Swimmers who are full time (not seasonal) members of USA Swimming may enter the Speedo Sectionals at Jenks-2019 through USA Swimming’s Online Meet Entry (OME) system at (usaswimming.org/ome) beginning Tuesday, May 28, 2019 at 1:00 PM CDST. *Swimmers who are registered members of one of the 5-member LSC’s of the Central Section Region VIII have priority entry status for this meet. * CSRVIII will accept up to 100 athletes from outside of the section. The use of the OME will be available for any out of section attending clubs this year. If interested these clubs must contact CSRVIII Chair, Paul Thompson.

**The entry deadline is Monday, July 15, 2019 at 7:00 PM CDST.** The qualification time date range for this meet begins on Wednesday, June 7, 2017 through Monday, July 15, 2019. Entries are not accepted until they have been officially submitted in the OME system.

| SANCTION AND SANCTION # | These championships and corresponding time trials are held under the sanction of USA Swimming and Oklahoma Swimming. **Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet**
Meet Sanction OK19-039 Time Trial Sanction OK19-040

In granting this sanction, it is understood and agreed that USA-Swimming, Inc. shall be free and help harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Oklahoma Swimming (LSC), Central Section Region VIII, all officials, Jenks Trojan Swim Club, Jenks Public Education shall be free from and held harmless from any liabilities for damages arising by reason of injuries to anyone during the conduct of the event.

Coaches, athletes, fans, parents and boosters shall conduct themselves with honesty and good sportsmanship at all times. Unacceptable behavior including tampering, vandalism or destruction of facility property, physical or verbal abuse, or refusal to follow instructions given by the facility or CSRVIII will result in disciplinary action, reimbursement for damages and/or potential suspension from the meet. Anyone asked to leave by staff will not be refunded paid admission charges.

If a USMS swimmer establishes a new Masters record, it is up to that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred.

| HOST | Jenks Trojan Swim Club - OK |

| EVENT PERSONNEL | Meet Director: Kent Keith jkentkeith@aol.com (918)-704-4877
Morgan Patrick mpatri96@gmail.com (918)-408-4786
Assistant Meet Director: Brian Powers briancp@gmail.com (918)-8082743
Meet Referee: Steve Potter, spotter.usaswimming@yahoo.com (616)-915-5280
Admin. Referee: Patrick Hunter, phunter.usaswimming@gmail.com (612)-845-3031
Entries Chair: Greg Huskey, R8entries@gmail.com (573)-228-0385
CSRVIII Chair: Paul Thompson, auggie1@sbcglobal.net (405)-570-6529 |
LOCATION

Jenks Trojan Aquatic Center
495 North Birch Street (between “B” and “F” Streets)
Jenks, OK, 74037

Parking: Is available in the lot located directly in front of the facility. Approximately 80 of the 240 spots will be designated and marked for officials, coaches, volunteers and aquatic center staff, the remaining spots will be open to the public. Additional parking will be available south of the facility on B street and north of the facility on F street. Busses may drop off and pick up at the main entrance. Busses will enter the at the south parking lot entrance drop off and exit from the north side of the parking lot. Parking for busses will be located on F street north of the facility.

Facility Access: Access to the Aquatic Center is directly east of the main parking lot located on Birch Street. The main entrance is located at 495 North Birch Street. Upon entering the facility swimmers will take go through the double wooden doors to their respective locker rooms. Spectators will use the stairs or elevator to access spectator seating.

FACILITY

50-meter x 25-yard competition pool of 8 lanes, with minimum depth of 7 feet at the start and turn ends and a maximum depth of 8 feet at the centerline. 1 6-lane warm-up/cool down pool with 25-meter lanes. 6-inch diameter Anti no-turbulence lane ropes. Deck-level overflow gutters with raised parapet at start and turn ends. Medium Pressure UV sanitation. Evacuator Air-handling system. OMEGA starting platforms with adjustable Track Start footrest and backstroke ledges. OMEGA timing system (OMEGA Quantum) with FINA sized touchpads at start and turn ends; 2 8-lane alpha-numeric multi-color LED scoreboards.

Pool Certification: Competition pool (50 m) has been certified in accordance with 104.2.2C(4). Copy of certification is on file with USA Swimming.

SCHEDULE

Day 1–4: Prelims 9:00 AM (warm-ups begin at 6:30 AM)
Finals: 5:00 PM (warm-ups begin at 3:30 PM)

TECHNICAL MEETING

A technical meeting of the CSRVIII Chair, Meet Director, Coaches, and Meet Referee is Tuesday, July 16, 2019 at 7:00 PM. Coaches are accountable for ALL information handed out at the Technical Meeting as well as information conducted at the CSRVIII business meeting.

FORMAT

These championships will be conducted in LCM. The 800m and 1500m freestyle and all relays will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 32 swimmers from preliminaries advancing to finals. The order of the final events shall be D, C, B and A. The Bonus (D) Final is reserved for swimmers who are 18 and under. A Ready Room will be used to assemble and parade “A” finalists and the fastest seeded heats of 800m and 1500m freestyle swimmers. These swimmers must report to the Ready Room prior to the start of the D Final for the event.

