



Arizona Swimming

2023 Long Course Regional Championship

July 7–9, 2023



Sanctioned By: Arizona Swimming Inc.

Sanction #AZ23-86

Liability: Held under the sanction of USA Swimming. In granting this sanction, it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., Phoenix Swim Club, BEST Swim Club, Inc., Phoenix Country Day School, 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.

Hosted By: Phoenix Swim Club

Meet Director: Sandy Lee 602-468-0319 slee@phoenixswimclub.org

Meet Referee: Ellen McCoy 602-468-0319 therealmccoy@cox.net

Meet Location: PCDS Aquatic Center
3901 E. Stanford Drive
Paradise Valley, AZ 85253

Course: Eight Lane, 50-meter pool, with non-turbulent lane dividers, automatic Colorado start and timing system. A separate 25-yard pool will be available for continuous warm up throughout the meet. The Meet Referee may elect to conduct some preliminary sessions of the meet by starting events from alternate ends of the course.

Eligibility:

1. Open to any Arizona/USA Swimming registered athlete who is a member of, or unattached swimmer training with, AFT, ASG, AZAC, AZCC, AZSL, BEAR, CDOG, DFA, DTAC, FORK, GCU, GM, HEAT, HSST, JSC, LJAX, LPST, MAC, MMR, NEP, PSC, PST, RPC, SCCS, SWAS.
2. **This is a “B” time standard meet.** Swimmers must have equaled or bettered the Arizona Age Group or Senior “B” Time Standard but be slower than the Arizona Age Group or Senior “A” standard to enter an event. The times used in the meet entry must have been achieved in the 18 months prior to the first day Regional Competition. Additionally, any swimmers who achieve one or more AZSI state "A" qualifying standards after entering the 2022 AZSI regional "B" championships will not be eligible to swim those events at the Regional Championship. In such case, swimmers must be removed from those events in writing (one document per team) the prior Monday to the meet by noon.

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.
3. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participating in the conduct of this competition.
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 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.
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 103.2.3, is 7 feet at the start end and 11 feet 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 the 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, locker rooms 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 202.9 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.
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.
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.
14. Meet Marshals shall wear their identifying attire, as provided by the club.
15. Swimmers with disabilities are welcome. The swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and the requested accommodation. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.

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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.
17. The following medical supervision will be available to athletes participating in the meet: AED device.

Meet Rules:

1. **Format: For 12 & Unders**, this is a Timed Final time standard meet. **For 13-18s**, this is a preliminary/final time standard meet with timed final distance events. In all prelim/final events the top 16 swimmers in the 13-14 age group and the top 16 swimmers in the 15-18 age group will return for consolation (B) and championship (A) finals, in that order.
2. **Entry Limits:** 13-14 and 15-18 Swimmers are limited to 3 individual events per day and 8 total individual events for the meet. 12 & Under swimmers are limited to 4 individual events per day not including time trials and 9 total individual events for the meet.
3. **Entry Times:** Entry times not achieved in Long Course Meters shall be noted as SCY (Short Course Yards) or SCM (Short Course Meters). No converted times may be used. Seeding order for this meet will be Long Course Meters, Short Course Meters, Short Course Yards.
4. **Seeding for 12 & Unders:** For 12 & Under swimmers, individual events of 200 meters and shorter are pre-seeded, timed final events. They are functionally seeded for Friday's evenings events but separated into 10 & Under and 11-12 for scoring and awards. For individual events of 400 meters and longer, see the Distance Events meet rule below.
5. **Seeding for 13-18s:** For 13-14 and 15-18 swimmers, individual events of 200 meters and shorter are prelims/finals events, with prelims pre-seeded. They are functionally seeded for prelims with the three fastest heats being circle seeded, but will be separated into 13-14 and 15-18 for finals. For individual events of 400 meters and longer, see the Distance Events meet rule below.
6. **Distance Events:**
 - a. **Positive Check-In:** All events 400 and longer for all age groups require positive check-in to be seeded and to swim. Check-in closes 30 minutes prior to the start of the session in which the events are swum.
 - b. **13-18 400 Individual Medley (Events #1 and #2):** are timed finals events. These events will be seeded fastest to slowest but will NOT alternate heats by gender.
 - c. **11-18 800 Freestyle (Events #5 & #6):** are timed final events. Swimmers in these events must provide their own lap counting personnel. These events will be functionally seeded for the combined 11-18 age groups, but will be separated into 11-12, 13-14, and 15-18 for awards. These events will be swum fastest to slowest, interspersed between Events of the 12 & Under 50s of Strokes, alternating heats by gender, girls followed by boys. Swimmers in heats run before Event 11 do not need to provide their own timers, but swimmers in heats run after the conclusion of Event #12 must provide their own timers (2).
 - d. **13-18 400 Freestyle (Events #27 and #28):** are timed final events. Swimmers in these events must provide their own timers (2) for the preliminary session. The fastest heats of 13-14 and 15-18 girls and 13-14 and 15-18 boys will swim in Finals. All other heats will be seeded and swum fastest to slowest, alternating heats by gender.
 - e. **11-12 400 Individual Medley (Events #29 and #30):** are timed final events. These events will be seeded and swum fastest to slowest but will NOT alternate heats by gender.
 - f. **10 & Under 400 Freestyle (Events #47 and #48):** are timed final events. Swimmers in these events must provide their own timers (2). These events will be seeded fastest to slowest and swum alternating heats of by gender.
 - g. **11-12 400 Freestyle (Events #49 and #50):** are timed final events. Swimmers in these events must provide their own timers (2). These events will be seeded fastest to slowest and swum alternating heats by gender.
 - h. **13-18 1500 Freestyle (Events #65 and #66):** are timed final events. Swimmers in these events must provide their own timers (2) and personnel to count laps. These events will be swum fastest to slowest, alternating heats by gender.
 - i. **11-12 1500 Freestyle (Events #89 and #90):** are timed final events. Swimmers in these events must provide their

