

Southern Regional Short Course Championships '08

Including Sessions for 8&U and Seniors

February 29th – March 2nd

Held Under the Sanction of USA Swimming, Inc.

Sanctioned by Arizona Swimming Inc..

Sanction No AZ08C0121R

Liability: In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Pusch Ridge, the Town of Oro Valley, and all meet officials shall be held harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet, which includes the warm-up portion of the meet.

Sponsored By: Pusch Ridge

Meet Location: Oro Valley Municipal Pool, 23 W Calle Concordia, Oro Valley, AZ 85737

Meet Director: Stan Valacer (520) 358-4121 valacer@hotmail.com

Meet Referee: Jon Borendame

Course: Eight Lane, 25 yard pool with non-turbulent lane lines. Colorado-5 semi-automatic, 2 button system will be used. Warm-up / warm-down lanes will be available

Eligibility:

1. Open to any Arizona USA Swimming registered athlete holding a valid current USA Swimming card who is a member of or unattached and training with AZDD, DDST, EDAC, FORD, LPST, OTTY, PR, RSSC, SVTT, TBST, TJCC, TSC and VC. **All Athletes must be USA registered by the meet entry deadline. No deck registrations will be permitted**
2. Swimmer's age on February 29th, 2008 will govern for the meet.
3. A valid USA Swimming registration card must be presented to the Clerk of Course, if requested.
4. The Age Group portion of this meet is a time standard meet. Times must have been achieved prior to the meet entry deadline.
5. The 8&U and Senior portion of this meet are No Time Standard.
6. Swimmers with a disability are welcome to enter this meet. The coach must alert the meet director, meet referee, and entry coordinator as to the need for any special accommodations at the time the entries are submitted.
7. Relay only swimmers must be entered in the meet by the entry deadline.

Rules:

1. The current USA Swimming Rules for competitive swimming will govern this meet.
2. All individual events are short-course pre-seeded, timed finals with the exception of the 400 IM and longer events. Those events will require a positive check in.
3. Any swimmer with at least (1) one qualifying time may enter up to (2) two bonus events. There is a maximum of two bonus events allowed for any one swimmer. Events 200 yards and longer may not be used as bonus events by swimmers age 12&U. All bonus events should be entered with the athletes best yards time. Coaches must mark the 'bonus' box for all bonus events on their TM entry file.
4. Age group regional swimmers are limited to 3 individual events per session and 5 events per day (including time trials but not relays). AG swimmers must enter with a valid qualifying time (except for bonus swims). All entry times must have been achieved prior to the entry deadline of February 19th, 2008, in a USA Swimming sanctioned, observed, or approved meet. Failure to comply with this rule will result in the swimmer being dropped from the highest numbered event causing the infraction. No phone calls will be made or refunds given to correct over entering errors.
5. 8 & U and senior swimmers are limited to 5 individual events per 8 & U/ senior session, and 5 events per day (excluding relays).
6. 8 & U swimmers may enter either the Age Group Regional (Sessions 1,2,3,5) or the 8 & U/ Senior portion of the meet (Sessions 4, 6), but may not compete in both. To compete in the Age Group Regional sessions 8 & U's must have valid 10 & U qualifying times.
7. Seniors may enter only one distance event per session. For session 4, they may swim the 500 free, or the 400 IM, but not both. For session 6, they may swim the 1000 free or 1650 free, but not both.
8. Entry times must be the swimmer best short course or long course time. SCM times may be converted to LCM times. Seeding order will be Short Course Yards, then Long Course Meters, with all bonus entries seeded after qualifying entries.
9. Time trials may be offered at the discretion of the head referee. Only swimmers pre-entered in the meet may request a time trial. The time trial fee is \$8 per event if offered. Payment will be due at time of the

request and is non-refundable. Swimmers participating in a time trial must provide their own timers or lap counters as needed.

10. All coaches and officials must be USA Swimming registered prior to the competition and wear their current registration in a visible manner. Coaches are required to check in at the start of each session they are on deck and must show their credentials at that time.
11. There is a positive check-in with the Clerk of the Course for distance events. Swimmers in distance events must check in thirty minutes prior to the scheduled start of the Session in which the event is swum. Distance events may be functionally seeded, and may be swum fastest to slowest, at the discretion of the head referee. All swimmers in the 400 IM, 500, 1000 & 1650 Freestyle must provide their own individuals for counting laps and their own timers (2 timers).
12. All relay entries must be submitted with the event entries. "Relay only" swimmers will NOT be allowed to deck enter, they must be pre-entered in a relay they intend to swim. Relay name changes can be made at the blocks before the start of the race. Any changes not completed in full, prior to the race will result in disqualification of the relay. There is no limit to the number of relays a team may enter, but only the two (2) fastest from any one team will be scored and awarded.
13. Arizona controlled warm-up procedures will be posted and enforced.

Entries: All entries must be submitted in Hy-tek format and must be submitted with an entry report. **Entries must be received by 11:59 pm Friday, February 22nd, 2008.** No late or deck entries will be accepted. Time trials are the only races that will be deck entered (if offered), and only for athletes pre-registered in the meet. Bonus events must be marked on the TM entry file.

