

Arizona Swimming 2015 Short Course Regional Championships

Hosted by

YUMA AQUATICS

FEBRUARY 20-22, 2015

Held under the sanction of USA Swimming

- Sanctioned by: Arizona Swimming, Inc. Sanction Number: AZ15-71
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.
Meet Director: Krista Clifford (kristaclifford@hotmail.com)
Meet Referee: John-Paul Plante (johnpaulplante@hotmail.com)
Meet Location: Valley Aquatic Center - 4381 W 18th 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, PSC, FORD, TJCC, FAST, SAQ, LTAZ, SVTT, HSST, DTAC, OV, TYSC, SMAN, LPST, MSC, LAMA, TCC, TSC, VC**
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. A copy of such certification is on file with USA Swimming.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet x 9 inches at the start end and 6 feet x 9 inches at the turn end.
7. 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.
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.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
11. 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.
12. 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
13. 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.
14. 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.
15. 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.

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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.
6. Time trials may be offered subject to meet entry limits at the discretion of the Meet Referee.

Sessions:

Session I Friday, February 20:	Warm-ups: 3:00pm	Start: 4:00pm
Session II Friday, February 20:	Warm-ups: Continuous	Start: 30 min after session I
Session III Saturday, February 21:	Warm-ups: 7:30am	Start: 8:30am
Session IV Saturday, February 21:	Warm-ups: Continuous	Start: 30min after session III
Session V Sunday, February 22:	Warm-ups: 7:30am	Start: 8:30am
Session VI Sunday, February 22:	Warm-ups: Continuous	Start: 30min after session V

Entries: \

Meet entry committment deadline is Wednesday February 4th

Entry Fees:

\$7.00 LSC surcharge
\$5.00 per individual event
\$8.00 per relay
\$9.00 per individual time trial event

Awards:

Individual events: Regional medals 1st thru 3rd
Regional ribbons 4th thru 8th place
Relay events: Regional medals 1st place

Team Awards for First and Second place

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 see the supplemental information guide for information about concessions, vendors, hotels, parking and more!

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Session I – Friday, February 20th

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

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	11-12 50 Back	18
19	13-Over 50 Back	20
21	10 & U 50 Breast	22
23	11-12 50 Breast	24
25	13-Over 50 Breast	26
27	10 & U 50 Fly	28
29	11-12 50 Fly	30
31	13-Over 50 Fly	32
33	10 & U 50 Free	34
35	11-12 50 Free	36
37	13-Over 50 Free	38
39	11-12 200 Medley Relay	40
41	13-14 200 Medley Relay	42
43	15 & O 200 Medley Relay	44

Session II – Friday, February 20th

Warm up: available in warm-up lanes during Session I
Meet Start: 30 minutes after completion of Session I

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

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Session III – Saturday, February 21st

Warm up: 7:30PM

Meet Start: 8:30PM

Girls	Event	Boys
45	11-12 400 IM	46
47	10 & U 200 Free	48
49	11-12 200 Free	50
51	10 & U 100 Back	52
53	11-12 100 Back	54
55	11-12 200 Breast	56
57	10 & U 100 Fly	58
59	11-12 100 Fly	60
61	10 & U 100 IM	62
63	11-12 100 IM	64
65	11-12 400 Free Relay	66
67	10 & U 200 Free Relay	68
69	11-12 1650 Free*	70

*Athletes are responsible for providing their own timers (2) and lap counting personnel

Session IV- Saturday, February 21st

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

Meet Start: 30 minutes after completion of Session III

71	13-14 400 IM	72
73	15& O 400 IM	74
75	13-14 200 Free	76
77	15& Over 200 Free	78
79	13-14 100 Back	80
81	15 & Over 100 Back	82
83	13-14 200 Breast	84
85	15& Over 200 Breast	86
87	13-14 100 Fly	88
89	15& Over 100 Fly	90
91	13-14 800 Free Relay	92
93	15&Over 800 Free Relay	94
95	13-14 1000 Free*	96
97	15& Over 1000 Free*	98

Athletes are responsible for their own timers (2) and Lap counting Personnel

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Session V – Sunday, February 22nd

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

Girls	Event	Boys
99	11-12 400 Medley Relay	100
101	10 & U 200 Medley Relay	102
103	11-12 100 Free	104
105	10 & U 100 Free	106
107	11-12 200 Back	108
109	11-12 100 Breast	110
111	10 & U 100 Breast	112
113	11-12 200 Fly	114
115	11-12 200 IM	116
117	10 & U 200 IM	118
119	11-12 500 Free*	120

*Athletes are responsible for providing their own timers (2) and lap counting personnel

Session VI – Sunday, February 22nd

Warm up: available in warm-up pool during Session V

Meet Start: 30 minutes after completion of Session V

121	13-14 400 Medley Relay	122
123	15 & Over 400 Medley Relay	124
125	13-14 100 Free	126
127	15 & Over 100 Free	128
129	13-14 200 Back	130
131	15 & Over 200 Back	132
133	13-14 100 Breast	134
135	15 & Over 100 Breast	136
137	13-14 200 Fly	138
139	15 & Over 200 Fly	140
141	13-14 200 IM	142
143	15 & Over 200 IM	144
145	13-14 400 Free Relay	146
147	15 & Over 400 Free Relay	148
149	13-14 500 Free*	150
151	15 & Over 500 Free *	152

*Athletes are responsible for providing their own timers (2) and lap counting personnel