

2019 Inland Empire Long Course Championships

July 26-28, 2019

Sanction # IE-19-1401

Held under the sanction of USA Swimming and Inland Empire Swimming, Inc.

In granting this sanction it is understood and agreed that USA Swimming (USAS) and Inland Empire Swimming (IES) shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Use of audio or visual recording, including the use of a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms. Deck Changing is prohibited: Changing into or out of swimsuits other than in the facility locker rooms, or other designated area designated by the host facility, is not appropriate, and is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Host: Tri-City Channel Cats(TCCC)

Location: Memorial Pool, Memorial Park, Shoshone Street and 14th Avenue, Pasco, WA 99301.

Facility: 50 meter outdoor, 7-lane pool with anti-wave lane lines. Water depth and starting block height meet the 2019 USA Swimming regulations at both ends of the pool. Pool Depth at West End (Park Side) is 9 feet, depth at East End (Parking Lot) is 5 ft. **Both ends will be used for starts during the meet (Please refer to the timeline management paragraph).** The competition course has not been certified in accordance with 104.2.2C(4). Ample spectator seating is available on the south side of the pool with surrounding park area. Camping is permitted in Memorial Park, west of the pool. RV camping is available on W Shoshone Street and W Bonneville Street based on space available; there are no hookups. Facility is wheelchair accessible. Concessions will be available.

Format: Meet format will be timed finals for relays, for events longer than 200 m, and for athletes aged 10 and under. For athletes aged 11 and older, the meet format will be preliminary heats and timed finals for individual events shorter than 400 m.

Eligibility: No entrant will be permitted to compete unless the entrant is a member of Inland Empire Swimming and USA Swimming as provided in Article 302, at the time of meet entry. Age as on the 1st day of the meet determines the age group to enter. Athletes with disabilities are welcome and are asked to provide advance notice of necessary accommodations.

NT's (No time) entries are not permitted in this championship meet. For events with time standards: An acceptable qualifying standard in place of the USAS LC B time standard shall be the USAS SC Yard B time standard. Please see the attached Short Course and Long Course Qualifying times, (2017-2020 USA Swimming AG Motivational Times).

Rules: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”) will govern this meet. Inland Empire Swimming rules will also govern this meet. The Meet Referee will be the final authority for the conduct of the competition. Coaches must be 2019 USA Swimming members. Proof of coaching certification must be produced on request at any time by the Meet Referee. Only swimmers, coaches, officials and meet workers are permitted in the deck area. Spectators are not allowed in the deck area. The deck area is considered the 3 foot area from the edge of the pool and the area behind the starting platforms up to the timer chairs. Animals are not allowed inside the fenced pool area or in the locker rooms at any time. No cameras or other recording devices are allowed behind the blocks.

Any swimmer entered in the meet must be certified 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. Each swimmer must swim in his/her respective age group.

The 1500 free, 400 free and 400 IM will be swum fastest to slowest alternating women and men for each age group; however, some heats of these events may be combined by age group and gender. Swimmers in the 400 free, 400 IM & 1500 free must provide their own timers, counters, and 1500 free swimmers must positive check-in by 10:00 am on Sunday.

IES scratch rule: For preliminary and final events, swimmers will have 30 minutes after the announcement of the qualifiers to declare their intention to scratch from the final events. Any qualifying swimmer who does not declare an intention to scratch a final event and fails to compete in that final event will be barred from the remainder of the competition. Coaches shall report to the Administrative Referee to declare in writing their swimmers’ intention to scratch final events. Fourteen swimmers will advance to each designated final event. Seven swimmers: (1st-7th place) in the Championship final; and seven (8th-14th place) in the consolation finals.

Awards: A participation award will be awarded to all swimmers and heat winner prizes will be awarded. Medals will be awarded for 1st – 7th place in each individual event and 1st – 3rd in relay events. Ribbons will be awarded for: 8th – 14th place in each individual event and 4th – 7th place in relay events. Individual high point awards will be given to the top girl and boy in each age group (8 & under, 9-10, 11-12, 13-14 and 15 & over). Team awards will be given 1st – 6th place. A team spirit award will be awarded. One coach and one athlete from each team will be permitted to vote. Ballots will be collected by the end of finals on Saturday. The winning team will be announced during prelims on Sunday.

