



Arizona Swimming
2019 Long Course Age Group State Championships
July 18-21, 2019



Sanctioned By: Arizona Swimming Inc.
Sanction #AZ19-107R

Liability: Held under the sanction of USA Swimming. In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Flying Fish Arizona Swim Team, and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.

Hosted By: Flying Fish Arizona Swim Team - FAST
Meet Director: Anthony Ferrara meets@fastswimteam.com
Meet Referee: Robert Harris rharris@sierrita.com
Meet Location: Oro Valley Aquatic Center, 23 W Calle Concordia, Oro Valley, AZ 85704

Course: Eight Lane, 50 meter pool, with non-turbulent lane dividers, automatic Colorado start and timing system. Continuous warm-up will be available throughout the meet.

Eligibility:

1. Open to any Arizona/USA Swimming registered athlete who is a member or, or unattached swimmer training with an Arizona LSC club.
2. **This is an “A” time standard meet.** Swimmers 14 & Under must have equaled or bettered the Arizona Age Group “A” Time Standard to enter an event. Times used in the meet entry must have been achieved in the 18 months prior to the first day of competition.

Rules Governing Sanctioned Meets

1. Age on the first day of competition will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy (“MAAPP”).
3. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
4. The competition course has been certified in accordance with 104.2.2C(4) as to pool length. A copy of such certification is on file with USA Swimming.
5. The minimum water depth, measured in accordance with Article 103.2.3, is 15 feet, 0 inches at the start end and 6 feet, 5 inches at the turn end.
6. Deck changes are prohibited.
7. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
8. No swimmer will be permitted to compete unless swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
9. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
10. All referees, starters, administrative officials, chief judges and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming’s “open border” policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
11. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectively, to the Meet Referee prior to the start of each session of competition. If requested, Arizona Officials and Meet Marshals must present their AZSI issued picture IDs to the Meet Referee
12. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition. If requested, Arizona Coaches must present their AZSI issued picture IDs to the Clerk of Course. Deck pass with accompanying photo ID will be accepted as proof of current membership.
13. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshals shall wear their identifying vests.
14. Swimmers with a disability are welcome. The swimmer (or swimmer’s coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
15. 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.

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Meet Rules:

1. **Format:** This is a preliminary-final time standard meet. In all prelim/final events there will be a consolation and championship heat. The order of the final heats shall be B and A (consolation and championship). The top 16 swimmers each in the 10 & Under, 11-12 and 13-14 age groups will return for finals, except for those events noted below as Timed Final events.
2. **Chase Starts:** The Meet Referee may elect to conduct some preliminary sessions of the meet by starting events from alternate ends of the course.
3. **Entry Limits:** Swimmers are limited to three (3) individual events per day, including time trials and six (6) individual events for the meet, excluding time trials. If a swimmer has entered more than six (6) events for the meet or more than three (3) events for a day, the highest numbered event will be dropped until the entry limits are met.
4. **Entries and Proof of Times:** To enter, individuals must submit fastest conforming (LCM) times achieved. Fastest non-conforming times (SCM, SCY) will also be accepted. All entries, conforming and non-conforming, must be the fastest times achieved in the 18 months preceding the meet entry deadline which are equal or faster than the time standards for this meet. Events will be seeded LCM, SCM, SCY. Converted times are not permitted. All entries must be submitted through USA Swimming's OME system. The OME entry system interfaces with the USA Swimming times and membership database (SWIMS), which verifies membership status and times. Times not verified through SWIMS/OME, including relay entry times, must be proven prior to 48 hours before the first day of the start of competition or the entry will be removed from the competition and the athlete/relay will not be able to swim/compete in the non-verified time event.
1. **Pre-seeded Events:** All events of 200 meters and shorter are pre-seeded for preliminary sessions. Any athlete who does not report or compete (no show) in a preliminary heat for such events shall not be penalized.
6. **Timed Final Distance Events:**
 - a. **All Events 400 and longer** will require positive check-in with the Clerk of Course to compete. Deadline for check-in is 30 minutes after the start of warm-up for Session I, and one hour after the start of competition for preliminary Sessions II, IV, and VI.
 - b. **10 & Under 400 Freestyle (Events #1 and #2)** are timed finals events swum during Session I. These events will be swum fastest to slowest, alternating girls and boys by heat. Athletes are responsible for providing their own timers (2).
 - c. **11-12 & 13-14 1500 Freestyle (Events #3 through #6)** are timed finals events swum during Session I. These events will be swum as follows: 11-12's fastest to slowest, alternating girls and boys by heat, then 13 & 14's fastest to slowest, alternating girls and boys by heat. Athletes are responsible for providing their own timers (2) and lap counting personnel (1).
 - d. **11-12 & 13-14 400 Individual Medley (Events #31 through #34):** are timed final events. The fastest seeded heat of each age group and gender will be swum during finals. All other heats will be seeded and swum during the preliminary session, fastest to slowest, alternating girls and boys by heat. Athletes are responsible for providing their own timers (2) in the preliminary session.
 - e. **11-12 & 13-14 400 Freestyle (Events #61 through #64):** are timed final events. The fastest seeded heat of each age group and gender will be swum during finals. All other heats will be seeded and swum during preliminary sessions, fastest to slowest, alternating girls and boys by heat. Athletes are responsible for providing their own timers (2) in the preliminary session.
 - f. **11-12 & 13-14 800 Freestyle (Events #103 through #106):** are timed finals events swum during Session VI. These events will be swum as follows: 11-12's fastest to slowest, alternating girls and boys by heat, then 13 & 14's fastest to slowest, alternating girls and boys. Athletes are responsible for providing their own timers (2) and lap counting personnel (1).
7. **Relay Events:**

