

SPEEDO SECTIONALS AT COLUMBIA-2015
CENTRAL SECTION REGION VIII
LCM SUMMER SWIMMING CHAMPIONSHIP MEET FLYER
July 15-18, 2015

SANCTIONED BY: Held under the sanction of USA Swimming and Missouri Valley Swimming, Inc.

SANCTION #: Meet MV-15-63, Time Trial MV-15-64TT

HOSTED BY: Columbia Swim Club

LOCATION: Mizzou Aquatic Center at the University of Missouri Student Recreation Complex, 213 Rothwell Gymnasium, Columbia, MO 65211. *In order to find this on navigation app, enter Corner of Rollins & Hitt Street on the University of Missouri Campus or use 1100 Rollins St. which is actually a building on opposite corner. (573) 884-5600.*

FACILITY: 8 lane, 50-meter competition course (79 degrees), 8 lane, 25-yard warm-up, cool-down pool (80-81 degrees), The depth of the pool measured from a distance of 3 feet 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) is 98.5 inches at the start end and 98.5 inches at the turn end. Colorado Time System throughout facility, 8 lane scoreboard, 3 Full-color digital display boards, 96” Lanes, 2 Stark Movable Bulkheads, 6” Competitor Gold Medal Lane Ropes.

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

CONTACTS:

Meet Director: Valerie Wen, meetdirector@csctigersharks.org, 573-239-4629

Meet Referee: Amy Hoppenrath, ahoppenrath@gmail.com, 816-210-6224

PARKING: Parking is available on levels 4-6 only of the Virginia Avenue Garage located adjacent to the Student Recreation Complex and in the metered lot just east of the garage. Parking passes are REQUIRED for garage during the week, but are free with a paid admission; they are available at admissions area and on the Columbia Swim Club Website, www.csctigersharks.org/.

Bus parking is available in AV14 Trowbridge. For a map of MU campus parking, follow <http://mu-cf-map.col.missouri.edu/muparking/>

FACILITY ACCESS:

Access to the Student Recreation Complex and Mizzou Aquatic Center is through the main entrance to the facility on the Southeast side of the complex along Hitt Street.

Spectators will access the Student Recreation Complex and Mizzou Aquatic Center through the main entrance to the facility on the Southeast side of the complex along Hitt Street and enter the Aquatic Mezzanine immediately to the left. The doors to the spectator seating area will open each morning at **7:00 am**.

COACHES:

1. All 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.
2. 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 event/deck pass credentials, coach packets, swimmer "goody bag items" and swimmer event/deck pass credentials.
3. All coaches in attendance must wear event/deck pass credentials and their current USA Swimming registration cards while on deck.

MEETINGS:

GENERAL meeting of the CSRVIII Chair, Meet Director, Coaches, and Referee is Tuesday, July 14, 2015 at 7:00 p.m. Coaches are accountable for ALL information handed out at the General Meeting as well as information conducted at the CSRVIII business meeting.

CREDENTIALS:

This meet is a closed deck. All swimmers, coaches, officials and meet volunteers must display their credentials in order to be on deck. Additionally, coaches must wear their USA Swimming registration cards and should participate in the OME Deck Pass process. (See OME entry for more information)

WEB SITE:

Visit the website for the most current information regarding the Speedo Sectionals Central Section Region VIII Short Course Championship including a listing of hotels, meet information, updates, results, etc. www.csctigersharks.org

HEAT SHEETS:

Prelims: \$5.00

Finals: \$3.00

Session passes are available; visit the CSC website, www.csctigersharks.org, for prices and information regarding advance purchase.

INFORMATION:

In granting these sanctions, it is understood and agreed that USA Swimming Inc., Missouri Valley Swimming (LSC), Central Section Region VIII, all officials, the Columbia Swim Club, University of Missouri and Mizzou Aquatic Center shall be free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the meet. Damage to the facility, when proven, will cause the offending swimmer or swimmers, if unattached, or the offending swimmer's club if attached to be accountable for repairs.

PLEASE READ: IMPORTANT UPDATES TO MEET BOOK:

The following updates were approved by CSRVIII Head Coaches -- October 7, 2014. Bonus times were revised and approved on March 8, 2015 at the Speedo Sectionals at Jenks-2015:

Individual Bonus Events:

1. Individual Bonus events are based on at least 1 proven individual entry time.
2. Maximum number of individual events: 6
3. Bonus events are seeded by actual time. LCM followed by SCY. Seeding to follow that of each meet conforming then non-conforming times. All bonus event times must come from the SWIMS data base within the meet qualifying period.
4. No bonus swims allowed in the 800/1000 or 1500/1650 except if 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 entries chair directly as OME will not permit this entry.
5. Bonus System:
 - 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

Relays:

1. Relay entry times at the point of entry into the OME must come from proven times in SWIMS found within 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.

