

**SPEEDO CHAMPIONS SERIES
CENTRAL SECTION REGION VIII
WINTER / SUMMER SWIMMING CHAMPIONSHIPS MEET FLYER
July 21-24, 2010**

SANCTIONED BY: USA SWIMMING and MISSOURI VALLEY SWIMMING

SANCTION #: Meet MV-10-74 Time Trial MV-10-75TT

SPONSORED BY: Columbia Swim Club

LOCATION: University of Missouri Student Recreation Complex, Mizzou Aquatic Center, 213 Rothwell Gymnasium, Columbia, MO 65211, *Corner of Rollins & Hitt Street on the University of Missouri Campus*, (573) 884-5600

FACILITY: 8 lane, 50-meter competition course (79 degrees), 25-yard warm-up, cool-down pool (80-81 degrees), Water Depth 8.0' to 8.5' in competition course, Colorado Time System throughout facility, 8 lane scoreboard, 2 Full-color digital display boards, 96" Touchpads, 2 Stark Movable Bulkheads, 6" Competitor Gold Medal Lane Ropes.

MEET DIRECTOR: Julie Boyle, boyle190@yahoo.com, 248-705-1045.

MEET REFEREE: Steve Potter, spotter.usaswimming@yahoo.com, 616-915-5280.

POOL CERTIFICATION

1. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

ONLINE MEET ENTRY (OME) ENTRY PROCEDURES:

CSRVIII has adopted the OME as the exclusive process for entering teams and swimmers into Sectional competition. Below is the step-by-step process for completing your team's entries into CSRVIII in Columbia, MO this summer.

Step 1 Go to www.usaswimming.org. Click "Sign In" in the upper right hand corner of the home page. Log in using your username and password information. If you do not have an account, you will need to create one.

Step 2 Once you have logged in, you will be returned to the home page. Click on "Events" in the left hand menu bar. Click on "On Line Meet Entry" in the menu options.

Step 3 Click on Available Meets. Do not fill in any of the search fields. Click "Search." Look for Region VIII Sectionals at Columbia Missouri in the list of meets.

Step 4 Click on Enter Team. Click "Next" to move from the first page to the sign-in screen. You will need to enter your LSC, club code, and your coach USAS ID number.

Step 5 Once you have signed in, move through the steps of the entry process. Instructions for each step are the top of the page.

Step 6 When you have completed your entry and are ready to check out, select the option to pay by the host club via check in person or through the mail to avoid paying the surcharge associated with paying online with a credit card.

You will get a confirmation e-mail describing what you just completed. You can also print out a summary of your entry using the "Print Receipt" link just below the left hand menu in your entry.

You do not have to complete your entry in one sitting. You can begin the entry and return to update it at any time during the entry period. Sign in using your username/password and go to the OME home page. Click "My Meets" and your meet should appear. Click "Edit my Entry."

If you have non-conforming times or times that are not listed in the SWIMS database, you can still enter your athlete into the meet. You'll need to add the non-qualified athlete to the meet, type in the qualifying

time, and enter the word CUT into the qualifying meet name. All athletes entered in this way will be entered at the slowest non-conforming cut time until proof has been provided to the entry chair.

Problems/Questions: if you have any questions about using the system, please contact Susan Woessner at USA Swimming at (719) 866-3589 or (719) 332-0184 or the CSRVIII entry chair Dana Sheahen, 2713 Surfside Ct., Columbia, MO 65203; sectional@csctigersharks.org.

CAUTION: PLAN TO ENTER YOUR TEAM EARLY. WAITING UNTIL THE LAST DAY/MINUTE MAY PREVENT YOUR ENTRY FROM BEING COMPLETED BEFORE THE ENTRY DEADLINE.

