

USA Swimming Speedo Champions Series

CENTRAL ZONE SECTION 3 CHAMPIONSHIPS

HOSTED BY THE DAYTON RAIDERS SWIM CLUB

Corwin M. Nixon Aquatic Center, Miami University, Oxford, Ohio
July 23-26, 2007

**Held Under the Sanction of USA Swimming OH2966
Time Trials OH2967**

DATES

Monday, July 23-Thursday, July 26, 2007

HOSTED BY

Dayton Raiders Swim Club
Meet web site: <http://www.sectionals.daytonraiders.org>

LOCATION

Facility: Corwin M. Nixon Aquatic Center
Miami University
Address: 700 South Oak Street, Oxford OH 45056
Phone: 513-529-6868

CONTACT INFORMATION

Meet Director

Name: Manoj Abeysinghe
Email: mabeysin@daytonraiders.org
Phone: 937-332-8685
Fax: 937-429-0779

Meet Referee

Name: Jamy Pfister,
Email: jamy.pfister@gmail.com
Phone: 412-831-7809

Local Officials' Coordinator

Name: Lins Alt
Email: linsalt@hotmail.com
Phone: 937-844-0913 (H)
937-425-6139 (W)
937-287-5660 (C)

FACILITY INFORMATION

World-class facility, featuring an eight lane 50 meter pool, an 8 lane Dive Well (4 lanes open for continuous warm-up & warm-down), 16 line multi display scoreboard etc.

SCHEDULE

Registration	Sunday 5:30 - 7:30 pm in the Aquatic Center Lobby. Mon-Thurs 7am in the Aquatic Center Lobby.
General Meeting	Sunday 7:45pm @ the Aquatic Center
Sec 3 Coaches Mtg.	Wed 2pm Hospitality
Officials Mtg.	1 hour before the start of each session
Coaches & Officials Social	Will be announced at the General Meeting

WARM-UP & START TIMES

All times are Eastern Daylight Time.

Mon-Wed	Prelims Warm-up 7am-8:45am	Meet Start 9:00am
	Finals Warm-up 4:00-5:15pm	Meet Start 5:30pm
Thursday	Prelims Warm-up 7am-8:45am	Meet Start 9:00am
	Finals Warm-up 3:00-4:15pm	Meet Start 4:30pm

SUNDAY LIMITED SPACE AVAILABLE FOR WARM-UP FROM 6-8PM, ON A FIRST COME FIRST SERVED BASIS BY PRIOR ARRANGEMENT ONLY. Please e-mail your requests to mabeysin@daytonraiders.org

GENERAL MEETING

Coaches should plan to arrive in time for the General Meeting, Sun, July 22 at 7:45pm at the Aquatic Center. Please inquire at the Registration Table for directions to the meeting room. Coaches are responsible for all business conducted at this meeting and should send a representative if unable to attend personally.

There will be a Section 3 coaches meeting on Wed, July 25 at 2pm in the Hospitality.

ELIGIBILITY

All swimmers must be current athlete members of USA Swimming.

This meet is open to all athletes registered outside the Central Zone and to Section 3 athletes (LE, OH, IN, MI). **ONE UNIFORM TIME STANDARD WILL APPLY TO ALL ATHLETES, INCLUDING THOSE IN CENTRAL ZONE SECTION 3.** (LE, OH, IN & MI) Official time standards are included with this entry information.

Teams may enter an unlimited number of relay-only swimmers. Names of relay-only swimmers must be listed on the original entry.

Swimmers with a disability who have been classified may enter any events at this meet for which they have achieved a national disability championships qualifying time during the qualifying period. Final determination of seeding of swimmers with a disability will be made by the meet referee after consultation with the athletes and their coaches.

QUALIFYING PERIOD

The qualifying period is from January 1, 2006 thru the entry deadline.

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REGISTRATION

Registration will be on Sunday July 22nd from 5:30 PM - 8:00 PM in the pool lobby. Registration will be available 30 minutes prior to warm-ups each day of the meet and will remain open until the end of the sessions each day.

Coaches desiring deck passes should be listed on the original entry. Coaches must present their coach membership cards at registration in order to receive a deck pass.

Each swimmer must be under the direct supervision of a coach. Swimmers whose coaches are not present will have a coach assigned to them at registration.

ENTRY LIMITS and BONUS EVENTS

Limits: A swimmer may enter an unlimited number of individual events but may compete in no more than 6 individual events for the meet, and in no more than 3 individual events per day.