All Relays are timed final events. Only two relays per team will be scored. Relay only swimmers must be entered in the meet using OME by the meet entry deadline, and the relays must meet the relay time standard. The four names of the swimmers competing on the relays must be listed prior to the start of the relay heat.

All Relays must have met the Arizona Swimming Age Group Relay Time Standard.

 - a. Relay entries may be made with aggregate times achieved by the team in the 18 months prior to the first day of the meet. A swimmer's time can only be used for one relay per age group.
 - b. All relay events are timed final events and will be swum during the preliminary sessions.
 - c. Swimmers may only compete in one age group in relays of the same stroke/distance.
 - d. The 13-14 200 Medley Relay will be entered using 100 of stroke times under the alternate event designation in OME.
8. **Positive Check-in Events:** There is no penalty for athletes who do not check in for a timed final event; they will simply be scratched from the event and may not compete. Failure to compete (no show) in a positive check-in event for which the athlete has checked in will result in being barred from the next individual event in which the athlete is entered, and a \$30 fee payable to Arizona Swimming by the end of the meet. Such fees will be submitted to Arizona Swimming after the conclusion of the meet along with a listing of any uncollected fees. Any uncollected fees will be billed by AZSI to the club the athlete represents.

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9. **The Arizona Age Group Scratch Rule** will be in effect. Any athlete qualifying for a consolation final or final competition in an individual event who fails to compete (no show) ("Failure to Compete") in either consolation final or final race shall be barred from the rest of that session's events, including that session's relays, and disqualified from their next individual event in the competition whether that event be a timed final event or a preliminary event.

10. **Time Trials:** may be offered at the conclusion of the preliminary sessions at the sole discretion of the Meet Referee. Time Trials do not count against the limit of six individual events for the meet, but do count towards the limit of three (3) individual events per day. Swimmers must be entered in an individual event in the meet in order to be eligible to participate in Time Trials. The USA Swimming national protocol will be used for time trial event order. If time trials are offered, the 800 M Freestyle and 1500 M Freestyle will only be offered on Saturday. The deadline for time trial entries will be decided by the Meet Referee and posted with the Clerk of Course.

Sessions:	Session I	Timed Finals:	Warm-up: 2:00 pm	Meet Start: 3:00 pm
	Sessions II, IV, VI	Prelims:	Warm-up: 7:00 am	Meet Start: 8:30 am
	Sessions III, V, V11	Finals:	Warm-up: 4:00 pm	Meet Start: 5:00 pm

Entries: All entries must be submitted using USA Swimming **OME** (online meet entry) at www.usaswimming.org/ome. All relays and swimmers will automatically be entered at their best times with the OME system. A confirmation by email will acknowledge receipt of entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Please contact USA Swimming with any questions on the OME system. Relay-only swimmers must be entered in the meet.

Late entries: If an athlete achieves a new meet qualifying time between the specified meet entry deadline and the Sunday prior to the start of the meet, the athlete may enter that event. Late entries may be made by personal delivery, faxing or emailing: 1) a scan of the meet results for the new qualifying time and, 2) a new entry spreadsheet or AZSI/USAS Meet Entry Card. Late entries are subject to times verification. In all cases, delivery of late entries must be received no later than 12 noon on the Monday prior to the start of the meet. It is the sole responsibility of the team submitting late entries to confirm their timely receipt. Newly achieved qualifying standards may not be used to improve the seedtime of a previously submitted individual entry but may be allowed to complete a relay team not previously entered.

