



**OKLAHOMA
SWIMMING**

Oklahoma Age Group Championship Meet 2010 Short Course Championship

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

March 12-14, 2010

Sanction # OK10-018

Time Trial Sanction # OK10-019

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: Chesapeake Swim Club

FACILITIES: 25 yard, 8 lane pool with non-turbulent lane ropes. Controlled temperatures. Electronic timing. Large spectator seating area. Athlete rest area. The depth of the pool at the starting blocks is 10'6". The depth of the pool at the bulkhead for turns is 8'. The venue is certified. All venue pool areas available at all times for warm-up and cool down during the competition.

**FORMAT/
ELIGIBILITY:** This championship meet will be ran in a prelims/finals format for all age groups except where noted. This meet is open to all USA Swimming athletes within the Oklahoma Swimming LSC. Age as of the 1st (first) day of the competition, March 12, 2010 will determine eligibility for an age group. Oklahoma Swimming Age Group Short 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

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time standards. ALL relays will be timed finals. All individual event finals will consist of a single Championship Final Heat in each age group unless specified otherwise. The 10-Under and 11-12 age groups will be combined for the preliminary session and then separated for the finals. Likewise, the 13-14, 15-16, and the 17-19 age groups will be combined for the preliminary session and then separated for the finals. Finals heats will be swum for the following age groups; 10-under, 11-12, 13-14, 15-16, and 17-19.

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

SCHEDULE:		WARM-UP	STARTS/SPRINTS	MEET STARTS
Friday	Timed Final:	4:30-5:10 pm	5:10-5:25 pm	5:30 pm
Saturday	Preliminaries:	7:30-8:10 am	8:10-8:25 am	8:30 am
Saturday	Finals:	4:30-5:10 pm	5:10-5:25 pm	5:30 pm
Sunday	Preliminaries:	7:30-8:10 am	8:10-8:25 am	8:30 am
Sunday	Finals:	3:30-4:10 pm	4:10-4:25 pm	4:30 pm

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

WARM-UP: Teams will be notified of time and lane assignments by March 11, 2010 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. All swimmers without a coach of record will be assigned to warm-up with the host team. The Meet Referee will resolve disputes.

There will be a single “OPEN” warm-up session for Friday’s session. The competition pool and the adjoining pool area will be available for general warm-up. The adjoining pool area will be set up with lane ropes. Each morning, lanes will be assigned for all teams in either the competition pool or the adjoining lap pool. Teams assigned to the competition pool on Saturday will alternate to the shallow pool warm-up area on Sunday morning. The biggest team of the 4 in the shallow end of the lap pool will have the open water space extending to the deck by the locker rooms. Each “FINALS” session will have a single “OPEN WARM-UP” session. The competition pool and the adjoining lap pool area will be available for general warm-up. See the outline above for the warm-up schedule, and the start/sprint lane availability. During Starts and Sprints the competition pool will be divided into the following lane assignments: Lanes 1 and 8 for pace work; Lanes 2, 4, 5 and 7 for starts and sprints; Lanes 3 and 6 for swim back only. Dive entry is allowed only in the competition pool. During

warm up coaches are allowed to use their assigned lane in the competition pool as they choose. All attending teams may participate in starts and sprints regardless of pool assignment.

RULES: This meet is held under current 2010 USAS 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 athlete from the East, 1 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 \$1.87 goes to OKS Aquatic Fund)
\$7.00 per relay time trial event (\$2.19 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, and then a maximum of one additional heat (a 0 heat) per event may be added. Events will not be re-seeded. Deck entries will close 30 minutes prior to the start of each session. Entry fees are double the listed normal entry fee for the meet. Entry fees will be \$7.00 for I.E. and \$14.00 for Relay Events. All athletes entered in the meet are subject to the Meet Surcharge Fee of \$18.00

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 prelim sessions. Each team is limited to 2 (two) relay teams per event. An "A" and "B" relay. 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 7 (seven) individual events for the meet, with no more than 3 (three) individual events per day, plus relays. Time trials will be offered and will be held following each session, if time permits.

DISTANCE EVENTS: On Friday night, the 13-19 400 IM and 1650 Freestyle events will be swum as a timed finals event. They will be seeded and swum together, and scored separately. The 13-19 400 IM, 13-19 1650 Freestyle and 11-12 500 Freestyle will be swum fastest to slowest alternating women and men. The 10-Under 200 Freestyle will swim in "normal" order. The 13-19 500 Freestyle on Sunday will

be timed finals event in prelims for everyone except the top 8 seeded times for women and men. The top 8 seeded times women and men will be swum in finals. The whole event will be seeded together, but scored separately on Sunday evening after finals are swum. A POSITIVE CHECK-IN IS REQUIRED FOR ALL EVENTS LISTED IN THIS SECTION. POSITIVE CHECK-IN FOR EACH EVENT WILL CLOSE 30 MINUTES PRIOR TO THE START OF THE SESSION. FAILURE TO SHOW FOR A "POSITIVE CHECKED IN EVENT" WILL RESULT IN THE ATHLETE BEING SCRATCHED FROM THEIR NEXT INDIVIDUAL EVENT.

