

2014 Western Zone Senior Championships
July 30 – August 3, 2014
Hosted by Clovis Swim Club

Held under USAS/Central California Swimming Sanction # S1114BS

Time Trial Sanction # S1214BS

Meet Director: Rebecca Atchley Phone: 559-359-9609 Email: ratchley2@gmail.com

Information: John McGough Phone: 559-327-9232 Email: johnmcgough@cusd.com

Meet Referee: Mary Jo Swalley Phone: 805-895-6002 Email: scsmj@earthlink.net

Admin Referee: Gloria Schuldt Phone: 469-426-2850 Email: gloria_schuldt@att.net

Time Trial Referee: TBD

Location: **Clovis North High School 2770 E International Ave Fresno, CA 93730**
&
Clovis West High School 1070 E. Teague Fresno, CA 93720

Entry Deadline: Monday, July 21, 2014
There will be no late entries accepted for this meet.

All Swimmers must be 19 years of age or younger on the first day of the meet.

If there are less than 700 swimmers attending the meet, ALL competition will be held at Clovis North.

If there are more than 700 Swimmers attending the meet, prelims will be run at both Clovis North & Clovis West. Teams will spend 2 days swimming prelims at each site. Coaches will be notified using the email address associated with the OME entries at least 3 days prior to the first day of the meet.

Directions: CLOVIS NORTH AQUATICS COMPLEX

2770 E International Ave. Fresno, CA 93730

Highway 41 or 99 to Herndon Avenue, east on Herndon to Willow, north on Willow to the corner of Willow & International). Continue on Willow to the north end of the campus and turn left at the tennis courts. Drop off at the pool entrance and continue to Chestnut (left) and left into the parking lot. Park only in marked spaces.

CLOVIS WEST AQUATICS COMPLEX

1070 E. Teague Fresno, CA 93720

From the south: Highway 99 (N) to 41 (N) to Herndon Avenue, east on Herndon to Millbrook, north on Millbrook to the corner of Millbrook & Teague. Continue on Millbrook to Cole and turn right and then immediately right into the campus parking lot.
From the north: Take highway 99 (S) to Herndon Avenue, east on Herndon and follow the directions above.

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Facilities: CLOVIS NORTH AQUATICS COMPLEX

Two 50 M x 25 yard outdoor pools. The main competition pool is all deep with a minimum depth of 7 ft. The scoreboard is a Colorado Timing LED Board. The competition pool has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming .

CLOVIS WEST AQUATICS COMPLEX

50 M x 25 yard pool. The main competition pool is all deep at 7 feet. The adjacent diving well will provide 6 x 25 M lanes for continuous warm up and warm down. The competition pool has been certified according to articles 104.2.2 C (4) USAS rules and regulations. The copy of such certification is on file with USA Swimming.

Recording Devices and Media Notice: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Visual recording devices are not permitted behind the blocks during the start sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

Racing Start Certification:

Any swimmer entered in the meet must be certified by a USA Swimming member coach 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.

Deck Changing:

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

Swimwear:

Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

Meet Format:

The Meet will be run under National Championship rules including relays. All preliminary events will be swum fastest to slowest.

Wednesday, July 30: Timed Finals distance events will start at 2:00PM. Subsequent days are Preliminary and Final format with Preliminaries beginning at 9:00AM on Thursday, Friday, Saturday and Sunday. Finals will begin at 6:00PM on Thursday, Friday and Saturday, and 5:00PM on Sunday.

There will be 4 final heats; D, C, B, and A in that order.

Long course (LCM) qualifying times will be seeded first, short course yards (SCY) qualifying times will be seeded second, and short course meters (SCM) qualifying times will be seeded third. Bonus entries must be labeled as such and will be seeded after all qualified entries.

Warm Up:

The Clovis North pool will be available from 9:00AM to 7:00PM on Tuesday, July 29 and 9:00AM to 12:00 PM for warm-up on Wednesday, July 30, 2014 under direct supervision of a coach. On Wednesday, July 30, the competition pool(s) will be available for warm-up at 12:00PM for Women entered in the 1500 Freestyle and Men entered in the 800 Freestyle being swum that day. The pools will be open on Thursday,

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Warm Up (cont.): Friday, Saturday, and Sunday at 7:30AM. From 7:30 - 8:10AM all lanes will be open for general warm-up. From 8:10 - 8:50AM lanes 1 and 8 will be open for push-pace work and lanes 2 and 7 will be open for one-way sprints from the blocks under coach's supervision. Lanes 3, 4, 5 & 6 will remain open for general warm-up in the competition pool until 8:50AM. The Meet Referee may make changes at any time as determined to be in the best interest of the athlete and the conduct of the meet.

