

2011 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

CENTRAL ZONE SECTION 1

LONG COURSE CHAMPIONSHIPS

University of Iowa Recreational Services & Iowa Flyers Swim Club
July 21-24, 2011 (Thursday – Sunday)

SANCTIONED BY: Iowa Swimming, Inc.

SANCTION #: IA-11-47

TIME TRIALS SANCTION #: IA-11-48

MEET HOST: Iowa Flyers Swim Club

DATES OF MEET: Thursday, July 21 through Sunday, July 24, 2011

START TIMES: PRELIMS: 9:00am all days; FINALS: 6:00pm all days

REGISTRATION: Wednesday, July 20, 12:00pm-8:00pm; Thursday, July 21, 7:00am-9:00am; Friday, July 22 7:00am-9:00am

GENERAL MEETING: Wednesday, July 20, 7:00pm, CRWC Meeting Room 1A/1B. Additional Coaches Meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all Coaches Meetings. **Coaches or other team and swimmer representatives are responsible for all information presented at these meetings including change to the meet format or conduct.**

MEET REFEREE: John Witzel, witzwim@mac.com, (952) 693-6440

OFFICIALS MEETINGS: 8:00am Prelims (7:30am Thursday), 5:00pm Finals

LOCATION: University of Iowa Campus Recreation and Wellness Center, 309 S Madison St, Iowa City, IA 52242

FACILITY: The competition pool is an 8-lane, 50-meter x 25-yard indoor pool ranging from 7 feet to 9 feet in depth. Lanes are 9 feet wide with 6-inch Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. Daktronics timing system and display will be used. A separate eight-lane 25-yard facility (diving well) and a separate three-lane 20-yard facility (leisure pool) will be available for warmup and cooldown.

PARKING: Parking is available in the following locations:

University Lot 11 (spaces limited M-F from 8am-4:30pm), 1 block southeast of CRWC;

University Library Lot, 1 block north of CRWC;

Court Street Transportation Center, 4 blocks east of CRWC on Court St;

Old Capitol Center Garage, 2 blocks east of CRWC on Burlington St;

Follow this link for more information: <http://recserv.uiowa.edu/Apps/speedo/>

DECK ACCESS: Entrance to the building for all Coaches, Athletes, Officials, and Meet Personnel is located on the corner of Burlington St and Madison St. Event credentials will be required for pool deck access. Coaches, Athletes, Officials, and Meet Personnel may enter the deck area, using event credentials, though the bus drop-off/athlete entrance on the west side of the CRWC in addition to the main entrance. No spectators will be allowed on the pool deck. There will be a \$20 charge to replace a lost credential.

SPECTATOR ADMISSION: Entrance to the building for all Spectators is located on the corner of Burlington St and Madison St.

Single Session admission including a heat sheet: \$5.00

Additional Heat Sheets: \$2.00

Psych Sheets: \$5.00 each.

All-Session Pass, including a Psych Sheet and Heat Sheets: \$30.00.

ENTRY INTO THE MEET

ELIGIBILITY: All swimmers MUST be current 2011 registered athlete members of USA Swimming. Seasonally registered athletes are not allowed, and there will be no on deck registration. All coaches allowed access on deck MUST be non-athlete coach members for 2011 and have current certifications as a USA Swimming or FINA registered coach. The representative submitting entries shall be responsible for verifying that all swimmers and coaches satisfy these requirements. The meet is open to those USA Swimming athletes registered in the following LSCs: Illinois, Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin. Athletes registered with all other LSC's who have achieved a 2011 Speedo Summer Junior National Championships time standard may also enter those events (see pgs. 5-6 for time standards).

QUALIFYING: The qualifying period is July 1, 2009 through the entry deadline. Qualifying time standards are included in this packet. Entry times will be accepted in Long Course Meters, Short Course Meters, or Short Course Yards, and all events will be seeded in that order.

ENTRY LIMITS: Swimmers may compete in a maximum of three individual events per day including time trials. Each team may enter as many relay teams as have met the qualifying time standard, but only two relay teams from each team are permitted to score. Relay team entries must be comprised of at least one member who qualified for the meet in an individual event.

ENTRY FEES: \$10.00 per individual event; \$20.00 per relay event. \$1.00 Athlete Surcharge per athlete entered in the meet (see below).

