

Western Zone Senior Meet

August 6 – 8, 2010

Clovis North Aquatics Complex

Held under USAS/Central California Swimming Sanction # **S1710AK** and Time Trial Sanction #**S1810AK**

Meet Directors: Suzanne Orr jsbjorr@sbcglobal.net and John McGough johnmcgough@cusd.com
Information: John McGough (559) 327-9232 johnmcgough@cusd.com
Meet Referee: TBA
Location: **Clovis North High School 2770 E International Ave Fresno, CA 93730**

Entry Deadline: July 29th, 2010

Directions: From the North: Highway 99 S, exit onto Herndon Ave east (left). From the South: From Highway 99 N, take Highway 41 N and exit onto Herndon Ave east (right). Continue to Cedar Ave. North (left) on Cedar to Shepherd and east (right) on Shepherd. Continue on Shepherd to Chestnut/Sommerville. North (left) on Chestnut/Sommerville (becomes Maple). Continue on Maple to International. East (right) on International to Chestnut (again), north (left) on Chestnut to the parking lot on the north end of the campus by the west tennis courts. You may go past the tennis courts and enter the school to the pool drop off at the pool entrance and continue back around the school to park. Park only in marked spaces.

Facility: Two 50 M x 25 yard outdoor pools. The main competition pool is all deep with a minimum depth of 7 ft. The scoreboard is a Colorado Timing LED Board. A concession stand will be available. **The competition pool has been certified according to articles 202.3, 203.4, and 206.2 USAS rules and regulations.**

Rules: 2010 USA Swimming/CCS rules will apply. CCS warm-up rules will apply and will be posted at the meet site and in the meet program. All swimmers must be 2010 registered members of USA Swimming and present their card upon request. A USA Swimming registered coach must supervise all warm-ups. If you do not have a USA Swimming registered coaches at the meet, report to the deck referee for lane and coach assignment. No deck entries will be allowed starting from the beginning of scheduled warm-ups on the first day of the meet. All coaches may be required to present their 2010 USA Swimming Coach Membership card to the Meet Referee at the beginning of the meet. **Swimmers in the 800 and 1500 meter freestyle events must provide a person to count laps for them. Lap counting devices will be provided.**

Warm-Up: The pool will be open each day at 7:30 a.m. From 7:30 - 8:10 a.m. all lanes will be open for general warm-up. From 8:10 - 8:50 a.m. lanes 1 and 8 will be open for push-pace work. **NO DIVING. Swimmers must use a three point entry to enter the pool during warm-up in the competition pool and in the warm-up/cool-down pool.** Lanes 2 and 7 will be open for one-way sprints from the blocks under coach's supervision beginning at 8:10 a.m. Practice starts only from sprint lanes. Lanes 3, 4, 5 & 6 will be open for general warm-up. The Meet Referee in the interest of the swimmer may make changes at any time. The pool will be available from 5:00 p.m. to 8:00 p.m. for warm-up on Thursday, August 5, 2010.

Meet Format: This is a preliminary and final meet format with preliminaries beginning each day at 9:00 a.m. Finals will begin at 6:00 p.m. on Friday and Saturday and 5:00 p.m. on Sunday. National Championship scratch rules will be used. A scratch box will be located at the Clerk of Course. Scratches for Friday's events will be due by no later than 8:00 a.m. on Friday. Scratches for Saturday and Sunday's events will be due by 7:00 p.m. on the day prior to the day of the event being scratched. After the heats have been seeded in all events where preliminary heats are swum, any swimmer who fails to compete in an individual heat in which they are entered and have not properly scratched, will be barred from all further individual and relay events for that day. **Long course (LCM) qualifying times will be seeded first, short course yards (SCY) qualifying times will be seeded second, and short course meters (SCM) qualifying times will be seeded third. Bonus entries must be labeled as such and will be seeded after all qualified entries.**

A negative check-in system will be used for finals. Swimmers have 30 minutes after announcement of preliminary results of their event in which to scratch or declare their intention to scratch. **You will be seeded in the finals unless you scratch.**

Any swimmer seeded in a bonus, consolation, or championship final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, unless the swimmer has properly scratched according to the meet rules.

There will be a Bonus Final, Consolation Final, and Championship Final in each event, in that order, except the 800 and 1500 Freestyle events and relays. The 800 and 1500 Freestyle events will be swum as timed finals with the fastest heat to be swum in finals. All other heats will be run fastest to slowest at the end of preliminaries, alternating women and men. Those events may be combined to save time.

Relays will be deck entered. There are no relay time standards for this meet. All relays will be swum in finals and relay cards will be due as determined by the Meet Referee.

