

**SPEEDO CHAMPIONS SERIES  
CENTRAL SECTION REGION VIII  
LCM SPRING SWIMMING CHAMPIONSHIPS MEET FLYER  
March 1-4, 2012**

**SANCTIONED BY:** USA SWIMMING and OKLAHOMA SWIMMING

**SANCTION #:** Meet OK-12-019 Time Trial OK-12-020TT

**SPONSORED BY:** Jenks Public School District and Jenks Trojan Swim Club (JTSC), a Division of Jenks Community Education (JCE)

**LOCATION:** Birch Street between "B" and "F" Streets, Jenks, OK, 74037

**FACILITY:** 50 meter x 25 yard (8 lanes, 9 foot width) pool, with minimum depth of 7 feet (start and turn end) and maximum depth of 8 feet (middle). 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. Spectrum starting platforms with adjustable Track Start footrest. Daktronics timing system (Omnisport 2000) with touchpads at start and turn ends; 2 8-lane alpha-numeric multi-color LED scoreboards. Additional 6-lane (7 foot lane width) 25 meter warm-up pool with starting blocks; depths range from 3.5 to 12 feet.

**MEET DIRECTOR:** George Villarreal, [george.villarreal@jenksps.org](mailto:george.villarreal@jenksps.org), [JTSCentries@gmail.com](mailto:JTSCentries@gmail.com) (entries only); 918-299-4415 extension 1020 (office); (859) 489-5498 (mobile)

**MEET REFEREE:** Steve Potter, [spotter.usaswimming@yahoo.com](mailto:spotter.usaswimming@yahoo.com), 616-915-5280.

**POOL CERTIFICATION**

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

**ONLINE MEET ENTRY (OME) ENTRY PROCEDURES:**

CSRVIII has adopted the OME as the exclusive process for entering teams and swimmers into the Sectional competition.

Only times found in the USA-S Swims data base will be used for seeding in this meet. All entry times must have been achieved within 25 months prior to the entry deadline for this meet, Wednesday Feb. 22, 2012 at 11:59 PM CST.

There is the option to create an "Over Ride" entry time for entry into this meet. If you have non-conforming times or times that are not listed in the SWIMS database, you can still enter your athlete into the meet. You'll need to add the non-qualified athlete to the meet, type in the qualifying time, and enter the word "Over Ride" into the qualifying meet name. This is creating an "Over Ride Time". Only times found in the USA-S Swims data base will be allowed. All "Over Ride" times using times for entry NOT FOUND in the SWIMS DATA BASE by the entry deadline for this event will automatically be seeded at the slowest non-conforming time for the meet.

If you can provide proof of a valid qualifying time for an "Over Ride" entry bring that to the meet for resolution and proper seeding prior to competition.

OME is not an eligibility report for your athlete. You must know what events you wish to enter your athletes in before starting your entry in OME. We will not accept additions to your entries if you forgot to enter an event because the time did not show up in OME.

You may modify the entry time of a purchased event within OME up to the normal entry deadline. You may NOT Delete an online entry once it has been submitted.

Once you have completed your on line entry, you will be sent confirmation via email. Please keep ALL electronic correspondence and bring them with you to the meet (just in case).

Entry fees must be paid to the Meet Host as outlined in the Meet Letter. Payment through the OME for this event is not permitted.

Below is the step-by-step process for completing your team's entries into CSRVIII in to the Speedo Champions Series Spring CSRVIII LC Meet this Spring.

Step 1 Go to [www.usaswimming.org](http://www.usaswimming.org). Click "Sign In" in the upper right hand corner of the home page. Log in using your username and password information. If you do not have an account, you will need to create one.

Step 2 Once you have logged in, you will be returned to the home page. Click on "Events" in the left hand menu bar. Click on "On Line Meet Entry" in the menu options.

Step 3 Click on Available Meets. Do not fill in any of the search fields. Click "Search." Look for Region VIII Sectionals at Speedo Champions Series Spring CSRVIII LC Meet in the list of meets.