Scoring: Points will be awarded per USAS rule 102.25.3 as follows:

Individual events, 1st through 14th place

Championship final: 18-15-14-13-12-11-10

Consolation final: 8-6-5-4-3-2-1

(Point values for 1st through 14th place apply similarly for timed final events.)

Relays, 1st through 7th place: 36-30-28-26-24-22-20

Individual events for 10 & under swimmers will be scored by age group (8 & under, 9-10) and gender. All other individual and all relay events will be scored by event. Points scored in individual events count towards individual scores and team scores. Relays count only towards team scores. A team may enter as many as two relays per event, but only one relay per team, per event, is eligible to score and receive awards.

Submitting Entries:

ENTRY SUBMITTAL INFORMATION:

- Entries may be submitted on line beginning 12:00 AM, July 1st through the USA Swimming website: www.usaswimming.org/ome a link will also be provided to the site on the IES and TCCC websites.
- Online entries will be accepted until 11:59 PM PDT July 17, 2019.
- Entry fees will be made payable by check payable to Tri-City Channel Cats. Checks should be sent to: Todd Stafek, 413 S Arthur Place, Kennewick, WA 99336. Checks are due at Coach/Team check-in on July 26th.
- Before checking out (i.e., completing your online entry), double-check your entry, using the totals and the meet entry fee data to be sure you have entered the correct number of swimmers and splashes. Be sure to enter (and pay for) all relay-only swimmers.
- Once you complete your online entry you will be sent a confirmation email. Bring all written communications with you to the meet in case of problems with entries.
- OME will not automatically update your entry times as new results are entered into SWIMS. Should you wish your entry to reflect any updated times, you must return to your entry after you have checked out to do so. You can also add events to your entry but you cannot delete events after you have checked out.
- OME event numbers may not match for 8 & under 100 Free.
- NOTES FOR RELAYS: Use the “over-ride”, or “aggregate” feature when necessary.
- Please DO NOT submit paper entry to USA Swimming or meet host.
- Phone entries will not be accepted.
- Changes to entries after the entry deadline are not permitted. Any appeals for a waiver shall be addressed to the Meet Referee.

Online entry questions: Todd Stafek 509-947-1727 toddstafek@charter.net

Entry deadline: July 17, 2019

Entry Fees:	Individual events	\$4.00
	Relays	\$12.00
	Surcharge	\$20.00

Entries: **Late entries will not be accepted. No On Deck registrations will be accepted. NT (no time) entries will NOT be accepted.** All swimmers may enter a maximum of (8) individual events for the entire meet, of which, no more than (3) individual events are allowed per day. A swimmer may only swim in one relay per day. Enter swimmers with best times. Swimmers may enter individual events with either short course yard or long course meter provable official times in any USA Swimming Sanctioned or approved meet or time trial. Swimmers must meet the qualifying time standard in all events with qualifying times. Official times must have been swum prior to the meet entry deadline and exist in the SWIMS database. Non-provable time entries will be scratched. Converted times will not be accepted. Non-conforming times (short course yards) will be seeded in the 1st heats for events swum slowest to fastest; in the last heats for events swum fastest to slowest.

Time Trials: Time Trials will be available on a very limited basis at the discretion of the Meet Referee. Swimmer’s best time must be close to a Zone or National Qualifying time.

Officials: Meet Referee: Jeff Markillie, jmarkillie@mac.com
 Team Lead: Steve Koza, koza.steve@gmail.com
 Admin Referee: Tia Pollick, swimboysmom@gmail.com
 S&T IES Officials via application/Minimum Officials Rule

All IES Officials are welcome and encouraged to apply. To facilitate a smooth running meet, please apply or indicate your willingness to officiate to the Team lead by July 16, 2019.

