn and Suites(623-536-1313) and the Holiday Inn Express(623-535-1313). Please call each hotel directly and be sure to ask for the YMCA-Goodyear rate.

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Event Order

Session I – Thursday, July 9, 2009

Timed Finals – Warm-up: 4:00 pm / Meet Start: 5:00 pm

Women's Event #	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	Men's Event #
1	<u>23:53.09</u>	1500 Free*		
		800 Free*	<u>11:42.19</u>	2
<u>3</u>		<u>200 Free Relay#</u>		<u>4</u>

* The 1500 Free & 800 Free will be deck seeded, requiring positive check-in at the Clerk of Course by 4:30 pm in order to swim the event. Events will be swum fastest to slowest, alternating women and men.

Relay events are pre-entered timed final events. There will be a 10min break prior to the start of the 200Free relay.

Session II – Friday, July 10, 2009

Preliminaries – Warm-up: 7:00 am / Meet Start: 8:30 am

Women's Event #	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	Men's Event #
7	Same as 100 BA	50 Back	Same as 100 BA	<u>8</u>
9	1:20.09	100 Free	1:13.59	10
11	3:36.59	200 Breast	3:23.29	12
13	1:26.59	100 Fly	1:18.99	14
15	6:00.39	400 Free**	5:38.59	16

** The 400 Free will be deck seeded, requiring positive check-in at the Clerk of Course by 9:30 am in order to swim the event.

Session III (finals) – Friday, July 10, 2009

Finals – Warm-up 4:00 pm / Meet Start: 5:00 pm

Women's Event #	<u>Event</u>	Men's Event #
5	200 Medley Relay#	6
7	50 Back	8
9	100 Free	10
11	200 Breast	12
13	100 Fly	14
15	400 Free	16
17	400 Free Relay#	18

Relay events are pre-entered, timed final events swum during the finals session only

Session IV – Saturday, July 11, 2009

Preliminaries – Warm-up: 7:00am / Meet Start: 8:30am

Women's Event #	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	Men's Event #
19	Same as 100 Fly	50 Fly	Same as 100 Fly	20
21	2:51.79	200 Free	2:39.99	22
23	1:41.09	100 Breast	1:32.99	24
25	3:11.69	200 Back	2:56.49	26
27	6:48.99	400 IM***	6:21.59	28

*** The 400 IM will be deck seeded, requiring positive check-in at the Clerk of Course by 9:30 am in order to swim the event.

Session V (finals) – Saturday, July 11, 2009

Finals – Warm-up 4:00 pm / Meet Start: 5:00 pm

Women's Event #	<u>Event</u>	Men's Event #
19	50 Fly	20
21	200 Free	22
23	100 Breast	24
25	200 Back	26
27	400 IM	28
29	800 Free Relay#	30

Relay events are pre-entered, timed final events swum during the finals session only.

Session VI – Sunday, July 12, 2009

Preliminaries – Warm-up: 7:00 am / Meet Start: 8:30 am

Women's Event #	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	Men's Event #
31	Same as 100 BR	50 Breast	Same as 100 BR	<u>32</u>
33	<u>37.09</u>	50 Free	<u>33.59</u>	<u>34</u>
35	<u>3:09.69</u>	200 Fly	<u>2:55.69</u>	<u>36</u>
37	<u>1:28.99</u>	100 Back	<u>1:22.39</u>	<u>38</u>
39	<u>3:15.19</u>	200 IM	<u>3:01.79</u>	<u>40</u>
41	<u>12:23.29</u>	800 Free****		
		1500 Free****	<u>22:25.59</u>	<u>42</u>

**** The 800 Free and 1500 Free will be deck seeded, requiring positive check-in at the Clerk of Course by 9:30 am in order to swim the event. The fastest seeded heat swims in the finals session. (Proof of Time is required to be seeded in the fastest heat.) All other heats swim in the preliminary session, fastest to slowest, alternating women and men.

Session VII (finals) – Sunday, July 12, 2009

Finals – Warm-up 4:00 pm / Meet Start: 5:00pm

Women's Event #	Event	Men's Event #
31	50 Breast	<u>32</u>
33	50 Free	<u>34</u>
41*	800 Free	
35	200 Fly	<u>36</u>
37	100 Back	<u>38</u>
	1500 Free	<u>42*</u>
39	200 IM	<u>40</u>
43	400 Medley Relay#	<u>44</u>

*The top heat of the women's 800 free will be swum after the 50 freestyle (event 34) in the finals session.

The top heat of the men's 1500 free will be swum after the 100 back (event 38).

Relay events are pre-entered, timed final events swum during the finals session only.

Proof of Time for Top 8 Seeding

This Section must be completed for a swimmer to be seeded in the top 8 for the women's 800free and the men's 1500 free in session VII's timed final event, or entries made on Hy-Tek Commlink files must include the meet and date that the time was achieved.

Name: _____ Team: _____

Event	Entry Time	Date Achieved	Meet
800free/1500free			

Arizona Swimming - USA Swimming Entry Card

Male

Last Name:

First Name:

M.I.:

Age:

Female

Event No.	Freestyle (Submitted time)	Event No.	Backstroke (Submitted time)	Event No.	Breaststroke (Submitted time)	Event No.	Butterfly (Submitted time)	Event No.	I.M. (Submitted time)
	25 : .		25 : .		25 : .		25 : .		100 : .
	50 : .		50 : .		50 : .		50 : .		200 : .
	100 : .		100 : .		100 : .		100 : .		400 : .
	200 : .		200 : .		200 : .		200 : .	No. Of Event x \$6.00	
	400/500 : .		USA Swim Number			Club Initials		LSC Surcharge	
	800/1000 : .		Team Name			Coach Name		<u>\$5.00</u>	
	1500/1650 : .		Parent Name			Parent Phone		Total Entry Fees Due	
								\$	

Make Checks Payable to Westside Silver Fins