



MS Swimming, Inc.
Long Course State Championships
July 22 - 25, 2010

- Sanction:** Held under the sanction of USA Swimming and MS Swimming, Inc. Meet Sanction: 1016 / Time Trial: 1016TT
- Sponsor:** **Delta Aquatic Club** www.deltaducks.org
Meet Page will be available
- Location:** Delta State Aquatic Club, Delta State University, Cleveland, MS 38733. Phone #: (662) 846-4730.
GOOGLE : use the following address
101 Yazoo Street, Cleveland, MS
- Facilities:** Indoor 8 lane, 50 meter by 25-yard competition pool. The long course venue for this meet includes 8 lanes, 9 feet wide, six-inch Competitor lane lines, 7 feet minimum depth, with one removable Stark bulkhead. The timing will be run on a Colorado Time System 6 and Colorado System Myriad Full Matrix LED Scoreboard, with pads at both ends, and Hy-Tek Meet Manager. Equipment includes Paragon tract Competitor starting blocks with electronic relay take-off equipment. The building is designed with permanent seating for 800. Continuous warm-down area will be provided at the west end of the pool. Hospitality for coaches and officials. Concessions, bleachers for swimmers, and first aid will be provided. **Parents and spectators are not allowed on the pool deck**, unless they are timing or officiating.
- Rules:** Current USA Swimming Rules will govern the conduct of the meet.
- Meet Committee:** A committee of 5 will be chosen by the Chief Referee before the meet to settle any differences. The committee will be composed of an athlete, at least one coach, and three other non-athlete registered members of USA Swimming. Meet committee members will not be allowed in the meeting if the grievance is about their team. Alternates will be appointed in case of conflict(s) of interest.
- Officials:** Only MSI certified officials will be used. No provisional officials will be trained at this meet unless you are training to be certified as an Administrative Referee. (if you are training as an Administrative Referee you must have met all requirements to be able to work as Administrative Referee)
- The Chief Referee** will allow all disabled swimmers to participate in the MSI Championship Swim Meets even if they do not have qualifying times. They can score points for their team if they swim the qualifying time(s) in the events they swim during finals (timed finals).

Coaches: Please send names of officials willing to work to the Chief Referee. Coaches must be current USA Swimming Coach members in order to perform deck duties and be prepared to show credentials if requested. If a coach is currently not certified, he/she may observe the meet as any other spectator, but may not be on the deck.

Eligibility: Current USA Swimming registered swimmers who are in good standing with Mississippi Swimming, Inc. and who have established MSI qualifying times at or since the 2009 Long Course Championships through entry deadline, 5:00pm, July 17, 2010, are eligible.

All swimmers must be registered in Mississippi Swimming through USA Swimming at least 15 days prior to the first day of the meet and must have swum in a MSI sanctioned meet since the first day of the Long Course State Championship 2010.

The swimmer's age as of the first day of the meet will determine the swimmer's age group for the meet.

Swimmers may qualify with long course meter, short course yards or short course meter. The qualifying time standards are listed on page [7] for SCY and LCM only.

Senior events will use the 15-16 time standards from USA Swim.

Eligibility: Each relay team must have at least two swimmers who have a qualifying time for the age group of the relay. If not, the relay will be disqualified.

'Relay Only' swimmers must be entered in the meet by the end of warm-ups on Thursday afternoon for the entire meet. Entries on the recap sheet must show name, age, and a current USA Swimming number of all entered swimmers. This also applies for relay only swimmers. Put the relay only swimmers on a separate sheet provided on Page 12 (last page) of this Meet Information.

Seeding: Seeding will be according to Article 102.5 of USA Swimming Rules and Regulations.

Non-conforming Times: Swimmers who have achieved the qualifying time, as appropriate, in a corresponding event either (LCM) or (SCM) may use that time to enter the event. Please use the actual time (LCM) or (SCM) or (SCY) for entry. **Do not convert times or use the long course time standard.** Non-conforming times are entered behind (slower than) the LC meter time. [For example a 14 year old boy entered in the 1500 with a long course meter time of 21:00.00 will be seeded ahead of a 16 year old boy with a (SCY) time of 18:00.00.]

Non-conforming Distances: You may enter events with nonconforming times, however not non conforming distances. Swimmer must have swum the event within the last year to compete in the event. For this state championship, the athlete must have to have competed with the qualifying time since July 23rd, 2009. The following events are treated equal.