Step 4 Click on Enter Team. Click "Next" to move from the first page to the sign-in screen. You will need to enter your LSC, club code, and your coach USAS ID number.

Step 5 Once you have signed in, move through the steps of the entry process. Instructions for each step are the top of the page.

Step 6 When you have completed your entry and are ready to check out, select the option to pay the host club via check in person or through the mail.

You will get a confirmation e-mail describing what you just completed. You can also print out a summary of your entry using the "Print Receipt" link just below the left hand menu in your entry.

You do not have to complete your entry in one sitting. You can begin the entry and return to update it at any time during the entry period. Sign in using your username/password and go to the OME home page. Click "My Meets" and your meet should appear. Click "Edit my Entry."

If you have non-conforming times or times that are not listed in the SWIMS database, you can still enter your athlete into the meet. You'll need to add the non-qualified athlete to the meet, type in the qualifying time, and enter the word "Over Ride" into the qualifying meet name. This is creating an "Over Ride Time". All athletes entered in this way will be entered at the slowest non-conforming cut time and seeded in the meet accordingly. Only times found in the USA-S Swims data base will be allowed. All "Over Ride" times using times for entry NOT FOUND in the SWIMS DATA BASE by the entry deadline for this event will automatically be seeded at the slowest non-conforming time for the meet.

Problems/Questions: if you have any questions about using the system, please contact Susan Woessner at: [swoessner@usaswimming.org](mailto:swoessner@usaswimming.org) or at (719) 866-3589, or Josh Fowler at: [jfolwer@usaswimming.org](mailto:jfolwer@usaswimming.org) or at

(719) 866-3581 or the Host Entry Chair for this meet: George Villarreal, (918) 299-4415 x 1020 (office); (859) 489-5498 (mobile); [JTSCentries@gmail.com](mailto:JTSCentries@gmail.com) (entries only)

**CAUTION: PLAN TO ENTER YOUR TEAM EARLY. WAITING UNTIL THE LAST DAY/MINUTE MAY PREVENT YOUR ENTRY FROM BEING COMPLETED BEFORE THE ENTRY DEADLINE.**

**ATHLETES ELIGIBILITY:**

1. The meet is open to all Athletes 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 a USA-S registered 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 within 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 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 athlete in making arrangements for such supervision.
4. All Athletes MUST be USA-S registered athletes in order to be entered into the meet using the OME (see OME entry procedures on pages 1 and 2) and in order to receive their credentials. All swimmers must be 2012 athlete members of USA Swimming. 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 will be available for this meet beginning on Thursday, January 19, 2012 at 11:59 PM CST. Entries will close on Wednesday, February 22, 2012 at 11:59 PM CST. Host Club Jenks Trojan Swim Club will provide a Team Manager Event file on the meet website at: <http://www.teamunify.com/Home.jsp?team=czsecmeet>
5. This will allow teams to establish the qualifying profile for their athletes prior to using OME.
6. Entry Fees are payable to the Host, Jenks Community Education. 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.
7. Swimmers that swim with a NCAA College Team or unattached swimmers must have their USA-S 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.
8. 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.
9. All RELAY ONLY swimmers must be entered into the meet using the OME. Relay only Athletes do not have to be entered in individual events to swim on the relays. Relay Only swimmers must be entered in the meet.
10. Athletes 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. Questions about the meet entries may be directed to:

George Villarreal, Meet Director

205 East B Street

Jenks, OK 74037

918-299-4415 x 1020 (office), 859-489-5498 (mobile), [george.villarreal@jenksps.org](mailto:george.villarreal@jenksps.org)

**COACHES ELIGIBILITY:**

1. All coaches attending the meet MUST be listed on/in their OME meet entry (see OME entry procedures on pages 1 and 2).
2. Any coaches planning on attending who are NOT entered as a coach at the time of OME registration MUST bring current USAS registration to the Clerk of Course in order to receive credentials.

