



Arizona Swimming 2022 Short Course Age Group State Championship March 10-13, 2022

Sanctioned By: Arizona Swimming Inc. Sanction # AZ22-53R
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, The Town of Oro Valley, 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.

COVID-19 WARNING & ASSUMPTION OF RISK

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH

COVID-19 Policies and Procedures:

Flying Fish Arizona Swim Team will be following current guidelines established by the CDC, USA Swimming, State of Arizona Executive Order, and Arizona Department of Health Services (AZDHS).

Hosted By: FAST
Meet Director: Matt Brauer meets@fastswimteam.com
Meet Referee: Tom Oliver officials@azswimming.org
Meet Location: Oro Valley Aquatic Center
23 W Calle Concordia
Oro Valley, AZ 85704
Course: Two, 8 lane, 25-yard courses within a single outdoor pool, with non-turbulent lane dividers, automatic Colorado start and timing system. Continuous warm-up will be available throughout the meet. Finals will be conducted in one 8-lane, 25 -yard course.
Eligibility: 1. **Open to any Arizona/USA Swimming registered athlete 14 years or younger** who has met the **current** Arizona Swimming Age Group State Qualifying Times as listed on the Arizona Swimming website. "Athletes who have qualified in a specific stroke and distance will be considered qualified at that same level in the equivalent stroke and distance in all courses."

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AZ Rules:

Rules Governing Sanctioned Meets

1. Age on the first day the meet will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to current 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 without the use of the backstroke ledge. 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, is 6 feet, 9 inches at the start end and 6 feet, 9 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 the 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, locker rooms or other areas as may be designated by the Meet Director/Meet Referee.
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 202.9 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 ID's 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 ID's to the Clerk of Course. Deck Pass will be accepted as proof of current membership with an accompanying photo ID.
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 swimmers 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.

- Meet Rules:**
1. **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).
 2. **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 an entry has greater than six (6) events for the meet or greater than three (3) entries for a day, the highest numbered event will be dropped until the entry limits are met.
 3. **Individual Events 200 yards and shorter:** (All athletes must pre-enter all events.) All individual events 200 yards and shorter are pre-seeded for the preliminaries, so athletes do not check-in to compete. There is no penalty for failure to compete (no show); however, no shows count toward the daily and meet limits on events.
 4. **Distance Events:** All athletes must pre-enter all events.
 - a) **All individual events 400 yards and longer** will require positive check-in with the Clerk of Course to compete. Check-in deadlines are:

• 10&U 500 Free/1650 Freestyle:	30 minutes after the start of warm-up for Session I
• 400 Individual Medley:	one hour after the start of competition for Session II
• 500 Freestyle:	one hour after the start of competition for Session IV
• 1000 Freestyle:	one hour after the start of competition for Session VI
○ Swimmers will be able to check in to all of their events on the first day of competition.	
 - b) **Timing and Lap Counting:** Swimmers in the 500, 1000, and 1650 Freestyle are responsible for providing their own personnel for lap counting (1). Swimmers in the 400 Individual Medley, 500 Freestyle, 1000 Freestyle, and 1650 Freestyle are responsible for providing their own personnel for timing (2) in Sessions I, II, IV, and VI.
 - c) **Events #1-#2 (10&U 500 Freestyle)** are timed final events swum during Session I. These events will be swum

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fastest to slowest alternating girls and boys. Athletes are responsible for providing their own timers (2) and lap counting personnel.

- d) **Events #3-#6 (1650 Freestyle)** 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, then 13 & 14's fastest to slowest, alternating girls and boys. Athletes are responsible for providing their own timers (2) and lap counting personnel.
 - e) **Events #31-#32 (13-14 400 Individual Medley)** are timed final events. The fastest seeded heat (**top 8**) of each gender will be swum during finals. All other heats will be swum during the preliminary session, alternating fastest to slowest, AFTER Relay Events #33-36.
 - f) **Events #33-#34 (11-12 400 Individual Medley)** are timed final events. The fastest seeded heat (**top 8**) of each gender will be swum during finals. All other heats will be swum during the preliminary session after the conclusion of Events #33- #36
 - g) **Events #69-#70 (11-12 500 Freestyle)** are timed final events. The fastest seeded heat (**top 8**) of each gender will be swum during finals. All other heats will be swum during the preliminary session, alternating fastest to slowest, AFTER Relay Events #71 and #72.
 - h) **Events #71-#72 (13-14 500 Freestyle)** are timed final events. The fastest seeded heat (**top 8**) of each gender will be swum during finals. All other heats will be swum during the preliminary session after the conclusion of Events #71 and #72.
 - i) **Events #105-108 (1000 Freestyle)** are timed final event with ALL heats swum in Session VI after the conclusion of Relay Events #107-110. 11-12's fastest to slowest alternating girls and boys, then 13 & 14's fastest to slowest, alternating girls and boys. Athletes are responsible for providing their own timers (2) and lap counting personnel.
5. **Relay Entries:** Relays must have met the Arizona Swimming Age Group Relay Time Standard (*excludes Mixed Medley Relay) Relay entries are to 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 unless the swimmer has aged up in the 18 months prior to the meet start date; then the swimmers time can be used in two age groups. All relay events are timed final events with the top 8 seeded relay teams swimming during the finals sessions; all other heats will be swum during the preliminary sessions. Relay cards may be picked up at the beginning of the meet. Swimmers may only compete in one age group in relays of the same stroke/distance. The 13-14 200 Medley Relay will be entered using 100 of stroke times under the alternate event designation in OME.
- All Relays are timed final events and require positive check-in 30 minutes prior to the start of the **preliminary session** in which the events are swum each day. 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 event
- If a relay team fails to achieve the qualifying time standard, the team has 7 days from the conclusion of the meet to provide proof that team had achieved the qualifying time during the 18 months qualifying period. Failure to prove will result in a \$100 fine payable to Arizona Swimming 7 days from the conclusion of the meet.
- 13-14 200 Mixed Medley relay must have 2 female and 2 male swimmers. Max of two Mixed Medley Relays per team and gender.**
6. **Time trials** will 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 protocol will be used for time trial event order. If time trials are offered, the 1000 Freestyle and 1650 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.
7. 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.
8. **Positive Check-in Events:** There is no penalty for athletes who do not check in for a timed final event: they will