Bonus Events: Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus events so that the total of individual events (time standards plus bonus swims) does not exceed 4 for the meet. (i.e. 1 qualified and 3 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). Swimmers entering bonus events may be entered at their actual time or at NT. Please be certain to check the box indicating "bonus" for each event that is a bonus entry.

MEET FORMAT

This meet will be conducted in long-course meters. It is a 4-day meet. Relays and distance freestyles will be conducted as timed finals. In all other events, the top 24 swimmers from preliminaries will advance to finals where (C) Bonus, (B) Consolation, and (A) Championship heats will be contested in all events.

Should your swimmer qualify for two events back to back, please notify the referee so the 12 minute rule (Coaches may request a break so a swimmer has 12 minutes between individual swims at finals) will be in effect.

A ready room/area will be provided for finals each evening so the top 8 finalists in individual events, including distance timed finals, may march out together to the blocks.

ENTRY FEES

Individual Events: \$ 8.50
Relay Events: \$20.00
Surcharge: \$ 3.00

Time Trial Events same as above except swimmers who are not entered in the meet who wish to swim time trials must pay a \$5.00 surcharge.

MAKE CHECKS PAYABLE: Dayton Raiders Swim Club

ENTRY PROCEDURES

All entries should be done using USA Swimming OME (online meet entry). Entries can be done at www.usaswimming.org/ome. Please contact Susan Woessner at USA Swimming with any questions on the OME system at (719)866-3589 or (719)332-0184. Confirmation of your entry using OME will be confirmed via email. If you do not receive an email confirmation, contact the meet director. Bring all communications with you in the event of a problem. After events are entered times can be modified but events cannot be deleted after they have been paid for.

IF NOT ENTERING ON OME:

Hy-Tek entry file by e-mail will be accepted with a \$20 administrative fee for individuals entering and a \$100 fee for teams. Paper entries will not be accepted. The event file for Team Manager (TM) may be downloaded from the meet website: <http://www.sectionals.daytonraiders.org>. You may also contact Manoj Abeysinghe at 937-332-8685 or e-mail: mabeysin@daytonraiders.org to email you a copy.

The hard copy is the final word in any disputes involving entries.

Be sure that the contact information (specifically email address) is correct in the Team Manager setup. The meet host will generate an email list from the TM file information.

ENTRY DEADLINE:

OME Entries will be accepted beginning **June 15th 12:00am** through **July 17th at 6 PM.**

None OME entries: A Hy-Tek Team Manager entry file must be received by **Tuesday, July 17, 6pm.** Entry times should be noted with L, S or Y. **Do not convert times in TM.** Any bonus events must be appropriately indicated by checking the "bonus" box in TM. Swimmers with a disability should be included in the original entry in the events that they are going to swim, even if they will be swimming events during the conduct of different events.

Electronic scratch deadline for Monday distance events ONLY: 8:30pm on Sunday July 22nd.

Hard copy and entry fees for none OME entries must be received by Thursday, **July 19 at 6 p.m.** DO NOT ASK FOR PROOF OF SIGNATURE.

MAKE CHECKS PAYABLE: Dayton Raiders Swim Club

Send entries to:

Manoj Abeysinghe
3873 Chalet Circle North
Beavercreek, OH 45431

Phone: 937 332 8685 Fax: 937 429 0779

Email: mabeysin@daytonraiders.org

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LATE QUALIFIERS:

Swimmers who achieve qualifying times after July 18 and before Monday, July 23, may be entered in the meet or in additional events. Such entries may not be electronically entered and must be sent by e-mail to mabeysin@daytonraiders.org by 1pm, **Sunday, July 22, 2007** – do not send a revised entry file attachment.

Proof of time and payment must be brought to the meet.

MAKE CHECKS PAYABLE: Dayton Raiders Swim Club

A psych sheet will be sent via email to all entered clubs by Sunday, July 22, 2006. Teams are responsible for reviewing the psych sheet for errors and for proof of time (*) or registration problems (#). Bonus events will be noted with a "B" next to the time on the psych sheet.

PROOF OF TIME

Only if your club does not use the preferred method of OME or if you override a time not in the SWIMS database all times must be pre-verified (pre-proven). Please send all individual and relay proof of times to your LSC contact listed below by Wednesday, July 18th. All Times must be pre-proved.