Distance Events:

1. 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. This also applies to timed finals events. 100% of this fine goes to the Region VIII Travel Fund.

Warm-ups:

1. Evening warm-ups begin 1.5 hours prior to the start of the finals session.
2. Kickboards and buoys are allowed in the warm-up pool. No equipment is allowed in the competition pool at any time.
3. One outside lane in the warm-up pool is designated as a lane for coaches to work directly with their swimmers for pace or bands.

Fee Updates:

1. Proven individual events are \$ 10.00 per event CSR VIII \$4.00, host \$6.00.
2. Bonus individual events are \$16.00 per event. CSR VIII \$10.00, host \$6.00
3. Relay events are \$20.00. CSR VIII \$8.00, host \$12.00.
4. Individual Time Trials are \$16.00. Host receives 100% of this fee.
5. Time Trial Relays are \$20.00. 100% of this fee goes to the host.
6. Facility Surcharge is \$21.00. \$20.00 to host, \$1.00 Central Zone.

ENTRY INTO THE MEET

SWIMMERS ELIGIBILITY:

1. The meet is open to all full time (not seasonal) swimmers registered within the Central Section Region VIII of the Central Zone of USA Swimming who 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. Swimmers without a coach present: USA Swimming swimmer 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 such supervision.
4. Swimmers entering the meet must have at least one provable entry time in order 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
5. No bonus swims allowed in the 800/1000 or 1500/1650 except if 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 entries chair directly as OME will not permit this entry.

6. All swimmers MUST be USA Swimming registered swimmers in order to be entered into the meet using the OME (see OME entry procedures) and in order to receive their credentials. All swimmers must be 2015 swimmer members of USA Swimming. Qualifying times for this meet much have been achieved between 6/12/13 – 7/8/15. 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. The OME is available for this meet beginning on Friday, May 29th at 11:59 PM CDST. Entries will close on Wednesday, July 8th at 11:59 PM CDST. Columbia Swim Club will provide a Team Manager Event file on the meet website at: www.csctigersharks.org. This will allow teams to establish the qualifying profile for their swimmers prior to using OME.
7. Entry Fees are payable to the Host, Columbia Swim Club. Failure to pay the entry fees will result in the team and/or swimmers being scratched from the meet, and they may not compete in the meet until entry fees are paid. Checks should be mailed to: Greg Huskey: 330 E. Wee Jo Ct., Columbia, MO 65202.
8. Swimmers that swim with a NCAA College Team or as unattached swimmers must have their USA Swimming registration membership within one of the five (5) CSRVIII LSC’s and when swimming in the CSRVIII Meet must be attached to one of the member clubs or entered as unattached to compete in the meet.
9. 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.
10. **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 event surcharge fee in order to be entered in the meet.**
11. 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.

ENTRY LIMIT OF EVENTS:

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 FEES:

1. There is a \$21.00 facility surcharge per swimmer. \$20.00 to host, \$1.00 Central Zone.
2. Entry fees are:
 - a. Proven individual events are \$10.00 per event. CSR VIII \$4.00, host \$6.00.
 - b. Relay events are \$20.00. CSR VIII \$8.00, host \$12.00.
1. Bonus entry fees are:
 - a. Bonus individual events are \$16.00 per event CSR VIII \$10.00, host \$6.00.
2. Deck entry fees are:
 - a. Individual events are \$16.00. CSR VIII \$6.00, host \$10.00.
 - b. Relay events are \$40.00. CSRVIII \$16.00, host \$24.00.
3. Time Trial entry fees are:
 - a. \$16 per individual event and \$20 per relay event. The host retains all entry fees.
6. Entry fees must be paid to the Meet Host: **All checks must be payable to Columbia Swim Club and be addressed to Greg Huskey: 330 E. Wee Jo Ct., Columbia, Mo 65202.** Payment through the OME for this event is not permitted.

