

**USA Swimming Speedo Champions Series**  
Hosted by Miami Valley Aquatic Club at Miami University  
**CENTRAL ZONE SECTIONAL 3**  
March 22-25, 2012  
Held Under the Sanction of USA Swimming # 3509  
Time Trials #3509

**DATES:**

Thursday, March 22-Sunday, March 25, 2012

**HOSTED BY:**

Miami Valley Aquatic Club  
Website: [www.swimmakos.com](http://www.swimmakos.com)

**LOCATION:**

Facility: Corwin M. Nixon Aquatic Center  
Miami University Recreational Sports Center  
750 S. Oak St.  
Oxford, OH 45056  
Phone: (513) 529-1844

**CONTACT INFORMATION:**

Meet Director: Terri Shannon  
Phone: (513) 255-5043  
Email: [shannot1@muohio.edu](mailto:shannot1@muohio.edu)

**Meet Referee:**

Name: Bill Houk  
6 Bull Run Dr.  
Oxford, OH 45056  
Email: [houktw@muohio.edu](mailto:houktw@muohio.edu)  
Phone: 513-403-4868

**Entry Chairperson::**

Claudia Multer  
1075 Oakmont Avenue  
Hamilton OH 45013  
Email: [Claudiam@one.net](mailto:Claudiam@one.net)

**Local Officials' Coordinator:**

Name: Bill Houk  
Email: [houktw@muohio.edu](mailto:houktw@muohio.edu)  
Phone: (513) 403-4868

**FACILITY INFORMATION:**

The Miami University Aquatic Center features a 50 meter pool with eight championship nine foot wide lanes. Pool depth ranges from 6 feet to 10 feet. There is an adjacent diving well with six 25 meter lanes available for continuous warm up and warm down. Electronic timing and video facilities are by Colorado Timing Systems, Colorado Olympex scoreboard and video board. There are bleacher seats on deck for athletes and 750 seats for spectators on a raised balcony overlooking the finish end of the pool.

The competition course has been certified in accordance with 104.2.2C(4)(C). Where a moveable bulkhead is used, course measurement of the lane in which a record is set must be confirmed at the conclusion of the session during which the time was achieved.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms

**Venue Rules:**

- Deck access is restricted to competing athletes, registered coaches, officials and meet workers. No parent or spectator will be allowed on deck except at the request of the meet officials or meet director.
- Locker rooms are located on the pool deck level. Locker space is not available. Belongings may be stored on deck in team areas. Miami University is not responsible for any lost or stolen items.
- First Aid/Training Needs: Lifeguards are trained to handle water emergencies and first aid on the deck. Please report all first aid issues to the Aquatic Office.
- The following items are not permitted in the facility: Glass, lawn chairs, coolers, and helium balloons. There is no food allowed on the pool deck.
- Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning. Spectator gallery is also available on a first come basis. Saving of seats is prohibited.
- A food and drink concession is available for your convenience inside the Natatorium.
- Miami University is a smoke free campus.

Use of any portion of the Recreational Sports Center by parents, athletes, and siblings while not involved in the meet is available for a \$9.00 a day charge at the Membership window. You will receive a wristband. There is an additional charge for the climbing wall or to attend classes. The Fitness Center is for adult (over 18 years of age) use only. Call (513) 529-8181 for additional information. Athletes may not purchase a daily pass to gain access to the rec swim lanes.

**SCHEDULE:**

Registration:           Wednesday: 12-7pm Concourse  
                                  Thursday-Sun: 7am Concourse  
General Meeting:   Wednesday: 5pm Hospitality Rm.  
Section 3 Coaches: Saturday: After Prelims, Hospitality Rm

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**WARM-UP & START TIMES:**

All times are Eastern Daylight Time

**Wednesday:**

Open Warm up: 1-7pm

**Thurs-Sat:**

Prelim Warm up: 6-8:45am

Competition: 9am

Final Warm up: 4-5:15p

Competition: 5:30pm

**Sunday:**

Prelim Warm up: 6-8:45am

Competition: 9am

Final Warm Up: 3-4:15pm

Competition: 4:30pm

**GENERAL MEETING:**

Coaches should plan to arrive in time for the General Meeting, Wednesday, March 21 at 5:00pm in the Hospitality 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 Saturday, March 24 immediately after prelims in the Hospitality Room.