ATHLETES ELIGIBILITY:

1. The meet is open to all Athletes registered with Central Section Region VIII of the Central Zone of USA Swimming who meet the stated qualifying times.
2. All Athletes **MUST** be USA registered in order to be entered into the meet using OME (see OME entry procedures on pages 1 and 2) in order to receive their credentials. All swimmers must be 2010 athlete members of USA Swimming. All entries must be submitted using USA Swimming's Online Meet Entry (OME) procedures. The system can be accessed on the USA Swimming website at www.usaswimming.org/ome. You will be required to create a free account with the website to submit your entry. OME will be available for this meet beginning on Monday, May 31. Entries will close on Tuesday, July 13, 2010 at 11:59 PM CST. Columbia Swim Club will provide a Team Manager event file on the meet website at: http://www.csctigersharks.org/hosted_meets/R8SUMMER2010/ This will allow teams to establish the qualifying profile for their athletes prior to using OME. OME is not an eligibility report. It is necessary to know what events are going to be entered before starting the entry in OME.
3. Teams will be permitted to pay for entry into the meet electronically at time of registration with Visa, American Express, MasterCard or Discover or may pay in person via cash or check following the CSRVIII business meeting to avoid electronic payment service fee.
4. Failure to pay the entry fees will result in the team and/or athletes **being scratched** from the meet, and **they may not compete** in the meet until entry fees are paid.
5. Swimmers that swim with a NCAA College Team or unattached swimmers must have their USAS registration membership **within one** of the five CSRVIII LSC's and when swimming in the CSRVIII Meet must be attached to one of the member clubs or entered as unattached to compete in the meet.
6. For a swimmer to represent a USA Swimming club in a competitive event, one hundred twenty (120) days must have elapsed without a swimmer having represented any other USA Swimming club in USA Swimming competition.
7. All **RELAY ONLY** swimmers must be entered into the meet using OME. Relay only Athletes do not have to be entered in individual events to swim on the relays. Relay Only swimmers must be entered in the meet.
8. Athletes with a disability who have been classified and have achieved a National Disability Championship Qualifying Time may enter this meet as long as the time is within the qualifying time standards for this meet. Questions about the meet entries may be directed to: Dana Sheahen, 2713 Surfside Ct., Columbia, MO 65203; email to sectional@csctigersharks.org. For assistance with entering your team into OME, you may also contact Susan Woessner at USA Swimming at (719) 866-3589 or (719) 332-0184.

COACHES ELIGIBILITY:

1. All coaches attending the meet **MUST** be listed on/in their OME meet entry (see OME entry procedures on pages 1 and 2).
2. Any coaches planning on attending who are **NOT** entered as a coach at the time of OME registration **MUST** bring current USAS registration to the Clerk of Course in order to receive credentials.
3. **NO COACHES PACKETS** will be provided or Meet registration allowed for any coach not completing the registration verification process outlined above.

SEEDING OF THE MEET:

1. **No** Hytek or manual time conversions will be permitted.
2. Seeding priority for **BOTH** Winter and Summer format Meets.
 - a. LCM first seeding priority

- b. SCY second and lowest seeding priority
- c. Athletes having neither LCM nor SCY qualifying times may enter the event; however they **MUST ENTER AT THE LOWEST NON-CONFORMING SEEDING PRIORITY.**
- d. The lowest seeding priority for this meet is SCY.

ENTRY LIMIT OF EVENTS:

1. Each athlete may enter as many events as they qualify for, but may compete in only a maximum of 6 individual events plus relays for the total Meet.
2. Each athlete may compete in no more than 3 individual events per day including Time Trials.
3. Time Trials **DO NOT** count towards the total number of events.

