



**OKLAHOMA  
SWIMMING**

## **Oklahoma Age Group Championship Meet 2010 Long Course Championship**

**Held under the Sanction of USA Swimming and Oklahoma Swimming, Inc.**

**July 30-August 1, 2010**

**Sanction # OK10 -040**

**Time Trial Sanction # OK10- 041**

**HOST:** Chesapeake Swim Club

**LOCATION:** Oklahoma City Community College  
Olympic Festival Pool

7777 South May Avenue  
Oklahoma City, OK 73159

**MEET DIRECTOR:** Paul Thompson  
PO Box 6570 Norman OK 73070-6570  
(405)570-6529  
auggie1@sbcglobal.net

**MEET REFEREE:** To be assigned by the OKS OFFICIALS CHAIR.

**FACILITIES:** 50 Meter, 8 lane pool with non-turbulent lane ropes. Controlled temperatures. Electronic timing. Large spectator seating area. Athlete rest area. Diving well available at all times for warm-up and cool down during the competition. Pool depth at starting end is 10'6". Depth of pool at turn end is 4'.

### **POOL**

**CERTIFICATION:** The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA-Swimming.

**FORMAT/** This championship meet will be ran in a timed finals format for all age groups

**ELIGIBILITY:** except where noted. This meet is open to all USA Swimming athletes registered within the Oklahoma Swimming LSC. Age as of the 1<sup>st</sup> (first) day of the competition, July 30, 2010 will determine eligibility for an age group.

Oklahoma Swimming Age Group Long Course Championship qualifying time standards will apply. The 12& Under swimmer's qualification time will be ½ way between the National B and BB time standards. These times will be rounded to the nearest .09. The 13&Over swimmer's qualification time will be the National BB time standards. ALL relays will be timed finals. The Oklahoma Scratch Rule is in effect for this meet.

**DISABILITIES:** Oklahoma Swimming welcomes athletes with disabilities. Please alert the Meet Director to any accommodations that may be required at the entry deadline.

<b>SCHEDULE:</b>	<b>WARM-UP</b>	<b>STARTS/SPRINTS</b>	<b>MEET STARTS</b>
<b>Friday:</b>	1st Session 9:00- 9:30 am		
	2 <sup>nd</sup> Session 9:35-10:05 am	10:05-10:20	Clear Pool 10:20 Meet Start 10:30 am
<b>Saturday:</b>	1 <sup>st</sup> session 7:30 – 8:00 am		
	2 <sup>nd</sup> session 8:05 – 8:35 am	8:35- 8:50	Clear Pool 8:50 Meet Start 9:00 am
<b>Sunday:</b>	1 <sup>st</sup> Session 7:30 – 8:00 am		
	2 <sup>nd</sup> Session 8:05 am-8:35 am	8:35 am-8:50	Clear Pool 8:50 Meet start 9:00 am

All swimmers must be under the direct supervision of a USA Swimming registered coach. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or swimmer's legal guardian to ensure compliance with this requirement. OKS warm-up procedures will be enforced.

**WARM-UP:** Teams will be notified of session and lane assignments by July 27 via e-mail from the Meet Director. Warm-up assignments and starting times are subject to change .Information concerning the meet and warm-up times will be available on the Chesapeake Swim Club web site [www.chesapeakeswimclub.org](http://www.chesapeakeswimclub.org). Any swimmer without a coach of record will be assigned to warm-up with the host team. The Meet Referee will resolve disputes.

