



**OKLAHOMA
SWIMMING**

Division II Long Course Meet

**July 24-25, 2010
Oklahoma City Community College
Olympic Festival Pool
7777 South May Avenue
Oklahoma City, OK 73159**

**Hosted by: Sooner Swim Club
Sanctioned by: Oklahoma Swimming Inc
Sanction # OK10-036 Time Trial Sanction # OK10-037**

Oklahoma Swimming Inc

Division II Swim Meet

Rules: 2010 USA Swimming and Oklahoma Swimming rules will govern the meet.

Age: Age as July 24, 2010 will determine eligibility for age group.

Eligibility: This meet is open to all OK USA Swimming registered swimmers who have not achieved the qualifying times for the Oklahoma Age Group Championships (AGC) by the date of the 2010 long course AGC meet. If a swimmer has made the AGC cut in a given stroke and distance they may swim the same stroke at a different distance. Oklahoma Swimming welcomes athletes with disabilities. Please alert the Meet Director to any accommodations that may be required.

Format: All events are timed finals.

Entry Limit: A swimmer may enter a maximum of five individual events and one relay each day.

Facilities: This facility has been certified. The depth of the pool at the starting blocks is 10'6". The depth of the pool at the turn end is 4'. The venue is an eight lane indoor 50 meter pool with non turbulent lane ropes and electronic timing system Touch pads at the start and turn end. There is a large spectator seating area upstairs with, athlete seating available on deck. The warm up cool down pool area will be available throughout the meet.

Schedule:

	<u>Warm-up</u>	<u>Meet starts</u>
Saturday	TBA	9:00 am
Sunday	TBA	9:00 am

All swimmers must be under the direct supervision of a USA Swimming registered coach. OKS warm-up procedures will be enforced.

Warm-up Procedures: Warm-up lane assignments will be posted on the host teams' website, www.soonerswimclub.org, 3 days prior to the start of the meet as well as sent to each teams' representative.

Entry Fees:

- \$ 3.50 for each individual event and time trial (\$ 2.19 goes to OKS Aquatic Fund)
- \$ 7.00 for each Relay Team (\$ 1.75 goes to OKS Aquatic Fund)
- \$ 7.00 for each individual deck entered event (\$ 4.38 goes to OKS Aquatic Fund)
- \$ 14.00 for each deck entered Relay Team (\$ 3.50 goes to OKS Aquatic Fund)
- \$ 3.50 for each individual time trial event (\$2.19 goes to OKS Aquatic Fund)
- \$ 18.00 facility surcharge per swimmer (\$ 3.00 goes to OKS Reserve Fund)

Make one team check payable to "Sooner Swim Club." Entry fee MUST accompany entries.

Deck Entries: Deck entries will be accepted for open lanes first, and then a maximum of one additional heat (0 heat) per event may be added. Events will not be re-seeded. Costs for deck entries are double the normal entry fee. Deck entries are subject to the \$18.00 swimmer surcharge that is included in each swimmer's initial entries. Swimmers already entered in the meet do not need to pay the surcharge.

Entry Deadline: Entries must be in the hands of the meet director by noon Thursday, July 15, 2010. Any entries received after this deadline will be considered deck entries.

Entering Events: Team entries should be submitted via email to: sdavenport@mail.com using a TeamUnify, Team Manager, or other appropriate sdf file. Return the completed team information form and payment to the address listed below. The Meet Director will insure that an athlete registration re-con report is instituted no later than the Tuesday following the entry deadline. The Meet Director shall notify each attending team of any registration errors no later than within 2 days of the start of the meet. The Meet Director shall insure that all athlete entry registration errors are reconciled prior to the start of the first session of competition. Any athlete lacking complete registration verification will be prohibited from competition until such registration is corrected. The Meet Director shall insure that a coach certification ending verification report has been instituted by no later than the Tuesday following the entry deadline. The Meet Director will notify each club no later than 2 days prior to the start of the competition of any certification errors. Coach access to the competition deck area will not be permitted until all certification requirements required by USA-S are current. By signing the team roster and or submitting the electronic entry forms, the coach or team representative attests that all swimmers entered are USA Swimming members or have applied for USA Swimming registration. Failure to follow the above information will result in the entire team being scratched from the meet.