MEET PROOF OF TIMES:

1. Athletes entered into OME who do not have proof of time within the SWIMS database will be **ENTERED AT THE LOWEST NON-CONFORMING SEEDING PRIORITY** (see OME entry procedures on pages 1 and 2).
2. There will be internet access provided through the Clerk of Course for athletes failing to achieve the qualifying time during competition.
3. When the team checks in, they will be provided with a list of all athletes **WITHOUT** a proof of time in the Swims Database. These times will need to be proven for all athletes who do not make the qualifying times in the preliminaries (except for the 800/1500 Freestyles).
4. All proof of times must come from final results of a USA Swimming sanctioned or approved meet. Meet results **MUST** show the Meet name, location, date and time and sanction number.
5. Proof of times may be the personal best time achieved with no time limit on the qualifying time period.
6. Results posted on each LSC's website may be used for proof of times.

DISTANCE EVENTS PROOF OF TIMES:

1. Proof of time will **NOT** be considered as a positive check-in for the 800/1500 freestyle events.
2. If a proof of time has not been confirmed by the scratch deadline for that day's events the athlete will be scratched and not allowed to swim.
3. If an athlete decides to scratch after proving their times they will need to follow the normal Championship scratch procedures.
4. If an athlete has proven the time, positively checked-in and **IS SEEDED** and then does **NOT COMPETE** they will be subject to the normal penalties associated with **NOT SHOWING IN A PRELIMS EVENT.**
5. Proof of times for the 800/1500 may come from proofs any of these events including the 1000 freestyle events. Athletes using non-conforming times to enter (1650) may enter the event but **MUST** be entered at the lowest non-conforming seeding priority for this meet which is SCY.

DISTANCE EVENTS SEEDING: (WINTER AND SUMMER FORMAT)

1. The 800 freestyle events will **ALL** be swum in the preliminaries. No 800 free will swim in finals.
2. The 800 freestyles shall be swum as follows:
 - a. 1st 3 heats of women (3rd fastest 17-24) then (2nd fastest 9-16) then (1st fastest 1-8)
 - b. 1st 3 heats of men (3rd fastest 17-24) then (2nd fastest 9-16) then (1st fastest 1-8)
 - c. The rest of the heats of will swim fastest to slowest alternating women then men.
3. The 1500 freestyle events will be swum as timed finals in both the prelims and finals sessions.
 - a. The fastest heat of each of the women and men will swim in finals in their normal event numbered place during finals.
 - b. The slower heats will swim in prelims, after the relays and will alternate women then men swimming fastest to slowest.
4. **Seeding for the top 8 athletes** for both the 800 and the 1500.
 - a. All athletes **MUST USE THEIR CURRENT FASTEST** time that they have achieved in the last **EIGHTEEN 18 months.**
5. **Seeding for athletes that are NOT in the top 8**

- a. All athletes that are entered and their entered time places them in the top 8, **BUT** whose time was achieved outside of the 18 months qualifying period **will be seeded** with their most current provable time in the normal field.
- b. Any athlete not in the top 8 must declare their intent to swim their fastest provable time or to down seed to the lowest non-conforming cutoff time. The lowest non-conforming cutoff time for this meet is SCY.

FAILING TO MAKE A QUALIFYING TIME:

1. Any athlete failing to meet the Meet Qualifying Standards must comply with one or more of the following options.

OPTION 1

1. Provide a proof of time they previously achieved the time standard with final results.
2. This must be accomplished at the meet and the proof times must come from final results of a USA sanctioned or approved meet, showing the name of the meet, location, date, time and sanction number.
3. Results posted on each LSC's website may be used for proof of times.
4. Results for proof of times must be from meets competed in prior to the first day of the start of this meet.

OPTION 2:

1. Pay a twenty-five dollar \$25.00 fee to the CSR VIII travel fund to continue to swim.
2. This must be accomplished at the meet.
3. The limit is three 3 fees being paid by the athlete before being barred from further competition with this meet.
4. Once 3 payments have been received or three qualifying times have not been met you are barred from further competition and are out of this meet.
2. Athletes NOT complying with Option 1 or 2 within 30 minutes after the conclusion of the preliminary session **WILL BE BARRED** from the next day's events including relays.
3. On the last day of competition athletes that have not complied with either Option 1 or 2 will have their clubs contacted after the meet.
 - a. Fees or proper proofs of time (hard or electronic copies) must be submitted to the CSR VIII Chairman with thirty 30 days after receipt of a certified letter from the CSRVIII Chairman or the athlete will be barred from all future CSRVIII Meets.
 - b. A list will be sent to all Meet Directors for future meets.
 - c. If fees or proper proofs of time are NOT received within the 30 day period but are submitted after the 30 day period a late penalty of \$20.00 will be assessed and the final payment for proofs of time will be doubled.
4. Tabs for proof of times may be set up with the Clerk of Course.
 - a. Tabs **MUST** be set up at registration
 - b. Tabs must be accompanied with a signed, blank check.
 - c. Tabs must be set up when you arrive at the meet **AND** prior to the first day's activities for a specific club.
 - d. All unused checks will be returned at the end of the meet.

SWIMMING OF RELAYS: (WINTER AND SUMMER FORMAT)

1. The fastest two heats of each women and men will swim in finals.
2. All remaining heats of relays will swim at the conclusion of that day's preliminaries.
3. All remaining heats of relays will swim fastest to slowest alternating women then men.
4. Relays not making the qualifying times **need not prove** their times unless they desire to score points in the meet. This proof will be accomplished by showing aggregate times of the exact individuals who participated in the relay's being proved.
5. **ONLY** Sunday's (WINTER FORMAT 400 free relays) OR Saturday's (SUMMER FORMAT 400 medley relays) may request to be down seeded into prelims.
 - a. Declaration to down seed **MUST BE MADE** prior to the scratch deadline for that day's events.

- b. Relays that have requested to be down seeded from the finals heats into prelims will be placed in heats in prelims (Not swimming in finals) with the same relative placement as they would have been in finals.
- c. Down seeding will be permitted even though that creates open lanes in finals.

DISTANCE AND RELAY POSITIVE CHECK IN (WINTER AND SUMMER FORMAT):

- 1. All relays MUST positively check-in by the scratch deadline for that day's events TO BE SEEDED.
- 2. WINTER FORMAT – Coaches must arrive on Thursday prior to the scratch deadline for Friday's events for check in. If the coach cannot make the meeting prior to the Thursday scratch deadline they must make prior arrangements with the meet referee if they want their distance athlete or relay seeded.
- 3. SUMMER FORMAT - Coaches must arrive on Tuesday prior to the scratch deadline for Wednesday's events for check in. If the coach cannot make the meeting prior to the Tuesday scratch deadline they must make prior arrangements with the meet referee if they want their distance athlete or relay seeded.
- 4. Declaration of athlete names and order of swims will be required 1 hour prior to swimming the event.
- 5. All distance events athletes (800/1500) MUST positively check-in to be seeded by the scratch deadline for that day's events TO BE SEEDED.
 - a. Proofs of times are not accepted as positively checking in.

WINTER FORMAT: 400 INDIVIDUAL MEDLEY EVENTS AND 400 FREE EVENTS

- 1. These events will be swum as prelim final events.
- 2. The fastest four 4 heats of women will swim 4th fastest (25-32) then the 3rd fastest (17-24) then the 2nd fastest (9-16) then the 1st fastest (1-8). Championship seeding will be used for the fastest 3 heats.
- 3. The fastest four 4 heats of men will swim next 4th fastest (25-32) then the 3rd fastest (17-24) then the 2nd fastest (9-16) then the 1st fastest (1-8). Championship seeding will be used for the fastest 3 heats
- 4. All remaining heats of both women and men will swim fastest to slowest alternating women then men.

SUMMER FORMAT: 400 INDIVIDUAL MEDLEY EVENTS AND 400 FREE EVENTS

- 1. These events will be swum as prelim final events.
- 2. These events will be swum in the traditional swim order slowest to fastest, Women's events, followed by the men's events, without alternating gender.