3. **NO COACHES PACKETS** will be provided or meet registration allowed for any coach not completing the registration verification process outlined above.

#### **SEEDING OF THE MEET:**

1. No Hytek or manual time conversions will be permitted.
2. Seeding priority for Spring Meet.
  - a. LCM first seeding priority
  - b. SCY second and lowest seeding priority
  - c. Athletes having neither LCM nor SCY qualifying times may enter the event; however they **MUST ENTER AT THE LOWEST NON-CONFORMING SEEDING PRIORITY.**
  - d. The lowest seeding priority for this meet is SCY.

#### **ENTRY LIMIT OF EVENTS:**

1. Each athlete 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 athlete 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.

#### **MEET PROOF OF TIMES:**

1. Athletes entered into OME who do not have proof of time within the SWIMS database will be **ENTERED AT THE LOWEST NON-CONFORMING SEEDING PRIORITY** (see OME entry procedures on pages 1 and 2).
2. There will be internet access provided through the Clerk of Course for athletes failing to achieve the qualifying time during competition.
3. When the team checks in, they will be provided with a list of all athletes **WITHOUT** a proof of time in the Swims Database. This will be an exception report from the OME. These times will need to be proven for all athletes who do not make the qualifying times in the preliminaries (except for the 800/1500 Freestyles).
4. All proof of times must come from final results of a USA Swimming sanctioned or approved meet. Meet results **MUST** show the Meet name, location, date, time and sanction number.
5. Proof of times must be achieved within 25 months of the entry deadline for this meet. The qualifying time period for this meet is: Jan. 22, 2010 – Feb. 22, 2012.
6. Results posted on each LSC's website may be used for proof of times.

#### **DISTANCE EVENTS PROOF OF TIMES:**

1. Proof of time will **NOT** be considered as a positive check-in for the 800/1500 freestyle events.
2. If a proof of time has not been confirmed by the scratch deadline for that day's events the athlete will be scratched and not allowed to swim.
3. If an athlete decides to scratch after proving their times they will need to follow the normal Championship scratch procedures.
4. If an athlete has proven the time, positively checked-in and **IS SEEDED** and then does **NOT COMPETE** they will be subject to the normal penalties associated with **NOT SHOWING IN A PRELIMS EVENT.**
5. Proof of times for the 800/1500 may come from proofs any of these events including the 1000 freestyle events. Athletes using non-conforming times to enter (1650) may enter the event but **MUST** be entered at the lowest non-conforming seeding priority for this meet which is SCY.

#### **DISTANCE EVENTS SEEDING:**

1. The 800 freestyle events will **ALL** be swum in the preliminaries. No 800 free will swim in finals.
2. The 800 freestyles shall be swum as follows:
  - a. 1<sup>st</sup> 3 heats of women (3<sup>rd</sup> fastest 17-24) then (2<sup>nd</sup> fastest 9-16) then (1<sup>st</sup> fastest 1-8)
  - b. 1<sup>st</sup> 3 heats of men (3<sup>rd</sup> fastest 17-24) then (2<sup>nd</sup> fastest 9-16) then (1<sup>st</sup> fastest 1-8)
  - c. The rest of the heats of will swim fastest to slowest alternating women then men.
3. The 1500 freestyle events will be 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.
4. **Seeding for the top 8 athletes** for both the 800 and the 1500.
  - a. All athletes **MUST USE THEIR CURRENT FASTEST** time that they have achieved in the last Twenty Five (25) months prior to the entry deadline.
5. **Seeding for athletes that are NOT in the top 8**
  - a. Any athlete 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. The lowest non-conforming cutoff time for this meet is SCY.

