



## 2022 SHORT COURSE SENIOR ZONES

ST. GEORGE, UT

March 30 – April 2, 2022

Co-hosted By  
Vandal Aquatic Club &  
Southern Utah Swim Association

Dixie State University Human Performance Center  
225 South University Avenue - St. George, UT 84770  
Facility Phone: (435) 879-4502

**Entries OPEN on OME: Monday, February 7, 2022 \* 10:00 AM PST**

**\*Entries CLOSE with the team having the 600<sup>th</sup> athlete\***

Held Under the Sanction of Utah Swimming, Inc. and USA Swimming, Inc.  
Sanction # UT22-34

### Websites:

[www.vandalaquatics.com](http://www.vandalaquatics.com) \* [www.susastingrays.com](http://www.susastingrays.com) \* [www.westernzoneswimming.org](http://www.westernzoneswimming.org) \* [www.usaswimming.org](http://www.usaswimming.org)

### COVID-19 WARNING & ASSUMPTION OF RISK

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING INC., UTAH SWIMMING INC., ALL MEET OFFICIALS, DSU HUMAN PERFORMANCE CENTER, VANDAL AQUATIC CLUB, AND SOUTHERN UTAH SWIM ASSOCIATION, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

**IMPORTANT: All meet format details contained in this meet announcement are tentative and based on the current COVID-19 guidelines as of the date of sanctioning. Final details will be confirmed after March 21, 2022 and will be reviewed at the General Meeting.**

### Sanction

This meet has been sanctioned by Utah Swimming, Inc. and current USA Swimming rules and Utah Swimming Policies & Procedures will apply. All athletes must be currently registered as annual members for 2022 with USA Swimming. Utah Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

### Liability

*In granting this sanction and by any person's participation in the meet, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.* It is further understood that Utah Swimming, Inc., all meet officials, DSU Human Performance Center, Vandal Aquatic Club, and Southern Utah Swim Association shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending athlete, if unattached, or the offending athlete's team, if attached, to be held accountable for repairs.

### Meet Referee

Mary Jo Swalley  
(805) 895-6002 (cell)  
[mj64bear@earthlink.net](mailto:mj64bear@earthlink.net)

### Admin Referee

Patrick Hunter  
(612) 845-3031 (cell)  
[phunter.usaswimming@gmail.com](mailto:phunter.usaswimming@gmail.com)

### Meet Director

Jody (Rash) Broyles  
(541) 580-6512 (cell)  
[jodybroyles1@gmail.com](mailto:jodybroyles1@gmail.com)

#### **Facility**

18 lane, 25-yard x 50-meter indoor facility with Colorado timing and video display board. Spectrum starting blocks with backstroke ledges. Start and turn-end depth: 7.2 feet @ 1 meter from wall.

#### **Pool Certification**

The competition course has been certified in accordance with 104.2.2 C (4). and is on file with USA Swimming.

#### **COVID-19 Policies and Procedures Summary**

**IMPORTANT: All meet format details contained in this meet announcement are tentative and based on the current COVID-19 guidelines as of the date of sanctioning. Final details will be confirmed after March 21, 2022 and will be reviewed at the General Meeting.**

Enhanced health and safety measures have been enacted for this event and all posted instructions must be followed while attending or participating in this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

**Spectators WILL be allowed at this meet in LIMITED numbers.** Livestreaming may also be provided; complete details will be shared after March 21, 2022.

**Site-specific instructions for entrance and exit of facilities, spacing of athletes on deck, and other important safety protocols will be provided after March 21, 2022.**

### **MEET SCHEDULE SUMMARY**

**Information provided below is ESTIMATED \* Additional details will be provided after March 21, 2022**

<b>MEETING SCHEDULE</b>		
General Meeting	Sunday March 27 * 7:00 pm PST via Zoom	
Officials' Meetings	One hour before the start of each session	
<b>COMPETITION SCHEDULE</b>	<b>PRELIMINARIES</b>	<b>FINALS</b>
Wednesday - Saturday March 30 – April 2	Warm-Up: 7:00 AM Competition: 9:00 AM	Warm-Up: 4:00 pm Competition: 5:30 pm

#### **Supervised Warm-Ups**

The facility will be available for supervised warm-ups on Tuesday, March 29<sup>th</sup> between 9:00 am - 10:00 pm.