CENTRAL ZONE ATHLETE SURCHARGE: \$1.00 per athlete entered in the meet (including relay only athletes)—collected via OME at the time of entry. **New legislation passed at the 2010 USAS Convention requires a \$1.00 surcharge for all athletes attending Championship meets held within the Central Zone including Speedo Champions Series meets. This fee is collected by the host club, but remitted to the Central Zone following the meet.**

ENTRY PROCEDURE: All entries must be submitted using USA Swimming OME (online meet entry) at www.usaswimming.org/ome. Payment method through OME must be Visa, MasterCard, American Express or Discover. Entries are not considered accepted until payment method is validated. A confirmation email will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Once entries are paid for, times can be modified and events can be added, but events cannot be deleted. Please contact Susan Woessner at USA Swimming with any questions on the OME system (719) 332-0184.

ENTRY DEADLINE: Entries may be submitted online beginning June 1, 2011 (9:00am Central Daylight Time) and will be accepted through **Wednesday, July 13, 2011 at 11:59pm (Central Daylight Time)**. Updates for improved seed times will be allowed on the OME system through 11:59pm (Central Daylight Time) on Monday, July 18th.

TIMES ACHIEVED AFTER JULY 13, 2011: Entries for athletes with newly earned Qualifying Times from meets occurring July 14-July 17, 2011 must be received by 11:59pm (Central Daylight Time) on Monday, July 18, 2011. Transmit via fax to Phil Julson at 319-335-6655 or email to phil-julson@uiowa.edu. A confirmation email will acknowledge posting of entries. Entrants are responsible for following up if acknowledgment is not received. Improved seed times will not be accepted via fax or email. They must be completed on the OME system.

PROOF OF TIME: All "Custom or Override Times," including those for bonus events, must be verified prior to the scratch deadline for that event. If an entry time is entered into the SWIMS database after the entry deadline, please be prepared to prove the time. Computer access will NOT be provided; coaches/swimmers must bring appropriate proof of time to the meet. Times that are not proven prior to seeding will be downseeded.

FOR MORE INFORMATION, CONTACT:

| | | |
|--|----------------|--|
| Phil Julson, Meet Director | (319) 384-1165 | phil-julson@uiowa.edu |
| John Witzel, Meet Referee | (952) 693-6440 | witzwim@mac.com |
| Megan Oesting, Iowa Flyers Swim Club Head Coach | (319) 335-5844 | megan-oesting@uiowa.edu |
| Elaine Sortor, ISI Registration Chair | (563) 391-5832 | isiswim@aol.com |
| Michael Lawrence, Central Zone Section 1 Contact | (847) 220-3940 | pegasus523@gmail.com |

RULES AND PROCEDURES

RULES: Current National USA Swimming Rules will govern all competitions, except as otherwise specified in this meet information or the Section 1 Competition Manual. All information, rules and regulations, including time standards, schedules, order of events, meet operations and requirements can be found in the USA Swimming 2011 Rulebook.

WARM UP: Feet-first, slip-in entries only, except in designated lanes and times. Violations will result in disqualification from next individual event or expulsion from the meet. More detailed warm up procedures will be distributed at registration and during the General Meeting.

POOL HOURS: Wednesday, July 20 from 12:00pm to 8:00pm. Thursday, Friday, Saturday, and Sunday doors open at 7:00am and the pools will be open for general warm-up all day. The structured warm-up schedule for the competition pool is listed below. The pool will close 30 minutes after competition is completed each night.

| | <u>WARM-UP</u> | <u>PRELIMS</u> | <u>WARM-UP</u> | <u>FINALS</u> |
|-----------|--------------------------------|----------------|----------------|---------------|
| Wednesday | General Warm-up 12:00pm-8:00pm | | | |
| Thursday | 7:00-8:50am | 9:00am | 4:30-5:50pm | 6:00pm |
| Friday | 7:00-8:50am | 9:00am | 4:30-5:50pm | 6:00pm |
| Saturday | 7:00-8:50am | 9:00am | 4:30-5:50pm | 6:00pm |
| Sunday | 7:00-8:50am | 9:00am | 4:30-5:50pm | 6:00pm |

Anyone interested in pool time prior to Tuesday, July 20 should contact Phil Julson directly at (319) 384-1165 or phil-julson@uiowa.edu. Arrangements must be made at least two full weeks in advance.