National Certification: This meet will be designated as a qualifying meet. A USAS national evaluator, Robert Broyles from IE, will be in attendance for certification and recertification. All applications for evaluation can be found on the IES website: www.ieswim.org and should be emailed to the referee.

Meet Directors: Chance Younkin (TCCC) 509-967-0411 crv@skykos.com
 Meet Entry Support: Todd Stafek 509-947-1727 toddstafek@charter.net

Timers: All participating teams will need to provide timers based on the number of swimmers entered in the meet. Lane assignments will be posted with the meet timeline prior to the meet on the IES and TCCC websites, as well as, in the heat sheet and venue. Timers will need to check in with the Head Timer during warm-ups each day. Swimmers in the 400 events and the 1500 freestyle will need to provide their own timers.

Meet Schedule:

Meet Progression Timeline	Friday, Saturday, & Sunday
Coaches Meeting	7:15 am
12 & Under Warm-Up	7:30 – 8:05 am
13 & over Warm-Up	8:05 – 8:55 am
Official's Meeting – Preliminary Sessions	8:00 am
Preliminary Session Start	9:00 am
Finals Warm-Up	TBA
Official's Meeting – Finals Session	TBA
Finals Session Start	TBA

Warm-up: Lane assignments will be posted. Meet Marshals will be present during warm-ups. Practice starts are permitted within your lane assignments under coach supervision.

Warm-up pool: Will be available during the duration of the meet.

Concessions: A concessions stand will be open throughout the meet.

Hospitality: Hospitality will be provided for Coaches and Officials throughout the meet.

Best Western Plus Pasco Inn & Suites 2811 N. 20th Ave, Pasco 509-543-7722 · 20DD, \$135, held until June 26	Hampton Inn Kennewick at Southridge 3715 Plaza Way, Kennewick 509-820-3023
Hilton Garden Inn 701 N. Young St., Kennewick 509-735-4600 · 20DD, \$112, held until June 25	Holiday Inn Express Hotel & Suites 4525 Convention Pl., Pasco 509-543-7000
Best Western Plus Kennewick Inn 4001 W. 27 th Ave, Kennewick 509-586-1332	Courtyard By Marriott 480 Columbia Point Dr, Richland 509-942-9400
SpringHill Suites by Marriott 7048 W. Grandridge Blvd., Kennewick 509-820-3026 – 20DD, \$114, held until June 25	La Quinta Inn & Suites 2600 S. Quillan Pl., Kennewick 509-736-3656

Hotels in **Bold** have rooms blocked.

IES Long Course Championship - Order of Events

Friday, July 26 - Preliminary Session

7:30 am warm up & 9:00 am start

Girls Event #	Qualifying Time	Age	Length	Stroke	Prelim/ Timed Final	Boys Event #	Qualifying Time
1	4:09.39	10 & under	200	IM	Timed Final	2	4:06.19
3	3:26.29	11-12	200	IM	Prelim	4	3:24.69
5	3:17.39	13-14	200	IM	Prelim	6	3:05.29
7	3:13.49	15 & over	200	IM	Prelim	8	2:56.59
9	n/a	10 & under	200	Medley Relay	Timed Final	10	n/a
11	n/a	12 & under	200	Medley Relay	Timed Final	12	n/a
13	n/a	14 & under	200	Medley Relay	Timed Final	14	n/a
15	n/a	15 & over	200	Medley Relay	Timed Final	16	n/a
17	n/a	11-12	50	Free	Prelim	18	n/a
19	n/a	13-14	50	Free	Prelim	20	n/a
21	n/a	15 & over	50	Free	Prelim	22	n/a
23	2:09.99	10 & under	100	Fly	Timed Final	24	2:07.79
25	1:36.19	11-12	100	Fly	Prelim	26	1:33.99
27	3:13.29	11-14	200	Fly	Prelim	28	3:02.19
29	3:08.19	15 & over	200	Fly	Prelim	30	2:52.69
31	2:16.69	10 & under	100	Breast	Timed Final	32	2:11.29
33	1:49.49	11-12	100	Breast	Prelim	34	1:46.69
35	n/a	13-14	100	Breast	Prelim	36	n/a
37	n/a	15 & over	100	Breast	Prelim	38	n/a
39	3:45.79	10 & under	200	Free	Timed Final	40	3:33.49
5 minute break							
41	6:23.89	11-12	400	Free	Timed Final	42	6:15.49
43	6:07.19	13-14	400	Free	Timed Final	44	5:49.09
45	5:58.49	15 & over	400	Free	Timed Final	46	5:33.69