Entries should be emailed to valacer@hotmail.com

Fees: AG Regional Events: \$4.00 per event
8&U/ Senior Events: \$3.00 per event
Surcharge: \$5.00 for each swimmer entered in the meet, including relay only swimmers
Relays \$8.00 per relay
Time Trials \$8.00 per event

Fees are non-refundable. A single team check payable to **Pusch Ridge Swim Team** is due prior to the first session in which a team has athletes competing.

Awards: The Age Group Regional portion of the meet will have medals for 1st place, and ribbons 2nd – 8th for individual events. Relays will have medals for 1st place, and ribbons for 2nd and 3rd places. State Q time achievers will also receive a special recognition award. High point awards will be given to the top 3 points scorers in each age group. For the Senior and 8&U sessions, ribbons will be given 1st through 8th place.

Scoring: Points will only be awarded for the Age Group Regional portion of the meet. Only the top 8 places in individual events will score. Only two relays per team will score.
Individual events: 9, 7, 6, 5, 4, 3, 2, 1
Relay events: 18, 14, 12, 10, 8, 6, 4, 2

Proof of time: If a swimmer fails to achieve the minimum time standard in a non-bonus event, it will be the swimmer and their coach's responsibility to provide proof of adequate prior performance. Failure to provide such verification will result in a \$25 fine per event.

Timing: Participating teams will be assigned lanes for timing based on the number of participants from each team in the session. There will be two timers per lane. All swimmers in events 400 yards and longer will need to provide their own timers and counters if needed.

Concessions: A snack bar will be available throughout the meet.

Psych Sheets: When available, psych sheets will be posted on the Pusch Ridge website: <http://ppirates.com>

Schedule	Session 1	Friday, February 29 th , 2008	4:00 PM warm up, 4:30 PM meet start
	Session 2	Friday, February 29 th , 2008	5:00 PM warm up (beginning in North end of pool) 5:30 PM start (or 30 minutes after the conclusion of session 1)
	Session 3	Saturday, March 1 st , 2008	7:30 AM warm up, 8:30 AM meet start
	Session 4	Saturday, March 1 st , 2008	12:00 PM warm up 1:00 PM meet start (or 30 minutes after the conclusion of session 3)
	Session 5	Sunday, March 2 nd , 2008	7:30 AM warm up, 8:30 AM meet start
	Session 6	Sunday, March 2 nd , 2008	12:00 PM warm up

1:00 PM meet start (or 30 minutes after the conclusion of session 5)

2008 Regional SC Championships Age Group Events

Session 1: Friday, February 29, 2008

Warm Up 4:00 PM

Meet Start 4:30 PM

Girls #	LCM	SCY	Event	SCY	LCM	Boys #
*1	7:41.99	8:30.49	10 & U 500 Free	8:25.79	7:37.79	*2
*3	14:00.19	15:39.49	11-12 1000 Free	15:10.59	13:34.29	*4
*5	24:13.69	23:34.19	13-14 1650 Free	22:55.99	23:34.39	*6

*Events require a positive check in. Swimmers need to provide their own counters and timers.

Session 2: Friday, February 29, 2008

Warm Up 4:30 PM

Meet Start 5:30 PM

Girls #	LCM	SCY	Event	SCY	LCM	Boys #
7	NT	NT	10 & U 200 Free Relay	NT	NT	8
9	NT	NT	11-12 200 Free Relay	NT	NT	10
11	NT	NT	13-14 200 Free Relay	NT	NT	12
13	54.69	48.79	10 & U 50 Fly	47.29	53.59	14
15	42.79	38.19	11-12 50 Fly	38.29	43.39	16
17	40.79	36.39	13-14 50 Fly	37.09	42.09	18
19	57.89	48.89	10 & U 50 Back	49.49	58.09	20
21	47.29	39.99	11-12 50 Back	40.19	47.19	22
23	43.99	37.19	13-14 50 Back	32.39	37.99	24
25	1:02.69	53.59	10 & U 50 Breast	53.89	1:02.99	26
27	51.79	44.29	11-12 50 Breast	44.59	52.09	28
29	47.99	40.99	13-14 50 Breast	37.09	43.39	30
31	46.39	40.09	10 & U 50 Free	39.19	45.39	32
33	40.19	34.69	11-12 50 Free	33.49	38.79	34
35	38.79	33.49	13-14 50 Free	31.09	35.99	36
37	NT	NT	11-12 200 Medley Relay	NT	NT	38
39	NT	NT	13-14 200 Medley Relay	NT	NT	40