**FAILING TO MAKE A QUALIFYING TIME:**

1. Any athlete failing to meet the Meet Qualifying Standards must comply with one or more of the following options.

**OPTION 1:**

1. Provide a proof of time they previously achieved the time standard with final results.
2. This must be accomplished at the meet and the proof times must come from final results of a USA sanctioned or approved meet, showing the name of the meet, location, date, time and sanction number within 25 months prior to the entry deadline for the meet.
3. Results posted on each LSC's website may be used for proof of times.
4. Results for proof of times must be from meets within the entry qualifying period of Jan. 22, 2010 to Feb. 22, 2012.

**OPTION 2:**

1. Pay a twenty-five dollar \$25.00 fee to the CSRVIII Travel Fund to continue to swim.
2. This must be accomplished at the meet.
3. The limit is three (3) fees being paid by the athlete before being barred from further competition with this meet.
4. Once 3 payments have been received or three qualifying times have not been met you are barred from further competition and are out of this meet.
2. Athletes NOT complying with Option 1 or 2 within 30 minutes after the conclusion of the preliminary session **WILL BE BARRED** from the next day's events including relays.
3. On the last day of competition athletes that have not complied with either Option 1 or 2 will have their clubs contacted after the meet.
  - a. Fees or proper proofs of time (hard or electronic copies) must be submitted to the CSRVIII Chairman with thirty 30 days after receipt of a certified letter from the CSRVIII Chairman or the athlete will be barred from all future CSRVIII Meets.
  - b. A list will be sent to all Meet Directors for future meets.
  - c. If fees or proper proofs of time are NOT received within the 30 day period but are submitted after the 30 day period, a late penalty of \$20.00 will be assessed and the final payment for proofs of time will be doubled.
4. Tabs for proof of times may be set up with the Clerk of Course.
  - a. Tabs **MUST** be set up at registration
  - b. Tabs must be accompanied with a signed, blank check.
  - c. Tabs must be set up when you arrive at the meet **AND** prior to the first day's activities for a specific club.
  - d. All unused checks will be returned at the end of the meet.

**SWIMMING OF RELAYS:**

1. The fastest two heats of each women and men will swim in finals.
2. All remaining heats of relays will swim at the conclusion of that day's preliminaries.
3. All remaining heats of relays will swim fastest to slowest alternating women then men.

4. Relays not making the qualifying times need not prove their times unless they desire to score points in the meet. This proof will be accomplished by showing aggregate times of the exact individuals who participated in the relay's being proved.
5. Sunday's 400 free 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 will be placed in heats in prelims (Not swimming in finals) with the same relative placement as they would have been in finals.
  - c. Down seeding will be permitted even though that creates open lanes in finals.

#### **DISTANCE AND RELAY POSITIVE CHECK IN:**

1. All relays **MUST** positively check-in by the scratch deadline for that day's events **TO BE SEEDED**.
2. Coaches must arrive on Thursday prior to the scratch deadline for Friday's events for check in. If the coach cannot make the meeting prior to the Thursday scratch deadline they must make prior arrangements with the Meet Referee if they want their distance athlete or relay seeded.
3. Declaration of athlete names and order of swims will be required 1 hour prior to swimming the event.
4. All distance events athletes (800/1500) **MUST** positively check-in to be seeded by the scratch deadline for that day's events **TO BE SEEDED**. Proofs of times are not accepted as positively checking in

#### **400 INDIVIDUAL MEDLEY EVENTS AND 400 FREE EVENTS:**

1. These events will be swum as prelim final events.
2. The fastest four 4 heats of women will swim 4<sup>th</sup> fastest (25-32) then the 3<sup>rd</sup> fastest (17-24) then the 2<sup>nd</sup> fastest (9-16) then the 1<sup>st</sup> fastest (1-8). Championship seeding will be used for the fastest 3 heats.
3. The fastest four 4 heats of men will swim next 4<sup>th</sup> fastest (25-32) then the 3<sup>rd</sup> fastest (17-24) then the 2<sup>nd</sup> fastest (9-16) then the 1<sup>st</sup> fastest (1-8). Championship seeding will be used for the fastest 3 heats
4. All remaining heats of both women and men will swim fastest to slowest alternating women then men.

