

**SPEEDO CHAMPIONS SERIES  
CENTRAL SECTION REGION VIII  
LONG COURSE SWIMMING CHAMPIONSHIP  
February 28 - March 2, 2008**

**SANCTIONED BY:** USA Swimming and Missouri Valley Swimming

**SANCTION #:** MV-08-16

**SPONSORED BY:** Columbia Swim Club

**LOCATION:** Mizzou Aquatic Center at the MU Recreation Complex  
Rollins & Hitt Street, University of Missouri, Columbia, MO

**FACILITY:** Fifty meter course. Controlled temperature. Eight lanes with non-turbulent lane lines. Electronic timing system. Large spectator area, swimmers rest area and diving well available.

**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 if they have a 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 compete 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 COACH'S 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:**  
**SPRING SECTIONAL:**

- a. LSM 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 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 athletes **WITHOUT** a proof of time in the SWIMS database. **These are the times that will need to be 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 proven, he or she needs to follow the scratch procedures USA Swimming 207.12.10.
- 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>, and 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 results may be used for proof of time. Results used for "Proof of Times" **MUST** be achieved at Meets attended prior to the start of the first day of the meet.
  2. Pay a twenty (\$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 the 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.
  - 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 Copies 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. A list will be sent to the Meet Director of the following Meet. After the thirty day (30) period, if proof or money comes in after that time, a penalty for proof will be incurred of twenty dollars (\$20.00) and for payment of the Proof of Time Fees, the amount will be doubled".

#### TABS

##### TAB'S for Proof of Times:

Tabs may be used providing a blank signed check is provided to the Proof of Time personnel before the first day's activities start for the specific club.

#### **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 Thursday coaches meeting. 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.

**ONLY** Sundays 400 Free Relay may request to be down seeded into prelims to their same relative position as in finals. Declaration to down seed a relay **MUST BE MADE** prior to the scratch deadline for that day's events.

400 Meter Freestyle Relays that are required for down seeding from 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 the 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 declare their intent to swim to be seeded. PLEASE NOTE: Proving of times DOES NOT CHECK AN ATHLETE IN FOR SEEDING.**

**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. You must positively check in or scratch for each distant event entered. Swimmers using non-conforming distances 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 achieved 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 lifetime bests or a time they want to use for seeded, which they MUST prove prior to the scratch deadline for that day's events. 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.

Any athlete entered in the top eight (8) whose time was achieved outside of the twelve month (12) period will be seeded with their most current PROVABLE fastest times in the normal field. Proof of times must be completed prior to the scratch deadline for that day's events.

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. Down seeding MUST be declared by the scratch deadline for that day's events. This only includes those below the Top Eight (8).

**400 INDIVIDUAL  
MEDLEY;**

400 Individual Medley—This event is swum prelim and finals. The 400 IM will be swum as follows: Swim the fastest four heats women/men then the balance of the heats alternating women/men swimming fastest to slowest. (4<sup>th</sup> fastest 15-32, 3<sup>rd</sup> fastest 17-24, 2<sup>nd</sup> fastest 9-16, 1<sup>st</sup> fastest 1-8) (4<sup>th</sup> seeded time finals, 3-2-1 championship seeding.) (Prelim only)

**SCRATCH  
PROCEDURE:**

The scratch procedures will be IAW current USA Swimming policies. (207.12.10) Thursday/S.C.—15 minutes after the Thursday CSRVIII Meeting. Thurs/Fri/Sat/S.C.—6:00 p.m. for following day.

**SURCHARGE:**

There is a \$10 surcharge per swimmer.

**ALL CHECKS SHOULD BE MADE PAYABLE TO: COLUMBIA SWIM CLUB**

**ENTRY DEADLINE:** All entries must be received in an **ELECTRONIC FORMAT** using the host provided HYTEK meet event file OR an CL2, OR HY3 OR SDIF 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 email OR land based mail.**

**Emailed entries** must be received by Tuesday February 19, 2008 with corresponding Hardcopies to be received via land mail by Tuesday February 19, 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.

**Land mailed** entries must be received by Tuesday February 19, 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.

**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.**

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.

**MAIL PAPER ENTRIES TO:** Dana Sheahen – Meet Entries Chair  
2713 Surfside Ct  
Columbia, MO 65203

**SEND HYTEK ELECTRONIC FILES TO:** [region8@csctigersharks.org](mailto:region8@csctigersharks.org)

**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.

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

**TRAVEL FUND:** 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. 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.