Send entries to:

Shawn Davenport
Meet Director
305 Edge Brook Ln.
Norman, OK 73071
sdavenport@mail.com
405-307-8255 (h)
405-306-7508 (c)

Awards: Oklahoma Division II medals will be awarded for first through eighth place in individual events and first through third place for relays. Team Banners will be presented for 1-6th place finishes. Medals are awarded in the following age groups: 8-U, 9-10, 11-12 and 13-14.

Scoring: Scoring of individual events is; 9-7-6-5-4-3-2-1. Relay points will be double. The top 6 overall teams will receive a team award from OKS.

Relays: Relays will be swum in the following age groups: 10 & under, 12 & under, 14 & under, and 19-under. Each club will be limited to a maximum of 2 relay teams per event (A team and B team). Names, ages and order of swimmers competing in relay events must be provided prior to the event. All swimmers must be entered in the meet in individual events or as a relay only swimmer. Relay swimmers must not have achieved an Age Group Championship qualifying time for their age group in the stroke being swum. A swimmer may compete in only one relay of the same distance and type.

Scratches/Seeding: The meet will be pre-seeded except for the 400 and 400 I.M. Positive check-in is required for the 400 and 400 I.M. Swimmers not checked-in for these events will be scratched. Those checked-in who do not swim will be penalized in accordance with OKS rules. Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes before the start of the session Only the athlete or their coach may scratch the individual from an event..

Time Trials: Time permitting and with the agreement of the Meet Referee and the Meet Director Time Trials will be offered at the conclusion of each session. Time Trials will count against the daily max. number of events. Time Trials do not count against the meet max. number of events. Swimmers must provide their own timers.

Timers and Officials: OKS through the Officials Chairperson has the responsibility of staffing and assigning all meet officials. All OKS teams in attendance are required to provide timers for the meet, including all distance events. Timing assignments will be provided to each teams' representative at least two days prior to the start of the meet and posted at www.soonerswimclub.org.

Meet Committee: A meet committee composed of the following members; one athlete and one coach member from the east, one athlete and one coach member from the west, the OKS Age Group Chairman, the Meet Referee, and the Meet Director. 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 Committee will be in effect for the duration of the meet.

Deck Access: Coaches and officials must wear their current USA Swimming registration cards in order to receive deck privileges. Parents and other non-swimmers not involved in the running of this meet are requested to remain in designated spectator areas. USA-S non athlete registration membership does not provide access to the meet deck. The walkway at pool deck level on the spectator side must be kept clear at all times.

Heat Sheets: Heat sheets will be available for purchase at the meet for \$5.00.

Final Results: Results will be sent electronically to each teams' representative and OKS within 48 hours after the conclusion of the meet via email.

Concessions: A concession stand will be available during the course of the competition.

General Rules: Repeated violations or activities that are considered to be sufficiently dangerous may result in the swimmer's ejection from the meet by the Meet Referee. Safety Marshals will monitor the locker rooms. Any individual requiring deck access for club photographic purposes must notify the Meet Director before gaining access to the 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.

Personal Items: USA Swimming, Inc, Oklahoma Swimming Inc., all officials, Sooner Swim Club, and Oklahoma City Community College shall not be responsible for loss, stolen, or damaged personal items.

Additional Information: Warm-up lane assignments, timer assignments, and other information about this meet can be found at the Sooner Swim Club's website, www.soonerswimclub.org.

Lodging:

Hotel	Phone # (405) area code	Address	Website	Room rate 2 queen beds*	Room Rate 1 king bed*
Ramada Limited	682-2211	7400 S. May Ave OKC, OK	www.ramada.com	\$ 75	\$ 70
Howard Johnson	478-5221	1400 SW 63 rd Street OKC, OK	www.hojo.com	Sold Out	Sold Out
Hampton Inn & Suites	602-3400	920 SW 77 th Street OKC, OK	www.hilton.com	\$ 94	\$ 94
Holiday Inn Express Hotel OKC West I-240	631-3111	7601 C.A. Henderson Blvd OKC, OK	www.holidayinnexpress.com	\$ 82	\$ 86
Quality Inn SW	632-6666	7800 C.A. Henderson Blvd OKC, OK	www.qualityinn.com	\$ 65	\$ 65
Best Western Barsana Hotel & Suites	601-1200	7701 C.A. Henderson Blvd OKC, OK	www.bestwestern.com	\$ 100 (suite) \$ 90 (standard)	\$ 100 (suite)
LaQuinta Inn & Suites Moore	759-7700	2140 Riverwalk Dr. Moore, OK	www.lq.com	\$ 99 (24 th) \$ 115 (25 th)	\$ 99 (24 th) \$ 115 (25 th)
Comfort Inn & Suites Moore	912-1400	1809 N. Moore Ave Moore, OK	www.comfortinn.com	\$ 80	\$ 80
Best Western Greentree Inn & Suites	912-8882	1811 N. Moore Ave Moore, OK	www.bestwesternok.com	\$ 90	\$ 85
Super 8 Moore	794-4030	1520 N. Service Road Moore, OK	www.super8.com	\$ 65 (24 th) \$ 85 (25 th)	\$ 60 (24 th) \$ 80 (25 th)
Embassy Suites Norman	364-8040	2501 Conference Dr. Norman, OK	www.embassysuitesnorman.com	\$ 129 w/OU visitor rate	\$ 129 w/OU visitor rate
Fairfield Inn & Suites	447-1661	301 Norman Center Ct. Norman, OK	www.marriott.com	\$ 90	\$ 95
Hampton Inn Norman	366-2100	309 Norman Center Ct. Norman, OK	www.hamptoninn.com	\$ 90	\$ 94
LaQuinta Inn & Suites	579-4000	930 Ed Noble Parkway Norman, OK	www.lq.com	\$ 65 (24 th) \$ 85 (25 th)	\$ 75 (24 th) \$ 95 (25 th)
Residence Inn Norman	366-0900	2681 Jefferson Ct. Norman, OK	www.marriott.com	\$ 100	\$ 139
Sooner Legends	701-8100	1200 24 th Ave. SW Norman, OK	www.soonerlegends.com	\$ 90	\$ 90

Saturday

Women	SCY Cutoff	SCM Cutoff	LCM Cutoff		SCY Cutoff	SCM Cutoff	LCM Cutoff	Men
1				19 - Under 200 Free Relay				2
3				14 - Under 200 Free Relay				4
5				12 - Under 200 Free Relay				6
7				10 - Under 200 Free Relay				8
	2:24.99	2:40.19	2:44.39		2:15.69	2:29.89	2:35.19	
	2:21.19	2:35.99	2:39.49		2:10.09	2:23.69	2:28.59	
11	2:20.29	2:34.99	2:38.89	13-19 200 Free	2:07.89	2:21.29	2:26.09	10
	3:09.29	3:29.09	3:36.09		3:00.39	3:19.39	3:24.79	
13	2:37.39	2:53.89	2:57.39	12-under 200 Free	2:33.19	2:49.29	2:54.29	12
	2:40.99	2:57.89	3:02.29		2:31.99	2:47.89	2:51.99	
	2:36.49	2:52.89	2:56.19		2:24.49	2:39.69	2:43.19	
15	2:34.59	2:50.79	2:55.09	13-19 200 Fly	2:20.39	2:35.19	2:38.89	14
	1:49.79	2:01.29	2:03.89		1:47.79	1:59.09	2:01.49	
17	1:23.69	1:32.49	1:34.79	12-under 100 Fly	1:22.29	1:30.89	1:33.49	16
	30.99	34.29	35.19		28.49	31.49	32.79	
	30.39	33.59	34.49		27.39	30.29	31.19	
19	30.09	33.19	34.09	13-19 50 free	26.59	29.29	30.29	18
	37.89	41.89	42.99		37.09	40.89	42.49	
21	33.09	36.59	37.79	12-under 50 free	32.19	35.59	36.69	20
	3:00.69	3:19.69	3:27.99		2:49.39	3:07.09	3:17.19	
	2:56.39	3:14.89	3:21.19		2:42.59	2:59.69	3:08.79	
23	2:55.79	3:14.19	3:20.79	13-19 200 breast	2:39.29	2:55.99	3:04.59	22
	1:53.39	2:05.29	2:09.89		1:49.69	2:01.19	2:06.69	
25	1:32.89	1:42.69	1:45.99	12-under 100 breast	1:31.49	1:40.99	1:45.09	24
	1:14.19	1:21.99	1:24.29		1:09.59	1:16.89	1:20.59	
	1:12.09	1:19.69	1:22.69		1:06.19	1:13.19	1:16.49	
27	1:11.69	1:19.19	1:23.09	13-19 100 back	1:04.19	1:10.89	1:14.89	26
	46.19	50.99	52.99		46.49	51.29	53.29	
29	38.19	42.19	43.89	12-under 50 back	37.99	41.99	43.99	28
	5:44.29	6:20.39	6:31.09		5:25.49	5:59.69	6:13.19	
	5:35.69	6:10.99	6:19.79		5:11.79	5:44.59	5:54.39	
31	5:35.49	6:10.69	6:21.29	13-19 400 IM	5:05.99	5:38.09	5:48.69	30