Lake Erie Swimming:

Pam Cook
301 Rockledge Dr.
Bay Village OH 44140
440-808-9192
pamswim@aol.com

Ohio Swimming:

Mark Davis
895 St. Rt. 725
Centerville OH 45459
937-620-0232
wtrcsharks@earthlink.net

Indiana Swimming:

Lynn Kinstler
201 S Capitol Ave, Suite 410
Indianapolis IN 46225
317-237-5780
lynn@inswimming.org

Michigan Swimming:

Jan Cartmill
PO Box 1784
Midland MI 48641-1784
Phone: 989-631-4955
Fax: 989-631-4977
Cell: 231-690-5847
JBCartmill@hughes.net

Times not proven will be flagged on the psych sheet (*). If no proof of time is provided to the LSC Representative by the 7:00pm on Sunday July 22nd, the swimmer will be scratched from the event.

For Swimmers entered after July 17th and before 1pm Saturday July 22nd, proof of time must be provided before the scratch deadline. If No proof to time is provided, the swimmer will be scratched from the event.

The responsibility of proving times lies with the entering club. Host will submit a meet backup or a list of times to be proved to each participating LSC Designee by noon Wednesday July 18th 2007. Host will accept LSC office verification of all individual entries entered by ORIGINAL deadline. Any entries received by the NEW CUT deadline will have to provide proof at meet. (See paragraph above). Acceptable verifications for any individual events not pre-proven through LSC office AND all relay proofs are official results from: USA Swimming sanctioned or approved meets: College, High School, Junior High, YWCA or YMCA meets sanctioned by their respective governing organizations.

Verification / Proof-of-Time must be in accordance with the type of time entered (LCM, SCY, or SCM).

Clubs are responsible for presenting any results they wish to use, and may send copies along with their hard copy.

TIME TRIALS

Time trials will be conducted for ANY swimmer with a current USA Swimming registration. A USA swimming registration card has to be presented in addition to a \$5.00 surcharge by swimmers who are not already entered in the meet. Time trials will start 30 minutes after the conclusion of preliminaries on Monday, Tuesday, Wednesday and Thursday. If, however, on any day, preliminary sessions end less than 45 minutes before the start of finals warm-ups, time trials will not be conducted on that day. On a given day, time trial events must be included in the individual event limit of three (3). Sign up for time trials will be taken at the head table up to 10 minutes prior to the end of the preliminary session.

Fees: individual events-\$8.50, relays-\$20.00, Surcharge-\$5.00 for those not entered in the meet.

All Swimmers participating in time trials MUST provide their own timers and/or lap counters.

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MEET CONDUCT

Rules

The meet will be conducted according to USA Swimming rules and regulations.

Seeding

Seeding order: Long Course Meters, Short Course Meters, Short Course Yards, NT. Eight lanes will be used at finals.

Scratch Rule

National scratch procedures (207.12.10) will be observed. Additionally, a non-refundable \$100.00 fine will be assessed to a club for each swimmer failing to compete in Saturday finals without scratching, except as noted in 207.12.10E, Exceptions for Failure to Compete.

The scratch box will be available at Registration on Tuesday, at the General meeting, and at the head table thereafter.

Check-in will be available at Registration, at the General Meeting, and at the head table thereafter.

Scratch Deadlines

National scratch procedures will be observed. The scratch box will be located at the Aquatic Center Service Desk on Sunday and at the head table during the meet.

Monday's events: 15 minutes after the conclusion of the General Meeting on Sunday July 22nd

As a convenience for those who will not arrive until Monday morning, Events 1-8 may be scratched by sending an email to Lins Alt: linsalt@hotmail.com before the scratch deadline. (8:30pm Sunday 22nd July 2007) Do not assume the scratch has been accepted until you receive a confirmation via email. A hard copy of the confirmation is the final word in any dispute involving scratches.

All other day's events: 6 pm the prior evening.

The money for scratched events is NOT refundable.

RELAYS AND RELAY CHECK-IN PROCEDURE

Positive check-in for relays is required. Relays must be checked-in prior to the scratch deadline in order to be seeded. Only two relays can score from each team.

All relays are timed finals. The fastest two seeded heats of the 400 freestyle relay and the 400 medley relay will swim in the finals session. All other relay heats will be swum in the preliminary session.

All 800 free relays will be swum in the prelim session.

Relay cards will be available at the head table during warm-up each morning. Coaches must list swimmers' first and last names and swimming order on the card and

return the cards to the scorer's table one hour prior to the projected relay start time. The cards may be changed up until the relay swim.

DISTANCE FREESTYLE

Entrants in the 800 and 1500 meter freestyle must check in prior to the scratch deadline in order to be seeded. If a swimmer fails to check-in by applicable deadline(s), they will only be allowed to swim IF there is an empty lane (no new heat(s) will be created).