Lane space may be limited based on the use of the facility during the day for scheduled DSU classes.

### **MEET FORMAT**

- **Meet format** will be SCY Prelims (8-OR-10 lanes TBD) and SCY Finals (8 lanes). Timed Finals Events will be SCY (8-OR-10 lanes TBD)
  - One championship heat (A) and three consolation heats (B-C-D) will compete in Finals for individual events 200 and shorter.
  - One championship heat (A) and two consolation heats (B-C) will compete in Finals for the 400 Individual Medley and 500 Freestyle events.
- **Order of seeding** will be Short Course Yards (SCY), Short Course Meters (SCM), Long Course Meters (LCM).  
**Bonus events** will be seeded after the above, in the same order: BSCY-BSCM-BLCM.
- **Preliminary Heats of Individual Events will be seeded and swum FASTEST to SLOWEST.**
- **Circle-Seeding:** Top 3 heats of **preliminary** individual events 200 or less, and top 2 heats of **preliminary** individual events of 400 or more, will be circle-seeded, with the **fastest athlete in heat 3** for events 200 or less, and **in heat 2** for events of 400 or more, respectively.
- **Finals Heats of Individual Preliminary Events will swum SLOWEST to FASTEST:**
  - 🏊 Individual Events 200 and shorter: Bonus – D, Bonus - C, Consolation - B, Championship - A.
  - 🏊 400 Individual Medley and 500 Freestyle: Bonus - C, Consolation - B, Championship - A.
- **Timed Finals Events - 1650Y Freestyles**
  - 🏊 These events will be swum using the National Event format, with the **fastest seeded heat of each gender swum in Finals**. All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin.
  - 🏊 **Athletes may qualify for this event using any of the 1650Y/1500M or 1000Y/800M time standards.** Athletes using non-conforming distance entry times (1000Y/800M) will be seeded after conforming distance entry times.
  - 🏊 Athletes entered in the 1650Y Freestyles wishing to swim in preliminary heats rather than the Finals heat need to declare this intention by the stated scratch deadline for that day's events.
- **Timed Finals Events - Relays:** This meet will offer both single-gender and mixed-gender relays. See **Order of Events**, p. 3 of this announcement, and **Entries**, p. 5 of this announcement, for additional details.
- **There will be NO Finals Ready Room** at this event. Athletes will not be paraded to the blocks. Athletes are to report to their lane, and the championship heat will be announced behind the blocks.

**IMPORTANT: All meet format details contained in this meet announcement are tentative and based on the current COVID-19 guidelines as of the date of sanctioning. Final details will be confirmed after March 21, 2022 and will be reviewed at the General Meeting.**

## ORDER OF EVENTS

Women's Event #	Wednesday * March 30, 2022	Men's Event #
1	200 Backstroke	2
3	100 Butterfly	4
5	500 Freestyle	6
7	200 Medley Relay (A)	8
Women's Event #	Thursday * March 31, 2022	Men's Event #
9	200 Freestyle	10
11	100 Backstroke	12
13	400 Individual Medley	14
15	200 Freestyle Relay (A)	16
Women's Event #	Friday * April 1, 2022	Men's Event #
17	200 Butterfly	18
19	100 Freestyle	20
21	200 Breaststroke	22
23	200 Mixed Medley Relay (B)	23
Women's Event #	Saturday * April 2, 2022	Men's Event #
24	100 Breaststroke	25
26	50 Freestyle	27
28	200 Individual Medley	29
30	1650 Freestyle (C)	31
32	200 Mixed Freestyle Relay (B)	32

A: These relay events will be conducted as timed finals with ALL relays swum at the end of Finals, using the National Event Format: Fastest two heats of women (second fastest, fastest) followed by fastest two heats of men (second fastest, fastest), then alternating women/men fastest to slowest (3rd fastest women, 3rd fastest men, 4th fastest women, 4th fastest men, etc)

There will be a 10-min break following the conclusion of Finals individual events, prior to the start of these relays.