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:** 2008 Official USA Swimming rules will prevail.

**SCORING:** Scoring shall be through sixteen (16) places. Relays will be scored double. 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. 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 participate in the relay's being proved.

**AWARDS:** Trophies shall be awarded for the women's and men's teams for the top 3 places. The CSRVIII Traveling Trophy shall be presented to the combined team winner. High point awards will be given to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> individual women's and men's high point winners. Medals will be given to 1<sup>st</sup>—8<sup>th</sup> place in individual events and 1<sup>st</sup> – 3<sup>rd</sup> in relay events. 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:** A meeting of the CSRVIII Chairman, Meet Director, Coaches, and Referee will be held Thursday at 2:00 p.m. Coaches are accountable for **ALL** information handed out at the GENERAL/CSRVIII MEETNGS as well as information conducted at the business meeting.

**POOL TYPES:** Pools with warm-up facilities, no breaks between events.  
 Pools without warm-up facilities, W/M – 10-minute break after each set.

**POOL AVAILABILITY:** The pool will be available for warm-up Thursday evening from 3:00 - 5:15 p.m.

<b>STARTING TIMES:</b>		<b><u>WARM-UP</u></b>	<b><u>MEET STARTS</u></b>
	Thursday	3:00 p.m.	5:30 p.m.
	Fri/Sat/Sun Prelims	7:00 a.m.	9:00 a.m.
	Fri/Sat/ Finals	4:00 p.m.	5:30 p.m. (Sun 5:00 p.m.)(S.C.)

**WARM-UP PROCEDURES**

**L.C. Thursday Evening**

Warm-up Procedures for the Competitive Pool.  
 3:00 -- 5:10 General Warm-ups  
                     Lanes 2 thru 7 General Warm-ups  
                     Lanes 1 & 8 Pace  
 5:10 – 5:20  
                     Lanes 1 thru 8 Sprints & Starts  
 5:20 POOL Closed

**The PRELIM Warm-ups for all days will be broken up into three (3) times.**

Session 1: 7:00 - 7:45 a.m.  
 Session 2: 7:45 - 8:30 a.m.  
 Session 3: 8:30 - 8:50 a.m. (All teams SEE DESIGNATIONS BELOW)  
CLEAR POOL at 8:50.

- 1) Warm-up times 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. Lane assignments will be posted at the pool. All lanes available whether in the competitive pool or warm-up pools will be used for assignment.

- 2) Each teams' coach must remain at their assigned lane to supervise warm
- 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 swimmers.
- 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 throughout 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 cleared 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/PACEWORK**. Lane 2, 3, 6 & 7 will be for **SPRINT LANES**. Lane 4, 5 remain for **GENERAL WARM-UP O**
- 10) **Long Course & Short Course Prelims:**  
**ON THE DAY** of the 50 Freestyle **Lanes 2 - 7** will be Sprints for freestyle only, from the start end at 8:40 AM to 8:50 AM.

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

- 1) **Long Course & Short Course Finals:**  
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 LANES**. Lanes 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 Thursday (S.C.) and Tuesday (L.C.) Meetings. The award will be presented at Friday (L.C.), Saturday (S.C.) night's finals.

**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 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 compete in said final race, which is his/her final race of the Meet, shall be fined one hundred dollar (\$100.00). The Meet Director will send a list to the CSRVIII Chairman immediately following the CSRVIII Meet. The swimmer will have their club contacted via Certified Letter from the CSRVIII Chairmen immediately following receipt of the list. Within thirty days (30) after receipt of the certified letter from the CSRVIII Chairman payment must be receive or the swimmer will be barred from future CSRVIII Meets. A list will be sent to the Meet Director of the following CSRVIII Meets. 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**

**SANCTION #:** MV-08-17

- 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) Time Trials will begin no sooner than 15 minutes after the last session.

- 3) A swimmer must be entered in the meet (individual event) to be eligible to participate in Time Trials.
- 4) 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.
- 5) Time trials shall be swum in order listed under 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 events of the remaining days of the meet followed by the events of the previous days.
  - c) Final Day: Time permitting, that day's events; that day's 1500 meter freestyle may be swum followed by events of the previous days if time permits.
- 6) **(NOTE)** 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 open lanes and open heats.
- 7) **Final night: Time Trials will be offered to National possible qualifiers only.**
- 8) Time trials shall not start after 3:00 p.m.

**LODGING  
INFORMATION:**

**OTHER INFORMATION:**