Check-In & Scratching: Swimmers are considered checked-in for all events EXCEPT the Distance Freestyle on Wednesday and Sunday. National Championship scratch rules will be used, except where otherwise specified. A scratch box will be located at the Clerk of Course. Scratches prior to the seeding of Preliminaries must be confirmed by properly filling out and depositing a scratch card in the scratch box located at the Clerk of Course by the scratch deadline.

Timed Finals Individual Events: Swimmers must check in by the stated deadline to be seeded. There is no penalty for a swimmer who neither checks-in nor scratches, but any swimmer who checks-in but fails to compete in a timed final event will be barred from all further individual and relay events for that day and must check in with the Admin Referee prior to the scratch deadline each day for the remainder of the meet.

Preliminary Heats: Event Scratches for Wednesday's events are due 15 minutes after the conclusion of the coaches' meeting on Wednesday. Event scratches for preliminaries on Thursday are due ½ hour after the start of finals on Wednesday. Scratches for Friday –Sunday are due ½ hour after the start of finals on the previous day.

Any swimmer who fails to compete in an individual preliminary heat in which he/she are entered and have not properly scratched, will be barred from all further individual and relay events for that day and must check-in with the Admin Referee prior to the scratch deadline each day for the remainder of the meet.

Finals: Swimmers have 30 minutes after announcement of preliminary results of their event in which to scratch or declare their intention to scratch.

Any swimmer seeded in a final race in an individual event who fails to compete in said Final shall be barred from further competition for the remainder of the meet, unless the swimmer has properly scratched according to the meet rules.

Relays: Relays will be entered using USA Swimming OME. There will be no on deck entries for relays except for LSC All-Star Teams. LSC All Star Teams will be required to enter relays by 10:00AM on the day the relay is swum. There are no relay time standards for this meet. Relay cards are due at the start of finals on day relay is swum. Relay events will be swum at the end of finals in the National Championship Format: Fastest two heats of women followed by fastest two heats of men then alternating women/men fastest to slowest. Teams will be limited to 4 relays per event (A, B, C, & D relays only.)

Distance Freestyle: The Women's 1500 Freestyle and the Men's 800 Freestyle will be swum as a Timed Finals, swum fastest to slowest, alternating Women and Men on Wednesday, July 30.

The Women's 800 Freestyle and Men's 1500 Freestyle will be swum as Timed Finals on Sunday, August 3th with the fastest heat to be swum in Finals. All other heats of these events will be run fastest to slowest at the end of Preliminaries, alternating Women and Men.

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Distance Freestyle (cont.): Any swimmer entered into event 27, Women’s 1500 Freestyle or 30, Men’s 800 Freestyle on Sunday, should declare at check-in that they do not wish to swim the event in Finals session by writing a “P” for Prelim on the check-in sheet next to his/her name when checking in for this event.

Swimmers will be responsible for providing timers and lap counters for the distance events. Lap counting devices will be provided.

Eligibility & Bonus Events: All swimmers must be registered for 2014 with a full year membership (non-seasonal) in a Western Zone LSC. Swimmers who have met at least one long course or short course qualifying time standard are eligible to compete.

All swimmers must be 19 years of age or younger on the first day of the meet.

A swimmer who has achieved a National Championship “A” time standard may not compete in that event at this meet.

A swimmer who has achieved one “A” qualifying time for the meet will be eligible to swim Bonus Events in which the Bonus standard has been achieved. Bonus events are limited to distances of 200 meters and less.

A Swimmer may enter up to 9 events (Not including Time Trials) but may not compete in more than three events per day including Time Trials

This is a proof of times meet. Verification of times with date and location where the time was achieved must be available via the USA Swimming Site database (SWIMS) or must be made immediately available, upon request, to the Meet Referee.

Divisions: Swimmers will be able to enter the meet as attached to their club team or an LSC team. LSC teams and club teams will be scored in different divisions. ONCE A SWIMMER ENTERS ATTACHED TO A CLUB TEAM OR LSC TEAM, THE SWIMMER MAY NOT CHANGE TEAM AFFILIATION. Swimmers may enter unattached.