CONDUCT OF THE MEET: This meet is a prelims/finals meet with the top 24 swimmers advancing to finals. Prelim events will be conducted using fly-over starts. Each event during finals will consist of a Bonus, Consolation, and Championship Final heat except for the 800m and 1500m Freestyles and all relays. These events will be conducted as timed final events.

THURSDAY: The 800 Freestyle will be deck seeded with a positive check-in deadline 15 minutes after the conclusion of the General Meeting on Wednesday night. The fastest heat of women and men will be seeded into the finals; all other heats will be swum during the Thursday prelim session fastest to slowest alternating heats of women/men. Athletes must provide their own lane timer and lap counter for the non-finals heats and lap counter only for the heats swum in finals.

FRIDAY: The 400 Freestyle Relays will be timed final events with the fastest two heats of women and men seeded into finals. Positive check-in is required by 6:30pm Thursday.

SATURDAY: The 800 Freestyle Relays will be timed final events with the fastest heat of women and men seeded into finals. All other heats will be swum at the end of the prelim session, fastest to slowest alternating heats of women/men. Positive check-in is required by 6:30pm Friday.

SUNDAY: The 1500 Freestyle will be deck seeded with a positive check-in by 6:30pm Saturday. The fastest heat of women and men will be seeded into finals. All other heats will be swum after prelims (following the 400 Medley Relays) fastest to slowest alternating heats of women/men. Athletes must provide their own lane timer and lap counter for the non-finals heats and lap counter only for the heats swum in finals. The 400 Medley Relays will be timed final events with the fastest two heats of women and men seeded into finals. Positive check-in is required by 6:30pm Saturday.

SCRATCHES: The following are the scratch deadlines for each day's events:

| | |
|---------------------------------|----------------------------------|
| Deadline for Thursday's events: | 15 minutes after general meeting |
| Deadline for Friday's events: | Thursday 6:30pm |
| Deadline for Saturday's events: | Friday 6:30pm |
| Deadline for Sunday's events: | Saturday 6:30pm |

The meet will be administered according to the National Championship scratch procedures (2011 Rulebook, Section 207.126). More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration. There will be no clerk of course. If you will not be arriving in time to make the deadline, coaches may scratch events via email to phil-julson@uiowa.edu. Scratches submitted by email must be completed by the deadlines listed above.

POSITIVE CHECK-IN: Positive check-in is required for the 800m and 1500m Freestyle and all relays. Swimmers and relays who fail to positive check-in will be downseeded to the slowest heat. Positive check-in deadlines are the same as the scratch deadlines. If you will not be arriving in time to make the deadline, coaches may check-in for events via email to phil-julson@uiowa.edu. Positive check-ins submitted by email must be completed by the deadlines listed above.

RELAY JUDGING EQUIPMENT: Automatic relay take off platforms will be used for all relays as verification.

TIME TRIALS: Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$10.00 per individual event and \$20.00 for relays. Time trials sign up will be from 10am-12pm each day. Athletes must provide their own lane timer and lap counter for all time trial events.

| <u>TIME TRIAL SCHEDULE</u> (Time Permitting) | <u>Order of Events</u> |
|--|---|
| Thursday afternoon following 800 Freestyle | Thursday events/Friday events/Saturday events/Sunday events *800 Freestyle time trials Thursday afternoon only (time permitting) |
| Friday afternoon following 400 Freestyle Relay | Friday events/Saturday events/Sunday events/Thursday events |
| Saturday afternoon following 800 Freestyle Relay | Saturday events/Sunday events/Thursday events/Friday events |
| Sunday afternoon following 1500 Freestyle | Sunday events/Thursday events/Friday events/Saturday events *1500 Freestyle time trials Sunday afternoon only (time permitting) |

SCORING: All events will be scored to 16 places using the following point system:

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

Relay Scoring: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

AWARDS:

Individual: Top 8 Awarded (medals), Relays: Top 3 Awarded (medals), Team: Top 3 Women's teams, Top 3 Men's teams, Top 3 Combined Teams awarded (plaques).

