

**Arizona Swimming**  
**Regional**  
**Short Course Championships**

Hosted by

**Yuma Aquatics, Inc. (Yuma Heat)**

**February 19 – 21, 2016**

Held under the sanction of USA Swimming

- Sanctioned by: Arizona Swimming, Inc. Sanction Number: AZ16-62R2
- Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., and Yuma Aquatics, Inc. and all meet officials shall be held harmless from any and all liabilities of claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.
- Hosted by: Yuma Aquatics, Inc. (Yuma Heat)
- Meet Director: Jenny Unterseh; jenny@actsaz.com
- Meet Referee: John-Paul Plante (johnpaulplante@hotmail.com)
- Meet Location: Valley Aquatic Center - 4381 W 18<sup>th</sup> St, Yuma, AZ 85364
- Course: Eight lane, outdoor, 25 yard, heated pool, Colorado Timing System with a horn start, 10 lane scoreboard, and Hy-Tek Meet Manager software with interface will be used. 5 lanes of the competition pool (separated by 1 empty lane) will be available for continuous warm up/warm down during the meet.
- Eligibility: 1. Open to any current USA Swimming registered athlete who is a member of, or an unattached swimmer training with, one of these teams: **HEAT, YWSF, SCCS, FAST, FORD, LAMA, LPST, OV, SMAN, TCC, TJCC, TSC, TTW, VC, AQFO, RAYS, GOLD, S2, VSC, AFT.**
2. This is a Time Standard Meet. Swimmers must have equaled or bettered the Arizona Regional qualifying time standard but be slower than the Arizona Age Group State or Senior State qualifying time to enter an event.

**Rules Governing Sanctioned Meets**

1. Age on the first day of competition will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
3. Swimming competitions shall be conducted in conformance with USA Swimming Technical Rules.
4. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach - it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
5. The competition course has not been certified in accordance with 104.2.2C(4) as to pool length.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 9 inches at the start end and 6 feet, 9 inches at the turn end.
7. Deck changes are prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
9. No swimmer will be permitted to compete unless swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.  
The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or behind the blocks.
10. All referees, starters, administrative officials, chief judges and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
11. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectfully, to the Meet Referee prior to the start of each session of competition. If requested, Arizona Officials and Meet Marshals must present their AzSI issued Picture Id's to the Meet Referee
12. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition. If requested, Arizona Coaches must present their AzSI issued Picture Id's to the Clerk of Course.
13. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshal's shall wear their identifying vests.
14. Swimmers with a disability are welcome. The Swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.

## Arizona Swimming 2016 Short Course Regional Championships

**Meet Rules:**

1. Individual events are pre-seeded, timed final events except where noted below.
2. Swimmers are limited to 3 individual events per Session, and 5 events per day including time trials and Supplemental meet events if offered.
3. Entry times not achieved in Short Course Yards shall be noted as LC (Long Course Meters) or SCM (Short Course Meters). No converted times may be used. Seeding order for this meet will be Short Course Yards, Long Course Meters, Short Course Meters.
4. The 400 IM, 500 Free, 1000 Free, and 1650 Free will require positive check-in to be seeded and swum. Check in closes 30 minutes prior to the start of the session in which the events are swum. Swimmers in these events must provide their own timers (2) and personnel to count laps. These events will be swum fastest to slowest, alternating girls and boys.
5. Relays must be entered along with individual entries by the meet entry deadline. There is no limit to the number of relays a team may enter, however, only the fastest two will be scored. Relay swimmers must be entered in the meet. Each team may enter 2 relay only swimmers girl and boy per age group. Such relay only swimmers must be included as "Relay Only" swimmers with the team entry in order to be eligible to swim. All 13 & Over distance events will be functionally seeded and scored accordingly.
6. Time trials may be offered subject to meet entry limits at the discretion of the Meet Referee.
7. All 11 and Over 50's of Stroke will be functionally seeded and scored separately as 11-12, 13-14 and 15 and over events.

**Sessions:**

Session I: Friday, February 19	Warm-up: 3:00pm	Start: 4:00pm
Session II: Friday, February 19	Warm-up: Continuous and between sessions	Start: 30 min after session I
Session III: Saturday, February 20	Warm-up: 7:30am	Start: 8:30am
Session IV: Saturday, February 20	Warm-up: Continuous and between sessions	Start: 30 min after session III
Session V: Sunday, February 21	Warm-up: 7:30am	Start: 8:30am
Session VI: Sunday, February 21	Warm-up: Continuous and between sessions	Start: 30 min after session V

**Entries:**

All entries must be submitted via email in Hy-tek format unless other arrangements have been made with the meet director. Email entries to Jenny Unterseh at [jenny@actsaz.com](mailto:jenny@actsaz.com)

Meet entries are due Friday, February 12, 2016.

**Late entries:** New qualifying standards achieved by an athlete between the specified meet entry deadline and the Monday prior to the start of the meet will only be accepted via email or fax. These entries must be received no later than 12 noon on the Tuesday prior to the start of the meet. New qualifying standards may not be used to improve seed times of a previously submitted entry. Relay entries will not be accepted after the normal entry deadline.

