

2010 Speedo Champions Series
Southern Zone Sectional Championships
USA-S OME deadline – 11:59 PM, Tuesday, February 23, 2010



Hosted by
Aggie Swim Club
Short Course Yards – Prelims / Finals
March 4 – 7, 2010
SANCTION #GUSC 10-050



LOCATION: Texas A&M University
Student Recreation Center Natatorium
Olsen Boulevard
College Station, TX 77843

For more information about the TAMU Student Recreation Center Natatorium, visit:
<http://recsports.tamu.edu/>

LOCAL INFORMATION:

Airports and directions: See attachment and map

Parking: Rates for the parking garage across from the Rec Center are \$2/hour for the first three hours, then 50¢ for each additional hour. Maximum fee is \$15. Parking is free on the surface lots of the TAMU campus after 5:30 p.m. on Friday (except where noted).

Sponsoring Hotels: See attachment and map. Reservations at sponsoring hotels must be made by the cut-off dates. For additional hotel information, contact the Bryan-College Station Convention and Visitors Bureau at (979) 260-9898 or visit their website at <http://visitaggieland.com/>

AGS COACHES: Shannon Clark, Ryan Goodwyn, Stephen Weber

POOLS: Two eight lane, 25 yard indoor pools with non-turbulent lane lines will be used for warm-up and competition. Finals competition will be swum in one pool. A separate eight lane 25 meter diving well will be available for warm-up and warm-down.

MEET FORMAT: This is a prelim/finals meet with A, B, C and D finals (relays, 1000 free & 1650 free will be swum as timed finals events)

TIME AND DATE: ****Teams must contact Meet Director for arrangements for early warm-up. The meet management may adapt the starting procedures and timelines to accommodate an unusually large or small meet.****

Thursday, March 4: Registration: 3:00 p.m.
Timed finals: 4:30 – 5:45 p.m. warm-up / 6:00 p.m. start

Friday, March 5: Registration: 6:30 a.m.
Prelims: 6:30 – 8:45 a.m. warm-up / 9:00 a.m. start
Finals: 5:00 – 5:45 p.m. warm-up / 6:00 p.m. start

Saturday, March 6: Prelims: 7:00 – 8:45 a.m. warm-up / 9:00 a.m. start
Finals: 5:00 – 5:45 p.m. warm-up / 6:00 p.m. start

Sunday, March 7: Prelims: 7:00 – 8:45 a.m. warm-up / 9:00 a.m. start
Finals: 4:00 – 4:45 p.m. warm-up / 5:00 p.m. start

MEET REFEREE: Rick Tobin, email: tobinrc@comcast.net

OFFICIALS: All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be blue polo shirt over khaki pants/skirt (NO shorts) as appropriate. Application will be made for this meet to be designated a National Qualifying Meet for Officials. Applications for evaluation can be obtained from the Southern Zone website or by contacting Gloria Schuldt at

schuldt@earthlink.net The application for approval will also request the assignment of **National Evaluators** to perform "final evaluations" for **N3 Starter** and **N3 Referee** candidates.

MEET DIRECTORS: Henry Clark, phone: (979) 220-2703, email: clark@comp.tamu.edu
Matthew Wagner, phone: (936)-661-3733, email: irondad7@hotmail.com

SAFETY MARSHAL: Jeremy Romoser

WARM-UP PROCEDURES AND SAFETY GUIDELINES: See attachment.

GENERAL MEETING: All swimmers must be represented at a general meeting to be held March 4, 2010 after the completion of Thursday's events in Room 281, located behind the spectator seating area. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting.

SEEDING: For events of distances 200 and less, the meet will be pre-seeded with heats organized according to USA Swimming Rules 102.5. All preliminary, 1000 free, 1650 free, and relay heats will be swum in the order of fastest to slowest. All finals heats will be swum in the order of slowest to fastest. USA Swimming national scratch procedures (USA Swimming Rule 207.12.6 A, D, and E), except as modified herein, shall be in effect. Empty lanes will be filled with on deck entries. For events of distances of 400 and more, see the section on "400 IM/500/1000/1650 FREE EVENTS".

