

USA Swimming 2009 Speedo Champions Series

Western Zone Gold Summer Sectional Championship

July 22-27, 2009 Fresno, CA

Held under USA Swimming & Central California Swimming Sanction # S1609AK, Time Trial Sanction #S1709AK

- Host:** Clovis Swim Club
Information: www.clovisswimclub.org or www.centralcalswim.org
Location: CLOVIS NORTH AQUATICS COMPLEX (CLOVIS NORTH HIGH SCHOOL)
2770 E International Ave. Fresno, CA 93730.
Follow this link for directions to the Aquatics Center:
www.teamunify.com/SubTabGeneric.jsp?team=clov&stabilid=3699.
- Note:** The intersection of Shepherd and Willow is closed for construction.
- Facility:** Two 50 M x 25 yard outdoor pools. The main competition pool has a uniform depth of 7 ft. The adjacent multi-purpose pool has an 8-lane 50 M course for continuous warm up and warm down. The facility has the capability of starting from both ends of the competition pool. The Competition pool has been certified according to articles 104.2, 104.2.2C (4), 202.3, 202.4 and 206.2 USAS Rules and Reg.
- Time:** Wednesday July 22, 2009 – 4:00 PM (Timed Final), Thursday July 23 to Sunday July 26, 2009 – Preliminaries 9:00 AM
Monday July 27, 2009 5-K Open Water Championship, Millerton Lake State Recreation Area (See attached application).
- Warm Up:** Wednesday July 22, 2009 Noon and Thursday July 23– Sunday July 26 6:30 AM. All Swimmers must enter the water feet first with a three point entry during warm up.
- Rules:** Current USA Swimming rules will apply and the National Championship procedures will govern. All swimmers must be 2009 registered members with USA Swimming. Coaches must present USA Swimming credentials when requested. Swimmers in the 800 meter free and the 1500 meter free must provide their own timer and lap counter. Lap counting devices will be provided.
- Coaches Meeting:** There will be a coaches meeting at the venue site at 2:45 pm on Wednesday, July 22, 2009. A representative from every team must attend. The scratch deadline for Thursday's events will be 4:30 PM on Wednesday.
- Format:** This is a preliminary and finals meet with the preliminaries beginning each day at 9:00 AM. Finals each day will begin at a time designated by the meet referee, but no sooner than 2 hours after completion of preliminaries, whichever is later. For all events there will be a Bonus, Consolation, and Championship Final in that order with the exception of the 1500 meter freestyle, 800 meter freestyle and the Relays which will be swum as timed finals. The fastest women's and men's heat of the 1500 will be swum in the finals on Sunday. All other heats of the 1500 will swim fastest to slowest alternating women and men after the conclusion of the preliminaries. Upon checking in, an AM or PM designation will be available for those swimming in the 1500 meter freestyle. The 800 meter freestyle will swim on Wednesday at 4:00 PM seeding fastest to slowest alternating women and men. All preliminary heats will be swum fastest to slowest. The preliminary heats of the 400 meter freestyle and the 400 meter Individual Medley will swim alternating women and men fastest to slowest. Relays will have an AM or PM designation at check in. Finals relay order: fastest two women's heats followed by the fastest two men's heats, then alternating women and men, fastest to slowest. There will be a 10 min. break before Relays in Finals
- Competitors:** Open only to USA Swimming registered swimmers who met the qualifying times from the following LSC's: Central California, San Diego Imperial, Sierra Nevada, Southern California, & Pacific Swimming
- Special Note:** At the discretion of the Meet Referee and host club, the meet may be swum in 'A' and 'B' flights. If the session is swum in flights, there will be 7 preliminary heats of each event in the A flight followed by a brief break and continuing into the B flights for the remaining heats. All preliminary heats of both A and B flights will be swum fast to slow. If entries warrant, the preliminaries will run "in chase" from both ends of the pool.
- Entry Media:** All entries must be received through one of two media before the **entry deadline of Tuesday, July 14, 2009.**
All entries shall be submitted electronically. You may either enter via the USA Swimming On-Line Meet Entry (OME) system at www.usaswimming.org/OME or via Hy-Tek Team Manager entries. Hy-tek (SDIF files) must be sent either via email with entry file, meet entry report, and relay report as attachments to clovis.entries@sbcglobal.net or via diskette or CD mailed to the address below before the entry due date. Please use the event file as provided on the CCS or Clovis Swim Club websites for Hy-tek entries. All mailed entries must include a printout of your entries.
- Entry Rules:** Swimmers may enter all events for which they are qualified. Swimmers are limited to compete in three (3) events per day including time trials and are limited to six (6) individual swims for the entire meet. A swimmer with five (5) or fewer entered events may enter up to one (1) bonus event if he/she has achieved the bonus entry time standard (label "B" on entry form). Please indicate on the entry form whether the entry time is short course yards (Y) or long course meters (L). Bonus events should be entered with best yard or meter time and labeled (YB) or (LB). All entry times must have been achieved between May 1, 2008 and the entry deadline (see exception in "Late Cuts" section).
Relays: A team may not enter more than two (2) relays in each event. The relay proof of time form must be completed by using a team or aggregate time. A swimmer may only be used once to prove a relay time. Relay only swimmers must be included on the master team entry form. Relay teams must positively check in prior to the scratch deadline. At check in, teams will be asked an AM or PM designation. However, at the discretion of the Meet Referee, relays may be contested only after finals Friday through Sunday
- Proof of Time:** This is a proof of time meet. The meet host will verify all entries against the USA Swimming SWIMS database. An unverified entry time must be proven by the scratch deadline or the swimmer or relay will be scratched from that event. Only swimmers and/or relay teams with verified times will be seeded. Entry times not proven by the scratch deadline shall be subject to the "Responsibility Clause" in the USA Swimming Rules & Regulations (207.8.3).