#### **SCRATCH PROCEDURES:**

1. Scratch procedures will be in accordance with current USA Swimming National Championship rules and regulations.
2. Scratch deadline for Thursday's events is 15 minutes after the completion of the CSRVIII business meeting. Scratch deadline for Friday, Saturday and Sunday's events will be 30 minutes following the beginning of finals.
3. Coaches **MUST ARRIVE PRIOR** to the scratch deadlines for proof of entry and registration for that day's events.

#### **ENTRY DEADLINE:**

1. All swimmers must be 2012 athlete members of USA Swimming. All entries must be submitted using USA Swimming's Online Meet Entry (OME) system (see OME entry procedures on pages 1 and 2). The system can be accessed on the USA Swimming website at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). You will be required to create a free account with the website to submit your entry. OME will be available for this meet beginning on Thursday, January 19 at 11:59 PM CST. Entries will close on Wednesday, February 22, 2012 at 11:59 PM CST.
2. **LATE ENTRY PERIOD:** Beginning Thursday Feb. 23 at 11:59 pm CST and ending Saturday Feb, 25, 2012 at 11:59 pm CST new qualifying entries may be submitted that have been achieved during this time period to the Meet Host. These entries will only be accepted if submitted via a Hy-Tek MM 4.0 TM Entry File or compatible electronic file. All electronic files must include the name of the team entry chair or coach, phone number and email contact information. All electronic entries which do not provide this information will not be accepted for entry into the meet. These entries must be received by the Host Entry Chair, George Villarreal - [JTSCentries@gmail.com](mailto:JTSCentries@gmail.com), 918-299-4415, xt 1020 (office), 859-489-5498 (mobile) no later than 8:00 am CST Sunday Feb. 26, 2012. Electronic date and time will establish when the entry has

been submitted. No entries received after this deadline will be accepted. All entries must be accompanied with proof that all achieved times were made in a sanctioned or approved meet according to the established requirements for provable times outlined in the Meet Letter for this meet. New athletes are permitted into the meet so long as their entry time has been achieved within this "Late Entry Period". Times for entry older than the entry period will not be accepted. Entries will be seeded according to the priority seeding requirements for the meet. LCM first seeding priority, SCY second seeding priority. No improvement to any entry already received in the OME submitted in the initial entry period for this meet will be allowed. All times will be verified by the Meet Host. The Meet Psyche Sheet created following the initial outlined entry period will be the only psyche posted and distributed to the attending clubs. A revised Psych Sheet will be available to the attendees upon arrival to the venue on Thursday March 1, 2012.

3. Psych Sheets will be electronically sent to the person on file for the club entry based on contacts from the OME within 3 days following the entry deadline. Psych Sheets will be made available to each attending team and posted on the Meet Host Club web site <http://www.teamunify.com/Home.jsp?team=czsecmeet> by no later than Sunday, February 26 at 6:00 pm CST. 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.

#### **ENTRY FEES:**

1. There will be a \$11.00 surcharge per swimmer of which \$1 goes to the Central Zone and \$10 remains with the host club.
2. Entry fees will be \$8 for individual events and \$16 for relay events.
3. Sixty percent (60%) of the entry money (including deck entries) will be retained by the host.
4. Forty percent (40%) of the entry money will be turned over to the CSRVIII Travel Fund.
5. All proof of time money (\$25) shall go to the CSRVIII Travel Fund.