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 National, 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 Monday, March 8. No late entries will be accepted.** 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 short course yard times first priority, short course meters times second priority followed by long 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. Each team should make one check payable to: Chesapeake Swim Club for all entries. All entry fee payments should be mailed to: Meet Director, Paul Thompson PO Box 6570 Norman OK 73070-6570. Do not send any mail requiring signature confirmation for delivery. Entry fee payment should be sent after review and confirmation of the team entry report filed on Monday March 8, 2010. All emailed entries must be followed up with payment of entry fees 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 1st (first) day of the meet. Failure to follow the above information will result in the entire team being scratched from the meet.

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

AWARDS:

Oklahoma Age Group Championship medals will be awarded for individual events 1-8 place finish. Relays will be awarded 1st, 2nd, and 3rd place finish. 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: 9 and under, 10, 11, 12, 13, 14, 15, 16, and 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 achieving the meet qualifying time standards. The qualifying time must be made in prelims or finals.

SCRATCHES/ SEEDING: For the Oklahoma Swimming Age Group Championships, swimmers may qualify by using scy, scm, or lcm times. Swimmers should enter with the appropriate time for the course in which they have qualified. **Seeding for events will be done as follows: scy first seeding priority, scm second seeding priority, lcm third seeding priority.** The meet will be pre-seeded except for the 500 freestyle events, 1650 Freestyle, and the 400 I.M. Positive check-in is required for the 13-19 500 Free, 1650 Free and the 400 IM. Positive check-in is also required for the 11-12 500 Free. Swimmers not checked-in for these events will be scratched. Those checked-in who do not swim will be scratched from their next individual event in accordance with OKS rules. Heats will be combined 13-19, seeded by time, and swum fastest to slowest alternating heats of women and men. The events will be scored separately. The 11-12 500 Free will swim fastest to slowest, alternating heats of women and men. **Positive Check-IN closes 30 minutes before the start of the session that those events are scheduled.**

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 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.

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.** The use of camera phones for photographic purposes while in the locker rooms is strictly 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. Anyone attending the event who wishes access to the deck for the purpose of team photography is required to contact the Meet Director in advance of any such activity. No photography activity will be permitted that impedes the successful operation of the meet. Only team photography is allowed from the deck area. Individual athlete photography is permitted only from the spectator seating area upstairs.

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. Advance notice is given that there will be the possibility that photographs of the athletes in attendance may be taken during the competition.

MERCHANDISE: A full supply of swim merchandise will be available for purchase.

HEAT SHEETS A meet program/ heat sheet will be available for purchase for \$5.00
Finals heat sheets will be available for purchase for \$1.00

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 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 Short 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	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, 5:38.89	6:13.19, 5:54.39, 5:48.69	2
3	3:09.29	3:29.09	3:36.09	10-under 200 free	3:00.39	3:19.39	3:24.79	4
5	6:55.49	6:03.59	6:13.99	11-12 500 free	6:50.29	5:59.09	6:08.39	6
7	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 1650 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	8

Women	Saturday Prelims	Men
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9	10-under 200 Medley Relay	10
11	12-under 200 Medley Relay	12
13	14-under 400 Medley Relay	14
15	19-under 40 Medley Relay	16
17	12-under 100 IM	18
19	13-19 200 IM	20
21	12-under 50 free	22
23	13-19 50 free	24
25	12-under 50 back	26
27	13-19 100 back	28
29	12-under 100 fly	30
31	13-19 200 fly	32
33	12-under 50 breast	34
35	13-19 100 breast	36
37	11-12 200 free	38
39	13-19 200 free	40

