

WEST TEXAS LONG COURSE CHAMPIONSHIP MEET

hosted by Lubbock Swim Club

July 9-11, 2010

Sanction: Held under Sanction #WT-0709-10 applied for through the West Texas United States Swimming Association.

Meet Director: April Hayes

Meet Referee: Steve Newman

Altitude: 3250 feet

Location: Pete Ragus Aquatic Center, 2004 14th, Lubbock, TX 806-766-1777
Posters, signs, and banners are not allowed on facility walls.

Facility: Eight lanes, 50 meters with Daktronics Timing System
The Pete Ragus Aquatic Center is an indoor short course / long course facility.

For this meet: lanes 1-7 will be used for competition, lane 8 will be reserved for cool down only.

			<u>Warm-up</u>	<u>Session Start</u>
Schedule:	Friday July 9	Prelims:	Group 1 7:35-8:15 am Group 2 8:15-8:55 am	9:00 am
		Finals:	5:00-5:45 pm	6:00 pm
	Sat. July 10	Prelims:	Group 1 7:35-8:15 am Group 2 8:15-8:55 am	9:00 am
		Finals:	5:00-5:45 pm	6:00 pm
	Sun. July 11	Timed Finals	11:00-11:45 am	12:00 pm

Eligibility: Open to all registered USS swimmers. Age as of July 9, 2010 will determine age for this meet. Swimmers must have at least one "B" time to swim in this meet. Swimmers must have a provable B time in events 400 meters or longer. If a swimmer cannot prove and does not achieve the B time in the meet, they will be fined \$50, payable to the host team before the conclusion of the meet.

Rules: 2010 United States Swimming rules for competitive swimming will govern the meet.

Format: All events will be conducted as prelim/final events, except for the 10-U 400 Free, 11-12 400 Free, 13-14 400 IM, Senior 400 IM and the 1500 Free and all relays. These exceptions will be swum as timed finals.

11-12 swimmers may not swim consecutive events. They may only swim two distances of butterfly, breaststroke, and backstroke.
(ex. 11-12 swimmers may not swim the 50 fly and the 200 fly)

The 1500 will be swum as follows: 13-14 & Senior combined, but will be scored and awarded as two separate age groups. The first heat will consist

of the eight fastest women followed by the eight fastest men. This order will continue with the fastest group of eight until all heats have been completed. Swimmers in the 1500M Free must provide their own timers and counters. Swimmers may request splits for the 800M, but must provide 2 timers for the split and 2 timers for the 1500M time. 400M and 1500M Free events may be combined where necessary.

Finals: Finals will consist of one consolation heat and one championship heat.

Any prelim event that does not have more than 6 swimmers entered will be swum in finals only.

Scratches: Paragraphs 207.12.6(D) and (E) of USA Swimming Rules and Regulations will define the scratch procedures and penalties for this meet. A swimmer qualifying for consolation or championship heats will have 30 minutes from the announcement of the qualifiers to notify the clerk of course of their intent not to compete in finals. First and second alternates will be announced along with the qualifiers. Any swimmer who does not scratch finals and does not show for finals will be fined \$50 and will not be allowed to compete in the rest of the meet. After the scratch deadline, alternates will not be penalized or fined for no shows. All fines will be assessed to the swimmers club team.

Check-In: Swimmers will need to positive check-in for every event over 200 meters. This includes the 400 IM, 400 Free, and the 1500 Free. Check-in will be at the Clerk-of-Course. Positive check-in will close 30 minutes prior to the start of each session. (8:30 am on Friday and Saturday and 11:30 am Sunday morning.)

Entries: Each swimmer may compete in a total of seven (7) individual events plus relays during the entire meet, with no more than three (3) individual events during any one day.

Please be sure to include your complete USS Swimming ID# with all entries!!!

Deck entries will be accepted for empty lanes only. New heats will not be created for deck entries. **All deck entries must be turned in 30 minutes prior to the start of the meet.**

All **Relay cards** should be turned in 30 minutes prior to the start of the meet **Coaches, please notify the Clerk of Course with any scratches.**

Entry Fees: Entry fee is \$3.75 per individual event and \$7.00 for each relay. Late entries will be \$6.00 per individual event. Please add a \$2.50 Swimmer Surcharge.

Make checks payable to Lubbock Swim Club.

Awards: Ribbons will be awarded to 1st -12th place finishes in each relay.
Medals will be presented to 1st - 3rd place in each individual event.
Ribbons will be presented to 4th - 12th place finishes in each individual event
Age groups as follows:
10 & under, 11-12, 13-14, Senior

Medals will be presented to the top three finishers in each event during finals.

Awards can be picked up at the Awards table.
Coaches, please be sure to stop by and pick up any remaining awards for your team at the end of the meet.

High Point awards will be presented to the 1st, 2nd and 3rd place high point winners in each age group: 10 & under, 11-12, 13-14, Senior.

Awards will be presented to the 1st, 2nd and 3rd place finishing teams.
Championship Banners will be presented to the 1st, 2nd and 3rd place finishing West Texas Teams.