| | | | |
|---------------------------------|---|--|--|
| Check In & Scratches | <p>SWIMMERS ONLY NEED TO CHECK IN ONCE FOR THE ENTIRE MEET. THOSE SWIMMERS COMPETING IN THE 800 M FREESTYLE MUST CHECK IN BY 3:30 PM ON WEDNESDAY. CHECK IN FOR ALL OTHER PRELIMINARY EVENTS WILL CLOSE AT 8:30 AM FOR THE FIRST FOUR EVENTS OF THE DAY AND ONE HOUR PRIOR TO THE ESTIMATED START OF ALL OTHER EVENTS. ONCE CHECKED IN, YOU ARE THEN CHECKED IN FOR THE ENTIRE MEET, EXCEPT THE 1500 FREESTYLE AND ALL RELAYS, UNLESS SCRATCHED. CHECK IN FOR RELAYS WILL CLOSE AT THE SCRATCH DEADLINE ON THE DAY PRIOR TO THE RELAY. Scratching events requires the use of the scratch card for all events. In order to be seeded, positive check in for the 1500 free is required and the check in and scratch deadline is 8:30 AM Sunday. The scratch deadline for all other events will be at 6:30 PM on the day before. A swimmer who fails to scratch and 'no shows' a preliminary event or a timed final event, will be removed from the rest of that day's individual and relay events, plus the swimmer must positively check in for all of their individual events on all subsequent days by the scratch deadline for that day to be seeded. A Swimmer who fails to scratch and 'no shows' a final will be removed from the meet.</p> | | |
| Meet Referee: | <p>The Meet Referee is Richard Pierson. He will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the Meet Referee. (805-402-1447), email: rlpierson@gmail.com</p> | | |
| Officials: | <p>This is a USA Swimming Officials National Qualifying Meet. You may find an application to officiate and an application for evaluation at: www.centralcalswim.org. Please direct all questions to the Central California Swimming Officials Chair: Jim Patterson jasdpatterson@comcast.net <u>Schedule of Official's, Briefings</u> Official's Briefing on Wednesday, July 22, 2009: 2:30 PM to 3:30 PM (required for all officials) Official's Briefing Trials: Begins at 8:00 AM (required for all officials) Official's Briefing Finals: Begins at 5:00 PM (required for all officials)</p> | | |
| Entry Fees: | <p>\$10.00 per individual event. \$20.00 per relay team entered. \$25 per entry for the 5 K Open Water Swim. All fees must accompany the entry forms. No refunds. Make Checks payable to: Clovis Swim Club</p> | | |
| Entry Deadline: | <p>Entries must be received by Tuesday July 14, 2008. If you are sending a disk or CD, next day delivery service with tracking is recommended. You must sign 'no signature required' on shipping label. No late entries will be accepted. Entries Sent US Postal mail should be sent to:</p> | | <p>Sectional Entries Clovis Swim Club P.O. Box 27606 Fresno, CA 93729-7606</p> |
| | Please have Next day entries (non-US Mail) sent to: | | <p>Dowain Wright 664 E. Woodhaven LN Fresno, CA 93720 559-285-0489</p> |
| Late Cuts: | <p>New (not updated) qualifying times achieved on the weekend of July 18-19 may be entered through the Administrative Referee at the qualifying meet. Submit the entries via email at clovis.entries@sbcglobal.net no later than 11:59 PM Sunday, July 19, 2009. Fees are to be paid upon arrival at the Sectional Meet.</p> | | |
| Time Trials: | <p>Time Trials (\$10.00 per swim) will be available for swimmers entered into the meet including relay only swimmers. Time trials will run according to the National Championship Meet Procedures. Time Trials will begin after the conclusion of the preliminaries. The total number of individual events (regular and time trial) cannot exceed three for any day. Swimmers must provide their own timer and if appropriate, lap counter. A lap counting device will be provided. Time trials for the 800 meter free are available on Wednesday and time trials for the 1500 will be available on Sunday only. Time Trials on Sunday will be available with time permitting.</p> | | |
| Awards: | <p>Team awards: first through third place in each division. Large, Medium, and Small Team Divisions will be based on the number of individual events entered by a team. High point award: The top male and female swimmer. Individual event awards: first through eighth place. Relays awards: first through third place. Scoring to be as follows: 32-28-27-26-25-24-23-22; 20- 17-16-15-14-13-12-11; 9-7-6-5-4-3-2-1, relay scoring will have double the point value. Divisional scoring will be based on the 24 places and the point you earn will be applied towards your teams overall score in team's division. No tiered Scoring by Division. There will be "Coach of the Meet" award to be balloted on the final day of the meet during the preliminaries.</p> | | |
| RV Parking: | <p>There is limited parking for self-contained RVs in the Clovis North High School West parking lot Please contact the Asst. Meet Director for details.</p> | | |
| Open Water: | <p>A 5 kilometer open water event will be held on Monday July 27 and is open to all Sectional entrants. This event will not count towards a team point total, individual high point awards or individual event limit. See information below.</p> | | |
| Contacts: | <p>Dowain Wright Meet Director 559-285-0489 664 E. Woodhaven Fresno, CA 93720 scs2009.clovis@sbcglobal.net</p> | <p>Vinnie Chacon Asst. Meet Director 559-977-8414 (RV Parking)</p> | <p>Mike Snyder Open Water Swim 559-392-0131</p> |