SEEDING

1. Seeding priority for Summer Meet.
   a. LCM
   b. SCY
   c. LCM Bonus
   d. SCY Bonus - The lowest seeding priority for this meet is SCY Bonus.
2. Individual events will be seeded slowest to fastest including the 400 Free and the 400 IM.

DISTANCE EVENTS

Swimmers may qualify for these events using any of the 800m/1000yd or 1500m/1650yd qualifying standards (i.e. the conforming or non-conforming distance event standards). These distance freestyle events will be swum with the fastest heat of each of the women and men in finals in their normal event numbered place. Swimmers in the top 8 MUST USE THEIR CURRENT FASTEST time that they have achieved in the last TWENTY-FIVE (25) months. Swimmers who are not in the top 8 may swim their fastest provable time or down seed to the lowest non-conforming cutoff time prior to the scratch deadline for that day’s events. All bonus swims will be seeded using the lowest
non-conforming time for this meet. The slower heats will swim in prelims, after the relays, and will alternate women and men swimming fastest to slowest.

**Note:** All “Bonus” distance swims will count against the meet Bonus number of swims available for the athlete. Use of a non-conforming time is the Bonus Qualifying Time. Distance event “Bonus” swims have the same entry fees as regular individual bonus events.

**RELAYS**
- Relay events will be scored for the top 24 finishes.
- Relays will score double points (64-56-54-52-50-48-46-44-40-38-36-34-32-30-28-26-24-22-20-18-16-14-12-10-8-6-4-2)
- There will be no limitations on how many relay entries a team may have.
- Relay entry times at the point of entry into the OME must come from proven times in SWIMS found in the meet qualifying date range. Entry times may be an aggregate of the entered swimmers or a time achieved by the team during the qualifying period. Once the time for the relay is proven through swims no further review of the entry time will happen at the meet.

1. The fastest two heats of each women and men will swim in finals. Heats will swim slowest to fastest in finals.
2. All remaining heats of relays will swim at the conclusion of that day’s preliminaries and will swim fastest to slowest alternating women and men.
3. There is a 10-minute break prior to the start of relays for both prelims and finals.
4. **ONLY** Saturday’s relays may request to swim in the morning or the evening session. Request must be made prior to the scratch deadline (Friday 6:00 PM). All relays will be seeded at their entry time. Open lanes in Saturday’s finals will be permitted.

**ELIGIBILITY**

MAAPP: All applicable adults participating or associated with the meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet.

1. The meet is open to all full time (not seasonal) swimmers. Athletes must be registered members (either attached or unattached) of a CSRVIII member LSC or club and must meet the stated qualifying times.
2. All swimmers must be under the direct supervision of USA Swimming member coach. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race in the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
3. No swimmer will be permitted to compete unless the athlete is a member as provided in Article 302. On deck registration with USA Swimming will NOT be permitted at this meet.
4. Swimmers without a coach present: USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm up, competition and warm down. The Meet Director or Meet Referee shall assist the swimmer in making arrangements for supervision. No swimmer will be issued a credential without a coach-member present. If the home club is not planning to attend the event, the swimmer must be assigned a supervising coach. Arriving with fellow LSC-club is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a supervision form before a credential can be issued.
5. Swimmers entering the meet must have at least one provable entry time to enter the meet. Bonus swims are offered based on the following:
   a. 1 proven time allows for 2 bonus events
   b. 2 proven times allows for 2 bonus events
   c. 3 proven times allows for 2 bonus events
   d. 4 proven times allows for 2 bonus events
   e. 5 proven times allows for 1 bonus events
6. **No bonus swims allowed in the 800/1000 or 1500/1650 unless a swimmer has achieved the qualifying time in one of the distance events they may use that to enter the other distance event. All distance bonus swims will be seeded using the lowest non-conforming time for distance events which is SCY (the lowest non-conforming time for all other events is SCY Bonus). Swimmers who want to enter bonus events by using the qualifying time in another distance event must email the Meet Referee and the CSRVIII Chair directly as OME will not permit this entry. This event will be priced at the bonus entry fee rate.**

7. **All swimmers MUST be USA Swimming registered athletes to be entered into the meet using the OME and in order to receive their credentials. All swimmers must be 2019 athlete members of USA Swimming. The qualifying time date range for the meet begins on Wednesday, June 7, 2017 through Monday, July 15, 2019. All entries must be submitted using USA Swimming’s Online Meet Entry (OME) procedures. The system can be accessed on the USA Swimming website at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). The OME is available for this meet beginning on Tuesday, May 28, 2019 at 1:00 PM CDST. Entries will close on Monday, July 15th, 2019 at 7:00 PM CDST. CSRVIII will provide a Team Manager Event file on the meet website at [https://www.teamunify.com/Home.jsp?team=osjtsc](https://www.teamunify.com/Home.jsp?team=osjtsc) and on the Central Zone Website – [www.centralzones.org](http://www.centralzones.org). This will allow teams to establish the qualifying profile for their swimmers prior to using OME.**