B: These relay events will be conducted as timed finals with ALL relays swum at the end of Finals, as follows: Fastest two heats (second fastest, fastest) followed by all other heats, swum fastest to slowest (3rd fastest, 4<sup>th</sup> fastest, etc)

There will be a 10-min break following the conclusion of Finals individual events, prior to the start of these relays.

C: The 1650Y Freestyles will be conducted as timed finals, following the National Championship format, with the **fastest heat of women and the fastest heat of men swimming in Finals as follows:** Women's fastest heat following Event 25 \* Men's fastest heat following Event 27.

All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin.

Athletes may qualify for this event using any of the 1650Y/1500M or 1000Y/800M time standards. Non-conforming distance entry times (1000Y/800M) will be seeded after conforming distance entry times.

## **Rules**

- Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy 2.0 (“MAAPP 2.0”).
- **The age of the athlete will be his/her age as of March 30, 2022, the first day of competition.**
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach in attendance must report to the Meet Director or Meet Referee who may assist an athlete in making supervision arrangements, but it is the athlete’s responsibility to make these arrangements prior to the start of the meet and to so notify the Meet Referee.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke Start, or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete’s legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the athletes’ and coaches’ responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet’s scratch rules.
- Deck changes are prohibited.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography including visual recording is not allowed behind the blocks during the start of a race or relay exchange.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.
- **All athletes (or parent/guardian if under 18) are required to complete the following paperwork and submit to Meet Host as a condition of meet entry.** These forms will be emailed to the Head Coach listed on the team’s OME Summary Entry Form, and will be posted on the websites listed on p.1 of this announcement:
  - Utah Swimming Concussion Form
  - USA Swimming Competitor Waiver & Release
  - USA Swimming Covid Waiver of Liability

## **Restrictions**

- **This is a CLOSED-DECK meet. Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition deck.**
- **Spectators WILL be allowed at this meet in LIMITED numbers.**
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Only service animals shall be allowed in the facility.

## **Broadcast Statement**

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator’s personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

## **Photography and Videos**

Photographers and/or videographers may be present on deck at this meet. **Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race including relay exchanges.**

## **ELIGIBILITY**

This meet is open to all athletes **AGES 19 AND UNDER** who:

1. Are currently registered annual premium or outreach members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. **This is a closed meet and open only to athletes currently registered within the LSCs of the Western Zone as of March 21, 2022.**  
On-deck transfer into an eligible LSC is not allowed.
3. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions **between October 1, 2020, and March 21, 2022.** Qualifying times for this meet will be the 2021 Western Zone Senior LC Championship “A” standards and Bonus standards for individual events. These are attached to this meet announcement on p 9-10. **There will be NO relay only athletes.**
4. There will be no de-qualification time standards for this meet, for the first year of this event.
5. Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative prior to the scratch deadline for the event. Failure to provide such proof of time prior to that deadline will result in the athlete being removed from the event. It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times are in SWIMS.

### **ELIGIBILITY, con't**

6. For the first year of this event, there will be no relay time standards, and proof of relay entry times is not required.
7. All athletes ages 18-19 must have completed and be current with the USA Swimming Athlete Protection Training certification to compete.
8. Athletes with a disability who have achieved Can-Am qualifying time standards during the qualifying period for this meet may enter individual events for which the Can-Am time standard has been achieved. Athletes with disabilities may also participate in SCY Time Trials on the same basis.
9. In accordance with USA Swimming rules 202.4.15 & Article 105.1, and UTSL P&P 151 the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.

### **ENTRIES**

**All entries must be submitted online through USA Swimming's Online Meet Entry system – [www.usaswimming.org/ome](http://www.usaswimming.org/ome) beginning 10:00 AM PST, Tuesday, February 7, 2022.**