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 Wednesday, July 8th at 11:59 PM CDST:**
 - a. Facility Surcharge \$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. **Fine 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.
 - e. All entries that are not submitted through OME are seeded at the SCY bonus cut.
4. **Any swimmer or club that fails to "check out" their entries through the OME prior to the Wednesday, July 8th at 11:59 PM CDST** are subject to a \$50.00 fine per swimmer (with a maximum fine of \$200.00 for a club).
 - 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 6
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 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.

ENTRY DEADLINE:

1. All entries must be submitted using OME (see OME entry procedures) by Wednesday, July 8th at 11:59 PM CDST.
2. Psych Sheets are electronically sent to the person on file for the club entry based on contacts from the OME. Psych Sheets are made available to each attending team and posted on the club web site: www.csctigersharks.org by no later than Sunday, July 12, 2015 at 6:00 pm CDST. Following the distribution of the psych sheet additional changes will only be accepted at the meet during registration or before the scratch deadline for that day's events.

ONLINE MEET ENTRY (OME) ENTRY PROCEDURES:

OME is the exclusive process for entering teams and swimmers into this Sectional competition. Only times found in the SWIMS database are used for seeding in this meet. All entry times must have been achieved within 25 months beginning Wednesday, June 12, 2013 through Wednesday, July 8, 2015 at 11:59 PM CDST. 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 is formatted to force the use of the fastest available entry time found during the qualifying entry period.

The host 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.

You may modify the entry time of an event within OME until you check out. You may not change or delete the entry once the entry process has been completed. 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.

Entry fees must be paid to the Meet Host (Columbia Swim Club c/o Greg Huskey, 330 E. Wee Jo Ct., Columbia, MO 65202) as outlined in the Meet Letter. Payment through the OME for this event is not permitted.

DECKPASS:

During the OME entry process you must indicate how many coaches and the number of event/deck pass credentials you are requesting. All possible coaches planning to attend the meet should be listed in OME. OME will initiate a certification review of all USA Swimming required certification items for each listed coach. The host will notify those coaches whose certification may show an error in advance of their attendance at the meet. This will provide an opportunity to address the item prior to arrival at the meet. Any coach not participating in this process during the OME entry period but requesting event/deck pass credentials on site must provide during registration/check in all necessary certification documentation compliance items in order to be credential at this meet.

Deckpass/event credential ratio:

1-5 swimmers equals	1 credential
6-11 =	2 credentials
12-19 =	3 credentials
20-27 =	4 credentials
28-100 =	5 credentials

Problems/Questions: If you have any questions about using the system, please contact:

1. Anthony Buhr, USA Swimming at (E) abuhr@usaswimming.org or 719-332-3119
2. Greg Huskey, Entries Chair at (E) cscentries@gmail.com or 573-228-0385
3. Paul Thompson, the Region VIII Chair at (E) auggie1@sbcglobal.net or at (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.
5. See page 4 for Entry Fees.

RULES AND PROCEDURES

RULES GOVERNING THE COMPETITION: 2015 USA Rule Book and National Championship Swimming rules will prevail.

SUMMER MEET FORMAT: This is a Prelims/Finals meet with the top 24 swimmers advancing to Finals. Each event during Finals will consist of Bonus (C), Consolation (B), and Championship (A) Final heat, except for the 800(M)/1500(M) Freestyle and all relays, is conducted as timed final events. The Bonus (C) Final is reserved for swimmers who are 18 and under.

SUMMER FORMAT DISTANCE EVENTS:

1. The 800 and 1500 will be seeded by conforming then non-conforming times. The lowest non-conforming time for distance events is SCY.
2. The 800 & 1500 freestyle events are swum as timed finals in both the prelims and finals sessions.
 - a. The fastest heat of each of the women and men will swim in finals in their normal event numbered place during finals.
 - b. The slower heats will swim in prelims, after the relays and will alternate women then men swimming fastest to slowest.

SWIMMING OF RELAYS:

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 than men.
3. There is a 10 minute break prior to the start of relays during the prelims.
4. ONLY Saturday's relays may request to be down seeded into prelims.
 - a. Declaration to down seed **MUST BE MADE** prior to the scratch deadline for that day's events.
 - b. Relays that have requested to be down seeded from the finals heats into prelims are seeded at the **LCM qualifying time for this meet**.
 - c. Down seeding is permitted even though that creates open lanes in finals.

SEEDING OF THE MEET:

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.