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own timers (2) and personnel to count laps. These events will be swum fastest to slowest, alternating heats by gender.

7. Relay Events:

- a. **Entries:** Relays must be entered along with individual entries by the meet entry deadline. There is no limit to the number of relays a team may enter; however, only the fastest two will be scored.
 - b. **Relay Only Swimmers:** Relay-Only swimmers must be entered in the meet. Each team may enter 2 girl relay only swimmers and 2 boy relay only swimmers per age group. Such relay only swimmers must be included as "Relay-Only" swimmers with the team entry in order to be eligible to swim.
 - c. **Maximum Standards:** Relay-Only athletes who have achieved the Arizona Age Group "A" Time Standard or Arizona Senior Championship Time Standard for the individual event that is equivalent to a particular relay leg are not permitted to swim that leg of the relay.
 - d. **13-14 and 13-18 400 Freestyle and 400 Medley Relays:** All heats will be swum in the morning sessions. No relay heats will be swum in finals. The 400 relays require positive check-in 30 minutes prior to the start of the preliminary session in which the events are swum each day. There is no positive check in for 200 relays.
8. **Positive Check-in Events** (applies to swimmers of all ages): There is no penalty for athletes who do not check in for a timed final positive check-in event; 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 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. The **Arizona Age Group Scratch Rule** will be in effect for the 13-14 and 15-18 age groups. Any athlete qualifying for a final competition in an individual event who fails to compete (no show) ("Failure to Compete") in a 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.
10. **Time Trials:** may, at the discretion of the Meet Referee, be offered after the conclusion of Sessions I, III and VI. Time Trials do not count against the limit on individual events for the meet, but do count towards the limit of 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 national protocol will be used for time trial event order. If time trials are offered, the 800 and 1500 Freestyle will only be offered on one day. The deadline for time trial entries will be decided by the Meet Referee and posted with the Clerk of Course.

Sessions:	Session I	Friday	Warm-Up: 3:00 PM Start: 4:00 PM
	Session II	Saturday	Warm-Up: 7:00 AM Start: 8:00 AM
	Session III	Saturday	Warm-Up: Upon conclusion of Session II, but not before 11:00 AM Start: 60 minutes after the conclusion of Session II but not before 12:00 noon
	Session IV	Saturday	Warm-Up: Upon conclusion of Session III, but not before 4:00PM Start: 60 minutes after the conclusion of Session II, but not before 5:00PM
	Session V	Sunday	Warm-Up: 7:00 AM Start: 8:00 AM
	Session VI	Sunday	Warm-Up: Upon conclusion of Session V, but not before 11:00 AM Start: 60 minutes after the conclusion of Session V, but not before 12:00 noon
	Session VII	Sunday	Warm-Up: Upon conclusion of Session III, but not before 4:00PM Start: 60 minutes after the conclusion of Session VI, but not before 5:00PM

Entries: All entries must be submitted via email in Hy-Tek format unless other arrangements have been made with the meet director. Email entries to slee@phoenixswimclub.org
Meet entries are due: 5:00 p.m. Friday, June 30, 2023.