Friday, July 26 - Final Session

warm up TBA & start TBA

Girls Event #	Age	Length	Stroke	Boys Event #
3	11-12	200	IM	4
5	13-14	200	IM	6
7	15 & over	200	IM	8
17	11-12	50	Free	18
19	13-14	50	Free	20
21	15 & over	50	Free	22
25	11-12	100	Fly	26
27	11-14	200	Fly	28
29	15 & over	200	Fly	30
33	11-12	100	Breast	34
35	13-14	100	Breast	36
37	15 & over	100	Breast	38

IES Long Course Championship - Order of Events

Saturday, July 27 - Preliminary Session

7:30 am warm up & 9:00 am start

Girls Event #	Qualifying Time	Age	Length	Stroke	Prelim/ Timed Final	Boys Event #	Qualifying Time
47	n/a	8 & under	50	Free	Timed Final	49	n/a
49	n/a	9-10	50	Free	Timed Final	50	n/a
51	3:03.49	11-12	200	Free	Prelim	52	2:57.89
53	2:55.09	13-14	200	Free	Prelim	54	2:44.09
55	2:50.89	15 & over	200	Free	Prelim	56	2:37.39
57	n/a	10 & under	200	Free Relay	Timed Final	58	n/a
59	n/a	12 & under	200	Free Relay	Timed Final	60	n/a
61	n/a	14 & under	200	Free Relay	Timed Final	62	n/a
63	n/a	15 & over	200	Free Relay	Timed Final	64	n/a
65	n/a	8 & under	50	Breast	Timed Final	66	n/a
67	n/a	9-10	50	Breast	Timed Final	68	n/a
69	n/a	11-12	50	Breast	Prelim	70	n/a
71	3:41.39	11-14	200	Breast	Prelim	72	3:26.29
73	3:36.29	15 & over	200	Breast	Prelim	74	3:16.49
75	1:59.19	10 & under	100	Back	Timed Final	76	1:55.69
77	1:38.89	11-12	100	Back	Prelim	78	1:36.79
79	n/a	13-14	100	Back	Prelim	80	n/a
81	n/a	15 & over	100	Back	Prelim	82	n/a
5 minute break							
83	6:57.39	11-14	400	IM	Timed Final	84	6:32.69
85	6:47.89	15 & over	400	IM	Timed Final	86	6:14.09

Saturday, July 27 - Final Session

warm up TBA & start TBA

Girls Event #	Age	Length	Stroke	Boys Event #
51	11-12	200	Free	52
53	13-14	200	Free	54
55	15 & over	200	Free	56
69	11-12	50	Breast	70
71	11-14	200	Breast	72
73	15 & over	200	Breast	74
77	11-12	100	Back	78
79	13-14	100	Back	80
81	15 & over	100	Back	82