SCRATCH PROCEDURES:

- 1. Scratch procedures will be in accordance with current USA Swimming National Championship rules and regulations.
- 2. WINTER FORMAT: Scratch deadline for Thursday's events is 15 minutes after the completion of the CSRVIII business meeting.
 - a. Scratch deadline for Friday, Saturday and Sunday's events will be 30 minutes following the beginning of finals.
- 3. SUMMER FORMAT: Scratch deadline for Wednesday's events is 15 minutes after the completion of the CSRVIII business meeting.
 - a. Scratch deadline for Thursday, Friday, and Saturday's events will be 30 minutes following the beginning of finals.
- 4. Coaches **YOU MUST ARRIVE PRIOR** to the scratch deadlines for proof of entry and registration for that days events.

ENTRY DEADLINE:

- 1. All swimmers must be 2010 athlete members of USA Swimming. All entries must be submitted using USA Swimming's Online Meet Entry (OME) system (see OME entry procedures on pages 1 and 2). The system can be accessed on the USA Swimming website at www.usaswimming.org/ome. You will be required to create a free account with the website to submit your entry. OME will be available for this meet beginning on Monday, May 31. Entries will close on Tuesday, July 13, 2010 at 11:59 PM CST.

2. **Psych Sheets** will be electronically sent to the person on file for the club entry within 3 days following the entry deadline. Psych Sheets will be made available to each attending team and posted on the Meet Host Club web site by no later than Saturday, July 17 at 6:00 pm CST. Following the distribution of the psych sheet additional changes will only be accepted at the meet during registration or before the scratch deadline for that day's events.

ENTRY FEES:

1. There will be a \$10.00 surcharge per swimmer.
2. Entry fees will be \$8 for individual events and \$16 for relay events.
3. Sixty percent (60%) of the entry money (including deck entries) will be retained by the host.
4. Forty percent (40%) of the entry money will be turned over to the CSRVIII Travel Fund.
5. All proof of time money (\$25) shall go to the CSRVIII Travel Fund.

MAIL ALL ENTRY FEE PAYMENT and ENTRY INFORMATION TO: Dana Sheahen, 2713 Surfside Ct., Columbia, MO 65203; email to sectional@csctigersharks.org.

DECK ENTRIES:

1. Entries will be accepted on the deck up until the check-in/scratch deadline time for that day's events.
2. Deck entry fees will be \$10 for individual events and \$20 for relay events.
3. Of the \$10 deck entry fee for individual events, \$6 goes to the host, \$4 to the CSRVIII Travel Fund.
4. Of the \$20 deck entry fee for relays, \$12 goes to the host, \$8 to the CSRVIII Travel Fund.
5. All deck entries will be seeded at the lowest non-conforming qualifying time for this meet which is SCY.
6. Time trial entry fees will be \$8 for individual events and \$16 for relays.
7. All time trial entry fees remain with the host club.

TRAVEL FUND:

1. Any swimmer, who makes the National USA Swimming qualifying time, participates in the CSRVIII Meet and the National Senior/Junior/USA Disability Meet, same events (no time trials) is eligible for a share of the Travel Fund.
2. Travel Fund monies will be the responsibility of the LSC Chairman, LSC Senior Chairman or designated representative will be responsible to supply the list of their LSC Swimmers who attended National Meets as well as the Sectional Meet to the CSRVIII Chairman for reimbursement.
3. Request and expense report should be submitted to: Hank Enterline, CSRVIII Chairman, 3205 Pinehurst Drive, Norman, OK 73072-7663 PH: (405) 364-9294 (H)

RULES GOVERNING THE COMPETITION: 2010 USA Rule Book and National Championship Swimming rules will prevail.

OFFICIALS:

1. This meet has been designated as a National Qualifying Meet for Officials seeking N2 and/or N3 certification or re-certification.
2. The meet is open to all Officials inside and outside of the Region who wish to, and are eligible to, be evaluated for advancement and re-certification.
3. Officials desiring to be evaluated for advancement and/or re-certification must submit an Application for Evaluation to the Meet Referee no later than July 13, 2010.
4. Applications received after that date will be accepted at the sole discretion of the Meet referee.

