

**CENTRAL SECTION REGION VIII  
SHORT COURSE SWIMMING CHAMPIONSHIP  
MARCH 1 - 4, 2001**

**SANCTIONED BY:** USA Swimming and Arkansas Swimming

**SANCTION #:** 01AR0302M

**SPONSORED BY:** Little Rock Arkansas Dolphins and Wal-Mart Swim Club

**LOCATION:** University of Arkansas  
HPER Natatorium  
Stadium Drive and Meadow Street  
Fayetteville, AR 72701

**FACILITY:** 8 lane, 8 foot wide, 25 yard indoor competition pool 6 to 7 feet deep and an 8 lane 25 meter warm up pool with non turbulent Keifer non turbulent lane ropes, non-skid slanted starting blocks, Colorado Timing system with touchpads and an 8 line scoreboard.

**ELIGIBILITY:** Open to all USA registered swimmers in CSRVIII who meet the qualifying times. NO CONVERSIONS WILL BE PERMITTED (meter times for short course will be seeded at the cutoff).

**LIMIT OF EVENTS:** Each swimmer may enter as many events as he/she qualifies for, but may COMPETE in only a maximum of 6 individual events plus relays; no more than 3 individual events per day including time trials.

**PROOF OF TIMES:** A swimmer failing to make a qualifying time in the preliminaries has the following options:  
(1) Proof of time that he/she has previously achieved the standard with final results. This must be accomplished at the meet.

**NOTE:** Proof of times must come from final results of a USA Swimming sanctioned or approved meet, showing swim meet, location, date, and sanction number.

2) Pay a twenty (\$20) fee to the CSRVIII Travel Fund to continue to swim. This must be accomplished at the meet. This is limited to three (3) fees being paid by the swimmer before being barred from further competition within this meet. (Three (3) payments and you are out of meet!)

3) Being barred from the next day's events in the meet including relays if (1) or (2) are not done. Completion of the above must be completed within thirty minutes after the conclusion of that morning's session. If this is the last day of events, item 4 applies.

4) "Last Day of Competition"--Swimmers who do not pay the "Proof of Times Fee" or prove their times prior to the end of the meet, will have their clubs contacted after the meet. Fees or proof must be accomplished, through the CSRVIII Chairman prior to the entry date of the next CSRVIII Meet, or the swimmer will be barred from future CSRVIII meets. A list will be sent to the Meet Director of the following CSRVIII meet.

TABS

TAB'S for Proof of Times

Tabs may be used providing a blank signed check is provided to the Proof of Time personnel before the first day's activities start for the specific club.

**RELAYS:** The 2 fastest heats of relays will be swum in the finals. All remaining heats of the relays will be swum at the conclusion of that day's preliminaries. The option of changing the relay procedures will be decided at the Thursday night coaches meeting. (Relays may be seeded slower if it is done prior to the scratch deadline for that day's events.) Relays not making the qualifying times need not prove them unless they desire to score. This proof would be done by showing aggregate times of the individuals on that team.

**EVENTS:** All events will be swum prelims and finals except the 1000, 1650, and relays. When finals are held, there will be a bonus, consolation final, and finals heat swum .

### FREESTYLE

#### **800/1000 & 1500/1650**

For the 800/1000 or the 1500/1650, you may use proofs from any of these events to enter. Proof of times for these must be presented prior to the scratch deadline for that day's events. Swimmers using non-conforming distances should enter at the cutoff time.

**PROOF OF TIME & CHECK IN** Proof of times must come from final results of a USA Swimming sanctioned or approved meet showing swim meet, location, date and sanction number.

**NOTE:** Proof of time will be considered a check-in for the 1000/1650 Freestyle

- 1) 500 do not have to prove times.
- 2) If time has not been proven as stated above (1000, 1650), the swimmer is automatically scratched.
- 3) If a swimmer decides to scratch after proving, he or she needs to follow the scratch procedures USA Swimming 206.5.9.
- 4) If the time has been proven, the swimmer is seeded and does not show up for his her heat, then the penalty will be in accordance with USA Swimming 206.5.9.