Sunday

Women	SCY Cutoff	SCM Cutoff	LCM Cutoff		SCY Cutoff	SCM Cutoff	LCM Cutoff	Men
33				19 - under 200 Medley Relay				34
35				14 - Under 200 Medley Relay				36
37				12 - Under 200 Medley Relay				38
39				10 - Under 200 Medley Relay				40
	2:42.99	3:00.09	3:05.69		2:31.99	2:47.89	2:55.99	
	2:39.29	2:55.99	3:01.09		2:26.39	2:41.79	2:48.89	
41	2:37.39	2:53.99	2:59.69	13-19 200 IM	2:22.59	2:37.59	2:43.89	42
	3:31.09	3:35.19	3:59.79		3:29.49	3:51.49	3:57.79	
43	2:57.29	3:15.89	3:21.69	12 - under 200 IM	2:56.29	3:14.69	3:21.79	44
	1:07.39	1:14.39	1:16.19		1:02.19	1:08.79	1:11.49	
	1:05.79	1:12.69	1:14.39		59.79	1:06.09	1:08.39	
45	1:04.89	1:11.69	1:14.09	13-19 100 free	58.09	1:04.19	1:06.89	46
	1:26.79	1:36.09	1:38.49		1:24.59	1:23.39	1:36.39	
47	1:10.99	1:18.39	1:22.69	12-under 100 free	1:10.49	1:17.89	1:20.39	48
	1:24.09	1:32.89	1:36.39		1:18.09	1:26.29	1:28.09	
	1:21.99	1:30.59	1:33.89		1:14.69	1:22.49	1:26.39	
49	1:21.49	1:30.09	1:32.49	13-19 100 breast	1:13.19	1:20.89	1:24.99	50
	50.69	55.99	58.29		50.79	56.19	58.39	
51	42.49	46.89	47.89	12-under 50 breast	42.59	46.99	49.09	52
	2:39.59	2:56.29	3:01.29		2:29.79	2:45.49	2:54.09	
	2:35.89	2:52.19	2:57.99		2:23.39	2:38.39	2:43.89	
53	2:35.39	2:51.69	2:58.19	13-19 200 back	2:19.89	2:34.49	2:43.59	54
	1:39.89	1:50.29	1:55.69		1:37.49	1:47.69	1:51.89	
55	1:24.59	1:33.49	1:34.99	12-under 100 back	1:22.49	1:31.09	1:35.39	56
	1:13.49	1:21.19	1:22.89		1:08.09	1:15.29	1:16.99	
	1:11.79	1:19.39	1:20.39		1:05.09	1:11.99	1:13.39	
57	1:10.99	1:18.39	1:19.49	13-19 100 fly	1:03.59	1:10.19	1:12.19	58
	45.89	50.69	51.89		44.69	49.29	49.89	
59	36.49	40.29	40.89	12-under 50 fly	36.69	40.59	41.29	60
	6:55.49	6:03.59	6:13.99		6:50.29	5:59.09	6:08.39	
	6:22.39	5:34.59	5:42.99		6:03.19	5:17.79	5:27.99	
	6:16.29	5:29.39	5:34.69		5:51.29	5:07.49	5:14.39	
61	6:13.69	5:27.09	5:35.19	11-19 400 free	5:44.19	5:01.19	5:11.09	62