Entry deadline: Entries may be submitted on line beginning **June 8, 2019** and will be accepted through **July 11, 2019**.

Entry Fees:	LSC Surcharge:	\$8.00
	Individual Events:	\$7.50
	Relay Events:	\$15.00
	Individual Time Trials:	\$15.00

Entries fees must be paid by the start of the first session of the meet. No refunds.
Please make checks payable to FAST

Scoring:	Top 16 places will be scored. Only 2 relays per team per event will score.
Individual events:	20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay events:	40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Awards:	Individual Events:	Medals for 1 st – 8 th place, Ribbons for 9 th – 16 th place
	Relay Events:	Medals for 1 st – 3 rd place
	Individual High Point:	1 st place for each gender and age group:
	Team High Point:	1 st – 3 rd place for combined team score

Officials: Please contact the Meet Referee to indicate availability for the meet. Attire for prelims and Session I events is white over navy blue. Attire for evening finals will be determined by the Meet Referee.

Deck: The deck may be closed or partially closed at the direction of the Meet Referee. Only athletes or those acting in an Official capacity for the meet may enter the closed area.

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Session I – Thursday, July 18

Timed Finals – Warm-Up: 2:00 pm / Meet Start: 3:00 pm

Girls	Event	Boys
1	10 & Under 400 Freestyle ¹	2
3	11-12 1500 Freestyle ²	4
5	13-14 1500 Freestyle ²	6

1. Events #1 and #2 will be swum fastest to slowest, alternating heats by gender. Athletes will be required to provide their own timers (2). Refer to Meet Rules #6 and #8 regarding Distance Events and Positive Check-In.
2. Events #3 and #4, and then Events #5 and #6, will be swum fastest to slowest, alternating heats by gender. Athletes will be required to provide their own timers (2) and lap counting personnel. Refer to Meet Rules #6 and #8 regarding Distance Events and Positive Check-In.

Session II – Friday, July 19

Preliminaries – Warm-Up: 7:00 am / Meet Start: 8:30 am

Girls	Event	Boys
7	11-12 200 Backstroke	8
9	13-14 200 Backstroke	10
11	10 & Under 100 Butterfly	12
13	11-12 100 Butterfly	14
15	13-14 100 Butterfly	16
17	10 & Under 200 Freestyle	18
19	11-12 200 Freestyle	20
21	13-14 200 Freestyle	22
23	10 & Under 50 Breaststroke	24
25	11-12 50 Breaststroke	26
27	13-14 800 Freestyle Relay ³	28
29	12 & Under 400 Freestyle Relay ³	30
31	13-14 400 Individual Medley ⁴	32
33	11-12 400 Individual Medley ⁴	34

3. All relays are timed final events. All heats of Events #27 through #30 will be swum during the preliminary session. Refer to Meet Rule #7.
4. Top fastest seeded heat (top 8) of each age group and gender will be swum during finals. All other heats will be seeded and swum during the preliminary session, fastest to slowest, alternating heats by gender. Athletes are responsible for providing their own timers (2) during the preliminary session. Refer to Meet Rules #6 and #8 regarding Distance Events and Positive Check-In.

Session III – Friday, July 19

Finals – Warm-up: 4:00 pm / Meet Start: 5:00 pm

Girls	Event	Boys
7	11-12 200 Backstroke	8
9	13-14 200 Backstroke	10
11	10 & Under 100 Butterfly	12
13	11-12 100 Butterfly	14
15	13-14 100 Butterfly	16
17	10 & Under 200 Freestyle	18
19	11-12 200 Freestyle	20
21	13-14 200 Freestyle	22
23	10 & Under 50 Breaststroke	24
25	11-12 50 Breaststroke	26
31	13-14 400 Individual Medley ⁴	32
33	11-12 400 Individual Medley ⁴	34

4. Top fastest seeded heat (top 8) of each age group and gender will be swum during finals. All other heats will be seeded and swum during the preliminary session, fastest to slowest, alternating heats by gender. Athletes are responsible for providing their own timers (2) during the preliminary session. Refer to Meet Rules #6 and #8 regarding Distance Events and Positive Check-In.