Seeding shall be in the following order: Qualifying conforming course entries in time order, followed by non-conforming long course entries in time order, followed by non-conforming short course entries in time order, then non-qualifying conforming course entries in time order, followed by non-conforming long course entries in time order, followed by non-conforming short course entries in time order.

SCRATCHING: **Procedures:** Scratches prior to the seeding of heats shall be confirmed by properly filling out a scratch card and depositing in the scratch box. After the heats have been seeded, any swimmer who fails to compete in a preliminary individual event heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for the succeeding day's events.

Deadlines: Friday's events: Before the completion of Thursday evening's events
Saturday's events: 7:00 p.m. on Friday, March 5
Sunday's events: 7:00 p.m. on Saturday, March 6

Scratch Box: The scratch box shall be located at the Clerk of Course.

Relays: Properly completed relay cards must be turned in to the Clerk of Course by 11:00 a.m. or the entry will be considered scratched.

FINALS AND SCRATCHING: Any finalist who fails to compete at finals, consolation finals or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations. **On Sunday, any finalist that fails to compete at finals or consolation finals shall be fined \$50.00 and that swimmer's team shall be barred from further competition for the remainder of the meet, and any future Sectional Championships, until that fine is paid.** Fines are payable to Aggie Swim Club.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals, consolation finals or any other bonus final heat if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the

existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals.

ON-DECK ENTRIES: Late entries will be accepted each day up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. Tuesday, February 23, 2010 deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry
2. Swimmers must supply completed entry forms entered at the swimmers' best times. Proof-of-time in hard copy form must be presented to qualify for the meet. Swimmers entering on-deck will be placed in any available open lanes first. A "zero heat" will be added, if necessary.
3. Swimmers must enter all events for the day thirty (30) minutes prior to the start of the day's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. At the discretion of the meet management, on-deck entries may be limited to fill existing heats.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), long course meters (L) or short course meters (S). Do not convert meter times to yard times.

Qualifying Times: See attachment for times. Swimmers must be qualified to swim the events entered. Events may be qualified for by meeting yards or meters qualifying times. Qualifying times must have been achieved within two (2) years of the first day of the meet (March 4, 2008). All swimmers must have met the "Sectional Standards" for each event entered (except for bonus entries, see rules below).

Number of Events: Swimmers may compete in a maximum of 3 individual events and one (1) relay event per day.

Bonus Events: Swimmers entered in at least one individual event, may swim up to two bonus events during the championships, provided they have achieved the "Sectional Bonus Standards".

Relay Events: All relay members must be entered in individual events.

Eligible Swimmers: Open to USA Swimming registered teams and swimmers in Texas and Louisiana. The number of out-of-section swimmers is limited to 100 swimmers (the team that puts the number of out-of-section swimmers at 100 swimmers or more will be the last out-of-section team allowed to enter. All out-of-section teams must contact the Meet Entry Chair prior to the entry deadline in order to be allowed to enter this meet.

Age: As of March 4, 2010

Deadline: Teams must enter using the USA Swimming On-Line Meet Entry (OME) system. This is the only accepted process for pre-entering the meet. Entries are due NO LATER than 11:59 PM, Tuesday, February 23, 2010. Register for the meet online at www.usaswimming.org Payment must be made by credit card through the OME system. Mail hard copy print-outs to the Meet Entry Chair at:

Shannon Clark
9465 Barrow Court
College Station, TX 77845

Phone: (979) 776-1155

Email: clark@comp.tamu.edu

Fees: \$15.00 per individual event and \$30.00 for each relay event.

Coaches Registration: Coaches should register for this meet along with their entries using the OME System.

Late Entry Deadline: Only swims achieving the Sectional qualifying time standards for the first time from Tuesday, February 23, 2010, through Sunday, February 28, 2010, may be sent by email to the Meet Entry Chair at clark@comp.tamu.edu. These late entries must be received no later than 11:59 p.m., Central time, Sunday, February 28, 2010. Fees for late entries will be \$30.00 for individual and \$60.00 for relay events. Payment must be made by cash or check at the registration desk. Late entries cannot be used to improve any seed time of a prior entry.