Session 3: Saturday, March 1, 2008**Warm Up 7:30 AM****Meet Start 8:30 AM**

Girls #	LCM	SCY	Event	SCY	LCM	Boys #
41	xxxxx	1:45.69	10 & U 100 IM	1:41.59	xxxxx	42
43	xxxxx	1:26.79	11-12 100 IM	1:25.19	xxxxx	44
*45	7:09.09	6:13.49	13-14 400 IM	5:53.39	6:46.09	*46
47	1:46.09	1:31.99	10 & U 100 Free	1:29.19	1:42.89	48
49	1:27.69	1:15.99	11-12 100 Free	1:13.49	1:24.79	50
51	1:24.19	1:12.99	13-14 100 Free	1:07.69	1:18.09	52
53	3:43.89	3:13.39	11-12 200 Back	3:20.99	3:52.69	54
55	3:22.09	2:54.59	13-14 200 Back	2:42.79	3:08.49	56
57	2:12.69	1:57.49	10 & U 100 Fly	1:55.39	2:10.39	58
59	1:38.09	1:26.79	11-12 100 Fly	1:26.79	1:38.09	60
61	1:30.19	1:19.79	13-14 100 Fly	1:14.69	1:24.39	62
63	4:11.39	3:37.19	11-12 200 Breast	3:49.99	4:26.29	64
65	3:46.89	3:15.99	13-14 200 Breast	3:02.39	3:31.19	66
67	NT	NT	10 & U 400 Free Relay	NT	NT	68
69	NT	NT	11-12 400 Free Relay	NT	NT	70
71	NT	NT	13-14 800 Free Relay	NT	NT	72
*73	7:55.29	6:53.69	11-12 400 IM	6:32.79	7:31.29	*74
*75	12:39.19	14:08.89	13-14 1000 Free	13:41.19	12:14.39	*76

*Events require a positive check in. Swimmers need to provide their own counters and timers.

Session 5: Sunday, March 2, 2008**Warm Up 7:30 AM****Meet Start 8:30 AM**

Girls #	LCM	SCY	Event	SCY	LCM	Boys #
77	NT	NT	10 & U 200 Medley Relay	NT	NT	78
79	NT	NT	11-12 400 Medley Relay	NT	NT	80
81	NT	NT	13-14 400 Medley Relay	NT	NT	82
83	3:51.09	3:20.19	10 & U 200 Free	3:09.89	3:39.19	84
85	3:08.69	2:43.49	11-12 200 Free	2:39.69	3:04.29	86
87	3:00.79	2:36.59	13-14 200 Free	2:27.79	2:50.59	88
89	2:03.69	1:45.69	10 & U 100 Back	1:43.29	2:00.89	90
91	1:43.99	1:28.89	11-12 100 Back	1:26.69	1:41.39	92
93	1:35.19	1:21.39	13-14 100 Back	1:15.69	1:28.59	94
95	2:12.69	1:59.99	10 & U 100 Breast	1:56.99	2:16.19	96
97	1:52.19	1:36.39	11-12 100 Breast	1:35.99	1:51.69	98
99	1:45.89	1:30.99	13-14 100 Breast	1:24.39	1:38.19	100
101	3:31.09	3:05.39	11-12 200 Fly	3:20.99	3:48.89	102
103	3:17.49	2:53.39	13-14 200 Fly	2:45.99	3:08.99	104
105	4:19.69	3:42.69	10 & U 200 IM	3:40.89	4:17.59	106
107	3:36.19	3:05.39	11-12 200 IM	3:04.39	3:34.99	108
109	3:25.99	2:56.69	13-14 200 IM	2:46.19	3:13.79	110
111	NT	NT	13-14 400 Free Relay	NT	NT	112
*113	6:29.89	7:10.79	11-12 500 Free	7:06.99	6:26.49	*114
*115	6:12.69	6:51.79	13-14 500 Free	6:36.79	5:59.09	*116

*Events require a positive check in. Swimmers need to provide their own counters and timers.

2008 Regional SC Championships 8 & U and Senior Events

Session 4: Saturday, March 1, 2008

Warm Up 12:00 PM Meet Start 1:00 PM

Girls #	Event	Boys #
201	Senior 200 Medley Relay	202
203	8 & U 100 Medley Relay	204
205	Senior 200 Free	206
207	8 & U 100 Free	208
209	Senior 100 IM	210
211	Senior 50 Fly	212
213	8 & U 25 Fly	214
215	Senior 100 Breast	216
217	8 & U 50 Breast	218
219	Senior 100 Back	220
221	8 & U 50 Back	222
223	Senior 200 Fly	224
225	Senior 50 Free	226
227	8 & U 25 Free	228
**229	Senior 500 Free	**230
**231	Senior 400 IM	**232

**events require a positive check in.

**swimmers may choose only one of these events per day

**Swimmers must provide their own timers and lap counter

Session 6: Sunday, March 2, 2008

Warm Up 12:00 PM Meet Start 1:00 PM

Girls #	Event	Boys #
233	Senior 200 Free Relay	234
235	8 & U 100 Free Relay	236
237	Senior 200 IM	238
239	8 & U 100 IM	240
241	Senior 50 Back	242
243	8 & U 25 Back	244
245	Senior 200 Breast	246
247	Senior 100 Free	248
249	8 & U 50 Free	250
251	Senior 100 Fly	252
253	8 & U 50 Fly	254
255	Senior 200 Back	256
257	Senior 50 Breast	258
259	8 & U 25 Breast	260
**261	Senior 1000 Free	**262
**263	Senior 1650 Free	**264

**events require a positive check in.

**swimmers may choose only one of these events per day

**Swimmers must provide their own timers and lap counter