8. **Entry Fees are payable to the Host, Jenks Trojan Swim Club. Failure to pay the entry fees will result in the team and/or athletes being scratched from the meet, and they may not compete in the meet until entry fees are paid.**

9. **Swimmers that swim with a NCAA College Team or as unattached swimmers must have their USA Swimming registration membership listed with a Region VIII USA-S member club or unattached with one of the LSC members of the Region VIII.**

10. **For a swimmer to represent a USA Swimming club in a competitive event, one hundred twenty (120) days must have elapsed without a swimmer having represented any other USA Swimming club in a USA Swimming competition.**

11. **All RELAY ONLY swimmers must be entered into the meet using the OME. Relay only swimmers are restricted to Time Trial entries only unless they have a provable time. Relay Only swimmers must pay the facility surcharge fee in order to be entered in the meet.**

12. **Swimmers with a disability who have been classified and have achieved a National Disability Championship Qualifying Time may enter this meet as long as the time is within the qualifying time standards for this meet. Please contact the Meet Director with any questions.**

13. **Any athlete 18 & over planning to enter the meet must confirm to the Region VIII Chair and Entry Chair compliance with all appropriate requirements associated with the Minor Athlete Abuse Prevention Policy prior to entry submission or the close of the OME. Failure to do so may result in not being able to compete at this meet.**

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**SWIMS DATABASE**

Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

1. **USA Swimming Sanctioned competition**
2. **USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.**
3. **USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines that appear in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.**
4. **The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college, or university within the appropriate time frame, may be used in proving relay entry times. That swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer.**
5. Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. SWIMS data entry from meets in which time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. These times will not be automatically placed in the database. Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved.

6. Times that occur at a qualifying event the weekend prior to the closing of the OME that are not in SWIMS will be accepted with appropriate proof at the venue beginning Tuesday, July 16, 2019. Proof must be provided by the scratch deadline.

**ENTRIES**

All entries must be made online using OME. OME is not an eligibility report. It is the coach’s responsibility to know for which events his or her athlete is qualified. Only times found in the SWIMS database are used for seeding in this meet. All entry times must have been achieved between the qualifying time date range for the meet beginning on Wednesday, June 7, 2017 through Monday, July 15, 2019. Each entry time used must be from a “Sanctioned” or “Approved” meet, or from an “Observed Swim” in accordance with USA Swimming Rules and Regulations. The OME for this event is formatted to force the use of the fastest provable entry time found during the qualifying entry period.

The CRSVIII will provide a Team Manager or suitable event file on the host web site and at the time of the distribution of the Meet Book to the club contacts. The event file can be used to assist you in completing your entries in the OME.

Coaches can update entry times until the close of the OME. By not checking-out, coaches maintain the flexibility to remove swimmers or events. Once you check out of the OME you cannot delete existing entries. You may return to update times for existing athletes, add new swimmers and events up until the close of the OME entry period. You must check out of the OME prior to the entry deadline to have your entries placed in the meet. Times entered in the OME do not automatically update. If there have been improved times since you started the entry process the coach or person making entries must update times for this process to happen. If you do not receive a confirmation from the OME you need to contact us immediately. After an entry has been submitted, removals must be managed by the Meet Admin Staff. Once you have completed your online entry, you will receive an email confirmation. Please keep ALL electronic correspondence and bring them with you to the meet.

Coaches MUST use OME to apply for credentials. Please see credential area for more information.

**Entry limits:**

1. Each swimmer may enter as many events as they qualify for but may compete in only a maximum of 6 individual events plus relays for the total meet.
2. Each swimmer may compete in no more than 3 individual events per day including Time Trials.
3. Time Trials **DO NOT** count towards the total number of events allowed for the meet.

**Entry deadline:**

4. All entries must be submitted using OME (see OME entry procedures) by Monday, July 15, 2019 at 7:00 PM CDST.

5. **OME Psych Sheets are electronically sent to the person on file for the club entry based on contacts from the OME. OME Psych Sheets are made available to each attending team and posted on the club web site: [https://www.teamunify.com/Home.jsp?team=osjtsc](https://www.teamunify.com/Home.jsp?team=osjtsc) by no later than Monday, July 15, 2019 at 9:00 PM CDST. Clubs or unattached athletes will have until Tuesday, July 16, 2019 at 5:00 PM CDST to contact meet management to correct an entry time error or delete an entry. Entry corrections received within this period will be revised in the Psych Sheet. A new psych sheet will be available to the meet contacts by Tuesday, July 16, 2019 at 10:00 PM CDST. No new entries will be accepted prior to Tuesday, July 16th at the venue.**
Swimmers with Disabilities: Coaches entering swimmers with disabilities that require accommodations, including the need for any personal assistance and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host’s ability to accommodate all requests.

Problems/Questions: If you have any questions about using the system, please contact:
- Entries Chair: Greg Huskey: R8entries@gmail.com, (573)228-0385
- CSR VIII Chair: Paul Thompson: auggie1@sbcglobal.net, (405)570-6529

IF YOU HAVE ANY PROBLEMS WITH THE ENTRY PROCESS, YOU MUST EMAIL PAUL THOMPSON, THE MEET REFEREE, AND THE ENTRIES CHAIR PRIOR TO THE CLOSE OF OME. We will work diligently to help resolve issues addressed prior to the close of OME.