PROOF OF TIME: This is a pre-proved meet; all times will be verified through the SWIMS database. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer or relay will not be entered in the meet. Any times not in the SWIMS database, including any aggregate relay times, must be proven, with supporting documentation supplied to the Meet Entry Chair. Acceptable forms of documentation include 1) Official results from USA Swimming, high school, NCAA and YMCA meets, or 2) Printouts from other USA-S, HS, NCAA and YMCA database webpages. Swimmers will be fined \$100 for each unproven qualifying time and will be banned from competition until all fines have been paid. Fines payable to Aggie Swim Club.

TIME TRIALS: Time permitting time trials will be conducted after the completion of Saturday's prelims under sanction #GUSC 10-051. Rules for time trials will be:

- 1) Fees will be \$20.00 for individual and \$40.00 for relay events
- 2) Swimmers must supply completed entry forms entered at the swimmers' best times. All entries are due by 11:00 a.m. Saturday
- 3) Swimmers must be entered in the meet
- 4) Time trial events count towards the daily entry limit of 3 events
- 5) Events will be swum in the order of: 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 100 free, 100 stroke (back, breast, fly), 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 1000 free and 1650 free.
- 6) Swimmers must provide their own timers and lap counters.

TOP 8 FINALISTS: The top 8 finalists of each event should report directly to the starting blocks. Names will be announced before the start of each final heat.

CONSOLATION, BONUS & RELAY FINALISTS: Consolation, bonus and relay finalists should report directly to the starting blocks. Names will be announced after the start of each of these heats, except for the 50 freestyle heats. Names will be announced before the start of each 50 freestyle heat.

AWARDS: Individual and relay events: medals, 1st - 8th place
Combined team banners: 1st - 10th place
Individual high points: 1st & 2nd place Women's
1st & 2nd place Men's
Meet Swim Cap: for first 2010 NCSA Junior National qualification
Meet T-shirt: for first 2010 USA Swimming Summer National qualification

SCORING: Individual Events: 1st - 8th place: 20-17-16-15-14-13-12-11
9th - 16th place: 9-7-6-5-4-3-2-1
Relay Events: 1st - 8th place: 40-34-32-30-28-26-24-22
9th - 16th place: 18-14-12-10-8-6-4-2

400 IM/500/1000/1650/FREE EVENTS: Entrants in the 400 IM, 500 free, 1000 free and 1650 free events must check in with the Clerk of Course and confirm their intention to compete in these events.

Check-in deadline times:
1000 free - Thursday, March 4, 5:00 p.m.
500 free - Friday, March 5, 9:00 a.m.
400 IM - Saturday, March 6, 9:00 a.m.
1650 free - Saturday, March 6, 7:00 p.m.

The 400 IM, 500 free, 1000 free and 1650 free will be deck seeded. 400 IM and 500 free will be swum as prelims/finals events with prelims heats swum in the order of fastest to slowest. 1000 and 1650 free will be swum as timed final events. All heats of the 1000 free will be swum, fastest to slowest. At check-in, 1650 free swimmers must determine their preference to swim AM or PM and the fastest 8 women and fastest 8 men that elect to swim PM will swim in finals. All other 1650 free heats will be swum fastest to slowest during prelims. 1000 free and 1650 free swimmers must provide their own timers and lap counters.

RELAY EVENTS: Relays will be deck seeded and swum as timed final events, with all heats swimming fastest to slowest. Teams may elect to swim either AM or PM. Deck entered relays must swim in prelims heats. The fastest 16 relays of each event that elect to swim PM will swim in finals. All other relay heats will swim during prelims.

RULES AND SANCTIONS: The 2009-10 USA Swimming and Texas Senior Circuit rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. No entries can be accepted unless the entrant is either registered or certified by USA Swimming.

POOL MEASUREMENT: The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Course measurements will be verified each session in accordance with Gulf Swimming Rules.

TIMING SYSTEM: A Daktronics electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up.

POOL DECK RESTRICTION: Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive credential tags, complimentary psych sheets and admission to the hospitality room.

CREDENTIAL TAGS AND REGISTRATION: Credential tags must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. Registration cards must be presented to receive credential tags. No team photographers will receive credential tags. Credential tags for media personnel must be arranged for with the meet director.