IES Long Course Championship - Order of Events

Sunday, July 28 - Preliminary Session

7:30 am warm up & 9:00 am start

Girls Event #	Qualifying Time	Age	Length	Stroke	Prelim/ Timed Final	Boys Event #	Qualifying Time
87	n/a	8 & under	50	Back	Timed Final	88	n/a
89	n/a	9-10	50	Back	Timed Final	90	n/a
91	n/a	11-12	50	Back	Prelim	92	n/a
93	3:13.19	11-14	200	Back	Prelim	94	3:02.69
95	3:09.09	15 & over	200	Back	Prelim	96	2:53.79
97	n/a	8 & under	50	Fly	Timed Final	98	n/a
99	n/a	9-10	50	Fly	Timed Final	100	n/a
101	n/a	11-12	50	Fly	Prelim	102	n/a
103	n/a	13-14	100	Fly	Prelim	104	n/a
105	n/a	15 & over	100	Fly	Prelim	106	n/a
107	1:42.39	10 & under	100	Free	Timed Final	108	1:40.69
109	1:24.49	11-12	100	Free	Prelim	110	1:21.49
111	n/a	13-14	100	Free	Prelim	112	n/a
113	n/a	15 & over	100	Free	Prelim	114	n/a
5 minute break							
115	24:06.39	13-14	1500	Free	Timed Final	116	23:06.49
117	23:43.89	15 & over	1500	Free	Timed Final	118	22:08.99

Sunday, July 28 - Final Session

warm up TBA & start TBA

Girls Event #	Age	Length	Stroke	Boys Event #
91	11-12	50	Back	92
93	11-14	200	Back	94
95	15 & over	200	Back	96
101	11-12	50	Fly	102
103	13-14	100	Fly	104
105	15 & over	100	Fly	106
109	11-12	100	Free	110
111	13-14	100	Free	112
113	15 & over	100	Free	114

2017-2020 USA Swimming Age Group Motivational "B" Times 2019 IES Long Course Championships Qualifying Times				
10 & under Girls			10 & under Boys	
SC Yards	LC Meters	Event	LC Meters	SC Yards
1:29.59	1:42.39	100 Free	1:40.69	1:27.79
3:19.19	3:45.79	200 Free	3:33.49	3:06.69
1:41.99	1:59.19	100 Back	1:55.69	1:40.19
1:58.09	2:16.69	100 Breast	2:11.29	1:53.59
1:53.99	2:09.99	100 Fly	2:07.79	1:52.39
3:38.49	4:09.39	200 IM	4:06.19	3:35.49
11-12 Girls			11-12 Boys	
SC Yards	LC Meters	Event	LC Meters	SC Yards
1:13.59	1:24.49	100 Free	1:21.49	1:10.99
2:41.19	3:03.49	200 Free	2:57.89	2:35.69
7:09.09	6:23.89	400 Free	6:15.49	6:57.29
1:25.19	1:38.89	100 Back	1:36.79	1:22.19
1:34.39	1:49.49	100 Breast	1:46.69	1:32.49
1:25.09	1:36.19	100 Fly	1:33.99	1:23.29
3:00.69	3:26.29	200 IM	3:24.69	2:57.59
13-14 Girls			13-14 Boys	
SC Yards	LC Meters	Event	LC Meters	SC Yards
2:33.19	2:55.09	200 Free	2:44.09	2:22.99
6:49.39	6:07.19	400 Free	5:49.09	6:26.59
2:47.29	3:13.19	200 Back ^{1/}	3:02.69	2:37.09
3:11.99	3:41.39	200 Breast ^{1/}	3:26.29	2:58.39
2:50.09	3:13.29	200 Fly ^{1/}	3:02.19	2:38.29
2:51.49	3:17.39	200 IM	3:05.29	2:39.99
6:05.79	6:57.39	400 IM ^{1/}	6:32.69	5:41.79
15 & over Girls			15 & over Boys	
SC Yards	LC Meters	Event	LC Meters	SC Yards
2:29.89	2:50.89	200 Free	2:37.39	2:17.29
6:40.69	5:58.49	400 Free	5:33.69	6:12.59
2:44.09	3:09.09	200 Back	2:53.79	2:29.89
3:08.19	3:36.29	200 Breast	3:16.49	2:48.69
2:46.79	3:08.19	200 Fly	2:52.69	2:31.39
2:48.19	3:13.49	200 IM	2:56.59	2:32.69
5:57.59	6:47.89	400 IM	6:14.09	5:29.09
8 & under Girls		IES Champ QT	8 & under Boys	
SC Yards	LC Meters	Event	LC Meters	SC Yards
1:44.99	1:59.99	100 Free	1:59.99	1:44.99

1/ These events will be swum as 11-14 year old events, but all athletes must meet the 13-14 qualifying times.