- **Regular Entries CLOSE with the team having the 600th athlete OR at 11:59 PM PDT, Monday, March 21, 2022, WHICHEVER COMES FIRST.**
- **There will be NO new qualifying athletes or late entries accepted for this meet, after the meet capacity has been reached.**
- **Qualifying Time Period: October 1, 2020 through March 21, 2022.**
- With the submission of entries, the coach/team representative attests that all athletes entered are registered with USA Swimming.
- **You must choose the OME option to pay by credit card.**
- Once you complete your online entry, you will be sent a confirmation email. Bring it and all communications with you to the meet in case of any entry problems. When entering an individual time not yet in SWIMS, please try to ensure that the missing data is downloaded into SWIMS as soon as possible.
- Please note that OME will not update entry times as new results are entered into SWIMS. You can return to your entry after you have checked out to modify entry times should they improve during the entry period or to add events to your entry, but you cannot delete events after you have paid for them. **All entry modifications must be made before the entry deadline.**
- Check all entries before paying for them! Enter each one with an accurate time achieved in the proper course; converted times will not be accepted.
- If you have **trouble using OME**, please contact **Macie McNichols** at USASwimming: [mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org) \* (719) 866-3506
- Direct Meet Entry questions to Meet Director, Jody Broyles [jodybroyles1@gmail.com](mailto:jodybroyles1@gmail.com)

### **Individual Event Limits**

Each entered athlete may enter up to eight (8) individual events but may not compete in more than six (6) individual events total for the meet, (not including SCY Time Trials). Athletes may not compete in more than three (3) individual events per day including SCY Time Trials. All athletes are limited to three (3) SCY Time Trials during the course of the meet. See SCY Time Trials, p.9, for additional information.

### **Relay Event Limits**

**There will be NO relay only athletes. Athletes must be entered in the meet to swim on a relay.**

- Athletes may compete in up to four (4) relays total for the meet.
- **Single-gender Relays:** Maximum of two relay entries per team, per gender
- **Mixed-gender Relays:** Maximum of four relay entries per team
- For the first year of this event, there will be no relay time standards, and proof of relay entry times is not required.

### **Bonus Events**

Athletes entered in the meet with at least one qualified individual event will be eligible to enter up to a maximum of two (2) Bonus events in which the Bonus standard has been achieved. Athlete may enter up to eight (8) individual events including Bonus events but may not compete in more than six (6) individual events total for the meet (not including SCY Time Trials). Bonus events are limited to distances of 200Y or less. **Bonus times must appear in SWIMS within the qualifying time period: October 1, 2020 through March 21, 2022. NT entries will not be accepted.**

- **IF entry limit (see above) is reached prior to March 21, 2022, athletes and teams accepted will be allowed to update entry times and add new qualifying individual events until 11:59 PM, Monday, March 21, 2022.** Information on this process will be directly distributed to athletes and teams confirmed as entered in the meet, after the meet capacity is reached.

**There will be NO new qualifying athletes or late entries accepted for this meet, after the meet capacity has been reached.**

### **ENTRY FEES**

<b>Meet Surcharge</b>	\$35.00 surcharge per athlete
<b>Meet Entry Fees</b>	\$15.00 per individual event entry
	\$35.00 per relay entry

### **Registration & Team Check-In / Clerk of Course**

**Site-specific details will be provided after March 21, 2022.**

### **General Meeting**

A General Meeting will be held via Zoom on Sunday, March 27, 2022 at 7:00 pm PDT. Link will be sent after March 21, 2022.

**Teams must have a coach or team representative in attendance.**

**Coaches not in attendance are responsible for obtaining the information covered in the General Meeting.**

### **SCRATCH PROCEEDURES**

**The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet.**

**These rules are described in the current USA Swimming Rule 207.11.6 in the current Rulebook.**

**Scratch Deadline for ALL Preliminary and Timed Finals Events, including Relays and the 1650Y Freestyles, will be 6:00 pm of the day PRIOR to the event being swum.**

- All scratches for preliminary and timed finals events will be done via to the Admin Referee, Patrick Hunter:  
[phunter.usaswimming@gmail.com](mailto:phunter.usaswimming@gmail.com)
- Athletes are considered checked in for all individual events unless scratched.

### **Scratches From Finals**

All scratches from Finals must be completed within the deadlines specified by the USA Swimming Rule 207.11.6 and must be made **on-site** with the Administrative Referee **at the meet**.

### **RELAYS will follow the same scratch procedures as Individual Events.**

*Scratches for relays are due to the Admin Referee prior to the scratch deadline for that day's events.* Entry forms for the submission of names not previously submitted with entries, or for making changes to athletes swimming on a relay, will be available at Administration Desk. Please list the competing relay swimmers with first and last names and order of swimming for each entered relay. Relay forms are due to the Administration Desk no later than one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim at the blocks.