SCORING:

1. Scoring shall be through sixteen (16) places. Relays will be scored double.
2. Any swimmer in an individual event who places will be permitted to score team points provided that they have a provable previous time even though they do not swim the qualifying time.

3. In order for the relay teams that doesn't swim the qualifying times to score points they must furnish proof that the times standard has been previously made with the aggregate times of the exact individuals who participated in the relay's being proved.

AWARDS:

1. Trophies shall be awarded for the Women's and Men's teams for the top 3 places.
2. The CSRVIII Traveling Trophy shall be presented to the Combined Team Winner.
3. High point awards will be given to the 1st, 2nd, and 3rd individual Women's and Men's High Point Winners.
4. Medals will be given to 1st—8th place in individual events and 1st – 3rd in relay events.
5. There will be a parade of the top finishers in each event of finals. The top 3 finishers in each event will report to the awards stand for awarding of the Bronze, Silver and Gold medals.
6. Two Plaques will be awarded for the “Team” with the “Most Gold Medals” and the “Team” with the “Most Total Medals” during the awards presentations.

MEETINGS:

1. WINTER FORMAT: A GENERAL meeting of the CSRVIII Chairman, Meet Director, Coaches, and Referee will be held Thursday at 2:00 p.m.
2. SUMMER FORMAT: A GENERAL meeting of the CSRVIII Chairman, Meet Director, Coaches, and Referee will be held Tuesday at 7:00 p.m.
3. Coaches are accountable for ALL information handed out at the GENERAL/CSRVIII MEETINGS as well as information conducted at the business meeting.

POOL TYPES:

1. Pools with warm-up facilities, no breaks between events.
2. Pools without warm-up facilities, W/M – 10-minute break after each set.

POOL AVAILABILITY:

1. WINTER FORMAT: The pool will be available for Team Practice, Thursday 10:00am to 4:00pm.
2. SUMMER FORMAT: The pool will be available for Team Practice, Tuesday noon to 8:30 p.m.

THE COACH OF THE YEAR AWARD:

1. Coach of the Year will be given out twice a year.
2. Winter award will be presented at the Summer meet and the Summer award will be presented at the Winter meet.
3. Nominations should include a short summary presented at the Thursday (Winter Meet) and Tuesday (Summer Meet) CSRVIII Business Meetings.
4. The award will be presented at Friday (Summer Meet), Saturday (Winter Meet) night's finals.

HONEST EFFORT:

1. An honest effort in all competition is required.
2. Failure to make an honest effort shall result in disqualification from the event.
3. The determination of an honest effort performance will be made by the Meet Committee or the Referee.

FINALS SCRATCH:

1. A swimmer who qualifies for a B, or A Final, who fails to declare intent to scratch or to scratch per USA Swimming Championship Rules and fails to compete in said final race, which is his/her final race of the Meet, shall be fined one hundred dollar (\$100.00).
2. The Meet Director will send a list to the CSRVIII Chairman immediately following the CSRVIII Meet.
3. The swimmer will have their club contacted via Certified Letter from the CSRVIII Chairmen immediately following receipt of the list.
4. Within thirty days (30) after receipt of the certified letter from the CSRVIII Chairman payment must be received or the swimmer will be barred from future CSRVIII Meets.
5. A list will be sent to the Meet Directors of future CSRVIII Meets.

6. If payment is **NOT** received within the thirty (30) day time period, and is deemed late by the CSRVIII Chairman, a penalty of **DOUBLE** the fine will be incurred by the athlete.