DISTANCE EVENT SEEDING:

1. Seeding for the top 8 swimmers for both the 800 and the 1500.
 - a. All swimmers **MUST USE THEIR CURRENT FASTEST** time that they have achieved in the last TWENTY-FIVE (25) months.
2. Seeding for swimmers that are NOT in the top 8
 - a. All swimmers that are entered and at a time places them in the top 8, BUT whose time was achieved outside of the 25-month qualifying period are seeded with their most current provable time in the normal field.
 - b. Any swimmer not in the top 8 must declare their intent to swim their fastest provable time or to down seed to the lowest non-conforming cutoff time prior to the scratch deadline for that day's events. The lowest non-conforming cutoff time for the distance events is SCY.
 - c. All bonus swims will be seeded using the lowest non-conforming time for this meet which is SCY.
3. 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.

DISTANCE AND RELAY POSITIVE 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 evening, July 14, 2015 at 7:00 p.m. 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.

SCRATCH PROCEDURES:

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 evening, July 14, 2015 at 7:00 p.m. 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.

FINALS SCRATCH:

1. An swimmer who qualifies for a C, B, or A Final, who fails to declare intent to scratch or to scratch per USA Swimming Championship Rules and fails to 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. Additionally this applies to timed finals events. 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 time period, and is deemed late by the CSRVIII Chair, a penalty of DOUBLE the fine will be incurred by the swimmer.

TRAVEL FUND:

1. Any swimmer, who makes the National USA Swimming qualifying time, participates in the CSRVIII Meet and the National Senior/Junior/USA Disability Meet, same events (no time trials) is eligible for a share of the Travel Fund.
2. Names of the Swimmers who will qualify for distribution of Travel Fund monies are the responsibility of the LSC Senior Chair or designated representative who is responsible to supply the list of their LSC Swimmers who attended National Meets as well as the Sectional Meet to the CSRVIII Chair for reimbursement.
3. Requests for participation in Travel Fund money distribution should be submitted to: Paul Thompson, CSRVIII Chair, P.O. Box 6570, Norman, OK 73070-6570 or email auggiel@sbcglobal.net

SCORING:

1. Scoring shall be through sixteen (16) places -- 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relays are scored double per national championship rules.
2. Any swimmer in an individual event who places is permitted to score team points provided that they have a provable previous time even though they do not swim the qualifying time.

AWARDS:

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. Trophies shall be awarded for the Women's and Men's teams for the top 3 places.
4. The CSRVIII Jim Devine Traveling Trophy shall be presented to the Combined Team Winner.
5. High point awards are given to the 1st, 2nd, and 3rd individual Women's and Men's High Point Winners.
6. Two Plaques are awarded for the “Team” with the “Most Gold Medals” and the “Team” with the “Most Total Medals” during the awards presentations.
7. A high point distance award (400/500 Free, 800/1000 Free 1500/1650 Free and 400 IM) is given to the individual Women’s and Men’s High Point Winner.
8. The Dylan Lynn Performance of the Meet Award is presented to both a female and male swimmer.

THE 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.
3. CSRVIII Chair will provide nomination forms prior to the Business Meeting of the section. A summary of nominations is presented at the Tuesday meeting.

4. The award is presented at Friday night's finals.

RESTRICTIONS:

1. The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms. USA Swimming Rule 202.3 .4E
2. USA Swimming Rule 202.3.4F except where venue facilities require otherwise, changing into or out of swim suits other than in locker rooms or other designated areas is not appropriate and is prohibited.
3. All swimmers entered in the competition must comply with USA Swimming Rule book Section 102.8 regarding swimwear.

HONEST EFFORT:

1. An honest effort in all competition is required.
2. Failure to make an honest effort shall result in disqualification from the event.
3. The determination of an honest effort performance is made by the Meet Committee or the Referee.

OFFICIALS:

1. This meet has been designated as a National Qualifying Meet for Officials seeking N2 and/or N3 certification or re-certification.
2. The meet is open to all Officials inside and outside of the Region who wish to, and are eligible to, be evaluated for advancement and re-certification.
3. Application to officiate or for evaluation can be found at www.centralzones.org.
4. Applications for an assigned position must be received by June 5, 2014. Applications for evaluation should be received by July 15^h. Deck officials are always welcome, simply fill-out the online application or if the week of the event, please contact the Meet Referee directly.

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 both the women and the men's 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 4 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: Time trials for distance events 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 possible qualifiers only.