500-This event is swum prelim and finals. The 500 prelims will be swum as follows: Swim the fastest four heats women/men then the balance of the heats alternating women/men swimming fastest to slowest. (4<sup>th</sup> fastest 15-32, 3<sup>rd</sup> fastest 17-24, 2<sup>nd</sup> fastest 1-8) (4<sup>th</sup> seeded time finals, 3-2-1 championship seeding).

1000-The 1000 shall be swum as follows: 1st three heats, women's 3rd fastest (17-24), 2nd fastest (9-16), 1st fastest (1-8) then same format for men, 3rd, 2nd, 1st, then alternating the rest of the swimmers women then men fastest to the slowest.

1650-The fastest heat of the women's and men's 1650 will be swum in their normal place during finals. The slowest heats will be swum following the prelims, after the relays, alternating heats of women and men. These heats will be swum fastest to slowest.

#### **400 INDIVIDUAL MEDLEY**

400 Individual Medley—This event is swum prelim and finals. The 400 IM will be swum as follows: Swim the fastest four heats women/men then the balance of the heats alternating women/men swimming fastest to slowest. (4<sup>th</sup> fastest 15-32, 3<sup>rd</sup> fastest 17-24, 2<sup>nd</sup> fastest 9-16, 1<sup>st</sup> fastest 1-8) (4<sup>th</sup> seeded time finals, 3-2-1 championship seeding.) (Prelim only)

#### **SCRATCH PROCEDURE:**

The scratch procedures will be IAW current USA Swimming policies. (206.5.9)  
Thursday/S.C.--Check in no later than 4:30 p.m.  
Thurs/Fri/Sat/S.C.—7:00 p.m. for following days

#### **ENTRY FEES:**

Entry fees will be \$5 for individual events and \$10 for relay events. Sixty percent (60% of the entry money (including deck entries) will be retained by the host. Forty percent (40%) of the entry money will be turned over to the CSRVIII

Travel fund. All proof-of-time money (\$20) shall go to the CSRVIII Travel Fund.

**SURCHARGE:** There is a \$10 surcharge per swimmer.

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**ALL CHECKS SHOULD BE MADE PAYABLE TO: The Dolphin Club, Inc.**

**ENTRY DEADLINE:** Entries should be submitted on HY-TEK COMLINK Disk. Send entry forms by Overnight Delivery no later than **Tuesday, February 20, 2001**. Entry forms must be received on or before **Wednesday, February 21, 2001**. Teams sending disks must confirm with hard copies by the above days. Entries received after this date will be seeded at the cutoff and charged the deck entry fee.

**MAIL ENTRIES TO: Paul Blair**

**216 Ridgeway Drive  
Little Rock, AR 72205  
Phone & Fax: (501) 664-0748  
E-Mail: LRockSwim@aol.com**

**DECK ENTRIES:** Entries will be accepted on the deck up until the check-in/scratch deadline time for that day's events. Deck entry fees will be \$7.50 for individual events and \$15 for relay events. Of the \$7.50 deck entry fee for individual events, \$4.50 goes to the host, \$3 to the CSRVIII Travel Fund. Of the \$15 deck entry fee for relays, \$9 goes to the host, \$6 to the CSRVIII Travel Fund. All deck entries will be seeded at the cutoff time.

**TRAVEL FUND:** Any swimmer who makes the National USA Swimming qualifying time, participates in the CSRVIII Meet and the National Senior Meet, same events (no time trials) is eligible for a share of the Travel Fund. Each swimmer desiring aid from the Travel Fund must submit, in writing to the CSRVIII Chairman a travel expense report upon completion of participating in the USA Swimming National, by the date so indicated at the CSRVIII meeting.

Request and expense report should be submitted to:

Hank Enterline  
CSRVIII Chairman  
904 N. Peters Avenue  
Norman, OK 73069-7868  
PH: (405) 364-9294 (H)

**RULES:** 2001 Official USA Swimming rules will prevail.

**SCORING:** Scoring shall be through sixteen (16) places. Relays will be scored double. Any swimmer in an individual event who places will be permitted to score team points provided that they have a provable previous time even though they do not swim the qualifying time. Individuals should be permitted to score points as long as their legal residence is within the LSC of the club they represent or within a one hundred (100) mile of the club's legal address. Note: Federal or State returns will be submitted if there is a challenge made. In order for the relay teams that doesn't swim the qualifying times to score points, they must furnish proof that the times standard has been previously made with the aggregate times of the exact individuals who participate in the relay's being proved. In relay's being proved all four individual swimmers must be eligible to score team points for relays to score team points.  
Educational Exception: Swimmers enrolled as current full time students, their school address can be used as their legal address. Current transcripts will constitute proof.