400m Free / 500 yd Free
800m Free / 1000 yd Free
1500m Free / 1650 yd Free

For example, if a swimmer has a qualifying time in the 500 yd Free, this swimmer may NOT compete in the 800m Free.

Proof of Time: A swimmer may swim those events for which he/she has a qualifying time. All submitted times must have been swum at or since the 2009 Long Course State Championship. If the swimmer who has qualified for an event does not meet the qualifying time during his/her first swim of the event, his/her seed time must be verified by the Proof of Time clerk within 30 minutes of the last heat of the last event of the day's preliminary competition. Failure to prove such time may result in disqualification from the event and a \$100.00 fine.

Proof of Time: Coaches, it is your responsibility to bring the official results used to enter your swimmers. All entries for your team should be verified and checked to be correct. Our acceptance of your entries in no way removes that responsibility.

Acceptable verification of entries are meet final results with the cover sheet or meet summary sheets with team license from the host team if an out of state team does not send final results.

Conduct of Meet:

Preliminaries/Finals.

All 10 and under events will be timed finals to be swum during prelims.

All heats of relays will be swum in their order in the preliminary session, except the Senior 200 Free Relay and 200 Medley Relay will only be swum at the finals session.

The 400 I.M., 400, 800, and 1500 freestyle events will be swum as timed final events during the prelims, combined ages, fastest to slowest, alternating girls/boys, with the exception of the TOP 8 of 400 Free and 400 IM. These events will be scored separately. These events will be deck seeded. Positive check-in is required for these events 30 minutes prior to the end of warm-ups on the day of the event. ***These events will have a 5 minute break prior to the start of the event, EXCEPT a 10 minute break will be given between the 13-14 400 Relay and 400 Free on Sunday prelims. Listed on Meet Event Order pages.***

The 400m Free and 400m IM will be "Positive Check In" events with an AM/PM option to compete. After "Positive Check In" is closed, the top 8 athletes will compete at FINALS, while the remaining will compete in PRELIMS.

All other individual events (11 and older) will be circle seeded and will be swum twice regardless of the number of swimmers entered.

Entry Limit:

The 10 and unders may swim three (3) individual events per day. The 11 and ups may enter a total of seven (7) individual events for the entire meet. A swimmer may enter one (1) relay per session. Limit of events also includes time trials. Time trial events count as one of the three (3) events allowed on a given day, but do not count as one of the seven (7) individual events in the meet. A swimmer may not be entered in more than three (3) individual events per day. This will include time trials.

Time Trials: Time Trials will be held at the end of competition on Thursday. Time Trials will be held between prelims and finals on Friday and Saturday. Time Trials will be subject to the limit of event rules. (See above) Time Trials will be held at the discretion of the Chief Referee.

Reporting: Swimmers in all events will report directly to the starting blocks. It is the responsibility of the swimmer to see that they report to his/her lane at the proper time. The meet will not be delayed to wait for any swimmer.

Scratches: Coaches should provide the Chief Referee his/her scratches from preliminary events and the 10 and under events prior to the beginning of the sessions but are not mandatory and will not have a penalty imposed for missed events, however USA Swimming Championship Scratch Rules and Procedures apply for scratching from finals and deck seeded events. Failure to swim is subject the following rules.

1. Failing to swim in a deck seeded event after a positive check-in will result in the swimmer being barred from his/her next individual event.

2. Any swimmer failing to properly scratch and failing to compete in the consolation finals or finals shall be barred from the remainder of the meet unless relieved for good cause by the Referee.

Schedule:

Thursday

Warm-up	2:00 p.m. - 2:50 p.m.
	2:50 p.m. - 3:40 p.m.
Competition	4:00 p.m.
Officials Meeting	3:00 p.m.
Coaches Meeting	3:45 p.m.

Friday thru Sunday

Warm-up	6:30 a.m. - 7:20 a.m.
	7:20 a.m. - 8:10 a.m.
Competition	8:30 a.m.
Officials Meeting	7:30 a.m.
Coaches Meeting	8:15 a.m.

Schedule: Finals - Warm-ups not before 3 hours following the conclusion of prelims for one 50 minute session. Actual start time of warm-ups will be announced each day during prelims.