Points will be earned as follows:
Individual Events: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1
Relay Events: 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2

Deadlines: All entries must be turned in by **Thursday July 1, 2010.**
Enter online or see Coach April at the pool.

Concessions: A concession stand will be available. Hospitality will be available for officials and coaches.

Liability: U.S. Swimming, Inc., West Texas Swimming, Inc., Lubbock Independent School District and or its employees, Lubbock Swim Club and or its coaches and it's officials shall be free from any and all liabilities or claims for damages or harm arising by reason of injuries to anyone during the conduct of the meet or while traveling to or from the meet. Meet Venue includes the Pete Ragas Aquatic Center and all LISD property.

Friday July 9th				
Girls	“Q” Time	Events	“Q” Time	Boys
1	4:12.99	10 & Under 200 IM	4:10.69	2
3	3:29.69	11-12 200 IM	3:29.59	4
5	3:19.99	13-14 200 IM	3:09.49	6
7	3:15.19	Senior 200 IM	3:01.79	8
9	2:12.59	10 & Under 100 Fly	2:09.79	10
11	1:38.69	11-12 100 Fly	1:37.49	12
13	3:16.29	13-14 200 Fly	3:05.19	14
15	3:09.69	Senior 200 Fly	2:55.69	16
17	1:01.59	10 & Under 50 Breast	1:01.59	18
19	49.09	11-12 50 Breast	51.09	20
21	3:57.59	11-12 200 Breast	3:54.19	22
23	1:43.89	13-14 100 Breast	1:34.89	24
25	1:41.09	Senior 100 Breast	1:32.99	26
27	1:43.99	10 & Under 100 Free	1:41.59	28
29	1:25.79	11-12 100 Free	1:23.29	30
31	1:22.09	13-14 100 Free	1:16.99	32
33	1:20.09	Senior 100 Free	1:13.59	34
35	55.99	10 & Under 50 Back	56.39	36
37	45.49	11-12 50 Back	45.69	38
39	3:30.29	11-12 200 Back	3:25.79	40
41	1:30.79	13-14 100 Back	1:26.89	42
43	1:28.99	Senior 100 Back	1:22.39	44
45	6:09.39	13-14 400 Free**	5:53.29	46
47	6:27.79	Senior 400 Free**	5:38.59	48
49		10 & U 200 Free Relay*		50
51		11-12 200 Free Relay*		52
53		13-14 200 Free Relay*		54
55		Senior 200 Free Relay*		56

*Timed Final Event/All heats swam in prelims.

**Deck Seeded Event/positive check-in required

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Saturday July 10th				
Girls	“Q” Time	Events	“Q” Time	Boys
57	3:48.59	10 & under 200 Free	3:35.49	58
59	3:03.89	11-12 200 Free	3:00.69	60
61	2:57.09	13-14 200 Free	2:47.09	62
63	2:51.79	Senior 200 Free	2:39.99	64
65	2:17.49	10 & Under 100 Breast	2:13.59	66
67	1:49.99	11-12 100 Breast	1:49.19	68
69	3:43.99	13-14 200 Breast	3:32.39	70
71	3:36.59	Senior 200 Breast	3:23.29	72
73	55.09	10 & Under 50 Fly	52.89	74
75	42.39	11-12 50 Fly	42.99	76
77	3:29.09	11-12 200 Fly	3:28.29	78
79	1:29.19	13-14 100 Fly	1:22.89	80
81	1:26.59	Senior 100 Fly	1:18.99	82
83	2:02.39	10 & Under 100 Back	1:58.09	84
85	1:38.89	11-12 100 Back	1:39.19	86
87	3:15.29	13-14 200 Back	3:07.49	88
89	3:11.69	Senior 200 Back	2:56.49	90
91	45.09	10 & Under 50 Free	44.29	92
93	39.19	11-12 50 Free	37.99	94
95	37.89	13-14 50 Free	35.39	96
97	37.09	Senior 50 Free	33.59	98
99		10 & U 200 Medley Relay*		100
101		11-12 200 Medley Relay*		102
103		13-14 200 Medley Relay*		104
105		Senior 200 Medley Relay*		106

Sunday June 11th				
Girls	“Q” Time	Events	“Q” Time	Boys
107	7:01.19	13-14 400 IM***	6:41.89	108
109	6:48.99	Senior 400 IM***	6:21.59	110
111	7:37.29	10 & Under 400 Free***	7:38.49	112
113	6:27.79	11-12 400 Free***	6:21.29	114
115	24:06.39 23:53.09	13 & Over 1500 Free***	23:14.99 22:25.59	116

***Timed finals/All heats swam in prelims and require positive check-in

Time Trials

Time Trials will be held 15 -20 minutes after the last event on Sunday only.

Fee will be \$6.00 per entry.

Entry Cards can be picked up at the Clerk of Course.

Entry Cards must be turned in by the end of the last event and must be filled out completely. Entries without USS ID number will not be accepted.

To qualify for the Time Trial event, you must be within 1 second per 50M of the TAGS/Sectionals/Nationals qualifying time in the event you choose to swim.

Time Trial events do not count toward team or individual points as places are not awarded.

All swimmers must provide their own timers (and counters where needed) - two timers per lane will be required.