**ELIGIBILITY:**

All swimmers must be current athlete members of USA Swimming.

This meet is open to all athletes registered outside the Central Zone and Section 3 athletes (LE, OH, IN, MI,) and Section 1 athletes (IA, IL, MN, ND, SE, WI).

Eligible swimmers must have achieved the relevant qualifying times within the qualifying period. 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 athlete and their coaches.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or

the swimmer's legal guardian to ensure compliance with this requirement.

**QUALIFYING PERIOD**

The qualifying period is from January 1, 2011 thru the entry deadline.

**REGISTRATION**

Registration will begin on Wednesday, March 21, 2012 at 12pm in the Miami University Recreational Sports Center concourse lobby. Registration will be available at 7am each day of the meet and will remain open until the end of the final session 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 event 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 a NT. Please be certain to check the box indicating "bonus" for each event that is a bonus entry. When entering a NT, OME time must be entered as 59.59.59.

**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 bonus, Consolation and Championship heats will be contested in all events. Depending on the size of the meet, a "D" final maybe added to prelim/final events. Coaches will be informed of this decision by Friday, March 16<sup>th</sup>.

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**ENTRY FEE:**

Individual Events: \$ 10.00  
Relay Events: \$ 20.00  
Time Trial Events: same as above  
Surcharge: \$ 5.00  
Breakdown of Surcharges:  
    Section 3 – OME Fee \$2.00  
    Ohio Swimming Fee \$2.00  
    Central Zone Sectional Fee \$1.00

Make Checks payable to: MAKOS

**ENTRY PROCEDURES**

Entries may be submitted using USA Swimming's Online Meet Entry system at [www.usaswimming.org](http://www.usaswimming.org). Entries will be accepted beginning Feb. 1<sup>st</sup> through March 15<sup>th</sup> at 6pm. 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. Please make sure you check out properly.

**IF NOT ENTERING ON OME**

**Email and paper entries will be accepted with a \$20.00 administrative fee for individuals entering and a \$100.00 fee for teams.** The event file for Team Manager can be received by email. You may contact entry chair Claudia Multer: [claudiam@one.net](mailto:claudiam@one.net).

A Hy-Tek Team Manager entry file must be received by Tuesday, March 13<sup>th</sup> at 6pm. Entry times should be noted with L. S. Y. or NT. **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.

Hard copy and entry fees must be received by Tuesday, March 13<sup>th</sup> at 6p. Send entries to Claudia Multer, 1075 Oakmont Ave, Hamilton, OH 45056.

**March 13<sup>th</sup> 6:01p – Sunday, March 18<sup>th</sup> at 11pm. Entry process (after OME closes)**

Swimmers who achieve qualifying times after March 13<sup>th</sup> and before Monday, March 19<sup>th</sup>, may be entered in the meet or in additional events. Such entries may not be electronically entered and must be sent into [claudiam@one.net](mailto:claudiam@one.net) by 11p, Sunday, March 18<sup>th</sup> – Do not send a revised entry file attachment. **Proof of time must be brought to the meet along with a valid USA membership card.**

**A team who has inadvertently missed entering a swimmer and/or an event may do so after the March 18<sup>th</sup> deadline by paying the following fee:**  
**\$100.00 Administration Fee (per team)**  
**Double the entry fee per individual event and/or relay event. Must be done by 15 minutes after the March 21<sup>st</sup> General Meeting.**

A **psych sheet** will be sent via email to all entered clubs by Friday, March 16, 2012. 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 SWIMS database, all times must be pre-verified (pre-proven.) Please send all individual and relay proof of times to your following LSC by Wednesday, March 14, 2012. All times must be pre-proven:

Lake Erie Swimming:

Pam Cook  
301 Rockledge Dr.  
Bay Village, OH 44140  
440-808-9192 email: [pamswim@aol.com](mailto:pamswim@aol.com)

Ohio Swimming

Claudia Multer  
1075 Oakmont Avenue  
Hamilton OH 45013  
Email: [Claudiam@one.net](mailto:Claudiam@one.net)

Indiana Swimming:

Lynn Kinstler  
201 S. Capitol Ave., Suite 410  
Indianapolis, IN 462225  
317-237-5780 email: [lynn@inswimming.org](mailto:lynn@inswimming.org)

Michigan Swimming:

Jan Cartmill  
P O Box 1784  
Midland, MI 48641-1784  
989-631-4955 email: [JBCartmill@hughts.net](mailto:JBCartmill@hughts.net)

Times not proven will be flagged on the psych sheet (\*). If no proof of time is provided to the LSC representative by 7:30am on Monday, March 20<sup>th</sup>, the swimmer will be scratched from the event.