Competition will begin 1 hour after the start of warm-ups.

All teams will be notified sometime on **Tuesday, July 20, 2010** of their morning warm-up times.

Warm-ups: MSI safety guidelines and warm-up procedures will be in effect at this meet. The first 30 minutes will be general warm-ups, NO DIVING. In the last 20 minutes, the two outside lanes will be for

pace, all swimmers leaving the wall from a push. Lanes 2 and 7 are dive off blocks with one way traffic. The remaining lanes are for general warm-ups, NO DIVING.

Scoring: Only qualifying times achieved in an individual event during finals (time finals) at the meet will be scored.

A team may score two relay teams per relay event.

Scoring: Individual: 20, 17, 16, 15, 14, 13, 12, 11
9, 7, 6, 5, 4, 3, 2, 1

Relays: 40, 34, 32, 30, 28, 26, 24, 22
18, 14, 12, 10, 8, 6, 4, 2

Awards: MSI Medals 1st-8th Championship
Ribbons 9th-16th Consolations

Team Banner 1st-5th

Individual High Point Trophies by age group/sex

Possession of the Magnolia Cup will be awarded to the winning team until the next MSI Championship.

Entry Fees: \$3.50 per individual event
\$10.00 per relay event
\$5.00 per swimmer MSI surcharge
(relay only swimmers have to pay the surcharge)

Entry Deadline: **All entries must be received no later than 5:00pm on Saturday, July 17th, 2010.**

Entries must be complete and include recap sheets with non-conforming times highlighted. Entry fees must be included. We encourage you to send your entries by disk using Hy-Tek program. Send the entry form, release form, printout of entries, and a copy of the non-conforming times used on a separate sheet.

NO LATE ENTRIES WILL BE ACCEPTED.

Entries on the recap sheets must show name, age, and current USA Swimming number of all entered swimmers. This also applies for relay only swimmers. (put relay swimmers on a separate sheet)

Note: The club or person responsible for entering an unregistered swimmer as "registered" will be subject to a fine of up to \$100.00 per event. This will be enforced by the MSI Board of Review.

Additional: A committee consisting of technical planning Information: chairman, officials chairman, general chairman, and the meet director will make decisions based on the time line of the meet to offer suggestions to keep the meet running smoothly whether it be for all events or certain events. These recommendations will be made to the host team if they have the capability.

The Administrative Referee of the MSI State Championship will help the host team with the final results.

Based on the number of swimmers that a team brings, each team will provide timers for all sessions.

Bathroom Policy:

Absolutely NO cell phones or camera's are allowed in the boys and girls bathrooms in the Aquatic Center or in any of the surrounding bathrooms in DSU buildings.

Swim Wear:

Swim Wear will be according to Article 102.9 of USA Swimming Rules and Regulations. 102.9 Swimwear, .1 Design, A. Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee.

Pool Certification: Swim Wear will be according to Article 104.2.2C(4) of USA Swimming Rules and Regulations.

202.3 Conditions of Sanction

.5 The meet announcement must include one of the following statements:

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Heat Sheets:

Will be provided for download on the DAC Website.

Mail Entries:

Make checks payable to Delta Aquatic Club.
Mail checks, signed release forms, recap sheets, and entries to:

Coach Dan'l Murray
1000 South Fifth Avenue
Cleveland, MS 38732
662.588.3263 (cell)
deltacoachdanl@yahoo.com

Please notify us if entries are shipped any way other than U.S. Post Office. Waive signatures so that no one has to sign for the parcel and it will be delivered.

Meet Director:

Kevin Cox
506 Frederick Drive
Cleveland, MS 39732
662.843.1666 (home)
662.719.6074 (cell)
kwc514@yahoo.com

Chief Referee:

Doug Welch, MSI Officials Chairman

Administrative Referee:

Alan Branson

Mississippi Swimming State Qualifying Times (2010 LC)