TIME TRIALS

1. Time Trials are offered at the discretion of the meet Referee and the Meet Director and **ONLY** if time permits.
2. Time trials, if offered, will be conducted at the conclusion of each day's prelim session.
3. Time Trials will begin no sooner than 15 minutes after the last prelim session.
4. A swimmer must be **entered** in the meet (individual event or relay only) to be eligible to participate in Time Trials.
5. The entry fee will be \$8 per individual event and \$16 per relay event. Time Trial entry forms will be included in the coach's packet. The host club retains all entry fees.
6. Time trials shall be swum in order listed under meet program.
7. First Full Day: That day's events, followed by the remaining events in the meet.
8. Second Day: That day's events, followed by the events of the remaining days of the meet followed by the events of the previous days.
9. Final Day: That day's events, followed by events of the previous days in event order.
10. Coaches are reminded that swimmers may compete in no more than three (3) individual events per day including time trials.
11. Time trials for the 800 and the 1500 distance events will **only** be offered on that day's events and those swimming time trials will be placed in any **open** lanes and open **heats** regardless of gender.
12. Final night: Time Trials will be offered to National possible qualifiers **only**
13. Time trials shall not start after 3:00 p.m.

LODGING; List of hotels can be found on the CSC website under Hosted meets and under "Announcements" Speedo Championship Series Central Section Region VIII.

INFORMATION; Parking is available in the Virginia Avenue Garage located adjacent to the Student Recreation Complex, parking passes will be available for purchase at the meet. Bus parking is available in AV14 Trowbridge. Maps to pool and parking may be found at <http://umcspace.missouri.edu/muparking/default.aspx>

OTHER INFORMATION; Please reference our club web site for all Speedo Champions Series Central Section Region VIII Long Course Championship information. All updates and meet information may be accessed on the club web site. Meet Results will be provided on the web site.

WINTER FORMAT ONLY

SESSION & MEET START TIMES:

WINTER FORMAT:

Day	Session	Warm-Up	Clear Pool	Competition Begins	Session	Warm-Up	Clear Pool	Competition Begins
Thursday	General Meting, Referee, CSRVIII				2:00 PM – All Coaches			
Thursday					Timed Finals	4:30 PM	5:20 PM	5:30 PM
Friday	Prelims	7:00 AM	8:50 AM	9:00 AM	Finals	4:30 PM	5:20 PM	5:30 PM
Saturday	Prelims	7:00 AM	8:50 AM	9:00 AM	Finals	4:30 PM	5:20 PM	5:30 PM
Sunday	Prelims	7:00 AM	8:50 AM	9:00 AM	Finals	4:00 PM	4:50 PM	5:00 PM

**WARM-UP PROCEDURES FOR COMPETITION POOL:
WINTER FORMAT:**

Thursday	4:30pm to 5:10pm	Lanes 2-7	General Warm up circle swimming
	4:30pm to 5:10pm	Lane s 1 & 8	Push – Pace
	5:10pm to 5:20pm	Lanes 2 & 7	One way sprint/starts
	5:20pm	Clear Pool	Pool Closed
Fri/Sat/Sun	7:00am to 7:45am	Session 1	Teams assigned on request by Chairman
	7:45am to 8:30am	Session 2	Teams assigned on request by Chairman
	8:30am to 8:50am	Session 3	Teams assigned on request by Chairman
Fri/Sat/Sun	Prelims		
	8:30am to 8:50am	Lanes 1 & 8	Push-Pace
		Lanes 2,3,6&7	One way sprint/starts
		Lanes 4 & 5	General Warm up circle swimming
Day of 50 free	8:40am to 8:50am	Lanes 2 thru 7	One way sprint/starts @ start end
	8:50am	Clear Pool	Pool Closed
Fri/Sat	Finals		
	4:00pm to 5:00pm	Lanes 1 thru 8	General warm up circle swimming
	5:00pm to 5:20pm	Lanes 1 & 8	Push-Pace
		Lanes 2,3,6,7	One way sprint/starts
		Lanes 4 & 5	General warm up circle swimming
	5:20pm	Clear Pool	Pool Closed
Sunday	Finals		
	3:30pm to 4:30pm	Lanes 1 thru 8	General warm up circle swimming
	4:30pm to 4:50pm	Lanes 1 & 8	Push-Pace
		Lanes 2,3,6,7	One way sprint/starts
	4:50pm	Lanes 4 & 5	General warm up circle swimming
	Clear Pool	Pool Closed	