MEET COMMITTEE: A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE: This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and re-certification evaluations for N2- and N3-level positions. A combined Request for Evaluation/Application to Officiate is available on the Central Zone website. Completed forms should be sent to the Assistant Central Zone Officials Chair, as indicated on the form. Opportunities for evaluations may be limited by time and personnel resources. Availability of final evaluations for N-3 Starter and N-3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

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CENTRAL ZONE SECTION 1

LONG COURSE CHAMPIONSHIPS

University of Iowa Recreational Services & Iowa Flyers Swim Club

July 21-24, 2011 (Thursday-Sunday)

NOTE: There are NO bonus events at the Long Course Speedo Championship Series

**Time Standards for Swimmers Registered in the following LSCs:
Minnesota, Wisconsin, Illinois, Iowa, North Dakota, South Dakota**

| WOMEN | | | | THURSDAY, JULY 21 | MEN | | | |
|---|---------|---------|----------|-------------------|----------|---------|---------|---------|
| EVENT # | SCM | LCM | SCY | EVENT | SCY | LCM | SCM | EVENT # |
| 1 | 59.79 | 1:01.19 | 53.89 | 100 Freestyle | 48.99 | 55.59 | 54.59 | 2 |
| 3 | 2:46.49 | 2:51.99 | 2:29.99 | 200 Breaststroke | 2:17.59 | 2:38.79 | 2:32.69 | 4 |
| Awards for 100 Freestyle and 200 Breaststroke | | | | | | | | |
| 5 | 2:29.29 | 2:32.39 | 2:14.49 | 200 Butterfly | 2:01.79 | 2:18.49 | 2:15.19 | 6 |
| +7* | 9:32.49 | 9:41.09 | 10:54.19 | 800 Freestyle | 10:14.09 | 9:12.09 | 8:57.29 | *8+ |
| Awards for 200 Butterfly and 800 Freestyle | | | | | | | | |

| WOMEN | | | | FRIDAY, JULY 22 | MEN | | | |
|--|---------|---------|---------|-----------------------|---------|---------|---------|---------|
| EVENT # | SCM | LCM | SCY | EVENT | SCY | LCM | SCM | EVENT # |
| 9 | 2:09.69 | 2:12.39 | 1:56.79 | 200 Freestyle | 1:46.39 | 2:02.09 | 1:59.09 | 10 |
| 11 | 5:12.09 | 5:20.99 | 4:40.89 | 400 Individual Medley | 4:21.99 | 4:59.99 | 4:51.89 | 12 |
| Awards for 200 Freestyle and 400 Individual Medley | | | | | | | | |
| 13 | 1:06.89 | 1:09.99 | 1:00.29 | 100 Backstroke | 55.79 | 1:04.29 | 1:01.89 | 14 |
| 10 MINUTE BREAK | | | | | | | | |
| +15 | 4:09.19 | 4:14.09 | 3:44.49 | 400 Freestyle Relay | 3:23.69 | 3:51.99 | 3:46.09 | 16+ |
| Awards for 100 Backstroke and 400 Freestyle Relay | | | | | | | | |

| WOMEN | | | | SATURDAY, JULY 23 | MEN | | | |
|---|---------|---------|---------|---------------------|---------|---------|---------|---------|
| EVENT # | SCM | LCM | SCY | EVENT | SCY | LCM | SCM | EVENT # |
| 17 | 2:26.69 | 2:31.79 | 2:12.19 | 200 Backstroke | 2:01.69 | 2:20.39 | 2:15.09 | 18 |
| 19 | 4:32.89 | 4:38.59 | 5:12.19 | 400 Freestyle | 4:52.29 | 4:24.79 | 4:15.79 | 20 |
| Awards for 200 Backstroke and 400 Freestyle | | | | | | | | |
| 21 | 1:16.29 | 1:19.39 | 1:08.69 | 100 Breaststroke | 1:02.29 | 1:12.09 | 1:09.09 | 22 |
| 23 | 1:06.09 | 1:07.79 | 59.59 | 100 Butterfly | 54.09 | 1:01.39 | 1:00.49 | 24 |
| 10 MINUTE BREAK | | | | | | | | |
| +25* | 9:01.99 | 9:14.09 | 8:07.99 | 800 Freestyle Relay | 7:28.29 | 8:29.79 | 8:17.89 | *26+ |
| Awards for 100 Breaststroke, 100 Butterfly, and 800 Freestyle Relay | | | | | | | | |