DECK ENTRIES:
1. Entries are accepted only for swimmers already entered in the meet.
2. Entries are accepted on the deck up until the check-in/scratch deadline time for that day's events.
3. All individual deck entries are seeded at the lowest non-conforming qualifying time for this meet which is SCY bonus.
4. All relay deck entries are seeded at the lowest non-conforming qualifying time for this meet which is SCY.

NOTE: See eligibility section for deck entry rules for athletes who have received a first time cut.

<table>
<thead>
<tr>
<th>ENTRY FEES / PENALTIES</th>
<th>Entry fees:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. There is a $21.00 facility surcharge per swimmer. $20.00 to host, $1.00 Central Zone.</td>
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<tr>
<td>2. Entry fees are:</td>
<td></td>
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<tr>
<td>a. Proven individual events are $10.00 per event. CSRVIII $4.00, host $6.00.</td>
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<tr>
<td>b. Relay events are $20.00. CSRVIII $8.00, host $12.00.</td>
<td></td>
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<tr>
<td>3. Bonus entry fees are:</td>
<td></td>
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<tr>
<td>a. Bonus individual events are $16.00 per event CSRVIII $10.00, host $6.00.</td>
<td></td>
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<tr>
<td>4. Deck entry fees are:</td>
<td></td>
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<tr>
<td>a. Individual events are $16.00. CSRVIII $6.00, host $10.00.</td>
<td></td>
</tr>
<tr>
<td>b. Relay events are $40.00. CSR VIII $16.00, host $24.00.</td>
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<tr>
<td>5. Time Trial entry fees are:</td>
<td></td>
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<tr>
<td>a. $16 per individual event and $20 per relay event. The host retains all entry fees.</td>
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<tr>
<td>6. <strong>Entry fees must be paid to the Meet Host:</strong> All checks must be payable to the Jenks Trojan Swim Club. If mailed ahead of arrival send to: Jenks Trojan Swim Club 205 East B Street Jenks OK 74037</td>
<td></td>
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</tbody>
</table>

Entry penalties:
**Below is the process for clubs of individuals who have failed to complete entries prior to the entry deadline.** All entries both individual (attached or unattached) swimmers and club entries that were missed at the entry deadline for this meet must complete the following steps in order to enter the meet:

1. All swimmers must have at least one provable cut to enter the meet.
2. All entry fines go to CSRVIII Travel Fund.
3. **Fees for entries not submitted through the OME by the Entry Deadline Monday, July 15, 2019 at 7:00 PM CDST:**
   a. Facility Surchage $21.00. $20.00 goes to host and $1.00 goes to Central Zone.
   b. Individual Event Deck Entry Fee is $20.00. $12.00 goes to host and $8.00 goes to CSRVIII Travel Fund.
   c. Relay Entry Fee is $40.00. $24.00 goes to the host and $16.00 goes to the CSRVIII Travel Fund.
   d. **Fines for failure to enter by the close of the OME** is $50.00 per swimmer (with a maximum fine of $300.00 for a club) who did not submit their entries through the official entry platform before the entry deadline. Fines payable to Host but are included with final Travel Fund fees to the Region VIII.
e. All entries that are not submitted through OME are seeded at the non-conforming bonus cut.

4. **Any swimmer or club that fails to "check out" their entries through the OME prior to Monday, July 15, 2019 at 7:00 PM CDST** are subject to a $50.00 fine per swimmer (with a maximum fine of $200.00 for a club). Fine is payable to the Host but are included with final travel Fund fees to the Region VIII.
   a. The swimmer entries that were listed in the OME report prior to the entry closing will be accepted. Entry times will be seeded accordingly.
   b. Any relay that was already listed is accepted.
   c. All entry fees are based on the entry fees appropriate for entries that were submitted in the regular entry period. (see above)
   d. Any additional entries (individual or relay) are regarded as “deck entries” and all appropriate “deck entry fees and seeding rules will apply. Page 5.

5. **Relay only swimmers** are restricted to Time Trial entries only unless they have a provable time.
   a. All swimmers must have at least one provable individual event priority cut in either LCM or SCY time to enter individual events for the meet.
   b. Relay entry times at the point of entry into the OME must come from proven times in SWIMS found in the meet qualifying date range. Entry times MAY BE AN AGGREGATE OF THE ENTERED SWIMMERS OR A TIME ACHIEVED BY THE TEAM DURING THE QUALIFYING PERIOD. ONCE THE TIME FOR THE RELAY IS PROVEN THROUGH SWIMS NO FURTHER REVIEW OF THE ENTRY TIME WILL HAPPEN AT THE MEET.