- RULES:** This meet is held under current 2010 USA-S rules. All rules and regulations of USA Swimming and Oklahoma swimming shall be complied with and enforced. All swimmers must be currently registered with USA Swimming.
- MEET COMMITTEE:** A meet committee composed of the following members: 1 Sr. athlete from the East,  
1 Sr. athlete from the West, the Meet Director, 1 coach from the East, 1 coach from the West, the OKS Age Group Chair, and the Meet Referee. This committee will settle any technical or meet format questions that should occur during the meet. The Meet Referee shall appoint the athlete and coach representatives to the committee. The Meet Committee will be in effect for the duration of the meet.
- ENTRY FEES:** \$3.50 per individual event (\$2.19 to OKS Aquatic Fund)  
\$7.00 per individual deck entry event (\$4.38 goes to OKS Aquatic Fund)  
\$7.00 per relay event (\$1.75 goes to OKS Aquatic Fund)  
\$14.00 per relay deck entry event (\$3.50 goes to OKS Aquatic Fund)  
\$3.50 per individual time trial event \$2.19 goes to OKS Aquatic Fund)  
\$7.00 per relay time trial event (\$1.75 goes to OKS Aquatic Fund)  
\$18.00 facility surcharge per athlete entered in the meet (\$3.00 goes to OKS Reserve Fund)
- DECK ENTRIES** Deck entries will be accepted in empty lanes first, then a maximum of one additional heat (a 0 heat) per event may be added .Events will not be re-seeded. Deck entries are closed 30 minutes prior to the start of each competition session.
- RELAYS:** Relays will be swum in the following age groups: 10-Under, 12-Under, 14-Under, and 19-Under. All relays will be swum during the timed finals sessions. Each team is limited to 2 (two) relay teams per event. A swimmer may only swim in one of each relay type. Names, ages and order of swimmers competing in relay events must be provided prior to the start of the race. **ALL SWIMMERS IN RELAYS MUST BE ENTERED IN THE MEET, EITHER AS AN INDIVIDUAL OR RELAY ONLY SWIMMER.**
- ENTRY LIMIT:** Individual swimmers may enter a maximum of 10 (ten) individual events for the meet, with no more than 5 (five) individual events per day, plus relays. Time trials will be offered and will be held following each session, if time permits. Time Trials count against the daily 5 event limit.
- DISTANCE EVENTS:** The 13-19 400 Free, 800 Free, 400 IM and 1500 Free will swim with all age groups combined, fastest to slowest, alternating women and men. The age groups will be split out for scoring. The 11-12 400 Free will swim fastest to slowest alternating women and men. Positive check in for all distance events is required. These events will be deck seeded after the positive check

in period closes. The positive check in period closes 30 minutes after the start of the session that each event is scheduled to be held begins.

**TIME TRIALS:** Time trials are offered for swimmers entered in an individual event in the AGE Group Championship (ages 19 and UNDER), and for swimmers 20 and over who are attempting to make a USA Swimming Central Zone, USA Swimming National, USA Swimming OPEN, USA Swimming National Junior Championship, or World Championship Trials qualifying time.

**ENTRY DEADLINE:** Entries must be received by the Meet Director no later than 11:59 am CDST Monday, July 26 2010. No late entries will be accepted past this date. Chesapeake Swim Club will not be responsible for the inclusion of any entries delivered to someone other than the Meet Director.

**ENTRIES:** All entries should be submitted via electronic format. HY-TEK TEAM MANAGER format is preferred. Any handwritten or printed entries must indicate the swimmer's name, sex, age, USAS#, event#, and time for each event. All entry files must include the name of the entry chair, phone number, and e-mail contact information. An entry file report will be sent to all teams who enter the meet. It is the responsibility of each team's entry chair to check for entry errors. Entry times which indicate NO TIME for the event will not be accepted. Events will be seeded long course meter times first priority, short course yard times second priority followed by short course meter time standards. "Best" times must be entered for each individual event. Send all electronically formatted entries to Paul Thompson at [auggie1@sbcglobal.net](mailto:auggie1@sbcglobal.net). Each team should make one check payable to: Chesapeake Swim Club for all entries. No individual checks will be accepted. Do not send any mail requiring signature confirmation for delivery. The entry fee payment should be sent after review and confirmation of the team entry report filed on Monday July 26, 2010. All emailed entries must be followed up with the required paper work and payment prior to the start of the meet. Coaches or a team representative must certify that all swimmers entered on the team roster are members of USA Swimming or have applied for membership by sending the appropriate application to the club's registration chair or the OKS Registration Chair before the 1<sup>st</sup> (first) day of the meet. Failure to follow the above information will result in the entire team being scratched from the meet. The Meet Director will request that an athlete registration recon be instituted by the Tuesday following the entry deadline. The Meet Director will notify each attending club of any registration errors 2 (two) days prior to the start of competition. Any athlete lacking complete registration certification will be prohibited from competing until such registration errors are reconciled. The Meet Director will institute a coach certification ending report after the entry deadline. Notification of any coaching certification errors will be sent to the appropriate individuals 2 days prior to the start of competition. No coach access to the competition deck will be granted until those certification errors have been resolved.