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**For swimmers entered after March 15<sup>th</sup> and before 11pm on Sunday, March 18<sup>th</sup>, proof of time must be provided before the scratch deadline. If NO proof of 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, March 14, 2012. 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, or Masters meets sanctioned by their respective governing organizations.

**Verification / Proof of Time must be accordance with the type of time entered (LCM, SCY, 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 available for swimmers participating in the meet, starting 15 minutes after the conclusion of preliminaries on Thursday, Friday, Saturday and Sunday. Events from the current day will be swum first, with events for subsequent days following in order. Time trials will be limited to 1 hour. Time trials for events 800 m and longer will be limited to one day, which will be chosen subsequent to the initial entry deadline. Teams will be informed of the distance time trial event day by Friday March 16<sup>th</sup>. If 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 until 10:30am.

Fees: individual events: \$10.00; Relays: \$20.00

#### **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 (207.12.6) will be observed. Additionally, a non-refundable \$100.00 fine will be assessed to a club for each swimmer failing to compete in Sunday finals without scratching, except as noted in 207.12.6 E, Exceptions for Failure to Compete.

The scratch box will be available at Registration on Wednesday, 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.

Thursday's events: 15 minutes after conclusion of the General Meeting on Wednesday, March 21<sup>st</sup>.

All other days' events: 6pm the prior evening.

The money for scratched events is NOT refundable.

Coaches/swimmers that have events requiring a positive check-in (relays and distance freestyle) may check-in via email to Claudia Multer at [claudiam@one.net](mailto:claudiam@one.net) if they will not be arriving prior to the applicable scratch deadline for that event.

#### **RELAYS AND READY CHECK-IN PROCEDURE**

Positive check-in for relays is required. Relays must be check-in prior to the scratch deadline in order to be seeded. Only two relays can score from each team. All relays are timed finals. All 400 Free relays and 800 Free relays will be swum in finals. The 800 Free Relays will be swum fastest to slowest. There will be 10 minutes break before the start of the men's 800 free relay. The 400 Free Relay will be swum as the 2 fastest heats of Women, then the 2 fastest heats of Men. Relays will alternate Women and Men after the first 2 heats of each.

The top 2 heats of the 400 Medley relays will be swum in the finals session, all other heats will swim in the prelims session. Teams not wanting to swim the relay during the final session should declare at check in that they do not wish to swim the event in the finals session by writing a P for prelims on the relay card.

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.

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**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 will be created). Thursday distance swimmers (W800/M1500) not wanting to swim the event during the final session should declare they will swim in prelims by Wednesday 15 minutes after the conclusion of the General meeting.

Sunday distance swimmers (W1500/M800) not wanting to swim the event during the final session should declare they will swim in prelims by Saturday 6p. 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.

Thursday distance events (W800/M1500) will be swum fastest to slowest alternating women and men. The fastest heat of the Women's 800 and Men's 1500 will swim in finals.

Sunday's 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 in 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 they may march to the starting blocks together.

**LENGTH OF SESSION**

If the length of a session requires, some bonus event swims may be swum at the end of the session and before time trials. Information regarding this will be posted on the web by Friday, March 16.

**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 6a all competition days.

**SCORING**

The meet will score to 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 1<sup>st</sup>-8<sup>th</sup> place will be awarded in individual and relay events.

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

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

**ADMISSION (Heat sheets included with admission)**

All-Session Pass: \$35.00

Daily Prelims: \$5.00 adults/6-12 yrs \$2.00

Finals: \$7.00 adults/ 6-12 yrs \$2.00

Children under 6 are free.

**OFFICIALS:**

**NATIONAL CHAMPIONSHIP CERTIFICATION**

The meet is designated as an "Officials Qualifying Meet" under the national certification procedure. Evaluations will be offered through N3 for eligible officials assigned to work the meet. Please see USA Swimming website – Members Resources/Officials Tracking/Certification section to view the latest procedures regarding evaluation and certification.

Note: to be evaluated for certification or re-certification at any level, an official must work at least 4 sessions at the meet, even if the evaluation requirement is for only 2 or 3 sessions in a specific position.