As a convenience for those who will not arrive until Monday morning, Monday's DISTANCE SWIMMERS ONLY may check-in by sending an email to Lins Alt: linsalt@hotmail.com prior to the scratch deadline.(8:30pm on Sunday July 22nd) Do not assume the check-in has been accepted until you receive a confirmation via email. A hard copy of the confirmation is the final word in any dispute involving check-ins.

Thursday distance swimmers (W1500/M800) not wanting to swim the event during the final session should declare they will swim in prelims by Wednesday 6:00 pm. Check-in will be available at the registration table prior to the General Meeting, at the General Meeting, and at the head table after the General Meeting.

Mondays distance events (W800/M1500) will be swum fastest to slowest alternating women and Men.

Thursdays distance events (W1500/M800) will be swum fastest to slowest alternating women and men. The fastest heat of the women's 1500 and the men's 800 will be swum at Thursday finals. Any swimmers who enter the women's 1500 or the men's 800 should declare at check-in that they do not wish to swim the event in the finals session by writing a P for prelim on the check-in sheet next to their names. Swimmers should anticipate that many people seeded ahead of them may opt out of finals and should also indicate with a P that they do not wish to swim the event at finals.

READY ROOM

A ready room/area will be provided each evening for the Championship heat in all individual events and the top-seeded heat of distance freestyles. Swimmers should report to the ready room 10 minutes prior to the start of their event so that they may march to the starting blocks together.

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WARM-UP PROCEDURE

Specific details of warm-ups will be posted on the pool deck and included in the coaches' packets, which will be distributed at the General Meeting. A 25-meter warm-up pool will be available for warm-up and warm-down before, during, and after the meet. Pace and circle swimming only will be allowed in the warm-up pool.

The pool is available at 7 am all 4 days.

Ohio Swimming warm-up safety guidelines will be strictly observed.

SCORING

The Meet will score 20 places.
26-23-22-21-20-19-18-17-15-13-12-11-10-9-8-7-5-3-2-1
Relays will score double.

AWARDS

Medals for 1st-8th will be awarded in individual and relay events. Awards for the 800 free relay will be given out during the morning heats of the Women's 1500/Men's 800.

Awards will be presented to the top five teams in each of the following categories: Combined, Men's, Women's.

Awards will be presented for Men's and Women's individual high point winners.

ADMISSION/HEAT SHEETS

All-Sessions Pass: \$35.00 (includes Meet Program and daily heat sheets)
Daily Pass: \$10.00 (Prelims & Finals)
Daily Prelims: \$5.00
Daily Finals: \$6.00
Children under 6 are free
Meet Program \$10.00
Session Heat Sheets \$4:00

OFFICIATING

Officials interested in officiating at the meet, please fill out the enclosed officials' application and send to John Witzel at czoofficials@mac.com.

NATIONAL CHAMPIONSHIP CERTIFICATION

This meet has been approved as an Officials Qualifying Meet and a National Evaluator will be in attendance for certification and re-certification evaluations at the N2 and N3 levels. Those who wish to be evaluated should download a current application from the USA Swimming Web site (see the Officials section under the Volunteer tab), and send the completed form to Lins Alt at

LinsAlt@hotmail.com. Applications are due no later than 6/30/07. Please note that resources are limited and there is no guarantee that every request can be accommodated.

UNPAID FINES

Host will send a notification of fine for failure to compete without scratching to the offending club listing the amount owed, purpose of the fine, directions for payment, and payment deadline (which may include a penalty if not paid by deadline). A copy of this notification will also be sent to the current Sectional Chairman. If the fine remains unpaid by the specified deadline, the offending club will be denied representation in any subsequent Sectional meets until the amount has been paid.

FINE APPEAL PROCESS

Club may appeal the fine and/or penalty by submitting a written notice to the current Chairman, Mark Davis (wtrcsharks@earthlink.net). The Chairman will appoint a hearing body made up of one representative from each of the Section 3 LSC's plus one athlete at-large. Any further appeal shall be presented to the National Board of Review.

LOCKER ROOMS

Available: bring your own lock and do not leave belongings overnight.

PARKING

Refer to the attached map.

COACHES/OFFICIALS SOCIAL

Information about the social will be distributed at the general meeting on Sunday July 22nd or if available earlier will be e-mailed to the team contacts.

HOSPITALITY

Coaches, officials, and volunteer hospitality will be located in the room adjacent to the entrance to the leisure pool.

USE OF RECREATIONAL SPORTS CENTER

Coaches, athletes and spectators may use the entire Recreational Sport Center for a reduced \$6/day fee. Purchase pass at the Membership/Pro shop in the concourse.