### **Meet Time Line**

If the projected length of any session exceeds 4½ hours, the Meet Referee, in consultation with the meet host, reserves the right to adjust. All adjustments will be announced at the General Meeting, and as necessary during the event.

### **Warm-Ups**

**Utah Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet.**

A copy of these guidelines is included in this announcement on p. 8. Final details will be determined when the meet timeline has been published, after March 21, 2022. These details will be emailed to the Head Coach listed on a team's OME Summary Entry Form, will be posted on the websites listed on p. 1 of this Announcement, and will be posted at the facility.

The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet.

### **Scoring**

Scoring will be on a sixteen (16) place basis.

- **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**

- Medals: top three (3) individual and relay places.
- Team awards: First through Third places for Women, Men, and Combined. Team scoring will include both individual and relay events to 24 places each. Both women and men must score for a team to be eligible for a combined scoring team award.
- Individual High Point Awards: Top-scoring Woman and Top-scoring Man (individual events only)
- **Awards MAY be presented at this event.** Final details will be announced at the General Meeting

### **SCY Time Trials - Summary**

**Initial details and plans regarding SCY Time Trials during the meet will be available in the separate SCY Time Trial Meet Announcement.**

**Confirmed details will be sent out ASAP after March 21, 2022.**

- SCY Time Trials will be held under a separate sanction of Utah Swimming, Inc.
- SCY Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Entries for SCY Time Trials will be conducted only through OME – there will be NO deck entries.
- Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- Each SCY time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. Athletes are limited to three (3) time trials total during the course of the meet.
- **SCY Time Trial Entry Fees: \$20.00 per individual event \$40.00 per relay event**

### **Timers & Counters**

Timers will be provided for all regular events. Timers MAY be needed for Time Trials and the 1650Y Freestyles – details TBA after March 21, 2022. Athletes wishing to have a counter for distance events, including the 500 Freestyle, will need to provide one for this purpose. Lap counting devices will be provided.

### **OFFICIALS**

Officials interested in attending this event are invited to apply to officiate by completing the online application, below. Applicants must be a current member of USA Swimming and an LSC-certified official.

**Officials Online Application link:** [Western Zone Swimming: Applications](#)

**Application Deadline for Assigned Positions: March 1, 2022**

**All other applications are encouraged by March 10, 2022**

**This meet has been designated as a training meet for N2 and N3 Officials Certification. OQM # PENDING**

Officials wishing to renew this level of certification must apply using the online application form (link above) and notify the Meet Referee upon arrival at the meet. Instructions for certification will be provided during Officials' Meetings.

The uniform for officials for the meet will be a white polo shirt and khaki shorts, skirt, or pants. Shorts may be worn only during Preliminary sessions - long pants or skirts for Finals, please. White, closed toe shoes and white socks complete the uniform.

Officials' Meetings will be one hour before each day's sessions

### **Hospitality**

Hospitality for Coaches and Officials may need be served on a limited basis. Additional details will be shared after March 21, 2022.

### **Meet Information & Results:**

Meet Information and post-meet results will be posted to the websites listed on p.1 of this Announcement.

### **Parking at the Facility**

- Vehicle parking is available during the event in the parking lot just south of the building.
- There is no overnight parking allowed.
- RV parking during the day is permissible for specified lots if a temporary pass is issued. A temporary guest pass can be requested from [parking.dixie.edu](mailto:parking.dixie.edu). These must be requested days before the event happens for processing time.
- Unhitching a trailer is not allowed in any parking lots on campus.

### **Concessions & Other Meet Vendors**

Concessions & other meet vendors may be available at this event. Additional details will be provided as soon as they are available.

## Hotels

### MARRIOTT IS A PROUD SPONSOR OF USA SWIMMING

The following Marriott properties are located in St. George, UT:

- [TownePlace Suites by Marriott St. George](#)
- [Fairfield Inn by Marriott St. George](#)
- [Courtyard by Marriott St. George](#)

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### UTAH SWIMMING RULES & REGULATIONS re WARMUP PROCEDURES

#### UT 1.9 Warm-Up Procedures

- A. Feet -first entry is required. At no time should the athlete enter the water head-first unless practice starts are being directly supervised by their coach.
- B. All swimming should be done in a counter-clockwise direction – keep right.
- C. No equipment in the general warm-up. No paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers or damage to equipment. The Referee may permit equipment in specially designated areas with prior coordination.