10 & Under Girls			10 & Under Boys	
Long Course	Short Course	Events	Short Course	Long Course
42.99	37.89	50 Free	37.09	42.29
1:38.49	1:26.49	100 Free	1:24.59	1:36.39
3:36.09	3:09.29	200 Free	3:00.39	3:24.79
7:14.49	8:04.99	400 / 500 Free	8:00.49	7:15.59
52.99	46.19	50 Back	46.39	53.29
1:55.69	1:39.89	100 Back	1:42.89	1:58.09
1:01.59	53.59	50 Breast	53.59	1:01.59
2:17.49	1:59.99	100 Breast	1:55.69	2:13.59
55.09	48.79	50 Fly	47.29	52.89
2:12.59	1:57.49	100 Fly	1:55.19	2:09.79
x	1:39.39	100 IM	1:41.29	x
3:59.79	3:31.09	200 IM	3:29.49	3:57.79
11-12 Girls			11-12 Boys	
Long Course	Short Course	Events	Short Course	Long Course
37.79	33.09	50 Free	33.39	37.99
1:25.79	1:13.59	100 Free	1:13.09	1:23.29
2:57.19	2:37.39	200 Free	2:33.19	2:54.29
6:13.99	6:55.49	400 / 500 Free	6:50.29	6:08.09
45.49	39.59	50 Back	39.49	45.69
1:38.89	1:27.99	100 Back	1:25.79	1:39.19
49.09	44.09	50 Breast	44.29	51.09
1:49.99	1:36.39	100 Breast	1:35.09	1:49.19
42.39	37.79	50 Fly	38.19	42.99
1:38.69	1:27.19	100 Fly	1:25.79	1:37.49
x	1:23.19	100 IM	1:23.69	x
3:22.29	2:57.29	200 IM	2:56.29	3:21.79
13-14 Girls			13-14 Boys	
Long Course	Short Course	Events	Short Course	Long Course
37.89	33.39	50 Free	30.69	35.39
1:22.09	1:12.49	100 Free	1:06.99	1:16.99
2:50.79	2:30.59	200 Free	2:20.89	2:41.19
5:56.19	6:37.09	400 / 500 Free	6:17.19	5:40.69
12:08.99	13:38.59	800 / 1000 Free	13:03.49	11:48.09
23:14.79	22:43.69	1500 / 1650 Free	21:40.19	22:25.19
1:30.79	1:19.89	100 Back	1:14.89	1:26.89
3:08.29	2:45.69	200 Back	2:35.59	3:00.79
1:43.89	1:30.59	100 Breast	1:24.09	1:34.89
3:35.99	3:07.69	200 Breast	2:55.89	3:24.79
1:29.19	1:19.09	100 Fly	1:13.29	1:22.89
3:09.29	2:47.19	200 Fly	2:37.89	2:58.59
3:05.69	2:42.99	200 IM	2:31.99	2:55.99
6:46.19	5:57.59	400 IM	5:38.09	6:27.59
15 & Over Girls			15 & Over Boys	
Long Course	Short Course	Events	Short Course	Long Course
35.79	31.59	50 Free	28.49	32.39
1:17.29	1:08.39	100 Free	1:02.09	1:10.99
2:45.69	2:26.69	200 Free	2:15.09	2:34.29
5:47.59	6:30.79	400 / 500 Free	6:04.89	5:26.49
11:56.79	13:25.39	800 / 1000 Free	12:36.19	11:17.19
23:01.89	22:28.29	1500 / 1650 Free	21:08.89	21:37.59
1:28.99	1:17.69	100 Back	1:11.29	1:22.39
3:04.89	2:41.89	200 Back	2:28.89	2:50.19
1:41.09	1:28.29	100 Breast	1:20.39	1:32.99
3:28.89	3:03.19	200 Breast	2:48.89	3:16.09
1:26.59	1:17.39	100 Fly	1:10.09	1:18.99
3:02.99	2:42.59	200 Fly	2:30.09	2:49.49
3:01.19	2:39.29	200 IM	2:26.39	2:48.89
6:34.39	5:48.59	400 IM	5:23.79	6:07.99

MS Swimming, Inc. Long Course State Championship Order of Events

Thursday

Girls		Boys
1	13-14 400 m Medley Relay	2
3	Senior 400 m Medley Relay	4
5	12 and under 400 m Free (Scored as 10&u / 11-12)	6
7	Senior 1500 m Free (Scored 13-14/ Senior)	8