Eligibility: All 2010 USA Swimming registered swimmers who have met at least one long course or short course qualifying time standard are eligible to compete. A swimmer who has achieved one, two, three, or four individual time standards may enter two additional bonus events where they do not have the standard. Swimmers who have achieved five or more time standards will not be allowed to enter bonus events. **This is a proof of times meet.** Verification of times with date and location where the time was achieved must be available via the USA Swimming Site database (SWIMS) or must be made immediately available, upon request, to the Meet Referee.

Entries: All entries must be submitted electronically from Hy-Tek Team Manager, TeamUnify or any other software that can generate an SD3 file format. To submit electronic entries, send the entry file and a PDF report of the entries as attachments to an email to r.klatt@comcast.net. Mail your entry fees and proof of time entry report, by the entry deadline, to Rick Klatt, 7797 N. First St., #150, Fresno, CA 93720. **Swimmers may enter as many events as they wish, but may only compete in a total of 3 individual events per day including Time Trial. (USAS 102.2.6).**

Fees: \$10.00 per individual event, \$15.00 per relay and a \$8.50 pool surcharge per swimmer. There will be a \$5.00 charge for changing from attached to unattached after the entry deadline. ***Please make all checks payable to FDST.***

Entry Deadline: Entries will close on Thursday, July 29th, 2010 at midnight. If you are entering by an emailed Hy-Tek entry, TeamUnify or any other software that can generate an SD3 file format, we must receive a hard copy of your entries and your entry fees by Thursday, July 29th, 2010. Any entries received after the entry deadline will be subject to a \$20.00 late entry fee. No on-deck entries will be accepted.

Scoring: Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 **Relays:** 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2.

Awards: Team awards for first through third places. High point male and female awards.

Parking: Overnight RV parking is not available on the Clovis North campus. Go to www.clovisswimclub.org to see a list of hotels.

Time Trials Meet: Time trials will be held between preliminaries and final each day at a cost of \$10.00 for each event. Starting time for time trials will be determined by Meet Referee. Time trials will be run according to the standards followed at National Championship Meets. The 800-meter freestyle, the 1500-meter freestyle, and relays will not be included in time trials. Swimmers must provide their own timers for time trials. Time trials are available only for swimmers entered in the meet. ***TIME TRIALS ARE PART OF YOUR THREE EVENTS PER DAY.***

FRIDAY, AUGUST 6, 2010

Women	SCM	SCY	LCM	Event	LCM	SCY	SCM	Men
1	10:00.39	11:25.99	10:10.59	800 Freestyle	9:36.89	10:44.19	9:23.79	2
3	2:17.99	2:04.89	2:21.09	200 Freestyle	2:11.49	1:55.09	2:07.19	4
5	1:20.09	1:12.49	1:23.09	100 Breaststroke	1:16.39	1:05.99	1:12.99	6
7	1:10.19	1:03.59	1:11.19	100 Butterfly	1:04.89	57.59	1:03.69	8
9	2:35.69	2:20.89	2:40.29	200 I.M.	2:29.39	2:09.49	2:23.09	10
11	NTS	NTS	NTS	800 Free Relay	NTS	NTS	NTS	12

SATURDAY, AUGUST 7, 2010

Women	SCM	SCY	LCM	Event	LCM	SCY	SCM	Men
13	5:28.19	4:56.99	5:35.99	400 I.M.	5:13.49	4:35.79	5:04.79	14
15	29.69	26.89	30.49	50 Freestyle	27.59	24.29	26.79	16
17	2:52.39	2:35.99	2:57.99	200 Breaststroke	2:46.99	2:23.89	2:38.99	18
19	1:10.49	1:03.79	1:13.09	100 Backstroke	1:07.69	58.59	1:04.69	20
21	4:51.39	5:32.89	4:55.99	400 Freestyle	4:38.09	5:10.79	4:31.99	22
23	NTS	NTS	NTS	400 Med. Relay	NTS	NTS	NTS	24

SUNDAY, AUGUST 8, 2010

Women	SCM	SCY	LCM	Event	LCM	SCY	SCM	Men
25	19:02.29	19:08.99	19:37.19	1500 Freestyle	18:25.29	18:00.99	17:54.69	26
27	2:32.39	2:17.89	2:37.49	200 Backstroke	2:24.99	2:06.79	2:20.19	28
29	1:04.29	58.19	1:05.79	100 Freestyle	1:00.49	52.89	58.49	30
31	2:32.99	2:18.49	2:35.89	200 Butterfly	2:24.29	2:07.79	2:21.29	32
33	NTS	NTS	NTS	400 Free Relay	NTS	NTS	NTS	34

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