USA Swimming 2009 Speedo Championship Series

Long Course Meters

Order of Events

| Women | | | Men | | | |
|--|----------|----------|-----------------------|----------|----------|----|
| # | Yards | Meters | Event | Meters | Yards | # |
| <u>Wednesday – July 22, 2009 - 4:00 PM</u> | | | | | | |
| 1 | 10:43.19 | 9:35.99 | 800 Freestyle | 9:08.99 | 10:10.99 | 2 |
| <u>Thursday – July 23, 2009 – 9:00 AM</u> | | | | | | |
| 3 | 2:12.59 | 2:28.29 | 200 Butterfly | 2:17.19 | 2:00.69 | 4 |
| 5 | 2:29.39 | 2:50.79 | 200 Breaststroke | 2:36.69 | 2:14.89 | 6 |
| 7 | 2:11.59 | 2:31.19 | 200 Backstroke | 2:19.49 | 1:59.69 | 8 |
| 9 | :55.09 | 1:02.59 | 100 Freestyle | :57.19 | :49.39 | 10 |
| <u>Friday – July 24, 2009 – 9:00 AM</u> | | | | | | |
| 11 | 1:58.69 | 2:14.89 | 200 Freestyle | 2:05.09 | 1:48.79 | 12 |
| 13 | 4:42.99 | 5:19.99 | 400 Individual Medley | 5:00.89 | 4:20.29 | 14 |
| 15 | 8:17.79 | 9:25.99 | 800 Freestyle Relay | 8:26.79 | 7:31.29 | 16 |
| <u>Saturday – July 25, 2009 – 9:00 AM</u> | | | | | | |
| 17 | 2:13.59 | 2:32.89 | 200 Individual Medley | 2:21.29 | 2:01.59 | 18 |
| 19 | :25.39 | :28.99 | 50 Freestyle | :26.09 | :22.59 | 20 |
| 21 | 5:12.99 | 4:41.99 | 400 Freestyle | 4:26.49 | 4:53.99 | 22 |
| 23 | 3:50.09 | 4:21.89 | 400 Freestyle Relay | 3:55.29 | 3:24.39 | 24 |
| <u>Sunday – July 26, 2009 – 9:00 AM</u> | | | | | | |
| 25 | 17:57.49 | 18:20.99 | 1500 Freestyle | | | |
| 26 | 1:01.09 | 1:10.89 | 100 Backstroke | 1:04.39 | :54.99 | 27 |
| | | | 1500 Freestyle | 17:29.99 | 16:59.99 | 28 |
| 29 | 1:09.19 | 1:19.19 | 100 Breaststroke | 1:11.99 | 1:01.99 | 30 |
| 31 | 1:00.49 | 1:08.19 | 100 Butterfly | 1:01.59 | :54.19 | 32 |
| 33 | 4:15.79 | 4:52.99 | 400 Medley Relay | 4:23.99 | 3:49.09 | 34 |
| <u>Monday – July 27, 2009 – 8:30 AM</u> | | | | | | |
| 35 | | NT | 5 K Open Water | NT | | 36 |

Scratch Deadline – 6:30 PM on the day prior to the event. Positive Check In: 800 Free, 1500 Free, & All Relays.