VENDOR: SwimvilleUSA

formerly Pannell Swim Shop of Louisville
Phone: 502-245-9811
800-595-1153
Cell: 502-396-2195
Website: <http://www.swimvilleusa.com>

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ORDER OF EVENTS

Please note that HOST is now on Eastern Daylight Time

Should your swimmer qualify for two events back to back, please notify the referee so the 12 minute rule (Coaches may request a break so a swimmer has 12 minutes between individual swims at finals) will be in effect.

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
<i>Warm-Ups: 7:00-8:45 am EDT</i>		Monday EVENTS		<i>Warm-Ups: 4:00-5:15 pm EDT</i>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 5:30 pm EDT</i>	
2	200 Backstroke	3	1	800 Freestyle ***	
4	50 Freestyle	5	2	200 Backstroke	3
7	200 Breaststroke	8	4	50 Freestyle	5
1	800 Freestyle***			1500 Freestyle ***	6
	1500 Freestyle ***	6	7	200 Breaststroke	8
<i>Warm-Ups: 7:00-8:45 am EDT</i>		Tuesday EVENTS		<i>Warm-Ups: 4:00-5:15 pm EDT</i>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 5:30 pm EDT</i>	
9	200 Freestyle	10	9	200 Freestyle	10
11	100 Butterfly	12	11	100 Butterfly	12
13	400 I.M.	14	13	400 I.M.	14
15	400 Free Relay*	16	15	400 Free Relay*	16
<i>Warm-Ups: 7:00-8:45 am EDT</i>		Wednesday EVENTS		<i>Warm-Ups: 4:00-5:15 pm EDT</i>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 5:30 pm EDT</i>	
17	100 Backstroke	18	17	100 Backstroke	18
19	400 Freestyle	20	19	400 Freestyle	20
21	100 Breaststroke	22	21	100 Breaststroke	22
23	200 Butterfly	24	23	200 Butterfly	24
25	400 Medley Relay*	26	25	400 Medley Relay*	26
<i>Warm-Ups: 7:00-8:45 am EDT</i>		Thursday EVENTS		<i>Warm-Ups: 3:00-4:15 pm EDT</i>	
<i>Meet Starts: 9:00 am EDT</i>				<i>Meet Starts: 4:30 pm EDT</i>	
27	200 I.M.	28	27	200 I.M.	28
31	100 Free	32	29	1500 Freestyle****	
33	800 Free Relay**	34		800 Freestyle****	30
29	1500 Freestyle****		31	100 Free	32
	800 Freestyle****	30			

* Timed Finals with the Top 16 submitted relay entry times swimming in evening finals with the rest (#17 seed and slower) being swum in the morning preliminaries.

** ALL 800 Free Relays will be swum in morning preliminaries.

*** Mondays distance events (W800/M1500) will be swum fastest to slowest alternating women and men. The fastest heat of each (W800/M1500) will be swum in finals.

**** Thursday distance events (W1500/M800) will be swum fastest to slowest alternating women and men. The fastest heat of each (W1500/M800) will be swum in finals.

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2007 Time Standards for All Participants including IN, MI, OH, and LE

Qualifying Period: January 1, 2006 through the entry deadline

WOMEN		EVENT	MEN	
SCY	LCM		SCY	LCM
25.29	28.79	50 FREE	22.59	25.89
54.79	1:01.79	100 FREE	48.99	56.39
1:57.89	2:13.09	200 FREE	1:46.89	2:02.89
5:12.09	4:38.79	400/500 FREE	4:48.89	4:19.39
10:44.79	9:37.59	800/1000 FREE	10:03.89	9:06.39
18:00.79	18:26.29	1500/1650 FREE	16:53.89	17:30.99
1:01.49	1:10.79	100 BACK	55.89	1:03.69
2:11.89	2:31.09	200 BACK	1:59.99	2:19.79
1:09.29	1:19.29	100 BREAST	1:02.19	1:12.59
2:29.09	2:50.19	200 BREAST	2:14.99	2:37.39
1:00.09	1:07.89	100 FLY	53.79	1:01.09
2:12.49	2:28.79	200 FLY	2:00.49	2:17.39
2:13.19	2:30.89	200 IM	2:00.59	2:18.89
4:40.49	5:18.79	400 IM	4:19.39	4:58.19
3:46.39	4:13.59	400 FREE RELAY	3:23.19	3:55.19
8:05.99	9:07.99	800 FREE RELAY	7:22.79	8:30.39
4:11.29	4:45.99	400 MEDLEY RELAY	3:47.19	4:21.99