**AWARDS:** Trophies shall be awarded for the women's and men's teams for the top 3 places. The

CSRVIII Traveling Trophy shall be presented to the combined team winner. High point awards will be given to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> individual women's and men's high point winners. Medals will be given to 1<sup>st</sup> – 8<sup>th</sup> place in individual events and 1<sup>st</sup> – 3<sup>rd</sup> in relay events.

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**MEETINGS:** A meeting of the CSRVIII Chairman, Meet Director, Coaches, and Referee will be held Thursday at 2:00 p.m.

**POOL**

**AVAILABILITY:** The pool will be available for warm-up Thursday evening from 3:00 - 5:15 p.m.

**STARTING TIMES:**

|                     | <u>Warm-up</u> | <u>Meet starts</u> |
|---------------------|----------------|--------------------|
| Thursday            | 3:00 p.m.      | 5:30 p.m.          |
| Fri/Sat/Sun prelims | 7:00 a.m.      | 9:00 a.m.          |
| Fri/Sat/Sun finals  | 4:00 p.m.      | 5:30 p.m.          |

**WARM-UP TIMES:** Warm-up times will be determined by the teams' final placing from last year's short course meet. This will be done at the Thursday meeting.

**WARM-UP PROCEDURES:** The prelim warm-ups will be broken up into 3 times.

Session 1: 7:00 - 7:45 a.m.

Session 2: 7:45 - 8:30 a.m.

Session 3: 8:30 - 8:50 a.m. (all teams)

- 1) Each team will be assigned a lane at the Thursday meeting based upon their team placing at last year's short course meet. Lane assignments will be posted at the pool.
- 2) Each teams' coach must remain at their assigned lane to supervise warm-ups.
- 3) Lanes with multiple teams in them should communicate with the other teams what they are doing.
- 4) Teams may do sprints during this time if the lane is cleared by other swimmers.
- 5) All warm-ups are also under the supervision of the Head Meet Marshall.
- 6) At 8:30 a.m. lanes 2-3-4-5-6-7 will become sprint lanes. Lanes 1 & 8 will be for pace work.

For the finals, warm-ups will be from 4:00 - 5:20 p.m.

a) General warm-up in lanes 3-4-5-6

b) Pace 50's and 100's in 1 & 8

c) Dive sprints in 2 & 7

**COACH OF THE YEAR AWARD:** Coach of the year will be given out twice a year. The short course award will be presented at the long course meet and the long course award will be presented at the short course meet. Nominations should be a short summary at the Thursday (SC) Wednesday (LC) meetings. The award will be presented at Saturday (LC), Sunday (SC) night's finals.

**HONEST EFFORT:** An honest effort in all competition is required. Failure to make an honest effort shall result in disqualification from the event. The determination of an honest effort performance will be made by the Meet Committee or the Referee.

**TIME TRIALS:**

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- 1) Time trials can be conducted at the conclusion of each day's session.
- 2) A swimmer must be entered in the meet (individual event) to be eligible to participate in Time Trials.
- 3) The entry fee will be \$5 per individual event and \$10 per relay event. Time Trial entry forms will be included in the coach's packet.
- 4) Time trials shall be swum in order listed under meet program. **NOTE:** Coaches are reminded that swimmers may compete in no more than three (3) individual events per day including time trials.
  - a) First Full Day: that day's events followed by the remaining events in the meet.
  - b) Second Day: that day's events, followed by the events of the remaining days of the meet followed by the events of the previous days.
  - c) Final Day: that day's events; that day's 1650 yard free style may be swum followed by events of the previous days if time permits.
- 5) **Final night: Time Trials will be offered to Senior possible qualifiers only**
- 6) Time trials shall not start after 3:00 p.m.