Warm up procedures:

Noon Wednesday Pool open, non-competition courses.

3:00 – 3:30 PM Wednesday only – general warm up, competition pool.

3:30 – 3:50 PM Wednesday only – Lanes 1 and 8 designated for push pace, Lanes 2 and 7 one way sprints.

All Other Days:

6:30 – 7:00 AM -- Pool open, non-competition courses.

7:00 – 8:00 AM -- The competition course will be open for general warm up - No diving

4:00 – 5:00 PM --

8:00 – 8:50 AM -- Lanes 1 and 8 designated for push pace, Lanes 2 and 7 one way sprints and starts.

5:00 – 5:50 PM –

Additional lanes may be opened as needed by the referee.

8:50 AM and 10 minutes prior to the start of finals -- Pool Cleared.

BONUS EVENT TIME STANDARDS

| | <u>Women</u> | | <u>Men</u> | |
|------------------|--------------|----------|------------|----------|
| | Meters | Yards | Meters | Yards |
| 50 free | 29.59 | 25.99 | 26.69 | 23.09 |
| 100 free | 01:03.89 | 56.19 | 58.39 | 50.39 |
| 200 free | 02:17.59 | 02:01.09 | 02:07.59 | 01:50.99 |
| 400/500 free | 04:47.69 | 05:19.29 | 04:31.89 | 04:59.89 |
| 800/1000 free | 09:47.51 | 10:58.09 | 09:19.99 | 10:23.29 |
| 1500/1650 free | 18:43.09 | 18:19.09 | 17:50.99 | 17:20.39 |
| 100 backstroke | 01:12.39 | 01:02.39 | 01:05.69 | 56.09 |
| 200 backstroke | 02:34.29 | 02:14.29 | 02:22.29 | 02:02.09 |
| 100 breaststroke | 01:20.79 | 01:10.59 | 01:13.49 | 01:03.29 |
| 200 breaststroke | 02:54.29 | 02:32.39 | 02:39.89 | 02:17.59 |
| 100 butterfly | 01:09.59 | 01:01.79 | 01:02.89 | 55.29 |
| 200 butterfly | 02:31.29 | 02:15.29 | 02:19.99 | 02:03.19 |
| 200 IM | 02:35.99 | 02:16.29 | 02:24.19 | 02:04.09 |
| 400 IM | 05:26.39 | 04:48.69 | 05:06.99 | 04:25.59 |



Hotel Information

Go to the Fresno Convention and Visitors Bureau for your hotel reservations.

www.fresnocvb-housing.org/events.php?id=65

Please book early as rooms fill fast in July.

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Fresno, CA**

Team Information Sheet

Team Name: _____

LSC: _____

Head Coach: _____

Asst. Coach: _____

Asst. Coach: _____

Team Address: _____

Email: _____

Phone: _____

Fax: _____

Where is team staying in Fresno: _____

Hotel Phone: _____

Cell Phone: _____

Total number of 2009 USA-Swimming Certified Coaches in attendance: _____

Please complete this form and submit it with your entries.

2009 Western Zone Gold Sectional Championship
Relay Proof of Time

CLUB _____ USA-Swimming Code _____

Note for each relay team listed; list the qualifying time that can be proven for each team, team time or aggregate, and the swimmers names and times. The named swimmers may be relay only members. A swimmer may be listed once per relay event. Any swimmer listed on the Official Team Entry may compete on any entered relay team. An aggregate relay entry time must include the individual times of all four swimmers.