Friday

9 *	Senior 200 m Free Relay	10 *
- 5 minute break -		
11	10 and un 50 m Breast	12
13	11-12 50 m Breast	14
15	13-14 100 m Breast	16
17	Senior 100 m Breast	18
19	10 and un 100 m Back	20
21	11-12 100 m Back	22
23	13-14 200 m Back	24
25	Senior 200 m Back	26
27	10 & un 200 m Free	28
29	11-12 200 m Free	30
31	13-14 200 m Free	32
33	Senior 200 m Free	34
35	10 and un 50 m Fly	36
37	11-12 50 m Fly	38
39	13-14 100 m Fly	40
41	Senior 100 m Fly	42
43 #	11-12 200 m Free Relay	44 #
45 #	13-14 200 m Free Relay	46 #
- 5 minute break -		
47	Senior 400 m I.M. (Scored 13-14/ Senior)	48

Notes:

Swum during Prelims

* Swum during Finals

Saturday

49 * Senior 200 m Medley Relay 50 *

- 5 minute break -

51	10 and under 200m I.M	52
53	11-12 200 m I.M.	54
55	13-14 200 m I.M.	56
57	Senior 200 m I.M	58
59	10 and under 100 m Free	60
61	11-12 100 m Free	62
63	13-14 100 m Free	64
65	Senior 100 m Free	66
67	10 and un 100 m Breast	68
69	11-12 100 m Breast	70
71	13-14 200 m Breast	72
73	Senior 200 m Breast	74
75 #	13-14 200 m Medley Relay	76 #
77 #	11-12 200 m Medley Relay	78 #
79 #	10 and un 200 m Medley Relay	80 #

- 5 minute break -

81 Senior 800 m Free 82
(Scored 13-14/ Senior)

Sunday

83 #	10 and un 200 m Free Relay	84 #
85	Senior 100 m Back	86
87	13-14 100m Back	88
89	11-12 50 m Back	90
91	10 and un 50 m Back	92
93	Senior 50 m Free	94
95	13-14 50 m Free	96
97	11-12 50 m Free	98
99	10 and un 50 m Free	100
101	Senior 200 m Fly	102
103	13-14 200 m Fly	104
105	11-12 100 m Fly	106
107	10 and un 100 m Fly	108
109 #	Senior 400 m Free Relay	110 #
111 #	13-14 400 m Free Relay	112 #

- 10 minute break -

113 # Senior 400 m Free 114 #
(Scored 13-14/ Senior)

Notes:

Swum during Prelims

* Swum during Finals

INFORMATION FORM FOR DISABLED SWIMMERS

NAME _____

ADDRESS _____

AGE _____ BIRTHDATE ____ / ____ / ____.

EVENTS TO BE SWUM ____ / ____ / ____ / ____ / ____ / ____ / ____

TYPE OF DISABILITY

Blind _____ Mentally Retarded _____ Deaf _____ Physical _____

EXTENT OF DISABILITY: Be specific, e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

THE FOLLOWING PERSON(S) WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:

TYPE OF MEDICATION _____

PURPOSE OF MEDICATION _____

PARENT'S OR GUARDIAN'S NAME _____

PARENT'S OR GUARDIAN'S SIGNATURE _____

ATHLETES'S SIGNATURE _____

PHYSICIAN'S NAME (please print) _____

PHYSICIAN'S ADDRESS _____

PHYSICIAN'S PHONE NUMBER _____

I have examined the above Entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in USA Swimming competition.

Physician's signature

Date

Team Entry Summary Report Sheet

Total number of swimmers _____ x\$5.00= _____
(MSI surcharge)

Total number of relay only swimmers _____ x\$5.00= _____
** must list swimmer's name
on the last page given with meet
information [pg.12] .*

Total number of individual entries _____ x\$3.50= _____

Total number of relay entries _____ x\$10.00= _____

Total Entry Fees \$ _____

Send Official Results to:

Name _____

Address _____

Phone: _____ (cell) _____ (work) _____

Club Name and Club Code _____

Coaches attending the meet

Officials attending the meet

Release

On behalf of each of the listed competitors, I understand and agree that USA Swimming, Inc., MSI Inc., the host club, Delta State University, and meet officials shall be free of all liabilities or claims for loss of valuables or damages arising by any reason of injuries to anyone during travel to or from this meet or during the conduct of this meet or during any social gathering associated with this meet and expressly agree to waive as condition of being allowed to enter this meet.

