

**SPEEDO CHAMPIONS SERIES
CENTRAL SECTION REGION VIII
LONG COURSE SWIMMING CHAMPIONSHIP
JULY 19-22, 2006**

SANCTION BY: USA Swimming and Missouri Valley Swimming

SANCTION #: MV-06-78

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 who meet the qualifying time.

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** Hy-tek 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)

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.

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

TABS for Proof of Time

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 Tuesday coaches meeting. (Relays may be seeded slower if it is done prior to the scratch deadline for that day's events for the 400 Freestyle Relay.) 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 Freestyle Relays that are requesting for down seeding will be placed in the slowest heats, not swimming in finals; with their relative placement being the same as it would have been in finals.

RELAY CHECK IN: All relays must check in to declare their intent to swim **to be seeded** by the scratch deadline for that day's events or they will be scratched.

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.

PROOF OF TIME & CHECK IN

Proof of times for all athletes who do not make a qualifying time in the preliminaries (except for the(800/1000) or the (1500/1650) 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. Proof of the time may be the personnel best time achieved with no time limit on the qualifying period.

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 207.7.9 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 207.7.9

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

SCRATCH PROCEDURE:

The scratch procedures will be In Accordance With current USA Swimming policies, 207.7.9. 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.

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: COLUMBIA SWIM CLUB

ENTRY DEADLINE: All entries must be received in an **ELECTRONIC FORMAT** using the **HYTEK MEET** event file by **NO LATER THAN** Monday July 11, 2006. Meet 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 and telephone number.

Host club entry chair will enter the athletes through import of HYTEK Meet Event Files. Print a hard copy of the entry for their records and then send a copy of the club entry via e-mail to the person noted in item 1 above. 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.

All clubs submitting entries **MUST USE** the **MEET ENTRY FORMS** and **MUST BE RECEIVED NO LATER THAN** Tuesday July 12, 2006. The time and date of postmark will be the official time of entry. Paper entries must include a specific contact name, e-mail and telephone number or the entry **WILL NOT** be accepted. Paper entries requiring a signature for delivery **WILL NOT BE ACCEPTED** and will be returned to the sender.

Entries not received in an electronic format from **HYTEK** or **NOT USING THE MEET ENTRY FORMS WILL NOT BE ACCEPTED** and will be **RETURNED** regardless of when received.

Entries received after the entry deadline(s), with confirmation of the Meet Referee, will be entered at the lowest non-conforming qualifying time and charged the Deck Entry Fee.

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.

MAIL PAPER ENTRIES TO:

Dana Sheahen – Meet Entries Chair
2713 Surfside Ct
Columbia, MO 65203
(573) 446-1110

SEND HYTEK ELECTRONIC FILES TO:

Dana Sheahen – Meet Entries Chair
entries@csctigersharks.org
Phone 573-446-1110

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 cutoff time.

TRAVEL FUND:

Any swimmer who participates in the CSRVIII Meet, individual events, participates in the National Senior/Junior/Disability Meet (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 Swimming National, 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

RULES:

2006 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 previously 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 1st, 2nd, and 3rd individual women's and men's high point winners. Medals will be given to 1st – 8th place in individual events and 1st – 3rd in relay events. There will be a parade of the top athletes 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 Tuesday at 7:00 p.m.

POOL

AVAILABILITY:

The pool will be available for warm-up, Tuesday noon to 8:30 p.m.

POOL TYPES

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

STARTING TIMES:

Wed/Thurs/Fri/Sat Prelims
 Finals

WARM-UP

7:00 a.m.
 4:00 p.m.

MEET STARTS

9:00 a.m.
 5:30 p.m. (Sun 5:00 p.m.)

WARM-UP PROCEDURES

The PRELIM warm-ups will be broken up into 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)

CLEAR POOL at 8:50.

- 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 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 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/PACE 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/PACE 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

MV-06-79

- 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
- 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 & OTHER

INFORMATION: Please visit the Columbia Swim Club web event site for more information about lodging, the pool, parking at the University of Missouri, and more:

www.csctigersharks.org/Region8LC2006/R8Home.htm