Event 15 Women's 800 Meter Freestyle Relay- Friday July 24, 2009

| | |
|------------------------------|------------------------------|
| Team A Entry Time _____ | Team B Entry Time _____ |
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |

Event 16 men's 800 Meter Freestyle Relay- Friday July 24, 2009

| | |
|------------------------------|------------------------------|
| Team A Entry Time _____ | Team B Entry Time _____ |
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |

Event 23 Women's 400 Meter Freestyle Relay- Saturday July 25, 2009

| | |
|------------------------------|------------------------------|
| Team A Entry Time _____ | Team B Entry Time _____ |
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |

Event 24 Men's 400 Meter Freestyle Relay- Saturday July 25, 2009

| | |
|------------------------------|------------------------------|
| Team A Entry Time _____ | Team B Entry Time _____ |
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |

Event 33 Women's 400 Meter Medley Relay- Sunday July 26, 2009

| | |
|------------------------------|------------------------------|
| Team A Entry Time _____ | Team B Entry Time _____ |
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |

Event 34 Men's 400 Meter Medley Relay- Sunday July 26, 2009

| | |
|------------------------------|------------------------------|
| Team A Entry Time _____ | Team B Entry Time _____ |
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |

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Relay Entry Form

WOMEN

#15 – 800 M Free Relay

9:25.99 m

8:17.79 y

A. _____

B. _____

#23 – 400 M Free Relay

4:21.89 m

3:50.09 y

A. _____

B. _____

#33 – 400 M Medley Relay

4:52.99 m

4:15.79 y

A. _____

B. _____

MEN

#16 – 800 M Free Relay

8:26.79 m

7:31.29 y

A. _____

B. _____

#24 – 400 M Free Relay

3:55.29 m

3:24.39 y

A. _____

B. _____

#34 – 400 M Medley Relay

4:23.99 m

3:49.09 y

A. _____

B. _____

Meet Entry Summary:

Total Number of Individual Men's Entries _____ x \$10 = _____

Total Number of Individual Women's Entries _____ x \$10 = _____

Total Number of Men's Relays _____ x \$20 = _____

Total Number of Women's Relays _____ x \$20 = _____

Total Due = _____

Make checks payable to "Clovis Swim Club"

Western Zone Gold – California –Nevada Sectionals
5 Kilometer Open Water Swim
Central California Swimming Sanction # S1809AK
Monday, July 27, 2009
8:30 AM – Men
8:40 AM – Women

Host: Clovis Swim Club

Race Director: Mike Snyder 559-392-0131

Sponsored by: Sierra Multisport Productions

Information: www.centralcalswim.org/ , www.clovisswimclub.org

Where: Millerton Lake, 15 miles northeast of Fresno.

For a map go to http://www.parks.ca.gov/?page_id=587 and look up “map of location”. **The park entry fee is \$7 per vehicle.**

Directions: Coming from the South take FWY 41 North: Take Friant road exit. Turn right at the traffic light – you are on Friant road. Stay on this road for the next 15 miles till you pass the small town of Friant. Go past the Shell station up to the dam and down to the park entrance, then a left into the park – follow the signs to the Open Water Swim.

Course: The swimming competition course will be three times around a 1600 M out and back course with a 100 M entry and exit. The course will be marked with buoys. The competition will start and finish in the water.

Eligible Athletes: Any entered swimmers (individual or relay) in the Western Zone Gold Sectional Swimming Championships may enter and compete in the Open Water Competition.

Check in & Registration: Registration and check in will begin at 7:00 AM at the Millerton. Race day to registrations will be accepted up to 8:00 AM on the day of the race. At 8:15 AM there will be a pre-race briefing.

Entry fee: \$25.00 with sectional entry and up to the coaches meeting on Wednesday July 22nd. Entries will be accepted during the meet and up to the morning of the swim, \$40.00

Entry: This event will be included in the Hy-tek meet file with the Sectional (Pool) Swim events or you can enter through the USA Swimming On-Line Meet Entry (OME) system at www.usaswimming.org/OME ; either one of these two entry media will be accepted on or before the meet entry deadline. Paper entries will be accepted after the entry deadline and at the meet venue. Paper entry forms can be found at the at the meet administration table.

Awards: Every participant will receive a race swim cap to wear during the race. Awards will be given to the top eight finishers in the men’s and women’s divisions. Scoring is to 24 places. Team awards for 1-3 will be given.

Note: This event will not count towards the overall individual event entry limit, high point awards, and/or team point total, at the 2009 Speedo Champions Series.

Safety: The course will be monitored by a Safety Boat, Kayak Safety Marshals and State Park lifeguards.

Hotels: Hotel reservations can be made at <http://www.fresnocvb-housing.org/events.php?id=65> .

(Cut Here)

Last Name: _____ First Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____

Phone: (____) _____ DOB ____/____/____ USA Swimming Number _____

Sex: M____ F____

Club Affiliation _____ Club initials _____

Fee: _____ \$ 25 up to the coaches meeting on Wednesday July 22nd

_____ \$ 40 at the meet or up to 30 minutes prior to race start.