**CREDENTIALS**

This meet is a closed deck. All swimmers, coaches, officials and meet volunteers must display their meet credentials to be on deck. All coaches, chaperones, trainers and team managers should participate in the OME Deck Pass process. Credentials for all session admission (NOT DECK ACCESS) for managers, trainers and chaperones may be purchased for $30.00, must be listed on the submitted team entry through the OME and, according to the deck pass formula. Managers, trainers, and chaperones must be included in this formula and on the entry form to receive admission discounts.

**Coaches Credentials:**

1. All coaches in attendance must wear meet credentials and their current USA Swimming registration cards while on deck. OME does not automatically assign a deck pass to the Head Coach. In order for the Head Coach to be included they MUST participate in the Deck Pass process as well.

2. Coaches must participate in the Deck Pass request in the OME process. This will allow us to verify in advance the certifications of all coaches who are in attendance. The host will notify coaches whose recon shows any compliance items requiring attention prior to arrival at the venue.

3. Those coaches who do not participate in the Deck Pass process during the OME entry period must provide all necessary certification documentation at the "registration/check in" area prior to receiving any meet credentials, coach packets, swimmer "goody bag items” and athlete meet credentials. Those coaches not participating in the OME Deck Pass credential process and are expecting to receive a deck pass must show a current USA Swimming coach membership card and be prepared to show acceptable identification (driver's license, passport, etc.) if requested.

4. **Deck Pass/event credential ratio:**

<table>
<thead>
<tr>
<th>Number of Swimmers</th>
<th>Credentials</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5</td>
<td>2</td>
</tr>
<tr>
<td>6-11</td>
<td>3</td>
</tr>
<tr>
<td>12-19</td>
<td>4</td>
</tr>
<tr>
<td>20-27</td>
<td>5</td>
</tr>
<tr>
<td>28-100</td>
<td>6</td>
</tr>
</tbody>
</table>
| DISTANCE/RELAY CHECK-IN | 1. All distance events swimmers (800/1500) and relays MUST positively check-in by the scratch deadline for that day’s events TO BE SEEDED.  
2. Positive check-in deadline for Wednesday’s events is 15 minutes after the completion of the CSRVIII business meeting. Meeting to be held Tuesday, July 16, 2019 at 7:00 PM CDST. Positive check-in deadline for Thursday, Friday, and Saturday’s events is 30 minutes after the beginning of the previous day’s finals.  
3. If coaches do not arrive on Tuesday prior to the positive check-in deadlines, they must make prior arrangements with the Meet Referee if they want their distance swimmer or relay seeded.  
4. Declaration of swimmer names and order of swims is required 1 hour prior to swimming the relays. |
| SCRATCHES | 1. Scratch procedures are in accordance with current USA Swimming National Championship rules and regulations.  
2. Scratch deadline for Wednesday’s events is 15 minutes after the completion of the CSRVIII business meeting. Meeting to be held Tuesday, July 16, 2019 at 7:00 PM CDST. Scratch deadline for Thursday, Friday, and Saturday’s events is 30 minutes after the beginning of the previous day’s finals.  
3. If coaches do not arrive prior to the scratch deadlines, they must make prior arrangements with the Meet Referee if they want to scratch a swimmer or relay.  
4. A swimmer who positive checks-in or who does not scratch from an individual event on the last day of the meet and fails to compete is penalized $50.00 in prelims and $100.00 in finals. 100% of this fine goes to the CSRVIII Travel Fund.  

Finals scratch:  
1. A swimmer who qualifies for a D, 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 dollars ($100.00).  
2. A swimmer who positive checks-in or who does not scratch from an individual event on the last day of the meet and fails to compete is penalized $50.00 in prelims and $100.00 in finals. 100% of this fine goes to the CSRVIII Travel Fund.  
3. The Meet Director will send a list to the CSRVIII Chair immediately following the CSRVIII Meet.  
4. The swimmer will have their club contacted by the CSRVIII Chair immediately following receipt of the list.  
5. Within thirty days (30) after the postmark of the notification from the CSRVIII Chair, payment must be received, or the swimmer is barred from future CSRVIII Meets.  
6. A list will be sent to the Meet Directors of future CSRVIII Meets.  
7. If payment is NOT received within the thirty (30) day period, and is deemed late by the CSRVIII Chair, a penalty of DOUBLE the fine will be incurred by the swimmer. |
| SCORING AND AWARDS | **Team scores will be kept and awarded.** Scoring shall be through twenty-four (24) place basis with individual events. Scoring 32-28-27-26-25-24 -23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and relay events receiving double these point values.  
1. Medals are given to 1st—8th place in individual events and 1st – 3rd in relay events.  
2. There is a parade of the top finishers in each event of finals. The top 3 finishers in each event will report to the awards stand immediately after the event for awarding of the Bronze, Silver and Gold medals. The coach of the top finisher should also report immediately after the event to the awards stand. If the coach is not available, then a substitute will make the awards presentation.  
3. All participants may score and medal at this meet.  
4. Only CSRVIII athlete members may set or hold Region VIII Records.  