First priority for assigned positions will be given to those seeking certification, as well as a commitment to working all sessions of the meet. This better serves the athletes and provides a consistent training experience. Officials interested in officiating at the meet please visit the Central Zone website ([www.centralzones.org](http://www.centralzones.org)) and submit an application.

Official's uniform will be white over navy for all sessions. Shorts are permitted for Preliminaries. Long pants (men or women) or modest length skirts (women) will be worn for finals. White covered toe athletic or deck shoes for all sessions.

Officials meetings will be held one hour prior to the beginning of each session.

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**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 the payment deadline (which may include a penalty in not paid by the 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, [davism4@muohio.edu](mailto:davism4@muohio.edu). 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.

<http://www.miami.muohio.edu/about-miami/visiting-miami/restaurants.html>

**HOTEL INFORMATION:**

<http://www.miami.muohio.edu/about-miami/visiting-miami/accommodations.html>

**RESTAURANT INFORMATION:**

**LOCKER ROOMS**

Day lockers will be available for use at the Aquatic Center for use by athletes, coaches and officials. Overnight use is prohibited.

**PARKING**

Parking for this event will be available in the parking garage located next to the Aquatic Center. Parking rates will be \$5.00 per day allowing 3 exits per car.

**HOSPITALITY**

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

**VENDOR**

Swimvilleusa.org  
1-800-595-1153

Coaches Social: A Coaches social will be held. Time, date and place are TBA

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**ORDER OF EVENTS**

*Please note that HOST is now on Eastern Daylight Time*

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
<b>Warm Ups: 6-8:45am</b>		<b>Thursday Events</b>		<b>Warm Ups: 4-5:15pm EDT</b>	
<b>Meet Starts: 9am EDT</b>				<b>Meet Starts at 5:30pm EDT</b>	
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***	6		1500 Freestyle***	6
	1500 Freestyle***		7	200 Breaststroke	8
			9	800 Free Relay Women*	
<b>Warm Ups: 6-8:45am</b>		<b>Friday Events</b>		<b>Warm Ups: 4-5:15pm EDT</b>	
<b>Meet Starts: 9am EDT</b>				<b>Meet Starts at 5:30pm EDT</b>	
10	200 Freestyle	11	10	200 Freestyle	11
12	100 Butterfly	13	12	100 Butterfly	13
14	400 I.M.	15	14	400 I.M.	15
			*16	400 Free Relay	*17
<b>Warm Ups: 6-8:45am</b>		<b>Saturday Events</b>		<b>Warm Ups: 4-5:15pm EDT</b>	
<b>Meet Starts: 9am EDT</b>				<b>Meet Starts at 5:30pm EDT</b>	
18	100 Backstroke	19	18	100 Backstroke	19
20	400 Freestyle	21	20	400 Freestyle	21
22	100 Breaststroke	23	22	100 Breaststroke	23
24	200 Butterfly	25	24	200 Butterfly	25
				800 Free Relay Men	*26
<b>Warm Ups: 6-8:45am</b>		<b>Sunday Events</b>		<b>Warm Ups: 3-4:15pm EDT</b>	
<b>Meet Starts: 9am EDT</b>				<b>Meet Starts at 4:30pm EDT</b>	
27	200 I.M.	28	27	200 I.M.	28
31	100 Free	32	***29	1500 Freestyle	
**33	400 Medley Relay	**34		800 Freestyle	***30
***29	1500 Freestyle	***30	31	100 Free	32
	800 Freestyle		**33	400 Medley Relay	**34

\*Timed Finals with all relays being swum in finals session.

\*\*The top 2 heats of the 400 Medley Relays will be swum in Finals. All other heats will swim in prelims.

\*\*\* Thursday distance events (W800/W1500) will be swum fastest to slowest alternating women and men  
 The fastest heat of each (W800/M1500) will be swum in finals.

\*\*\*\* Sunday distance events (1500/800) 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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**2012 Time Standards for all Participants**

Qualifying Period: January 1, 2011 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	2:20.89
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
3:43.99	4:11.59	400 FREE RELAY	3:20.99	3:52.99
7:59.99	9:02.99	800 FREE RELAY	7:18.99	8:24.99
4:07.99	4:42.99	400 MEDLEY RELAY	3:44.99	4:19.99