#### **MAIL ALL ENTRY FEE PAYMENT and ENTRY INFORMATION TO:**

George Villarreal, Aquatic Center Manager

Jenks Trojan Aquatic Center

205 East "B" Street

Jenks, OK, 74037

Make checks payable to "JENKS COMMUNITY EDUCATION"

#### **DECK ENTRIES:**

1. Entries will be accepted on the deck up until the check-in/scratch deadline time for that day's events.
2. Deck entry fees will be \$10 for individual events and \$20 for relay events.
3. Of the \$10 deck entry fee for individual events, \$6 goes to the host, \$4 to the CSRVIII Travel Fund.
4. Of the \$20 deck entry fee for relays, \$12 goes to the host, \$8 to the CSRVIII Travel Fund.
5. All deck entries will be seeded at the lowest non-conforming qualifying time for this meet which is SCY.
6. Time trial entry fees will be \$8 for individual events and \$16 for relays.
7. All time trial entry fees remain with the host club.

#### **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 Athletes who will qualify for distribution of Travel Fund monies will be the responsibility of the LSC Chairman, LSC Senior Chairman or designated representative who will be responsible to supply the list of their LSC Swimmers who attended National Meets as well as the Sectional Meet to the CSRVIII Chairman for reimbursement.

3. Requests for participation in Travel Fund money distribution should be submitted to: Paul Thompson, CSRVIII Chairman, P.O. Box 6570, Norman, OK 73070-6570 or email [auggie1@sbcglobal.net](mailto:auggie1@sbcglobal.net)

**RULES GOVERNING THE COMPETITION:** 2011 USA Rule Book and current National Championship Swimming rules will prevail.

**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. Officials desiring to be evaluated for advancement and/or re-certification must submit an Application for Evaluation to the Meet Referee no later than Friday, February 18, 2011.
4. Applications received after that date will be accepted at the sole discretion of the Meet referee.

**SCORING:**

1. Scoring shall be through sixteen (16) places. Relays will be scored double.
2. Any swimmer in an individual event who places will be permitted to score team points provided that they have a provable previous time even though they do not swim the qualifying time.
3. In order for the relay teams that do not swim the qualifying times to score points they must furnish proof that the event qualifying times standard had been previously made with the aggregate times of the exact individuals who participated in the relay's being proved.

**AWARDS:**

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 will be given to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> individual Women's and Men's High Point Winners.
4. Medals will be given to 1<sup>st</sup>—8<sup>th</sup> place in individual events and 1<sup>st</sup> – 3<sup>rd</sup> in relay events.
5. There will be a parade of the top finishers in each event of finals. The top 3 finishers in each event will report to the awards stand for awarding of the Bronze, Silver and Gold medals.
6. Two Plaques will be awarded for the “Team” with the “Most Gold Medals” and the “Team” with the “Most Total Medals” during the awards presentations.

**MEETINGS:**

1. A GENERAL meeting of the CSRVIII Chairman, Meet Director, Coaches, and Referee will be held Thursday at 2:00 p.m.
2. Coaches are accountable for ALL information handed out at the GENERAL/CSRVIII MEETINGS as well as information conducted at the business meeting.

**POOL AVAILABILITY:**

The pool will be available for Team Practice, Thursday 10:00am to 4:00pm. The 25 meter warm-up pool will be available for use during all advertised warm-up times and during all competition sessions.

Team check-in and registration will be available beginning at 10:00 am Thursday.

Facility will be open a minimum of 30 minutes prior to the start of each morning warm up prelim session.

**THE COACH OF THE YEAR AWARD:**

1. The Hank Enterline CSRVIII Coach of the Year will be given out twice a year.
2. Coach of the Year for the Summer Award will be given out at the Spring Meet.
3. CSRVIII Chair will provide nomination forms prior to the Business Meeting of the section. A summary of nominations will be presented at the Thursday meeting.
4. The award will be presented at Friday night's finals.



### **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 will be made by the Meet Committee or the Referee.

### **FINALS SCRATCH:**

1. A swimmer who qualifies for a 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 dollar (\$100.00).
2. The Meet Director will send a list to the CSRVIII Chairman immediately following the CSRVIII Meet.
3. The swimmer will have their club contacted via Certified Letter from the CSRVIII Chairmen immediately following receipt of the list.
4. Within thirty days (30) after receipt of the certified letter from the CSRVIII Chairman payment must be received or the swimmer will be barred from future CSRVIII Meets.
5. A list will be sent to the Meet Directors of future CSRVIII Meets.
6. If payment is NOT received within the thirty (30) day time period, and is deemed late by the CSRVIII Chairman, a penalty of DOUBLE the fine will be incurred by the athlete.