Individual and Team awards will be presented after the meet.  
1. Trophies shall be awarded for the Women’s and Men’s teams for the top 3 places.  
2. The CSRVIII Jim Devine Traveling Trophy shall be presented to the Combined Team Winner.  
3. High point awards are given to the 1st, 2nd, and 3rd individual Women’s and Men’s High Point Winners.  
4. Two Plaques are awarded for the “Team” with the “Most Gold Medals” and the “Team” with the “Most Total Medals” during the awards presentations. |
5. A high point distance award (400 Free, 800 Free, 1500 Free and 400 IM) is given to the individual Women's and Men's High Point Winner.
6. The Dylan Lynn Performance of the Meet Award is presented to both a female and male swimmer. LCM Performance of the meet will be scored off of FINA Points. SCY Performance of the meet will be scored off of Hytek Open Points.

**Coach of the year award**
1. The Hank Enterline CSRVIII Coach of the Year is given out twice a year.
2. Coach of the Year for the Spring Sectional Championship is given out at the Summer Meet. Coach of the Year for the Summer Sectional Championship is given out at the Spring Meet.
3. The spring award is presented at Saturday night's finals. The summer award is presented at Friday night's finals.

### TRAVEL FUND
Summer travel fund shares are available to athletes who participated in Junior or National meets after to the Summer Sectional except for years when Olympic Trials occurs before Sectionals. (No time trials or relays may be eligible for a share of the travel fund). Participation in the Reg VIII Travel fund is restricted to CSRVIII Athlete members who have attended and competed in this meet this summer:" Portions of all entry fees for this meet will go to the CSRVIII Travel Fund regardless of affiliation.

- To receive Olympic Trials Travel fund, the athlete must attend two (2) sectional meets, one of which must be the summer sectional meet following trials.
- Athletes who attend Olympic Trials and attend the US Open and/or Junior Nationals will receive an additional share of that summers Travel Fund after all Trial Funds are assigned.

### RULES
Unless otherwise noted herein, these championships shall be conducted in accordance with current USA Swimming Rules including the Minor Athlete Abuse Prevention Policy (MAAPP). It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all of the information contained in the rules, in this event information and conveyed in the Technical Meeting.

**Eligibility and Technical juries** consisting of at least two athletes and one coach from member LSCs will be appointed by the CSRVIII Chair to review protests within their jurisdiction as defined in USA Swimming Rules.

**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 is made by the Meet Committee or the Referee.

Please note:
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

### TIME TRIALS
1. Time Trials are offered at the discretion of the Meet Referee and the Meet Director and **ONLY** if time permits.
2. Time trials begin 10 minutes after the conclusion of the prelim session and may not start after 3:00 p.m.
3. A swimmer must be entered in the meet (individual event or relay only) to be eligible to participate in Time Trials.
4. Time Trials entries are due by 10:00am for seeding in the current day Time Trial program.
5. See Page 6 for Time Trial Entry Fees.
6. First Full Day: That day's events, followed by the remaining events in the meet.
7. 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.
8. Third Day: That day's events, followed by the events of the remaining days of the meet followed by the events of the previous days.
9. Final Day: Only time trials for distance events will be conducted and they will be seeded in open lanes only.
10. Coaches are reminded that swimmers may compete in no more than three (3) individual events per day including time trials.
11. Time trials for the 800 and the 1500 distance events will only be offered on that day's events and those swimming time trials are placed in any open lanes and open heats regardless of gender.
12. Final night: Time Trials are offered to National qualifying standard possible qualifiers only.

**OFFICIALS**

1. This meet has been designated as a national Qualifying meet for officials seeking N2 / N3 certifications or re-certifications.
2. Application to officiate or for evaluation can be found at [www.centralzones.org](http://www.centralzones.org). Applications for an assigned position must be received by June 1, 2019. Deck officials are always welcome, simply fill-out the online application or if the week of the event, please contact the Meet Referee (Steve Potter, spotter.usaswimming@yahoo.com, 616-915-5280) directly.
3. An officials’ meeting will be held one hour prior to each session at the pool. This meet has been designated as a National Qualifying Meet to all officials who wish to and are eligible to be evaluated for advancement or re-certification. Request for evaluation should be made to the Meet Referee by July 9, 2019.
4. The meet attire is black pants, knee length or longer skirts or shorts (during preliminary sessions only) plus black athletic shoes.

**MEET PROGRAM / ADMISSION**

<table>
<thead>
<tr>
<th>Event</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prelims</td>
<td>$15.00</td>
</tr>
<tr>
<td>Finals</td>
<td>$8.00</td>
</tr>
<tr>
<td>Heat Sheets</td>
<td>$30.00 for all sessions $5.00 for each individual session</td>
</tr>
</tbody>
</table>

Session passes are available to purchase in advance.

**Spectator plus package:** Includes all sessions plus heat sheets $75.00 [Click here to purchase](https://www.teamunify.com/Home.jsp?team=osjtsc).

**Spectator package:** Includes all sessions no heat sheets $50.00 [Click here to purchase](https://www.teamunify.com/Home.jsp?team=osjtsc).

