



Arizona Swimming Short Course Senior Championship March 3-6, 2022



Sanctioned By: Arizona Swimming Inc.

Sanction #AZ22-56R2

Liability: Held under the sanction of USA Swimming. In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Mesa Aquatics Club, City of Mesa and Mesa School District 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 included all warm-up sessions.

Hosted By: Mesa Aquatics Club
Meet Director: Katie Kowalski KatieK@cox.net
Meet Referee: Sandy Whitmeyer slwhitmeyer9@gmail.com
Meet Location: Skyline Aquatics Complex

Course:
Prelims: 10 lane 25-yard course, within a single outdoor pool, with non-turbulent lane dividers, automatic Colorado start and timing system.
Finals: 25-yard course within a single outdoor pool, with non-turbulent lane dividers, automatic Colorado start and timing system.

Warm-Up: Continuous warm-up will be available throughout the meet.

Eligibility: **Arizona LSC Swimmers:** Open to any USA Swimming registered athlete who is a member of Arizona Swimming and has met the current Senior Championship Qualifying Times posted on the Arizona Swimming website. A qualifying time in one course is a qualifying time in all courses.

Out-of-LSC Swimmers:
Open to 150 swimmers that are currently registered with USA Swimming or foreign athletes formally invited by USA Swimming that have met the current Senior Open Championship Qualifying Times as posted on the Arizona Swimming website.

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. Swimming competitions shall be conducted in conformance with USA Swimming Technical Rules.
4. 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.
5. 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
6. The minimum water depth, measured in accordance with Article 103.2, is 7 feet, 6 inches at the start end and 6 feet, 7 inches at the turn end.
7. Deck changes are prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
9. 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.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or other areas as may be designated by the Meet Director/Meet Referee.
11. 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.
12. 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.
13. 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.
14. 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.
15. 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.
16. 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. This is a preliminary-final time standard meet.** In all prelim/final events there will be a bonus (C), consolation (B) and championship (A) heat. The order of the final heats shall be C, B, A (bonus, consolation, 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. Swimmers who enter more than 3 individual events for the day or more than 6 individual events for the meet must scratch down to the allowed limit by the over-entry scratch deadline determined by the Meet Referee. Failure to compete (no show) in an event is not a scratch; no shows count toward the daily and meet limits on events.
 - 3. Events 100 yards and shorter:** (All athletes must pre-enter all events.) All events 100 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. Individual events 200 yards and longer:** (All athletes must pre-enter all events.)
 - a. All events 400 yards and longer will require positive check-in with the Clerk of Course to compete.** Check-in deadlines are:

1000 Freestyle:	30 minutes after the start of warm-up for Session I
500 Freestyle:	one hour after the start of competition for the Session in which preliminaries are swum
400 Individual Medley:	one hour after the start of competition for the Session in which preliminaries are swum
1650 Freestyle:	one hour after the start of competition for Session VI