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Session IV – Saturday, July 20 Preliminaries – Warm-up: 7:00 am / Meet Start: 8:30 am

Girls	Event	Boys
35	13-14 200 Medley Relay ⁵	36
37	12 & Under 200 Medley Relay ⁵	38
39	10 & Under 200 Medley Relay ⁵	40
41	13-14 100 Freestyle	42
43	11-12 100 Freestyle	44
45	10 & Under 100 Freestyle	46
47	13-14 200 Breaststroke	48
49	11-12 200 Breaststroke	50
51	10 & Under 100 Backstroke	52
53	11-12 100 Backstroke	54
55	13-14 100 Backstroke	56
57	11-12 50 Butterfly	58
59	10 & Under 50 Butterfly	60
61	13-14 400 Freestyle Relay ⁵	62
63	11-12 400 Freestyle ⁶	64
65	13-14 400 Freestyle ⁶	66

5. All relays are timed final events. All heats of Events #35 through #40 AND #61 through #62 will be swum during the preliminary session. Refer to Meet Rule #7 regarding Relay Events.
6. In Events #63 through #66 the fastest seeded heat (top 8) of each age group and gender will be swum during finals. All other heats will be seeded and swum during the preliminary session, fastest to slowest, alternating heats by gender. Athletes are responsible for providing their own timers (2) during the preliminary session. Refer to Meet Rules #6 and #8 regarding Distance Events and Positive Check-In.

Session V – Saturday, July 20 Finals – Warm-up: 4:00 pm / Meet Start: 5:00 pm

Girls	Event	Boys
41	13-14 100 Freestyle	42
43	11-12 100 Freestyle	44
45	10 & Under 100 Freestyle	46
47	13-14 200 Breaststroke	48
49	11-12 200 Breaststroke	50
51	10 & Under 100 Backstroke	52
53	11-12 100 Backstroke	54
55	13-14 100 Backstroke	56
57	11-12 50 Butterfly	58
59	10 & Under 50 Butterfly	60
63	11-12 400 Freestyle ⁶	64
65	13-14 400 Freestyle ⁶	66

2. In Events #63 through #66 the fastest seeded heat (top 8) of each age group and gender will be swum during finals. All other heats will be seeded and swum during the preliminary session, fastest to slowest, alternating heats by gender. Athletes are responsible for providing their own timers (2) during the preliminary session. Refer to Meet Rules #6 and #8 regarding Distance Events and Positive Check-In.

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Session VI – Sunday, July 21

Preliminaries – Warm-up: 7:00 am / Meet Start: 8:30 am

Girls	Event	Boys
67	10 & Under 200 Freestyle Relay ⁷	68
69	12 & Under 200 Freestyle Relay ⁷	70
71	13-14 200 Freestyle Relay ⁷	72
73	11-12 50 Backstroke	74
75	10 & Under 50 Backstroke	76
77	11-12 200 Butterfly	78
79	13-14 200 Butterfly	80
81	10 & Under 100 Breaststroke	82
83	11-12 100 Breaststroke	84
85	13-14 100 Breaststroke	86
87	10 & U 50 Freestyle	88
89	11-12 50 Freestyle	90
91	13-14 50 Freestyle	92
93	10 & Under 200 Individual Medley	94
95	11-12 200 Individual Medley	96
97	13-14 200 Individual Medley	98
99	12 & Under 400 Medley Relay ⁷	100
101	13-14 400 Medley Relay ⁷	102
103	11-12 800 Freestyle ⁸	104
105	13-14 800 Freestyle ⁸	106

7. All relays are timed final events. All heats of Events #67 through #72 AND #99 through #102 will be swum during the preliminary session. Refer to Meet Rule #7 regarding Relay Events.
8. In Events #103 through #106 all heats will be swum during the preliminary session, fastest to slowest, alternating heats by gender. Athletes are responsible for providing their own timers (2) and lap counting personnel. Refer to Meet Rules #6 and #8 regarding Distance Events and Positive Check-In.

Session VII – Sunday, July 21

Finals – Warm-up: 4:00 pm / Meet Start: 5:00 pm

Girls	Event	Boys
73	11-12 50 Backstroke	74
75	10 & Under 50 Backstroke	76
77	11-12 200 Butterfly	78
79	13-14 200 Butterfly	80
81	10 & Under 100 Breaststroke	82
83	11-12 100 Breaststroke	84
85	13-14 100 Breaststroke	86
87	10 & Under 50 Freestyle	88
89	11-12 50 Freestyle	90
91	13-14 50 Freestyle	92
93	10 & Under 200 Individual Medley	94
95	11-12 200 Individual Medley	96
97	13-14 200 Individual Medley	98