**WEBSITE**

Visit the website for the most current information regarding the Speedo Sectionals at Jenks including a listing of hotels, meet information, updates, results, etc.: [https://www.teamunify.com/Home.jsp?team=osjtsc](https://www.teamunify.com/Home.jsp?team=osjtsc)
SUMMER CSRVIII CHAMPIONSHIP SCHEDULE

POOL AVAILABILITY:
1. The pool is available for Team Practice, Tuesday from 12:00 PM to 8:00 PM.
2. Team check-in and registration is available beginning at 12:00 PM on Tuesday.
3. Facility is open a minimum of 30 minutes prior to the start of each morning warm up prelim session for swimmers and coaches.

SESSION & MEET START TIMES:

<table>
<thead>
<tr>
<th>Day</th>
<th>Session</th>
<th>Warm-Up</th>
<th>Clear Pool</th>
<th>Competition Begins</th>
<th>Session</th>
<th>Warm-Up</th>
<th>Clear Pool</th>
<th>Competition Begins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Pool Available for Warm UP 12:00-8:00 PM</td>
<td>General Meeting, Referee, CSRVIII 7:00 PM – All Coaches</td>
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<tr>
<td>Wednesday</td>
<td>Prelims</td>
<td>6:30 AM</td>
<td>8:50 AM</td>
<td>9:00 AM</td>
<td>Finals</td>
<td>3:30 PM</td>
<td>4:50 PM</td>
<td>5:00 PM</td>
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<tr>
<td>Thursday</td>
<td>Prelims</td>
<td>6:30 AM</td>
<td>8:50 AM</td>
<td>9:00 AM</td>
<td>Finals</td>
<td>3:30 PM</td>
<td>4:50 PM</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>Prelims</td>
<td>6:30 AM</td>
<td>8:50 AM</td>
<td>9:00 AM</td>
<td>Finals</td>
<td>3:30 PM</td>
<td>4:50 PM</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>Prelims</td>
<td>6:30 AM</td>
<td>8:50 AM</td>
<td>9:00 AM</td>
<td>Finals</td>
<td>3:30 PM</td>
<td>4:50 PM</td>
<td>5:00 PM</td>
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Note: There is a 10-minute break prior to all relays and a 10-minute break prior to time trials.

WARM-UPS PRELIM SESSION: General warm-up, no assigned lanes. Warm-up opens 6:30 AM; there is general warm up with feet first entry. No sprinting or pace work allowed during the general warm-up session. Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer’s events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up.

45 minutes prior to start of competition, the following warm up procedures are followed.

- Lanes 1&8 pace lanes: No diving or racing starts. Circle swimming only.
- Lanes 2&7 sprint lane: dive start, swim only one direction. Backstrokers enter the water feet first in rotation. No diving over persons in the water. On day of the 50 Free Meet Referee may have one lane starting from opposite end of pool.
- Lanes 3, 4, 5, & 6 general warm-ups. No Diving.
- Additional sprint lanes may be made available upon request to the Meet Referee.
- No equipment to be used during warm-ups in the competition pool. Pull buoys and kickboards may be used in the warm-up pool.

CLEAR POOL: 10 minutes prior to start of meet. 8:50 am. Meet starts 9:00 am.

WARM-UPS FINALS SESSION: Finals warm-up lane usage schedule: General warm up period: feet first entry No Diving from the blocks or sides of pool.

30 minutes prior to start of competition, the following warm up procedures are followed.

- Lanes 1 & 8 pace lanes: No diving or racing starts. Circle Swimming Only.
- Lanes 2 & 7 sprint lane: dive start, swim only one direction. Backstrokers enter the water feet first in rotation. No diving over persons in the water. On day of 50 Free Meet Referee may have one lane starting from opposite end of pool.
- Lanes 3, 4, 5, & 6 general warm-ups. No Diving.
- Additional sprint lanes may be made available upon request to the Meet Referee.
- No equipment to be used during warm-ups n the competition pool. Pull buoys and kickboards may be used in the warm-up pool.

CLEAR POOL: 10 minutes prior to start of meet. Wednesday – Saturday – 4:50 PM Competition starts 5:00 PM
SPEEDO SECTIONALS AT JENKS-2019
CENTRAL SECTION REGION VIII
QUALIFYING TIMES | ORDER OF EVENTS
July 17 - 20, 2019
JENKS, OKLAHOMA

<table>
<thead>
<tr>
<th>EVENT</th>
<th>WOMEN</th>
<th>WOMEN</th>
<th>EVENT</th>
<th>MEN</th>
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**Day 1**

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<tbody>
<tr>
<td>3</td>
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**Day 2**

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**Day 3**

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</table>

**Day 4**

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<td>1:11.99</td>
<td>1:09.99</td>
<td>100 Back</td>
<td>1:04.49</td>
</tr>
</tbody>
</table>

**Note:** 800 and 1500 will Swim after relays in Prelims and First in event order in Finals
Minor Athlete Abuse Prevention Policy

This Policy Applies To:
- All USA Swimming non-athlete members and adult athlete members;
- Participating non-members (e.g., meet marshals, meet computer operators, timers, etc.);
- LSC and club adult staff and board members; and
- Any other adult authorized to have regular contact with or authority over minor athletes.