Swimmers will be able to check in to all of their events beginning on the first day of competition.
 - b. Timing and Lap Counting:** Swimmers in the 500 Freestyle, 1000 Freestyle, 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 and 2** (Women's and Men's 1000 Freestyle) are timed finals events and will be swum fastest to slowest, alternating women and men by heat (if swum in a single course).
 - d. Events 39 and 40** (Women's and Men's 1650 Freestyle) are timed finals events with the fastest seeded heat being swum during finals. All other heats will be swum during the preliminary session fastest to slowest, alternating women and men by heat (if swum in a single course).
 - e. In preliminaries only, the 500 Freestyle and 400 Individual Medley will be seeded and swum as follows:**
 - 1) Top 2 heats of women, circle seeded, followed by
 - 2) Top 2 heats of men, circle seeded, followed by
 - 3) All remaining heats swum fastest to slowest, alternating women and men (if swum in a single course).
 - 5. Relay Entries:** (All relays must be pre-entered.)
 - a.** All relay athletes must be entered in an individual event in order to participate in a relay except a team may enter a relay with up to 2 "Relay Only" swimmers designated as Relay Only Swimmers on OME for the 200/400 Medley and Freestyle relays only with payment of the LSC surcharge and listed on the master entry. Teams may enter a maximum of up to three relay teams per relay event, but only the two fastest relays from any one team per relay event will be scored. Aggregate entry times are required for entry into relay events.
 - b.** The relay events in all sessions will be conducted as timed finals. On the first day of the meet, Thursday, all relays will be swum as timed finals where they occur in the meet event line-up.
 - c.** Coaches may pick up their relay cards for the meet prior to the start of Session I
 - d.** All relays will be swum in finals unless a team positive checks in for a preliminary relay swim.
 - 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 (6) individual events for the meet, but do count towards the limit of three (3) individual events per day. The USA Swimming protocol will be used for time trial event order. If time trials are offered, the 1000 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 Senior Scratch Rule** will be in effect. Athletes who do not Scratch or fail to notify the Referee, or his/her designee, of their decision regarding their Intent to Scratch will be seeded into the further rounds of competition and are subject to the penalties below. Athletes who are seeded into a non-scoring bonus or other non-scoring final by virtue of scratches are not subject to penalties below for failing to scratch, but are encouraged to do so. Any athlete qualifying for a bonus, consolation, or championship final who fails to compete (no show) ("Failure to Compete") in either bonus, consolation, or championship final race shall be barred from further competition for the remainder of the meet, including relays, unless said athlete were scratched into a non-scoring final. A declared false start or deliberate delay of meet is not permitted and will be regarded as a Failure to Compete.

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8. **Positive Check-in Events:** There is no penalty for athletes who do not check in for positive check-in events: 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 said athlete being barred from the next individual event in which the athlete is entered and the club of the athlete or if unattached, the athlete, will be assessed a \$30 charge payable to Arizona Swimming prior to the conclusion of the meet.
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. All entries, conforming and non-conforming, must be the fastest times achieved in the given course 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 SCY, LCM, SCM. 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 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.

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 ARIZONA SWIMMING, INC. 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.

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

Entries: All entries must be submitted using USA Swimming **OME** (online meet entry) at www.usaswimming.org/ome. All relays and swimmers shall be automatically 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.

Qualification and Bonus Events: If a swimmer has **1** qualifying time standard, s/he may swim up to **3** bonus events, providing they meet the time standard.
 If a swimmer has **2** qualifying time standard, s/he may swim up to **4** bonus events, providing they meet the time standard.
 If a swimmer has **3** qualifying time standards, s/he may swim **3** bonus events, providing they meet the time standard.
 If a swimmer has **4** qualifying time standards, s/he can swim **2** bonus events, providing they meet the time standard.
 If a swimmer has **5** qualifying times, s/he can swim **1** bonus event, providing they meet the time standard.
 If a swimmer has **6** qualifying times, they must enter only those events.

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, 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**

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the meet. It is the sole responsibility of the team submitting Late Entry(s) to confirm their timely receipt. Newly achieved qualifying times may not be used to improve the seed time of a previously entered individual entry, or change a previously submitted individual entry, but may be allowed to complete a relay team not previously entered.

Entry Deadline: Entries may be submitted online beginning February 1, 2022 and will be accepted through February 21, 2022.

Flighted Entries: Dependent upon the number of athletes entered, the Meet Referee may decide to swim some or all of Sessions I, II, IV, and VI in two courses and/or conduct the meet in flights, with the A-Flight swimming before the B-Flight. Teams/swimmers will be notified by February 22 of the need to conduct the meet in two courses or in flights.

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 MAC.

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, 20, 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:	1 st – 3 rd place for men and women.
Team High Point:	1 st – 3 rd place for combined team score

Officials: Out-of-State officials are welcome to work Arizona meets. Please contact the Meet Referee prior to the meet. It is being requested that this be a National Certification/ Recertification (N3 Stroke and Turn, N3 Starter and N3 Deck Referee) meet, Officials interested in National Certification/ Recertification should submit an application to the Meet Referee at or before session I. Please contact the Meet Referee to indicate availability for the meet and preferred meet attire

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.