### **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, if offered, will be conducted at the conclusion of each day's prelim session.
3. Time Trials will begin no sooner than 15 minutes after the last prelim session.
4. A swimmer must be entered in the meet (individual event or relay only) to be eligible to participate in Time Trials.
5. The entry fee will be \$8 per individual event and \$16 per relay event. Time Trial entry forms will be included in the coach's packet. The host club retains all entry fees.
6. Time trials shall be swum by the order of events as listed in the Meet Book.
7. First Full Day: That day's events, followed by the remaining events in the meet.
8. 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.
9. Final Day: That day's events, followed by events of the previous days in event order.
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 will be placed in any open lanes and open heats regardless of gender.
12. Final night: Time Trials will be offered to National possible qualifiers only.
13. Time trials shall not start after 3:00 p.m.

**INFORMATION: The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.**

# SPRING CSRVIII Championship

## SESSION & MEET START TIMES:

| Day      | Session                          | Warm-Up   | Clear Pool | Competition Begins | Session               | Warm-Up   | Clear Pool | Competition Begins |
|----------|----------------------------------|-----------|------------|--------------------|-----------------------|-----------|------------|--------------------|
| Thursday | General Meting, Referee, CSRVIII |           |            |                    | 2:00 PM – All Coaches |           |            |                    |
| Thursday |                                  |           |            |                    | Timed Finals          | 4:30 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                          | 6:30AM *  | 8:50 AM    | 9:00 AM            | Finals                | 4:00 PM * | 5:20 PM    | 5:30 PM            |
| Sunday   | Prelims                          | 6:30 AM * | 8:50 AM    | 9:00 AM            | Finals                | 4:00 PM * | 5:20 PM    | 5:30PM *           |

\*Denotes new starting time

**Prelim Session:** General warm-up, no assigned lanes. Warm-up opens 6:30 am there will be general warm up with feet first entry. No Diving from the blocks or sides of the pool during this time. No Sprinting or Pace Work allowed during the general warm-up session.

45 minutes prior to start of the meet the following warm up procedures will be followed. Start 8:15 am.

**Sprint and Pace Warm-up** (remainder of warm-up period).

- 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.

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

**Finals Session:** Finals warm-up lane usage schedule: General warm up period: feet first entry No Diving from the blocks or sides of pool.

**5:00 pm: Sprint and Pace Warm up period:**

- 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.