**SEND ENTRIES TO:**        **Meet Director**        **Paul Thompson Chesapeake Swim Club**  
**PO Box 6570 Norman OK 73070-6570**  
**auggie1@sbcglobal.net**  
**405-570-6529-cell phone**  
**405-364-3244 Home phone Fax # 405-364-**  
**3440**

**AWARDS:**                    Oklahoma Age Group Championship medals will be awarded for individual events 1-8 place finish. Relays 1-3rd place. Team high point awards will be given for the top 6 (six) teams. Individual high point awards will be given to girls, and boys in the following age categories: 8-UNDER, 9, 10, 11, 12, 13, 14, 15, 16, 17-19.  
SCORING: Scoring of individual events is on a 9,7,6,5,4,3,2,1, basis from the swims in the finals or timed final events. Points will be double for relays 18, 14, 12, 10, 8, 6, 4, 2. Points will not be awarded for swims not meeting the qualifying time standards.

**SCRATCHES/ SEEDING:** **The meet will be pre-seeded with the following exceptions: Positive Check-In is required for the 13-19 400 Free, 1500 Free, 400 IM, 11-12 400 Free, and 10- Under 200 Free. Swimmers not checked in for these events will be scratched from the event. The 10- Under 200 Free will be swum in “normal order”. The 13-19 400 IM, the 13-19 1500 Free, 13-19 400 Free and the 11-12 400 Free will be swam fastest to slowest alternating women and men. A positive check in is required for the 400 IM, 1500 Free, 11-12 400 Free, 10- Under 200 Free, and the 400 Free. Positive Check In will close 30 Minutes prior to the start of the session the event(s) is scheduled to be swam. Failure to show for a “Positive Check-In” event will result in the athlete being scratched from their next individual event.. Heats will combine 13-19, seeded by time, and swum together.. The events will be scored separately. Distance events will be swam together and scored by age group.**

**TIMERS:**                    **All OKS teams in attendance will be required to provide timers for the meet, including all distance events. Teams will be notified as to which lanes they will be assigned to at least 24 hours prior to the start of the meet. If a team has special limitations the coach must notify the Meet Director at the entry deadline. It is understood that a team may be required to provide timers for an event or session in which they do not have any athletes participating in. The responsibility to provide timers extends through the session in which the team is assigned. Timing Representatives from each assigned team shall report to the volunteer staging area 30 minutes prior to the start of each session in which they are assigned lane timing responsibilities. The lane timing assignment report for the meet will list the report times for each session as well as the lane assignments.**

**OFFICIALS:** Oklahoma Swimming, Inc. through the Official's Chairperson and the host club have the responsibility for staffing and assigning of all meet officials. All OKS certified officials in attendance are expected to assist at the meet.

**SAFETY:** Activities in the competition area which may result in injury are prohibited. Safety Marshals will be appointed to monitor the activities of swimmers and spectators during warm-ups and the meet. They are empowered by the safety rules of Oklahoma swimming to enforce the safety procedures governing this meet. Repeated violations or activities that are considered to be sufficiently dangerous may result in ejection from the meet. **ONLY ATHLETES, COACHES, AND VOLUNTEERS WORKING THE MEET WILL BE ALLOWED ON THE POOL DECK.**

**Rules Regarding use of cell phones or cameras at OKS Sanctioned Meets.** The use of equipment capable of taking pictures (eg cameras, cellular phones, PDA's etc) will be banned behind the starting blocks during all meets sanctioned by OKS. Use of these devices will not be permitted behind the blocks during warm up or competition. OKS will work with all facilities that events are held in order to ensure that the policies of their facilities regarding permissible use of cameras & cell phones in their facilities are clearly posted. In addition, notification of these policies will be added to all OKS meet announcements, and published in meet programs, announced at meets when possible, and presented at Officials and Timers briefings prior to each session. The Meet Referee and the Meet Director will work together to communicate the introduction of this policy into the normal operations procedures of OKS sanctioned swim meets.

In accordance with the Federal Voyeurism Prevention Act of 2004- the use of camera phones or video recording devices in the locker rooms is prohibited.

**POOL DECK ACCESS:** Access to the pool/deck area will be limited to athletes, coaches, officials, timers, and OKS certified representatives working the meet. Swimmers failing to comply with the above safety rules are subject to disqualification and/or expulsion from the meet at the discretion of the Meet Referee. The walkway at pool deck level on the spectator side must be kept clear at all times. Parents wishing to observe the competition must do so from the spectator area. Non-Athlete Registration cards do NOT grant parents access to the pool deck at any time. Coaches must wear proof of current CPR, First Aid, and Coaches Safety Certification while on deck.

**LIABILITY:** In granting this sanction, it is understood and agreed that USA Swimming, Inc, Oklahoma Swimming Inc., all officials, The Chesapeake swim Club, and Oklahoma City Community College shall be free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending swimmer or swimmers, if unattached, or the offending swimmer's club if attached to be accountable for repairs.