Credential tags must be picked up at the registration desk. The registration desk will be open from 3:00 to 8:00 p.m. on Thursday, March 4 and will be open at 6:30 a.m. on Friday, March 5. After Friday's prelim session, the registration desk will move to Clerk-of-Course. Replacement credential tags will be \$10.00.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

SPECTATOR ADMISSION: The spectator seating area can accommodate approximately 1200 occupants. Ticket sales will be on a first come-first served basis at the meet. Spectator entry fees will be as follows:

All sessions: adult--\$15.00, students/children(3-12)--\$7.50
Each prelim session: adult--\$2.00, students/children(3-12)--\$1.00
Each final session: adult--\$4.00, students/children(3-12)--\$2.00
Thursday's session: adult--\$2.00, students/children(3-12)--\$1.00

- CONCESSIONS:** Concessions will be available behind the spectator seating area.
- HOSPITALITY:** A hospitality room will be available for coaches, officials and meet volunteers.
- MERCHANDISE:** Swim Shops of the Southwest will be selling Speedo swim gear and meet t-shirts.
- MEET RESULTS:** "Real-Time" meet results will be available on the Gulf Swimming web page at <http://www.gulfswimming.org>. Final meet results will be posted on the Gulf Swimming webpage within three days after the conclusion of the meet.
- VOLUNTEERS:** Volunteers are welcome and are especially needed for Thursday evening and Friday morning sessions. Hospitality will be made available to all volunteers. Please contact Matt Wagner at irondad7@hotmail.com or (936)-661-3733 or Henry Clark at clark@comp.tamu.edu or (979) 220-2703.

TEXAS A&M UNIVERSITY STUDENT RECREATION CENTER NATATORIUM RULES:

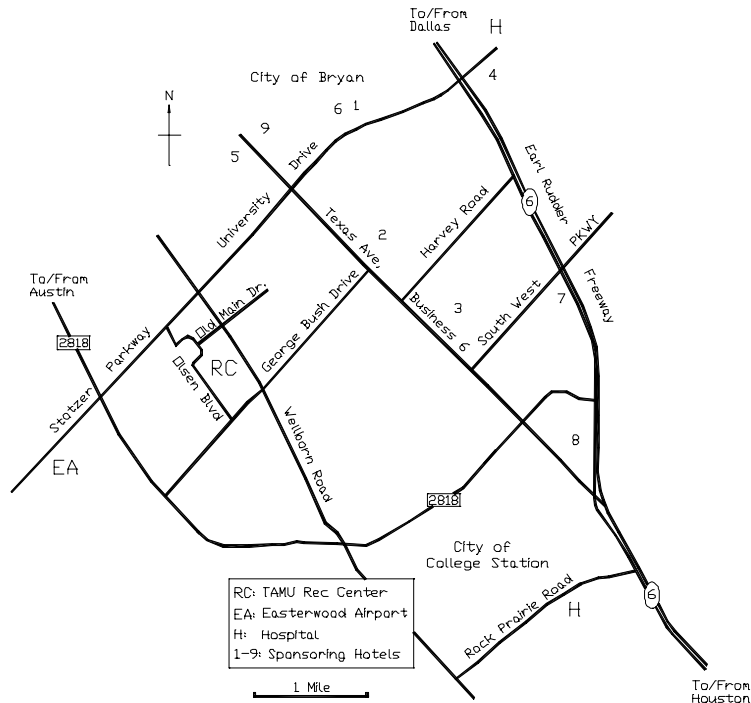
- Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event.
- Swimming is allowed only when the area is supervised.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.
- Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- There will be **NO SHAVING** within the Student Recreational Complex. Therefore, we request that swimmers be informed of this policy. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- Do not hang on lane lines.
- Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- Diving Boards will be closed and off-limits to all competitors and spectators.
- Please be neat. Throw your trash in the trash containers.
- **NO LAWN CHAIRS** are allowed in the facility.
- The Texas A&M Recreational Sports staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited. Team Banners must not exceed 5'X 8' and will be hung by event staff. No handmade signs are allowed in the facility.