1. Warm-up session lane assignments will be done by the Chairman prior to the meet by request, based upon their team's placing at last year's short course meet.
2. Lane assignments will be posted at the pool.
3. All lanes available whether in the competitive pool or warm-up pools will be used for assignment.
4. Each teams' coach must remain at their assigned lane to supervise warm-up
5. Lanes with multiple teams in them should communicate with the other teams what they are doing.
6. Teams may do sprints during this time if other swimmers clear the lane.
7. All warm-ups are also under the supervision of the Head Meet Marshall.

SUMMER FORMAT ONLY

SESSION & MEET START TIMES:

SUMMER FORMAT:

Day	Session	Warm-Up	Clear Pool	Competition Begins	Session	Warm-Up	Clear Pool	Competition Begins
Tuesday	General Meting, Referee, CSRVIII				7:00 PM – All Coaches			
Wednesday	Prelims	7:00 AM	8:50 AM	9:00 AM	Finals	4:30 PM	5:20 PM	5:30 PM
Thursday	Prelims	7:00 AM	8:50 AM	9:00 AM	Finals	4:30 PM	5:20 PM	5:30 PM
Friday	Prelims	7:00 AM	8:50 AM	9:00 AM	Finals	4:30 PM	5:20 PM	5:30 PM
Saturday	Prelims	7:00 AM	8:50 AM	9:00 AM	Finals	4:00 PM	4:50 PM	5:00 PM

**WARM-UP PROCEDURES FOR COMPETITION POOL:
SUMMER FORMAT:**

Wed/Thurs/Fri/Sat	7:00am to 7:45am	Session 1	Teams assigned on request by Chairman
	7:45am to 8:30am	Session 2	Teams assigned on request by Chairman
	8:30am to 8:50am	Session 3	Teams assigned on request by Chairman
Wed/Thurs/Fri/Sat	Prelims		
	8:30am to 8:50am	Lanes 1 & 8	Push-Pace
		Lanes 2,3,6&7	One way sprint/starts
		Lanes 4 & 5	General Warm up circle swimming
Day of 50 free	8:40am to 8:50am	Lanes 2 thru 7	One way sprint/starts @ start end
	8:50am	Clear Pool	Pool Closed
Wed/Thurs/Fri	Finals		
	4:30pm to 5:00pm	Lanes 1 thru 8	General warm up circle swimming
	5:00pm to 5:20pm	Lanes 1 & 8	Push-Pace
		Lanes 2,3,6,7	One way sprint/starts
		Lanes 4 & 5	General warm up circle swimming
	5:20pm	Clear Pool	Pool Closed
Saturday	Finals		
	4:00pm to 4:30pm	Lanes 1 thru 8	General warm up circle swimming
	4:30pm to 4:50pm	Lanes 1 & 8	Push-Pace
		Lanes 2,3,6,7	One way sprint/starts
		Lanes 4 & 5	General warm up circle swimming
	4:50pm	Clear Pool	Pool Closed

1. Warm-up session lane assignments will be done by the Chairman prior to the meet by request, based upon their team's placing at last year's short course meet.
2. Lane assignments will be posted at the pool.
3. All lanes available whether in the competitive pool or warm-up pools will be used for assignment.
4. Each teams' coach must remain at their assigned lane to supervise warm-up
5. Lanes with multiple teams in them should communicate with the other teams what they are doing.
6. Teams may do sprints during this time if other swimmers clear the lane.
7. All warm-ups are also under the supervision of the Head Meet Marshall.