**CLEAR POOL** 10 minutes prior to start of meet, 5:20 pm. Meet starts 5:30 pm.

## 2012 SCS CSRVIII

## SECTIONAL

Spring

## CHAMPIONSHIPS

JENKS

OKLAHOMA

March 1-4, 2012

QUALIFYING TIMES

ORDER OF EVENTS

| EVENT            | WOMEN       |              | EVENT            | MEN          |             | EVENT |
|------------------|-------------|--------------|------------------|--------------|-------------|-------|
|                  | LONG COURSE | SHORT COURSE |                  | SHORT COURSE | LONG COURSE |       |
| <b>DAY ONE</b>   |             |              |                  |              |             |       |
| 1                | 9:47.69     | 11:02.59     | 800 Free         | 10:23.69     | 9:16.99     | 2     |
| <b>DAY TWO</b>   |             |              |                  |              |             |       |
| 3                | 2:14.39     | 1:59.69      | 200 Free         | 1:48.79      | 2:03.59     | 4     |
| 5                | 1:20.99     | 1:11.49      | 100 Breast       | 1:04.19      | 1:14.19     | 6     |
| 7                | 1:08.59     | 1:01.59      | 100 Fly          | 55.69        | 1:01.89     | 8     |
| 9                | 5:26.09     | 4:47.19      | 400 IM           | 4:26.39      | 5:01.59     | 10    |
| 11               | 9:25.99     | 8:18.99      | 800 Free Relay   | 7:39.99      | 8:45.99     | 12    |
| <b>DAY THREE</b> |             |              |                  |              |             |       |
| 13               | 2:33.99     | 2:15.79      | 200 IM           | 2:03.69      | 2:20.59     | 14    |
| 15               | 28.69       | 25.69        | 50 Free          | 22.89        | 25.79       | 16    |
| 17               | 2:55.19     | 2:35.19      | 200 Breast       | 2:22.29      | 2:43.39     | 18    |
| 19               | 1:11.89     | 1:02.69      | 100 Back         | 56.99        | 1:05.69     | 20    |
| 21               | 4:43.59     | 5:19.69      | 400 Free         | 4:56.49      | 4:25.09     | 22    |
| 23               | 4:49.99     | 4:12.39      | 400 Medley relay | 3:51.99      | 4:26.99     | 24    |
| <b>DAY FOUR</b>  |             |              |                  |              |             |       |
| 25               | 18:59.49    | 18:41.59     | 1500 Free        | 17:36.99     | 17:47.69    | 26    |
| 27               | 2:34.39     | 2:15.29      | 200 Back         | 2:03.79      | 2:22.39     | 28    |
| 29               | 1:02.19     | 55.39        | 100 Free         | 49.59        | 56.29       | 30    |
| 31               | 2:33.89     | 2:17.19      | 200 Fly          | 2:06.39      | 2:21.59     | 32    |
| 33               | 4:19.99     | 3:49.79      | 400 Free Relay   | 3:29.39      | 3:59.99     | 34    |

**LODGING:** List of hotels can be found on the Host web site at <http://www.teamunify.com/Home.jsp?team=czsecmeet>

**Lodging:** Please contact hotels directly for pricing information:

|                                  |  |                     |
|----------------------------------|--|---------------------|
| <b>Hampton Inn</b>               | <b>7004 S. Olympia Ave. West</b>               | <b>918/340-5000</b> |
| <b>Inn &amp; Suites</b>          |  |                     |
| <b>Comfort Inn and Suites</b>    | <b>12119 North Casper Street,<br/>Glenpool</b> | <b>918/995-2225</b> |
| <b>Southern Hills Hilton</b>     | <b>71<sup>st</sup> and Lewis</b>               | <b>918/493-7000</b> |
| <b>Doubletree @ Warren Place</b> | <b>61<sup>st</sup> and Yale</b>                | <b>918/495-1000</b> |
| <b>Adams Mark Hotel Downtown</b> | <b>Williams Center</b>                         | <b>918/582-9000</b> |
| <b>Embassy Suites</b>            | <b>I-44 &amp; Memorial</b>                     | <b>918/622-4000</b> |
| <b>Hawthorne Suites</b>          | <b>I-44 &amp; Memorial</b>                     | <b>918/663-3900</b> |
| <b>Hampton Inn</b>               | <b>I-44 &amp; Memorial</b>                     | <b>918/663-1000</b> |
| <b>Holiday Inn Express</b>       | <b>9010 East 71<sup>st</sup></b>               | <b>918/459-5321</b> |

**INFORMATION:** Driving instructions to the campus may be found at <http://www.teamunify.com/Home.jsp?team=czsecmeet>

Campus parking lot availability, restrictions and location information may be found at <http://www.teamunify.com/Home.jsp?team=czsecmeet>

**OTHER INFORMATION:** Please reference our club web site <http://www.teamunify.com/Home.jsp?team=czsecmeet> for all Speedo Champions Series Central Section Region VIII Long Course Championship information. All updates and meet information may be accessed on the club web site. Meet Results will be provided on the web site.