Session I (Finals) – March 3, 2022

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

Women's Event	Event	Men's Event
1	1000 Freestyle*	2
3	800 Freestyle Relay#	4
5	200 medley relay#	6

* The 1000 Freestyle requires positive check-in at the Clerk of Course by 30 minutes after the start of warm up in order to swim the event.

Relay events are timed final events. There will be a 10-minute break prior to the start of the 200 Medley Relay.

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Session II (Prelims) – March 4, 2022

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

Women's Event	Event	Men's Event
7#	200 free relay#	8#
9	100 Freestyle	10
11	200 Breaststroke	12
13	100 Butterfly	14
17#	400 Freestyle Relay#	18#
15**	500 Freestyle**	16**

** The 500 Freestyle require positive check-in at the Clerk of Course.

Positive check-in for the 200 Breaststroke will close 30 minutes after the start of warm-up.

Positive check-in for the 500 Freestyle will close one hour after the start of competition.

Relay events will be conducted as timed finals with all heats being swum in finals. Teams may opt to swim their relay in prelims. In prelims, the 400 Freestyle Relays will be swum before the 500 Freestyle event starts.

Session III (Finals) – March 4, 2022

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

Women's Event	Event	Men's Event
7#	200 Free Relay#	8#
9	100 Freestyle	10
11	200 Breaststroke	12
13	100 Butterfly	14
15	500 Freestyle	16
17#	400 Freestyle Relay#	18#

Relay events will be conducted as timed finals with all the heats being swum in finals.

In finals, the 400 Freestyle Relays will be swum after the 500 Freestyle event concludes. There will be a 10 minute break prior to the start of the 100 freestyle.

Session IV (Prelims) – March 5, 2022

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

Women's Event	Event	Men's Event
19	200 Freestyle	20
21	100 Breaststroke	22
23	200 Backstroke	24
25	400 Individual Medley***	26
27#	200 Mixed Medley Relay#	

***The 400 Individual Medley will require positive check-in at the Clerk of Course.

Positive check-in for the 400 Individual Medley will close one hour after the start of competition.

Relay events will be conducted as timed finals with all heats being swum in finals.

Relays will be swum after completion of 400 IM. Teams may opt to swim their relay in prelims with a positive check-in.

The 200 Mixed Medley is 2 men and two women.

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Session V (Finals) – March 5, 2022

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

Women's Event	Event	Men's Event
19	200 Freestyle	20
21	100 Breaststroke	22
23	200 Backstroke	24
25	400 Individual Medley	26
27#	200 Mixed Medley Relay#	

Relay events will be conducted as timed finals with the fastest heats being swum in finals

Session VI (Prelims) March 6, 2022

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

Women's Event	Event	Men's Event
29	50 Freestyle	30
31	200 Butterfly	32
33	100 Backstroke	34
35	200 Individual Medley	36
37###	400 Medley Relay###	38###
39	1650 Freestyle****	40

##A Team may opt to swim The 400 Medley Relay events in the preliminary session prior to the 1650 Freestyle.

**** The 1650 Freestyle will require positive check-in at the Clerk of Course by one hour after the start of competition in order to swim the event.

The fastest seeded heat for each event will be swum during the finals session.

All other heats will be swum during the preliminary session fastest to slowest, alternating women and men.

Session VII (Finals) – March 6, 2022

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

Women's Event	Event	Men's Event
29	50 Freestyle	30
39*	1650 Freestyle*	
31	200 Butterfly	32
33	100 Backstroke	34
	1650 Freestyle*	40*
35	200 Individual Medley	36
37###	400 Medley Relay	38###

*The fastest seeded heat of the women's 1650 Free will be swum after event 30 in the finals session.

The fastest seeded heat of the men's 1650 Free will be swum after event 34 in the finals session.