Fees: \$8.50 (\$3.50 per entry to the Western Zone Treasury) per individual event, \$17.50 (\$5.00 per relay to the Western Zone Treasury) per relay. ***Please make all checks payable to Clovis Swim Club.***

Entry Submittal Information:

- Entries may be submitted on line beginning 12:00 AM, July 1, 2014 through the USA Swimming website: www.usaswimming.org/ome
- Online entries will be accepted until Monday, July 21, 11:59PM. No late entries will be accepted.
- You may choose to pay for the online entries with Visa, Master Card, American Express or Discover. Payment may also be made via check made payable to: Clovis Swim Club; mail Attention: John McGough 1690 David E Cook Way, Clovis, CA. 93611. Your entry fees must be received by Wednesday July 23, 2014.
- Before checking out (i.e., completing your online entry), double-check 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

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Entry Submittal Information (cont.):

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 have until the entry deadline to update times in OME. You can also add events to your entry but you cannot delete events after you have checked out.

- Para-athletes: Must meet the Pan-Am Para-Swimming championship qualifying standard for their event. A para-athlete may elect to swim half-distance.

No on-deck entries except LSC All Star relays and Time Trials.

No on-deck USA Swimming Registrations will be accepted.

Late Entry Submittal Information:

New (no updates) entry times achieved between 7/22/14 and 7/27/14 must be entered by email by MIDNIGHT 7/27/14 **ONLY** by the Administrative Referee of the meet where swum. Meet fees will be due at team check in on arrival in Clovis. All rules regarding event limits and bonus events are applicable.

Scoring: **Individual events:** 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 **Relays:** 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2.

Awards: Team awards for first through third places in each division. High point male and female awards.

Time Trials Meet:

Time Trials will be held between preliminaries and finals each day as time permits at a cost of \$10.00 for each event. Starting time for time trials will be determined by Meet Referee. Time Trials will be run according to the standards followed at National Championship Meets. Relays will not be included in Time Trials. It is the swimmers responsibility to provide timers for Time Trials. Time Trials are available only for swimmers entered in the meet. ***TIME TRIALS ARE PART OF YOUR THREE EVENTS PER DAY LIMIT.***

Time Trials for the Women's and Men's 800 Freestyle and 1500 Freestyle will be offered during the Timed Finals sessions on Wednesday and Sunday. Distance events will be offered during normal time trials on Friday, August 1, only.

Meetings:

There will be a coaches' meeting held in the hospitality room @ Clovis North on Wednesday, July 30 @ 12:00PM. Lunch will be provided.

Due to the prelims being swum at two pools, it is highly recommended that coaches be present for the coaches' meeting.

There will be an officials' meeting held in the hospitality room @ Clovis North on Wednesday, July 30 @ 12:00PM. Lunch will be provided.

Officials:

All officials are expected to attend an officials meeting to be held on Wednesday prior to the start of competition and prior to each session to which they are assigned. This meet has been approved as an Officials Qualifying Meet (pending) for N2 and N3 certification and recertification. Please see the Central California Swimming web site (www.centralcalswim.org) for applications to officiate at this meet. Applications must be received by July 06, 2014.

Parking:

Overnight RV parking is not available on the Clovis North or Clovis West campus.

Accommodations:

Please see below for our accommodation booking website.

Traveling Teams Inc. will be managing all hotel accommodations for this meet. Please visit this website to book your accommodations.

<https://ttievent.com/eventmanager/online/registration.asp?D=d&EventCode=RPE>

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Accommodations If you are looking to set up a block of rooms for your organization, please follow the group block request link on the website.
(cont.):

If you are in need of an individual reservation please use the group block code ZONE to complete your reservation through the individual reservation link on the webpage or contact the Traveling Teams reservation department at 1-800-430-1159 (M-F 9am-5pm EST)

Event List

#	Wednesday July 30, 2014	#
1	W 1500/ M 800 Freestyle	2
	Thursday July 31, 2014	
3	200 Butterfly	4
5	200 Breaststroke	6
7	200 Backstroke	8
9	100 Freestyle	10
	Friday August 1, 2014	
11	200 Freestyle	12
13	400 Individual Medley	14
15	800 Freestyle Relay	16
	Saturday August 2, 2014	
17	200 Individual Medley	18
19	50 Freestyle	20
21	400 Freestyle	22
23	400 Freestyle Relay	24
	Sunday August 3, 2014	
25	100 Backstroke	26
27	W 800 Freestyle	
28	100 Breaststroke	29
	M 1500 Freestyle	30
31	100 Butterfly	32
33	400 Medley Relay	34

Due to the prelims being swum at two pools, it is highly recommended that coaches be present for the coaches' meeting.