**LODGING**

**INFORMATION:**

**Red Roof Inn \$55**  
1000 S. Futrall  
(501) 442-3041

**Hampton Inn \$58**  
735 S. Shiloh Drive  
(501) 587-8300

**OTHER INFORMATION:**

**PARADE OF ATHLETES:** There will be a parade of the top 8 athletes in each event.

**AWARDS CEREMONY:** The top 3 finishers in each event will report to the awards stand for the awarding of the bronze, silver and gold medals.

**BREAKS:** Breaks will be strategically planned for rest during the competition. These will be announced at the coaches meeting.

# Central Section Region VIII Summary Sheet

Name of Club: \_\_\_\_\_ Club Code: \_\_\_\_\_

Attending Coaches' Names: \_\_\_\_\_  
\_\_\_\_\_

Number of individual entries \_\_\_\_\_ @ \$ 5.00 \_\_\_\_\_

Number of relay entries \_\_\_\_\_ @ \$10.00 \_\_\_\_\_

Number of swimmers (Surcharge) \_\_\_\_\_ @ \$10.00 \_\_\_\_\_

Total enclosed \_\_\_\_\_

Team Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Warm Up Preference: \_\_\_\_\_ Early \_\_\_\_\_ Late

(Will be determined based on last years team results. Assignments will be announced at the coaches meeting.)

In consideration of the acceptance of this entry, we hereby waive and relieve any and all claims against USA Swimming, Arkansas Swimming, Inc., the host club, and officials.

Signature of coach or club representative: \_\_\_\_\_

Please send entries to: Paul Blair

216 Ridgeway Drive  
 Little Rock, AR 72205  
 Phone and Fax: (501) 664-0748  
 E-mail: LRockSwim@aol.com

Make checks payable to: **The Dolphin Club, Inc.**

## CENTRAL SECTION REGION VIII QUALIFYING TIMES

**Short Course  
 Fayetteville, AR  
 March 1-4, 2001**

| EVENT #          | WOMEN       |              | EVENT            | MEN          |             | EVENT # |
|------------------|-------------|--------------|------------------|--------------|-------------|---------|
|                  | Long Course | Short Course |                  | Short Course | Long Course |         |
| <b>Day One</b>   |             |              |                  |              |             |         |
| 1                | 9:50.19     | 11:04.39     | 800/1000 Free    | 10:24.59     | 9:18.39     | 2       |
| <b>Day Two</b>   |             |              |                  |              |             |         |
| 3                | 2:16.89     | 2:00.39      | 200 Free         | 1:48.79      | 2:05.09     | 4       |
| 5                | 1:22.59     | 1:11.69      | 100 Breast       | 1:04.19      | 1:15.39     | 6       |
| 7                | 1:10.59     | 1:02.19      | 100 Fly          | 55.69        | 1:02.79     | 8       |
| 9                | 5:30.79     | 4:47.69      | 400 IM           | 4:27.89      | 5:04.29     | 10      |
| 11               | 9:53.69     | 8:36.99      | 800 Free Relay   | 7:48.99      | 9:17.59     | 12      |
| <b>Day Three</b> |             |              |                  |              |             |         |
| 13               | 2:36.09     | 2:16.19      | 200 IM           | 2:03.09      | 2:22.39     | 14      |
| 15               | 29.29       | 25.89        | 50 Free          | 22.89        | 25.99       | 16      |
| 17               | 2:58.69     | 2:36.69      | 200 Breast       | 2:22.39      | 2:45.39     | 18      |
| 19               | 1:13.49     | 1:03.19      | 100 Back         | 57.19        | 1:06.59     | 20      |
| 21               | 4:46.89     | 5:20.59      | 400/500 Free     | 4:57.09      | 4:27.99     | 22      |
| 23               | 5:05.59     | 4:22.79      | 400 Medley Relay | 3:54.99      | 4:35.09     | 24      |
| <b>Day Four</b>  |             |              |                  |              |             |         |
| 25               | 19:10.69    | 18:46.39     | 1500/1650 Free   | 17:42.99     | 17:52.39    | 26      |
| 27               | 2:38.19     | 2:16.29      | 200 Back         | 2:05.69      | 2:26.39     | 28      |
| 29               | 1:03.39     | 55.79        | 100 Free         | 49.69        | 57.19       | 30      |
| 31               | 2:37.49     | 2:17.59      | 200 Fly          | 2:07.19      | 2:25.09     | 32      |