- MERCHANDISE:** A full supply of swim merchandise will be available for purchase.
- HEAT SHEETS** A meet program will be available for purchase for \$5.00
- CONCESSIONS:** A concession stand will be available during the course of the competition.
- HOSPITALITY:** There will be a hospitality area for officials, and coaches working the competition.
- RESULTS:** Results of each day's competition will be posted on the Chesapeake Swim Club web site at [www.chesapeakeswimclub.org](http://www.chesapeakeswimclub.org). Complete results will be posted on the same site at the conclusion of the meet. All teams in attendance will be e-mailed complete results at the conclusion of the meet. Individual copies of the OKS AGC Long Course Championship Final Results may be ordered for \$10.00 plus shipping by completing the request order form available at the Clerk of Course desk.

				Friday				
Women	SCY	SCM	LCM		SCY	SCM	LCM	Men
	Cutoff	Cutoff	Cutoff		Cutoff	Cutoff	Cutoff	
1				10-under 200 Free Relay				2
3				12-under 200 Free Relay				4
5				14-under 400 Free Relay				6
7				19-under 400 Free Relay				8
9	3:09.29	3:29.09	3:36.09	10-under 200 Free	3:00.39	3:19.39	3:24.79	10
11	2:37.39	2:53.89	2:57.39	11-12 200 Free	2:23.19	2:49.29	2:45.29	12
13	2:24.99	2:40.19	2:44.39	13-14 200 Free	2:15.69	2:29.89	2:35.19	14
15	2:21.19	2:35.99	2:39.49	15-16 200 Free	2:10.09	2:23.69	2:28.59	16
17	2:20.29	2:34.99	2:38.89	17-19 200 Free	2:07.89	2:21.29	2:26.09	18
19	1:53.39	2:05.29	2:09.89	10-under 100 Breaststroke	1:49.69	2:01.19	2:06.69	20
21	1:32.89	1:42.69	1:45.99	11-12 100 Breaststroke	1:31.49	1:40.99	1:45.09	22
23	3:00.69	3:19.69	3:27.99	13-14 200 Breaststroke	2:49.39	3:07.09	3:17.19	24
25	2:56.39	3:14.89	3:21.19	15-16 200 Breaststroke	2:42.59	2:59.69	3:08.79	26
27	2:55.79	3:14.19	3:20.79	17-19 200 Breaststroke	2:39.29	2:55.99	3:04.59	28
29	46.19	50.99	52.99	10-under 50 Backstroke	46.49	51.29	53.29	30
31	38.19	42.19	43.89	11-12 50 Backstroke	37.99	41.99	43.99	32
33	1:14.19	1:21.99	1:24.29	13-14 100 Backstroke	1:09.59	1:16.89	1:20.59	34
35	1:12.09	1:19.69	1:22.69	15-16 100 Backstroke	1:06.19	1:13.19	1:16.49	36
37	1:11.69	1:19.19	1:23.09	17-19 100 Backstroke	1:04.19	1:10.89	1:14.89	38
				15 minute break				
39	21:53.19, 21:38.89, 21:27.19	21:45.59, 21:31.29, 21:19.69	22:23.09, 22:10.69, 21:58.49	13-19 1500 Free	20:51.99, 20:21.89, 19:59.39	20:44.69, 20:14.79, 19:52.49	21:35.29, 20:49.49, 20:35.79	40