SPONSORING HOTELS: Reservations at sponsoring hotels must be made by cut off dates shown below. An entire listing of Bryan/College Station area accommodations can be found at <http://visitaggieland.com/>

College Station Hotels	Phone number	Rate/night	#on Map	Group Name/Block	Cut off date
<u>Econolodge</u> 901 East University Drive	979-260-9150	\$85	1	Speedo Champions Series	Feb 18, 2010
<u>College Station Inn</u> 1503 Texas Ave South	979-693-1736	\$65	2	Speedo	Feb 4, 2010
<u>Comfort Suites</u> 2313 Texas Ave South	979-680-9000	\$99/109	3	Speedo Championship Series	Feb 18, 2010
<u>Hampton Inn Hotel & Suites</u> 925 Earl Rudder Freeway S	979-694-2100	\$109/119	4	Speedo Champions Series	Feb 11, 2010
<u>Hampton Inn</u> 320 South Texas Avenue	979-846-0184	\$109	5	USA Swimming Sectional Champs	Feb 18, 2010
<u>Hilton Hotel</u> 801 University Drive East	979-693-7500	\$119	6	USA Swimming Sectional Champs	Feb 11, 2010
<u>Holiday Inn Hotel and Suites</u> 2500 Earl Rudder Freeway	979-485-8300	\$110/130	7	Speedo Champions Series	Feb 18, 2010
<u>Quality Suites</u> 3610 Highway 6 South	979-695-9400	\$95	8	Speedo Champions Series	Feb 8, 2010
<u>Super 8 Motel</u> 301 Texas Ave South	979-846-8800	\$73	9	Speedo Champions Series	Feb 4, 2010

AIRPORT INFORMATION:

<u>Airport</u>	<u>Approximate driving distance</u>	<u>Approximate driving time</u>
Easterwood Airport (CLL) College Station, TX	2.3 miles	5 minutes
Bush Intercontinental Airport (IAH) Houston, TX	85 miles	1 hour, 45 minutes
Hobby Airport (HOU) Houston, TX	106 miles	2 hours, 10 minutes
Austin-Bergstrom International Airport (AUS) Austin, TX	94 miles	2 hours



SAFETY GUIDELINES AND WARM-UP PROCEDURES
APPENDIX G

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

2010 TSC Women	Sectional standards			Sectional Bonus standards		
Event	SCY	SCM	LCM	SCY	SCM	LC
50 FREE	25.19	28.09	28.49	25.79	28.79	29.19
100 FREE	54.09	1:00.39	1:01.39	55.49	1:01.99	1:02.99
200 FREE	1:56.49	2:10.59	2:12.59	1:59.69	2:14.19	2:16.29
400/500 FREE	5:13.59	4:34.29	4:39.69	5:20.79	4:40.59	4:46.09
800/1000 FREE	10:48.19	9:19.09	9:30.49	11:00.29	9:29.39	9:40.99
1500/1650 FREE	18:21.59	18:01.49	18:23.29	18:49.29	18:28.69	18:50.99
100 BACK	1:01.29	1:09.29	1:10.99	1:02.69	1:10.79	1:12.59
200 BACK	2:11.19	2:28.69	2:32.79	2:13.89	2:31.79	2:35.99
100 BREAST	1:09.99	1:18.39	1:20.89	1:10.99	1:19.59	1:22.09
200 BREAST	2:29.99	2:49.59	2:54.79	2:32.99	2:52.89	2:58.19
100 FLY	59.59	1:07.09	1:07.99	1:00.94	1:08.69	1:09.59
200 FLY	2:11.99	2:30.59	2:34.79	2:14.59	2:33.59	2:37.89
200 I.M.	2:12.09	2:28.89	2:32.89	2:15.09	2:32.29	2:36.39
400 I.M.	4:40.79	5:16.29	5:22.89	4:45.89	5:21.99	5:28.69