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“A” Time Standards

Women				Men		
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.09	28.79	29.89	50 Free	26.29	25.79	23.29
56.49	1:02.49	1:04.49	100 Free	58.59	56.39	50.99
2:01.89	2:14.89	2:19.09	200 Free	2:08.79	2:03.49	1:51.59
5:29.69	4:48.49	4:55.99	400/500 Free	4:36.69	4:29.39	5:07.79
11:22.69	9:57.49	10:10.59	800/1000 Free	9:35.69	9:18.59	10:38.29
18:59.69	18:52.09	19:36.29	1500/1650 Free	18:19.89	17:49.09	17:52.29
1:02.69	1:09.19	1:12.79	100 Back	1:06.79	1:03.29	57.29
2:15.29	2:29.59	2:35.49	200 Back	2:22.69	2:17.59	2:04.49
1:12.49	1:20.09	1:23.09	100 Breast	1:15.59	1:11.89	1:05.09
2:35.99	2:52.39	2:57.99	200 Breast	2:42.89	2:36.89	2:21.99
1:02.59	1:09.09	1:10.79	100 Fly	1:04.29	1:02.39	56.49
2:16.99	2:31.39	2:35.59	200 Fly	2:22.89	2:19.09	2:05.89
2:16.69	2:31.29	2:37.49	200 IM	2:24.39	2:18.09	2:04.79
4:54.49	5:25.39	5:35.09	400 IM	5:10.99	5:00.79	4:32.19

Bonus Time Standards

Women				Men		
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.59	29.29	30.39	50 Free	26.79	26.29	23.79
57.49	1:03.49	1:05.49	100 Free	59.59	57.39	51.99
2:03.89	2:16.89	2:21.09	200 Free	2:10.79	2:05.49	1:53.59
NA	NA	NA	400/500 Free	NA	NA	NA
NA	NA	NA	800/1000 Free	NA	NA	NA
NA	NA	NA	1500/1650 Free	NA	NA	NA
1:03.69	1:10.19	1:13.79	100 Back	1:07.79	1:04.29	58.29
2:17.29	2:31.59	2:37.49	200 Back	2:24.69	2:19.59	2:06.49
1:13.49	1:21.09	1:24.09	100 Breast	1:16.59	1:12.89	1:06.09
2:37.99	2:54.39	2:59.99	200 Breast	2:44.89	2:38.89	2:23.99
1:03.59	1:10.09	1:11.79	100 Fly	1:05.29	1:03.39	57.49
2:18.99	2:33.39	2:37.59	200 Fly	2:24.89	2:21.09	2:07.89
2:18.69	2:33.29	2:39.49	200 IM	2:26.39	2:20.09	2:06.79
NA	NA	NA	400 IM	NA	NA	NA

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Maximum Time Standards

	Women		Men	
SCY	LCM	14 Nats	LCM	SCY
22.58	26.08	50Fr	23.18	19.98
49.28	56.68	100Fr	50.88	43.58
1:46.88	2:02.48	200Fr	1:51.88	1:36.48
4:45.98	4:17.38	400Fr	3:58.68	4:21.28
9:54.78	8:49.48	800Fr	8:15.48	9:09.48
16:25.18	16:52.98	1500Fr	15:49.38	15:18.88
53.88	1:03.28	100Bk	57.18	47.38
1:56.78	2:16.58	200Bk	2:04.38	1:45.88
1:01.48	1:11.58	100Br	1:04.08	54.08
2:13.28	2:35.08	200Br	2:19.48	1:58.58
53.48	1:01.18	100Fl	54.78	47.78
1:58.88	2:15.58	200Fl	2:02.78	1:46.08
1:59.38	2:18.68	200IM	2:05.48	1:46.18
4:14.68	4:53.38	400IM	4:28.88	3:48.78