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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 \$30.00 fee payable to Arizona Swimming by the conclusion 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 Arizona Swimming to the club the athlete represents.

9. **Entries and Proof of Time:** To enter, individuals must submit fastest Conforming (SCY) times achieved. Fastest non-conforming times (SCM, LCM) will also be accepted. Events will be seeded SCY, LCM, SCM. Converted times are not permitted. All entries must be submitted through USA Swimming's OME system. 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. 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 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 will not be able to swim/compete in the non-verified time event.

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

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, 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 seed time of a previously entered individual entry, but may be allowed to complete a relay team not previously entered.

Entry deadline: Entries will CLOSE on OME Friday, March 4

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. Please make checks payable to **FAST SWIM TEAM NO REFUNDS**

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 9 th – 16 th place
	Relay Events:	Medals for 1 st – 3 rd place
	Individual High Point:	High Point: 1 st – 3 rd place
	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 timed final session is white over navy blue. Attire for evening finals is navy blue over khaki.

Deck: The deck may be closed or partially closed at the discretion 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 – March 10, 2022

Timed Finals – Warm-up: 3:00 pm / Meet Start: 4:00 pm

Girl's Event #	Event	Boy's Event #
1	10 & U 500 Freestyle*	2
3	11-12 1650 Freestyle*	4
5	13-14 1650 Freestyle*	6

*These events will be swum fastest to slowest. Athletes are responsible for providing their own timers (2) and lap counting personnel. Refer to Meet Rules #4 and #8 regarding Distance Events and Positive Check-In.

Session II – March 11, 2022

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

Girl's Event #	Event	Boy's Event #
7	13-14 Mixed 200 Medley Relay*	
9	10&U 100 Butterfly	10
11	11-12 100 Butterfly	12
13	13-14 100 Butterfly	14
15	10&U 100 Breaststroke	16
17	11-12 100 Breaststroke	18
19	13-14 100 Breaststroke	20
21	10 & U 200 Freestyle	22
23	11-12 200 Freestyle	24
25	13-14 200 Freestyle	26
27	11-12 50 Backstroke	28
29	10& U 50 Backstroke	30
35	13-14 800 Freestyle Relay#	36
37	12 & U 400 Freestyle Relay#	38
31	13-14 400 Individual Medley**	32
33	11-12 400 Individual Medley**	34

*All heats of the inaugural 13-14 Mixed Medley Relay will be swum during finals. 13-14 Mixed Medley relay must have 2 female and 2 male swimmers. Max of two Mixed Medley Relays per team and gender.

All relay events 35-38 are timed final events with the top 8 seeded relay teams swimming during the finals session; all other heats will swim in the preliminary session.

The fastest seeded heat (top 8**) of each age group and gender will be swum during the finals session. All other heats will be swum fastest to slowest in the preliminary session. Athletes are responsible for providing their own timers (2) in this preliminary session.

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Session III – March 11, 2022

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

Girl's Event #	Event	Boy's Event #
7	13-14 Mixed 200 Medley Relay*	
9	10&U 100 Butterfly	10
11	11-12 100 Butterfly	12
13	13-14 100 Butterfly	14
15	10&U 100 Breaststroke	16
17	11-12 100 Breaststroke	18
19	13-14 100 Breaststroke	20
21	10 & U 200 Freestyle	22
23	11-12 200 Freestyle	24
25	13-14 200 Freestyle	26
27	11-12 50 Backstroke	28
29	10& U 50 Backstroke	30
35	13-14 800 Freestyle Relay#	36
37	12 & U 400 Freestyle Relay#	38
31	13-14 400 Individual Medley**	32
33	11-12 400 Individual Medley**	34

*All heats of the inaugural 13-14 Mixed Medley Relay will be swum during finals.

The fastest heat of each relay event 35-38 swims in the finals session.