SUMMER CSRVIII CHAMPIONSHIP SCHEDULE

POOL AVAILABILITY:

1. The pool is available for Team Practice, Tuesday from 12:00 PM to 8:00 PM. The 25 meter warm-up pool is available for use during all advertised warm-up times and during all competition sessions.
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:

Day	Session	Warm-Up	Clear Pool	Competition Begins	Session	Warm-Up	Clear Pool	Competition Begins
Tuesday	General Meeting, Referee, CSRVIII				7:00 PM – All Coaches			
Wednesday	Prelims	6:30 AM	8:50 AM	9:00 AM	Finals	4:00 PM	5:20 PM	5:30 PM
Thursday	Prelims	6:30 AM	8:50 AM	9:00 AM	Finals	4:00 PM	5:20 PM	5:30 PM
Friday	Prelims	6:30 AM	8:50 AM	9:00 AM	Finals	4:00 PM	5:20 PM	5:30 PM
Saturday	Prelims	6:30 AM	8:50 AM	9:00 AM	Finals	3:30 PM	5:00 PM	5:00 PM

Note: There is a 10 minute break prior to all relays and between morning session and 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, 5:20 pm. Meet starts 5:30 pm.

SPEEDO SECTIONALS AT COLUMBIA-2015
CENTRAL SECTION REGION VIII
QUALIFYING TIMES | ORDER OF EVENTS
July 15-18, 2015
Columbia, MO

Bonus times were revised and approved on March 8, 2015 at the Speedo Sectionals at Jenks-2015.

EVENT	WOMEN		WOMEN		EVENT	MEN		MEN		EVENT
	SHORT COURSE		LONG COURSE			LONG COURSE		SHORT COURSE		
	Bonus	Priority	Bonus	Priority		Priority	Bonus	Priority	Bonus	
July 15										
1	<i>55.69</i>	53.69	<i>1:03.59</i>	1:01.59	100 Free	56.09	<i>58.09</i>	48.69	<i>50.69</i>	2
3	<i>2:36.99</i>	2:32.99	<i>2:58.19</i>	2:54.19	200 Breast	2:40.99	<i>2:44.99</i>	2:19.99	<i>2:23.99</i>	4
5	<i>2:14.99</i>	2:10.99	<i>2:34.99</i>	2:30.99	200 Back	2:18.99	<i>2:22.99</i>	2:01.99	<i>2:05.99</i>	6
7		10:44.99		9:40.99	800 Free	9:04.99		10:05.99		8
July 16										
9	<i>2:01.09</i>	1:57.09	<i>2:16.99</i>	2:12.99	200 Free	2:02.99	<i>2:06.99</i>	1:47.09	<i>1:51.09</i>	10
11	<i>4:50.99</i>	4:42.99	<i>5:29.99</i>	5:21.99	400 IM	4:59.99	<i>5:07.99</i>	4:21.99	<i>4:29.99</i>	12
13	<i>1:01.59</i>	59.59	<i>1:09.79</i>	1:07.79	100 Fly	1:01.29	<i>1:03.29</i>	53.99	<i>55.99</i>	14
15		3:42.99		4:12.99	400 Free Relay	3:52.99		3:21.99		16
July 17										
17	<i>5:19.99</i>	5:11.99	<i>4:48.09</i>	4:40.09	400 Free	4:21.99	<i>4:29.99</i>	4:51.99	<i>4:59.99</i>	18
19	<i>1:11.29</i>	1:09.29	<i>1:22.39</i>	1:20.39	100 Breast	1:13.39	<i>1:15.39</i>	1:02.99	<i>1:04.99</i>	20
21	<i>2:16.99</i>	2:12.99	<i>2:35.99</i>	2:31.99	200 Fly	2:19.59	<i>2:23.59</i>	2:02.99	<i>2:06.99</i>	22
23	<i>1:02.29</i>	1:00.29	<i>1:11.99</i>	1:09.99	100 Back	1:04.49	<i>1:06.49</i>	55.69	<i>57.69</i>	24
25		8:03.99		9:09.99	800 Free Relay	8:29.99		7:21.99		26
July 18										
27	<i>2:16.49</i>	2:12.49	<i>2:34.99</i>	2:30.99	200 IM	2:18.99	<i>2:22.99</i>	1:59.99	<i>2:03.99</i>	28
29		18:04.99		18:29.99	1500 Free	17:29.99		17:04.99		30
31	<i>25.99</i>	24.99	<i>29.39</i>	28.39	50 Free	25.69	<i>26.69</i>	22.39	<i>23.39</i>	32
33		4:06.99		4:43.99	400 Medley Relay	4:18.99		3:44.99		34