| WOMEN | | | | SUNDAY, JULY 24 | MEN | | | |
|--|----------|----------|----------|-----------------------|----------|----------|----------|---------|
| EVENT # | SCM | LCM | SCY | EVENT | SCY | LCM | SCM | EVENT # |
| 27 | 2:27.49 | 2:30.99 | 2:12.89 | 200 Individual Medley | 2:01.39 | 2:18.99 | 2:14.69 | 28 |
| +29* | 18:21.59 | 18:43.69 | 18:14.99 | 1500 Freestyle | | | | |
| 30 | 27.69 | 28.19 | 24.99 | 50 Freestyle | 22.39 | 25.49 | 25.09 | 31 |
| | | | | 1500 Freestyle | 17:12.19 | 17:41.79 | 17:18.39 | *32+ |
| Awards for 200 Individual Medley, 1500 Freestyle, and 50 Freestyle | | | | | | | | |
| 10 MINUTE BREAK | | | | | | | | |
| +33 | 4:32.69 | 4:44.99 | 4:05.69 | 400 Medley Relay | 3:47.09 | 4:22.99 | 4:12.09 | 34+ |
| Awards for 400 Medley Relay Team Awards Presentation | | | | | | | | |

* Swum at the end of prelims fastest to slowest alternating women/men, fastest heat of men and women will be swum at the start of finals

+ Timed Finals, positive check-in is required

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Time Standards for Swimmers Registered OUTSIDE of the following LSCs:

Minnesota, Wisconsin, Illinois, Iowa, North Dakota, South Dakota

2011 Speedo Junior National Standards

| WOMEN | | | EVENT | MEN | | |
|----------|----------|----------|---------------------|----------|----------|----------|
| LCM | SCM | SCY | | SCY | SCM | LCM |
| 26.99 | 26.29 | 23.39 | 50 FREESTYLE | 20.89 | 23.49 | 24.29 |
| 58.59 | 56.99 | 51.09 | 100 FREESTYLE | 45.89 | 51.89 | 53.09 |
| 2:06.19 | 2:02.99 | 1:50.09 | 200 FREESTYLE | 1:40.69 | 1:53.39 | 1:55.89 |
| 4:24.69 | 4:18.29 | 4:52.99 | 400/500 FREESTYLE | 4:33.69 | 4:00.79 | 4:07.09 |
| 9:03.49 | 8:50.69 | 10:05.99 | 800/1000 FREESTYLE | 9:26.09 | 8:19.49 | 8:35.59 |
| 17:20.49 | 16:58.49 | 16:48.49 | 1500/1650 FREESTYLE | 15:51.49 | 15:41.49 | 16:15.49 |
| 1:05.69 | 1:04.49 | 56.19 | 100 BACKSTROKE | 51.39 | 55.99 | 1:00.09 |
| 2:20.99 | 2:18.59 | 2:01.19 | 200 BACKSTROKE | 1:51.39 | 2:01.99 | 2:09.59 |
| 1:14.29 | 1:12.29 | 1:04.29 | 100 BREASTSTROKE | 57.89 | 1:05.09 | 1:07.79 |
| 2:39.99 | 2:34.99 | 2:17.99 | 200 BREASTSTROKE | 2:06.29 | 2:18.09 | 2:27.59 |
| 1:03.59 | 1:02.19 | 55.59 | 100 BUTTERFLY | 50.29 | 55.99 | 57.39 |
| 2:19.69 | 2:16.89 | 2:02.49 | 200 BUTTERFLY | 1:51.99 | 2:05.59 | 2:08.39 |
| 2:23.09 | 2:19.89 | 2:03.49 | 200 IM | 1:52.79 | 2:08.19 | 2:11.39 |
| 5:02.09 | 4:55.69 | 4:20.79 | 400 IM | 3:59.89 | 4:32.59 | 4:38.99 |
| 3:59.99 | | | 400 FREESTYLE RELAY | | | 3:38.29 |
| 8:36.99 | | | 800 FREESTYLE RELAY | | | 7:54.99 |
| 4:26.19 | | | 400 MEDLEY RELAY | | | 4:01.99 |