**The fastest seeded heat of each age group and gender will be swum during the finals session.

Session IV – March 12, 2022

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

Girl's Event #	Event	Boy's Event #
39	13-14 200 Medley Relay#	40
41	12&U 200 Medley Relay#	42
43	10&U 200 Medley Relay#	44
45	13-14 200 Butterfly	46
47	11-12 200 Butterfly	48
49	13-14 50 Freestyle	50
51	11-12 50 Freestyle	52
53	10 & U 50 Freestyle	54
55	13-14 100 Backstroke	56
57	11-12 100 Backstroke	58
59	10 & U 100 Backstroke	60
61	11-12 200 Breaststroke	62
63	13-14 200 Breaststroke	64
65	11-12 100 Individual Medley	66
67	10 & U 100 Individual Medley	69
73	14&U 400 Freestyle Relay#	74
69	11-12 500 Freestyle***	70
71	13-14 500 Freestyle***	72

All relay events are timed final events with the top 8 seeded relay teams swimming during the finals session; all other heats will swim in the preliminary session.

***The fastest seeded heat (**top 8**) of each age group and gender will be swum during the finals session. All other heats will be swum fastest to slowest in the preliminary session. Athletes are responsible for providing their own timers (2) and lap counting personnel in this Preliminary Session.

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Session V- March 12, 2022

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

Girl's Event #	Event	Boy's Event #
39	13-14 200 Medley Relay#	40
41	12&U 200 Medley Relay#	42
43	10&U 200 Medley Relay#	44
45	13-14 200 Butterfly	46
47	11-12 200 Butterfly	48
49	13-14 50 Freestyle	50
51	11-12 50 Freestyle	52
53	10 & U 50 Freestyle	54
55	13-14 100 Backstroke	56
57	11-12 100 Backstroke	58
59	10 & U 100 Backstroke	60
61	11-12 200 Breaststroke	62
63	13-14 200 Breaststroke	64
65	11-12 100 Individual Medley	66
67	10 & U 100 Individual Medley	69
73	14&U 400 Freestyle Relay#	74
69	11-12 500 Freestyle***	70
71	13-14 500 Freestyle***	72
Girl's Event #	Event	Boy's Event #
39	14U 200 Medley Relay#	40
41	12&U 200 Medley Relay#	42
43	10&U 200 Medley Relay#	44
45	13-14 200 Butterfly	46
47	11-12 200 Butterfly	48
49	13-14 50 Freestyle	50
51	11-12 50 Freestyle	52
53	10 & U 50 Freestyle	54
55	13-14 100 Backstroke	56
57	11-12 100 Backstroke	58
59	10 & U 100 Backstroke	60
61	11-12 200 Breaststroke	62
63	13-14 200 Breaststroke	64
65	11-12 100 Individual Medley	66
67	10 & U 100 Individual Medley	69
73	14&U 400 Freestyle Relay#	74
69	11-12 500 Freestyle***	70
71	13-14 500 Freestyle***	72

The fastest seeded heat of each relay event swims in the Finals session.

10 minutes break in finals after event #70 13-14 500 freestyle

***The fastest seeded heat of each age group and gender will be swum during the Finals session.
Athletes are responsible for providing their own lap counting personnel for Finals Sessions

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Session VI – March 13, 2022

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

Girl's Event #	Event	Boy's Event #
75	10&U 200 Freestyle Relay#	76
77	12&U 200 Freestyle Relay#	78
79	14&U 200 Freestyle Relay#	80
81	10&U 50 Butterfly	82
83	11-12 50 Butterfly	84
85	13-14 200 Backstroke	86
87	11-12 200 Backstroke	88
89	10&Under 100 Freestyle	90
91	11-12 100 Freestyle	92
93	13-14 100 Freestyle	94
95	10 & U 200 Individual Medley	96
97	11-12 200 Individual Medley	98
99	13-14 200 Individual Medley	100
101	11-12 50 Breaststroke	102
103	10&U 50 Breaststroke	104
109	12&U 400 Medley Relay#	110
111	13-14 400 Medley Relay#	112
105	11-12 1000 Freestyle*	106
107	13-14 1000 Freestyle*	108

All relay events are timed final events with the top 8 seeded relay teams swimming during the finals session; all other heats will swim in the preliminary session.

*All heats swim fastest to slowest in the preliminary session.

Athletes are responsible for providing their own timers (2) and lap counting personnel in preliminary sessions.

Session VII – March 13, 2022

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

Girl's Event #	Event	Boy's Event #
75	10&U 200 Freestyle Relay#	76
77	12&U 200 Freestyle Relay#	78
79	13-14 200 Freestyle Relay#	80
81	10&U 50 Butterfly	82
83	11-12 50 Butterfly	84
85	13-14 200 Backstroke	86
87	11-12 200 Backstroke	88
89	10&Under 100 Freestyle	90
91	11-12 100 Freestyle	92
93	13-14 100 Freestyle	94
95	10 & U 200 Individual Medley	96
97	11-12 200 Individual Medley	98
99	13-14 200 Individual Medley	100
101	11-12 50 Breaststroke	102
103	10&U 50 Breaststroke	104
109	12&U 400 Medley Relay#	110
111	13-14 400 Medley Relay#	112

The fastest seeded heat of each relay event swims in the finals session.