Signed _____ Date _____
(team coach/team representative)

List of Relay Only Swimmers

Name	Age	USA#
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

_____ (Number of Relay Only Swimmers) x \$5.00 surcharge = \$_____****

******Place this total figure on Team Entry Report Summary Sheet on Page 10**

Cleveland Area Accommodations

Comfort Inn Cleveland

Hwy 61 North
Cleveland, MS 38732
Phone: (662) 843-4060
Fax: (662) 843-2444

HOTEL NOTE

**Davis Avenue is
also Hwy 61**

Best Western Inn

Hwy 61 South
Cleveland, MS 38732
Phone: (662) 846-5404
Fax: (662) 846-1775

Hampton Inn Cleveland

Hwy 61 North
Cleveland, MS 38732
Phone: (662) 846-1525
Fax: (662) 846-1528

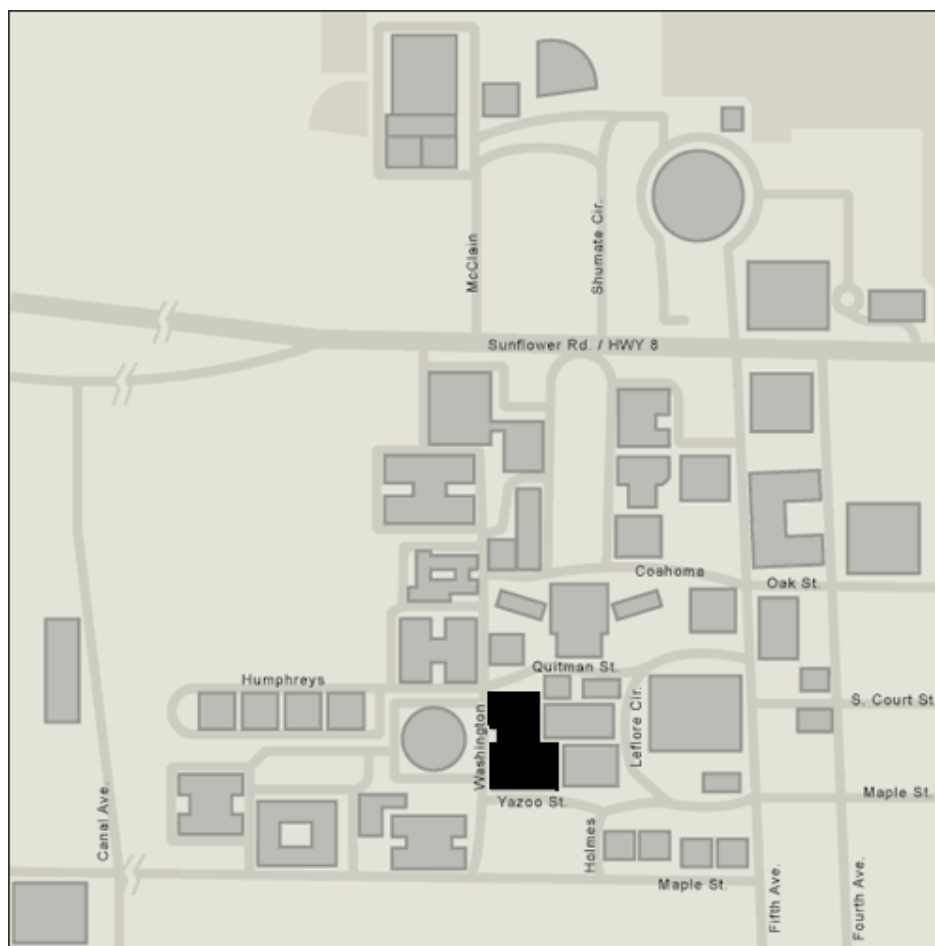
Holiday Inn Express

Hwy 61 North
Cleveland, MS 38732
Phone: (662) 843-9300
Fax: (662) 843-2444

Days Inn Cleveland

900 South Davis Avenue
Cleveland, MS 38732
Phone: (662) 846-6649
Fax: (662) 846-7785

Directions to the Pool – Delta State University Map



* Aquatic Center is darkened

- If traveling onto Highway 8, turn at the stoplight onto Fifth Ave.
- Take 5th Ave to STOP sign, take your first (Right) after STOP sign.
- Take Leflore towards Campus (Right) the Aquatic Center and you will see the parking lot across from the pool.

**GOOGLE MAP: use the following address
101 Yazoo Street, Cleveland, MS**