				Saturday					
Women	SCY	SCM	LCM		SCY	SCM	LCM	Men	
	Cutoff	Cutoff	Cutoff		Cutoff	Cutoff	Cutoff		
41	1:04.89	1:11.69	1:14.09	17-19 100 Free	58.09	1:04.19	1:06.89	42	
43	1:05.79	1:12.69	1:14.39	15-16 100 Free	59.79	1:06.09	1:08.39	44	
45	1:07.39	1:14.39	1:16.19	13-14 100 Free	1:02.19	1:08.79	1:11.49	46	
47	1:10.99	1:18.39	1:22.69	11-12 100 Free	1:10.49	1:17.89	1:20.39	48	
49	1:26.79	1:36.09	1:38.49	10-under 100 Free	1:24.59	1:33.39	1:36.39	50	
51	2:34.59	2:50.79	2:55.09	17-19 200 Butterfly	2:20.39	2:35.19	2:38.89	52	
53	2:36.49	2:52.89	2:56.19	15-16 200 Butterfly	2:24.49	2:39.69	2:43.19	54	
55	2:40.99	2:57.89	3:02.29	13-14 200 Butterfly	2:31.99	2:47.89	2:51.99	56	
57	1:23.69	1:32.49	1:34.79	11-12 100 Butterfly	1:22.29	1:30.89	1:33.49	58	
59	1:49.79	2:01.29	2:03.89	10-under 100 Butterfly	1:47.79	1:59.09	2:01.49	60	
61	1:21.49	1:30.09	1:32.49	17-19 100 Breaststroke	1:13.19	1:20.89	1:24.99	62	
63	1:21.99	1:30.59	1:33.89	15-16 100 Breaststroke	1:14.69	1:22.49	1:26.39	64	
65	1:24.09	1:32.89	1:36.39	13-14 100 Breaststroke	1:18.09	1:26.29	1:28.09	66	
67	42.49	46.89	47.89	11-12 50 Breaststroke	42.59	46.99	49.09	68	
69	50.69	55.99	58.29	10-under 50 Breaststroke	50.79	56.19	58.39	70	
71	2:35.39	2:51.69	2:58.19	17-19 200 Backstroke	2:19.89	2:34.49	2:43.59	72	
73	2:35.89	2:52.19	2:57.99	15-16 200 Backstroke	2:23.39	2:38.39	2:43.89	74	
75	2:39.59	2:56.29	3:01.29	13-14 200 Backstroke	2:29.79	2:45.49	2:54.09	76	
77	1:24.59	1:33.49	1:34.99	11-12 100 Backstroke	1:22.49	1:31.09	1:35.39	78	
79	1:39.89	1:50.29	1:55.69	10-under 100 Backstroke	1:37.49	1:47.69	1:51.89	80	
81	6:55.49	6:03.59	6:13.99	11-12 400 Free	6:50.29	5:59.09	6:08.39	82	
83	5:44.29, 5:35.69, 5:35.49	6:20.39, 6:10.99, 6:10.69	6:31.09, 6:19.79, 6:21.29	13-19 400 IM	5:25.49, 5:11.79, 5:05.99	5:59.69, 5:44.59, 5:38.09	6:13.19, 5:54.39, 5:48.69	84	

				Sunday				
Women	SCY	SCM	LCM		SCY	SCM	LCM	Men
	Cutoff	Cutoff	Cutoff		Cutoff	Cutoff	Cutoff	
85				19-under 400 Medley Relay				86
87				14-under 400 Medley Relay				88
89				12-under 200 Medley Relay				90
91				10-under 200 Medley Relay				92
93	6:22.39, 6:16.29, 6:13.69	5:34.59, 5:29.39, 5:27.09	5:42.99, 5:34.69, 5:35.19	13-19 400 Free	6:03.19, 5:51.29, 5:44.19	5:17.79, 5:07.49, 5:01.19	5:27.99, 5:14.39, 5:11.09	94
95	45.89	50.69	51.89	10-under 50 Butterfly	44.69	49.29	49.89	96
97	36.49	40.29	40.89	11-12 50 Butterfly	36.69	40.59	41.29	98
99	1:13.49	1:21.19	1:22.89	13-14 100 Butterfly	1:08.09	1:15.29	1:16.99	100
101	1:11.79	1:19.39	1:20.39	15-16 100 Butterfly	1:05.09	1:11.99	1:13.39	102
103	1:10.99	1:18.39	1:19.49	17-19 100 Butterfly	1:03.59	1:10.19	1:12.19	104
105	37.89	41.89	42.99	10-under 50 Free	37.09	40.89	42.49	106
107	33.09	36.59	37.79	11-12 50 Free	32.19	35.59	36.69	108
109	30.99	34.29	35.19	13-14 50 free	28.49	31.49	32.79	110
111	30.39	33.59	34.49	15-16 50 Free	27.39	30.29	31.19	112
113	30.09	33.19	34.09	17-19 50 Free	26.59	29.29	30.29	114
115	3:31.09	3:53.19	3:59.79	10-under 200 IM	3:29.49	3:51.49	3:57.79	116
117	2:57.29	3:15.89	3:21.69	11-12 200 IM	2:56.29	3:14.69	3:21.79	118
119	2:42.99	3:00.09	3:05.69	13-14 200 IM	2:31.99	2:47.89	2:55.99	120
121	2:39.29	2:55.99	3:01.09	15-16 200 IM	2:26.39	2:41.79	2:48.89	122
123	2:37.39	2:53.99	2:59.69	17-19 200 IM	2:22.59	2:37.59	2:43.89	124