Late Entries: New qualifying standards achieved by an athlete between the specified meet entry deadline and the Monday prior to the start of the meet will only be accepted via email. These entries must be received no later than 12 noon on the Monday

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prior to the start of the meet. New qualifying standards may not be used to improve seed times of a previously submitted entry. Relay entries will not be accepted after the normal entry deadline.

Entry Fees:	LSC surcharge	\$8.00
	Timed Final Individual Events	\$6.50
	Prelim/Final Individual Events	\$8.50
	13-18 Relay Events	\$16.00
	12 & Under Relay Events	\$16.00
	Time Trials (All Ages)	\$16.00

Entry fees are due no later than the start of the start of Session I and must be paid by one team check. Please write checks payable to Phoenix Swim Club

Scoring: Individual Events: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2. (Teams may only score top two (2) relay teams in each relay event).

Awards: Individual Events: Custom Medals 1st through 3rd
Custom Ribbons 4th through 8th place
Relay Events: Custom Medals 1st place
Team Awards: First and Second place combined

Regional virtual champions will be awarded after the conclusion of all 3 meets with awards for the first place finisher in each individual event. Virtual champion awards will be mailed to the athletes from the AZSI Office.

Officials: Please contact the Meet Referee to indicate availability for the meet. Attire for prelims and Session I events is white over navy blue. Attire for evening finals will be determined by the Meet Referee.

Deck: The deck may be closed or partially closed at the direction 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 – Friday PM (Timed Finals, 12 & Under and 13-18)

Warm-Up: 3:00 PM

Start: 4:00 PM

Girls	Event	Boys
1	13-18 400 Individual Medley ¹	2
3	12 & Under 50 Freestyle ²	4
5	11-18 800 Freestyle - - - Fastest Heat of Girls ⁴	
7	12 & Under 50 Backstroke ²	8
	11-18 800 Freestyle - - - Fastest Heat of Boys ⁴	6
9	12 & Under 50 Breaststroke ²	10
5	11-18 800 Freestyle - - - Second Fastest Heat of Girls ⁴	
11	12 & Under 50 Butterfly ²	12
	11-18 800 Freestyle - - - Second Fastest Heat of Boys ⁴	6
5	11-18 800 Freestyle - - - All Remaining Heats ^{3&4}	6

1. Events #1 and #2 will be swum fastest to slowest but will **NOT** alternate by gender.
2. **EVENTS** of 12 & Under 50s of Strokes (Events #7-#8, #9-#10, #11-#12) will be interspersed with **HEATS** of Event #5-#6 11-18 800m Freestyle.
3. Any additional heats of 800 Freestyles (Event #5 and #6) after all Events of 12 & Under 50s have been interspersed will swim consecutively with the continued cycle of alternating heats by gender.
4. Refer to Meet Rules #6 and #8 regarding distance events and positive check-in. Athletes will be required to provide their own lap counting personnel and, for heats run after Event #12, their own timers (2).

Session II – Saturday AM (13-18 Prelims)

Warm-Up: 7:00 AM

Meet Start: 8:00 AM

Girls	Event	Boys
13	13-18 100 Freestyle	14
15	13-18 200 Backstroke	16
17	13-18 100 Breaststroke	18
19	13-18 200 Butterfly	20
21	13-18 200 Individual Medley	22
23	13-18 400 Freestyle Relay ⁵	24
25	13-14 400 Freestyle Relay ⁵	26
27	13-18 400 Freestyle ⁶	28

5. In Relay Events #23 through #26, all heats will be seeded and swum slowest to fastest in the preliminary session.
6. In Events #27 and #28 the fastest heat of 13-14 and fastest heat of 15-18 will be swum in Finals. All other heats will swim fastest to slowest, alternating by gender. Refer to Meet Rules #6 and #8 regarding distance events and positive check-in.

There will be a 10-minute break between event 26 and event 27.