**Entry Fees:**

\$6.00 LSC surcharge  
 \$5.50 per individual event  
 \$11.00 per relay  
 \$11.00 per individual time trial event

Entry fees are due no later than the start of the start of Session I and must be paid by one team check. Please write checks payable to Yuma Aquatics, Inc.

# Arizona Swimming 2016 Short Course Regional Championships

---

Awards: Individual events: Regional medals 1<sup>st</sup> thru 3<sup>rd</sup>  
Regional ribbons 4<sup>th</sup> thru 8<sup>th</sup> place  
Relay events: Regional medals 1<sup>st</sup> place  
Team Awards for First and Second place.  
. 13 & O events will be awarded by age group 13-14 and 15 & O.

Scoring: Individual Events: 9-7-6-5-4-3-2-1  
Relays: 18-14-12-10-8-6-4-2. (Teams may only score top two (2) relay teams in each relay event.)

**Additional Information: Please visit our website for information about hotels, concessions, and more.**

## Session I – Friday, February 19, 2016

Warm up: 3:00 PM      Meet Start: 4:00 PM

Girls	Event	Boys
1	10 & U 500 Free*	2
3	11-12 1000 Free*	4
5	13-14 1650 Free*	6
7	15 & Over 1650 Free*	8

\*Athletes are responsible for providing their own timers (2) and lap counting personnel  
Refer to meet rules #5

## Session II – Friday, February 19, 2016

Warm up: available in warm-up lanes during Session I

Meet Start: 30 minutes after completion of Session I

Girls	Event	Boys
9	11-12 200 Free Relay	10
11	13-14 200 Free Relay	12
13	15 & Over 200 Free Relay	14
15	10 & U 50 Back	16
17	11 & O 50 Back	18
19	10 & U 50 Breast	20
21	11 & O 50 Breast	22
23	10 & U 50 Fly	24
25	11 O 50 Fly	26
27	10 & U 50 Free	28
29	11-12 50 Free	30
31	13-Over 50 Free	32
33	11-12 200 Medley Relay	34
35	13-14 200 Medley Relay	36
37	15 & O 200 Medley Relay	38

Refer to meet rules #5

# Arizona Swimming 2016 Short Course Regional Championships

---

## Session III – Saturday, February, 20, 2016

Warm up: 7:30 AM      Meet Start: 8:30 AM

Girls	Event	Boys
39	11-12 400 IM	40
41	10 & U 200 Free	42
43	11-12 200 Free	44
45	10 & U 100 Back	46
47	11-12 100 Back	48
49	11-12 200 Breast	50
51	10 & U 100 Fly	52
53	11-12 100 Fly	54
55	10 & U 100 IM	56
57	11-12 100 IM	58
59	11-12 400 Free Relay	60
61	10 & U 200 Free Relay	62
63	11-12 1650 Free*	64

\*Athletes are responsible for providing their own timers (2) and lap counting personnel  
Refer to meet rules #5 &

## Session IV- Saturday, February, 20, 2016

Warm up: available in warm-up lanes during Session III

Meet Start: 30 minutes after completion of Session III

65	13-14 400 IM	66
67	15& O 400 IM	68
69	13-14 200 Free	70
71	15& Over 200 Free	72
73	13-14 100 Back	74
75	15 & Over 100 Back	76
77	13-14 200 Breast	78
79	15& Over 200 Breast	80
81	13-14 100 Fly	82
83	15& Over 100 Fly	84
85	13-14 800 Free Relay	86
87	15&Over 800 Free Relay	88
89	13-14 1000 Free*	90
91	15& Over 1000 Free*	92

Athletes are responsible for their own timers (2) and Lap counting Personnel  
Refer to meet rules #5

**Arizona Swimming 2016 Short Course Regional Championships**

---

**Session V – Sunday, February, 21, 2016**

Warm up: 7:30 AM      Meet Start: 8:30 AM

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
93	11-12 400 Medley Relay	94
95	10 & U 200 Medley Relay	96
97	11-12 100 Free	98
99	10 & U 100 Free	100
101	11-12 200 Back	102
103	11-12 100 Breast	104
105	10 & U 100 Breast	106
107	11-12 200 Fly	108
109	11-12 200 IM	110
111	10 & U 200 IM	112
113	11-12 500 Free*	114

\*Athletes are responsible for providing their own timers (2) and lap counting personnel  
Refer to meet rules #5

**Session VI – Sunday, February, 21, 2016**

Warm up: available in warm-up lanes during Session III

Meet Start: 30 minutes after completion of Session V

115	13-14 400 Medley Relay	116
117	15 & Over 400 Medley Relay	118
119	13-14 100 Free	120
121	15 & Over 100 Free	122
123	13-14 200 Back	124
125	15 & Over 200 Back	126
127	13-14 100 Breast	128
129	15 & Over 100 Breast	130
131	13-14 200 Fly	132
133	15 & Over 200 Fly	134
135	13-14 200 IM	136
137	15 & Over 200 IM	138
139	13-14 400 Free Relay	140
141	15 & Over 400 Free Relay	142
143	13-14 500 Free*	144
145	15 & Over 500 Free *	146

\*Athletes are responsible for providing their own timers (2) and lap counting personnel  
Refer to meet rules #5