Collectively “Applicable Adult(s)"

General Requirement
USA Swimming member clubs and LSCs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club.

One-On-One Interactions

I. Observable and Interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor’s legal guardian) must occur at an observable and interruptible distance from another adult unless meeting with a Mental Health Care Professional and/or Health Care Provider (see below) or under emergency circumstances.

II. Meetings
   a. Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult, except under emergency circumstances.
   b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
   c. Meetings must not be conducted in an Applicable Adult or athlete’s hotel room or other overnight lodging location during team travel.

III. Meetings with Mental Health Care Professionals and/or Health Care Providers

If a Mental Health Care Professional and/or Health Care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that:
   a. The door remains unlocked;
b. Another adult is present at the facility;
c. The other adult is advised that a closed-door meeting is occurring; and
d. Written legal guardian consent is obtained in advance by the Mental Health Care Professional and/or Health Care Provider, with a copy provided to the club.

IV. Individual Training Sessions [Recommended]

Individual training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Legal guardians must be allowed to observe the training session.

SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS

I. Content

All electronic communication from Applicable Adults to minor athletes must be professional in nature.

II. Open and Transparent

Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete’s legal guardian must be copied. If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult must copy the minor athlete’s legal guardian on any electronic communication response to the minor athlete.

When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult must copy another adult.

III. Requests to Discontinue

Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by the club, LSC or by an Applicable Adult subject to this Policy. The organization must abide by any such request that the minor athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

IV. Hours

Electronic communications must only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or during competition travel.

V. Prohibited Electronic Communication

Applicable Adults with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with minor athletes must be discontinued. Minor athletes may “friend” the club and/or LSC’s official page.

Applicable Adults with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms.

TRAVEL

I. Local Travel

Local travel consists of travel to training, practice and competition that occurs locally and does not include coordinated overnight stay(s).

Applicable Adults must not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must always have at least two minor athletes or another adult in the vehicle, unless otherwise agreed to in writing by the minor athlete’s legal guardian. [Recommended]

Legal guardians must pick up their minor athlete first and drop off their minor athlete last in any shared or carpool travel arrangement.

II. Team Travel

a. During team travel, when doing room checks two-deep leadership (two Applicable Adults should be present) and observable and interruptible environments must be maintained.
b. Unrelated non-athlete Applicable Adults must not share a hotel room, other sleeping arrangement or overnight lodging location with an athlete.

Team travel is travel to a competition or other team activity that the organization plans and supervises. When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete’s legal guardian must provide written permission in advance and for each competition for the minor athlete to travel alone with said Applicable Adult.

Team Managers and Chaperones who travel with the club or LSC must be USA Swimming members in good standing.

c. Meetings during team travel must be conducted consistent with the One-on-One Interactions section of this Policy (i.e., any such meeting must be observable and interruptible). Meetings must not be conducted in an individual’s hotel room or other overnight sleeping location.

Minor athletes should be paired to share hotel rooms or other sleeping arrangements with other minor athletes of the same gender and of similar age. When a minor athlete and an adult athlete share a hotel room or other sleeping arrangement, the minor athlete’s legal guardian must provide written permission in advance and for each instance for the minor to share a hotel room or other sleeping arrangement with said adult athlete.

**LOCKER ROOMS AND CHANGING AREAS**

I. Requirement to Use Locker Room or Changing Area

The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).

II. Use of Recording Devices

Use of any device’s (including a cell phone’s) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a minor athlete or an Applicable Adult is prohibited.

III. Undress

An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under any circumstance. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete’s breasts, buttocks, groin or genitals to the unrelated Applicable Adult under any circumstance.

IV. One-on-One Interactions

Except for athletes on the same team or athletes attending the same competition, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area, except under emergency circumstances. If the organization is using a facility that only has a single locker room or changing area, separate times for use by Applicable Adults must be designated.

V. Monitoring

The club must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:

a. Conducting a sweep of the locker room or changing area before athletes arrive;

b. Posting staff directly outside the locker room or changing area during periods of use;

c. Leaving the doors open when adequate privacy is still possible; and/or

d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.

Every effort must be made to recognize when a minor athlete goes to the locker room or changing area during practice and competition, and, if the minor athlete does not return in a timely fashion, to check on the minor athlete’s whereabouts.

VI. Legal Guardians in Locker Rooms or Changing Areas

Legal guardians are discouraged from entering locker rooms and changing areas. If a legal guardian does enter a locker room or changing area, it must only be a same-sex legal guardian and the legal guardian should notify a coach or administrator in advance.
MASSAGES AND RUBDOWNS/ATHLETE TRAINING MODALITIES

I. Definition: In this section, the term “Massage” refers to any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).

II. General Requirement

Any Massage performed on an athlete must be conducted in an open and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

III. Additional Minor Athlete Requirements

a. Written consent by a legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to the club.
b. Legal guardians must be allowed to observe the Massage.
c. Any Massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the Massage in the room.
d. [Recommended] Any Massage of a minor athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician’s treatment plan.