Saturday Finals						
SCY	SCM	LCM		SCY	SCM	LCM
Cutoff	Cutoff	Cutoff		Cutoff	Cutoff	Cutoff
			10-under 100 IM	1:36.29	1:46.29	
1:39.39	1:49.79		11-12 100 IM	1:20.69	1:29.09	
1:23.39	1:31.99		13-14 200 IM	2:31.99	2:47.89	2:55.09
2:42.99	3:00.09	3:05.69	15-16 200 IM	2:26.39	2:41.79	2:48.99
2:39.29	2:55.99	3:01.09	17-19 200 IM	2:22.59	2:37.59	2:43.89
2:37.39	2:53.99	2:59.69	10-under 50 free	37.09	40.89	42.49
37.89	41.89	42.99	11-12 50 free	32.19	35.59	36.69
33.09	36.59	37.79	13-14 50 free	28.49	31.49	32.79
30.99	34.29	35.19	15-16 50 free	27.39	30.29	31.19
30.39	33.59	34.49	17-19 50 free	26.59	29.29	30.29
30.09	33.19	34.09	10-under 50 back	46.49	51.29	53.29
46.19	50.99	52.99	11-12 50 back	37.99	41.99	43.99
38.19	42.19	43.89	13-14 100 back	1:09.59	1:16.89	1:20.59
1:14.19	1:21.99	1:24.29	15-16 100 back	1:06.19	1:13.19	1:16.49
1:12.09	1:19.69	1:22.69	17-19 100 back	1:04.19	1:10.89	1:14.89
1:11.69	1:19.19	1:23.09	10-under 100fly	1:47.79	1:59.09	2:01.49
1:49.79	2:01.29	2:03.89	11-12 100 fly	1:22.29	1:30.89	1:33.49
1:23.69	1:32.49	1:34.79	13-14 200 fly	2:31.99	2:47.89	2:51.99
2:40.99	2:57.89	3:02.29	15-16 200 fly	2:24.49	2:39.69	2:43.19
2:36.49	2:52.89	2:56.19	17-19 200 fly	2:20.39	2:35.19	2:38.89
2:34.59	2:50.79	2:55.09	10-under 50 breast	50.79	56.19	58.39
50.69	55.99	58.29	11-12 50 breast	42.59	46.99	49.09
42.49	46.89	47.89	13-14 100 breast	1:18.09	1:26.29	1:28.09
1:24.09	1:32.89	1:36.39	15-16 100 breast	1:14.69	1:22.49	1:26.39
1:21.99	1:30.59	1:33.89	17-19 100 breast	1:13.19	1:20.89	1:24.99
1:21.49	1:30.09	1:32.49	11-12 200 free	2:33.19	2:49.29	2:54.29
2:37.39	2:53.89	2:57.39	13-14 200 free	2:15.69	2:29.89	2:35.19
2:37.39	2:53.89	2:57.39	15-16 200 free	2:10.09	2:23.69	2:28.59
2:24.99	2:40.19	2:44.39	17-19 200 free	2:07.89	2:21.29	2:26.09
2:21.19	2:35.99	2:39.49				
2:20.29	2:34.99	2:38.89				

Women	Sunday Prelims	Men
41	10-under 200 Free Relay	42
43	12-under 200 Free Relay	44
45	14-under 400 Free Relay	46
47	19-under 400 Free Relay	48
49	12-under 100 free	50
51	13-19 100 free	52
53	12-under 100 back	54
55	13-19 200 back	56
57	12-under 50 fly	58
59	13-19 100 fly	60
61	12-under 100 breast	62
63	13-19 200 breast	64
65	12-under 200 IM	66
67	13-19 500 free	68

			Sunday Finals			
SCY	SCM	LCM		SCY	SCM	LCM
Cutoff	Cutoff	Cutoff		Cutoff	Cutoff	Cutoff
1:26.79	1:36.09	1:38.49	10-under 100 free	1:24.59	1:33.39	1:36.39
1:10.99	1:18.39	1:22.69	11-12 100 free	1:10.49	1:17.89	1:20.39
1:07.39	1:14.39	1:16.19	13-14 100 free	1:02.19	1:08.79	1:11.49
1:05.79	1:12.69	1:14.39	15-16 100 free	59.79	1:06.09	1:08.39
1:04.89	1:11.69	1:14.09	17-19 100 free	58.09	1:04.19	1:06.89
1:39.89	1:50.29	1:55.69	10-under 100 back	1:37.49	1:47.69	1:51.89
1:24.59	1:33.49	1:34.99	11-12 100 back	1:22.49	1:31.09	1:35.39
2:39.59	2:56.29	3:01.29	13-14 200 back	2:29.79	2:45.49	2:54.09
2:35.89	2:52.19	2:57.99	15-16 200 back	2:23.39	2:38.39	2:43.89
2:35.39	2:51.69	2:58.19	17-19 200 back	2:19.89	2:34.49	2:43.59
45.89	50.69	51.89	10-under 50 fly	44.69	49.29	49.89
36.49	40.29	40.89	11-12 50 fly	36.69	40.59	41.29
1:13.49	1:21.19	1:22.89	13-14 100 fly	1:08.09	1:15.29	1:16.99
1:11.79	1:19.39	1:20.39	15-16 100 fly	1:05.09	1:11.99	1:13.39
1:10.99	1:18.39	1:19.49	17-19 100 fly	1:03.59	1:10.19	1:12.19
1:53.39	2:05.29	2:09.89	10-under 100 breast	1:49.69	2:01.19	2:06.69
1:32.89	1:42.69	1:45.99	11-12 100 breast	1:31.49	1:40.99	1:45.09
3:00.69	3:19.69	3:27.99	13-14 200 breast	2:49.39	3:07.09	3:17.19
2:56.39	3:14.89	3:21.19	15-16 200 breast	2:42.59	2:59.69	3:08.79
2:55.79	3:14.19	3:20.79	17-19 200 breast	2:39.29	2:55.99	3:04.59
3:31.09	3:53.19	3:59.79	10-under 200 IM	3:29.49	3:51.49	3:57.79
2:57.29	3:15.89	3:21.69	11-12 200 IM	2:56.29	3:14.69	3:21.79
6:22.39	5:34.59	5:42.99	13-14 500 Free	6:03.19	5:17.79	5:27.99
6:16.29	5:29.39	5:34.69	15-16 500 Free	5:51.29	5:07.49	5:14.39
6:13.69	5:27.09	5:35.19	17-19 500 Free	5:44.19	5:01.19	5:11.09