2010 TSC Men	Sectional standards			Sectional Bonus standards		
Event	SCY	SCM	LCM	SCY	SCM	LCM
50 FREE	22.49	24.89	25.49	23.09	25.49	26.19
100 FREE	48.99	53.99	55.49	49.79	54.89	56.39
200 FREE	1:47.49	1:58.79	2:01.69	1:49.31	2:00.79	2:03.79
400/500 FREE	4:54.39	4:13.79	4:22.39	5:01.19	4:19.59	4:28.39
800/1000 FREE	10:09.09	8:42.59	9:00.99	10:17.89	8:50.19	9:08.79
1500/1650 FREE	17:13.59	16:32.19	17:05.59	17:33.89	16:51.69	17:25.69
100 BACK	56.39	1:02.29	1:04.59	57.69	1:03.69	1:05.99
200 BACK	2:02.39	2:15.49	2:20.89	2:05.29	2:18.59	2:24.09
100 BREAST	1:03.79	1:10.19	1:12.69	1:05.09	1:11.49	1:14.09
200 BREAST	2:20.89	2:34.39	2:40.59	2:24.69	2:38.49	2:44.89
100 FLY	54.19	59.89	1:00.59	55.39	1:01.09	1:01.89
200 FLY	2:02.79	2:17.09	2:21.09	2:05.09	2:19.39	2:23.59
200 I.M.	2:02.29	2:15.39	2:20.19	2:04.19	2:17.39	2:22.29
400 I.M.	4:24.19	4:51.79	5:00.49	4:28.49	4:56.49	5:05.29

ORDER OF EVENTS

Thursday, March 4, 2010

Timed Finals: 4:30 p.m. warm-up / 6:00 p.m. start

Womens #	Event	Mens #
1	1000 Yard Free*	2

* Heats swum fastest to slowest

Friday, March 5, 2010

Prelims: 6:30 a.m. warm-up / 9:00 a.m. start

Womens #	Event	Mens #
5	200 Yard Back	6
7	100 Yard Free	8
9	200 Yard Fly	10
3	500 Yard Free	4
15 Min Break		
11	400 Yard Free Relay	12

Note: All prelim heats swum fastest to slowest

Finals: 5:00 p.m. warm-up / 6:00 p.m. start

Womens #	Event	Mens #
3	500 Yard Free	4
5	200 Yard Back	6
7	100 Yard Free	8
9	200 Yard Fly	10
15 Min Break		
11	400 Yard Free Relay ⁺	12

⁺Fastest 16 swim finals. Relay heats swum fastest to slowest.

Saturday, March 6, 2010

Prelims: 7:00 a.m. warm-up / 9:00 a.m. start

Womens #	Event	Mens #
13	200 Yard Free	14
15	200 Yard Breast	16
17	100 Yard Fly	18
19	400 Yard I.M.	20
15 Min Break		
21	800 Yard Free Relay	22

Note: All prelim heats swum fastest to slowest

Finals: 5:00 p.m. warm-up / 6:00 p.m. start

Womens #	Event	Mens #
13	200 Yard Free	14
15	200 Yard Breast	16
17	100 Yard Fly	18
19	400 Yard I.M.	20
15 Min Break		
21	800 Yard Free Relay ⁺	22

⁺Fastest 16 swim finals. Relay heats swum fastest to slowest.

Sunday, March 7, 2010

Prelims: 7:00 a.m. warm-up / 9:00 a.m. start

Womens #	Event	Mens #
23	100 Yard Back	24
25	100 Yard Breast	26
29	50 Yard Free	30
31	200 Yard IM	32
15 Min Break		
33	400 Yard Medley Relay	34
27	1650 Yard Free ⁺⁺	28

⁺⁺Fastest 8 swim finals.

Note: All prelim heats swum fastest to slowest

Finals: 4:00 p.m. warm-up / 5:00 p.m. start

Womens #	Event	Mens #
23	100 Yard Back	24
25	100 Yard Breast	26
27	1650 Yard Free ⁺⁺	
29	50 Yard Free	30
	1650 Yard Free ⁺⁺	28
31	200 Yard IM	32
15 Min Break		
33	400 Yard Medley Relay ⁺	34

⁺⁺Fastest 8 swim finals.

⁺Fastest 16 swim finals. Relay heats swum fastest to slowest.

Entry rules for individual events:

- 1) Swimmers may compete in a maximum of 3 individual events and 1 relay event per day.
- 2) Qualifying times must have been achieved within two (2) years of the first day of the meet (March 4, 2008).
- 3) All swimmers must have met the "Sectional Standards" for each event entered (except for bonus entries, see rules below).

Bonus events:

- 1) Swimmers entered in at least one individual event, may swim up to two bonus events during the championships, provided they have achieved the "Sectional Bonus Standards".

Entry rules for relay events:

- 1) All relay members must be entered in individual events.
- 2) The time for each relay may be submitted as a composite or aggregate time.