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Session III – Saturday Afternoon (12 & Under Timed Finals)

Warm-Up: Upon Conclusion of Session II, but not before 11:00 AM

Meet Start: 60 Minutes following the conclusion of Session II, but not before 12:00 noon

Girls	Event	Boys
29	11-12 400 Individual Medley ⁷	30
31	11-12 100 Freestyle	32
33	10 & Under 100 Freestyle	34
35	11-12 200 Backstroke	36
37	11-12 100 Breaststroke	38
39	10 & Under 100 Breaststroke	40
41	11-12 200 Butterfly	42
43	10 & Under 200 Freestyle Relay ⁸	44
45	12 & Under 200 Freestyle Relay ⁸	46
47	10 & Under 400 Freestyle ⁹	48
49	11-12 400 Freestyle ¹⁰	50

- Events #29 and #30 will be seeded and swum fastest to slowest but will **NOT** alternate by gender. Refer to Meet Rules #6 and #8 regarding distance events and positive check-in.
- Events #43 through #46 will be seeded and swum slowest to fastest.
- Events #47 and #48 will be seeded and swum fastest to slowest alternating heats by gender. Refer to Meet Rules #6 and #8 regarding distance events and positive check-in.
- Events #49 and #50 will be seeded and swum fastest to slowest alternating heats by gender. Refer to Meet Rules #6 and #8 regarding distance events and positive check-in.

There will be a 10-minute break between event 46 and event 47 .

Session IV – Saturday PM (13-18 Finals)

Warm-Up: Upon the conclusion of Session III, but not before 4:00 PM

Meet Start: 60 Minutes after the conclusion of Session III, but not before 5:00 PM

Girls	Event	Boys
13	13-18 100 Freestyle	14
15	13-18 200 Backstroke	16
17	13-18 100 Breaststroke	18
19	13-18 200 Butterfly	20
21	13-18 200 Individual Medley	22
27	13-18 400 Freestyle ¹¹	28

- Fastest heats of 13-14 and 15-18 400 Freestyle.

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Session V – Sunday AM (13-18 Prelims)

Warm-Up: 7:00 AM

Meet Start: 8:00 AM

Girls	Event	Boys
51	13-18 200 Freestyle	52
53	13-18 100 Backstroke	54
55	13-18 200 Breaststroke	56
57	13-18 100 Butterfly	58
59	13-18 50 Freestyle	60
61	13-14 400 Medley Relay ¹²	62
63	13-18 400 Medley Relay ¹²	64
65	13-18 1500 Freestyle ¹³	66

12. In Relay Events #61 through #64, all heats will be seeded and swum slowest to fastest in the preliminary session.

13. Events #65 and #66 will be seeded and swum fastest to slowest, alternating heats by gender. Refer to Meet Rules #6 and #8 regarding distance events and positive check-in.

There will be a 10-minute break between event 64 and event 65.

Session VI – Sunday Afternoon (12 & Under Timed Finals)

Warm-Up: Upon Conclusion of Session II, but not before 11:00 AM

Meet Start: 60 Minutes following the conclusion of Session II, but not before 12:00 noon

Girls	Event	Boys
67	11-12 200 Freestyle	68
69	10 & Under 200 Freestyle	70
71	11-12 100 Backstroke	72
73	10 & Under 100 Backstroke	74
75	11-12 200 Individual Medley	76
77	10 & Under 200 Individual Medley	78
79	11-12 100 Butterfly	80
81	10 & Under 100 Butterfly	82
83	11-12 200 Breaststroke	84
85	10 & Under 200 Medley Relay ¹⁴	86
87	12 & Under 200 Medley Relay ¹⁴	88
89	11-12 1500 Freestyle ¹⁵	90

14. Relay Events #85 through #88 will be seeded and swum slowest to fastest.

15. Events #89 and #90 will be seeded and swum fastest to slowest, alternating heats by gender. Refer to Meet Rules #6 and #8 regarding distance events and positive check-in.

There will be a 10-minute break between event 88 and event 89.

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Session VII – Sunday PM (13-18 Finals)

Warm-Up: Upon the conclusion of Session III, but not before 4:00 PM

Meet Start: 60 Minutes after the conclusion of Session III, but not before 5:00 PM

Girls	Event	Boys
51	13-18 200 Freestyle	52
53	13-18 100 Backstroke	54
55	13-18 200 Breaststroke	56
57	13-18 100 Butterfly	58
59	13-18 50 Freestyle	60