General Warm-up Period (to be specified in meet information):

- A. Usually consists of the first 30-45 minutes of the warm-up session.
- B. No Diving.... Swimmers must enter the water feet first.
- C. No sprinting or pace work.
- D. All lanes – to be specified in meet information.

Controlled Warm-up Period (to be specified in meet information):

- A. Pace lanes – last 30 minutes of warm up. Push- off one or two lengths, circle swimming only (counter-clockwise), NO DIVING, feet first entries only.
- B. Practice Racing Starts – Last 30 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
- C. General Lanes - Circle swimming only (counter-clockwise only).

Normal Lane Assignments

Pool Size	Push/pace	Race starts/ Sprints	General
5 lane	Lanes 1 & 5	Lanes 2	Lane3 & 4
6 lane	Lanes 1 & 6	Lanes 2 & 5	Lanes 3 & 4
8 lane	Lanes 1 & 8	Lanes 2 & 5	Lanes 3, 4, & 6
10 lane	Lanes 1 & 10	Lanes 2, 5 & 9	Lanes 3, 6, 7, & 8





2022 Short Course Senior Zones “A” Time Standards						
Women				Men		
LCM	SCM	SCY	Event	SCY	SCM	LCM
29.89	28.79	26.09	50 Free	23.29	25.79	26.29
1:04.49	1:02.49	56.49	100 Free	50.99	56.39	58.59
2:19.09	2:14.89	2:01.89	200 Free	1:51.59	2:03.49	2:08.79
4:52.99	4:46.59	5:27.49	400/500 Free	5:05.59	4:27.39	4:33.69
10:08.99	9:56.09	11:21.19	800/1000 Free	10:34.99	9:15.69	9:35.39
19:29.59	18:51.19	18:57.79	1500/1650 Free	17:44.09	17:37.89	18:11.69
1:12.49	1:08.49	1:01.99	100 Back	56.19	1:02.09	1:06.09
2:35.29	2:28.99	2:14.79	200 Back	2:03.09	2:15.99	2:22.69
1:21.79	1:18.89	1:11.39	100 Breast	1:03.79	1:10.49	1:13.79
2:57.69	2:50.79	2:34.59	200 Breast	2:18.59	2:33.09	2:41.39
1:10.29	1:08.39	1:01.89	100 Fly	56.09	1:01.99	1:03.59
2:34.59	2:31.39	2:16.99	200 Fly	2:04.39	2:17.49	2:21.89
2:37.49	2:31.29	2:16.69	200 IM	2:04.79	2:18.09	2:24.39
5:33.09	5:22.69	4:51.89	400 IM	4:29.99	4:58.39	5:06.99



2022 Short Course Senior Zones Bonus Time Standards						
Women				Men		
LCM	SCM	SCY	Event	SCY	SCM	LCM
30.39	29.29	26.59	50 Free	23.79	26.29	26.79
1:05.49	1:03.49	57.49	100 Free	51.99	57.39	59.59
2:21.09	2:16.89	2:03.89	200 Free	1:53.59	2:05.49	2:10.79
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
1:13.49	1:09.49	1:02.99	100 Back	57.19	1:03.09	1:07.09
2:37.29	2:30.99	2:16.79	200 Back	2:05.09	2:17.99	2:24.69
1:22.79	1:19.89	1:12.39	100 Breast	1:04.79	1:11.49	1:14.79
2:59.69	2:52.79	2:36.59	200 Breast	2:20.59	2:35.09	2:43.39
1:11.29	1:09.39	1:02.89	100 Fly	57.09	1:02.99	1:04.59
2:36.59	2:33.39	2:18.99	200 Fly	2:06.39	2:19.49	2:23.89
2:39.49	2:33.29	2:18.69	200 IM	2:06.79	2:20.09	2:26.39
NA	NA	NA	400 IM	NA	NA	NA