

2016 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET
Central Zone Section 1 Spring Championships
Hosted by The Lake Forest Swim Club
Pleasant Prairie RecPlex Aqua Arena, Pleasant Prairie, Wisconsin
March 10-13, 2016

The Section 1 Speedo Champions Series Championships will be conducted in ten 50-meter lanes for both preliminary and finals sessions.

SANCTIONED BY: Wisconsin Swimming, Inc. **SANCTION #:** WI2016-050S **TIME TRIALS SANCTION #:** WI2016-05TT
MEET HOST: Lake Forest Swim Club Follow this link for more information: www.swimfsc.org

GENERAL INFORMATION

DATES: Thursday, March 10 through Sunday, March 13, 2016

LOCATION: Rec Plex Aqua Arena, 9900 Terwall Terr., Pleasant Prairie, WI 53158

Entrance to the building for all Spectators, Coaches, Athletes, Officials, and Meet Personnel is located on the south side of the building - west entrance.

FACILITY: The competition pool is a 10-lane, 50-meter indoor pool ranging from 7' 0" to 7' 1" in depth. Lanes are 7' 4" wide with 6-inch Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. Colorado timing system and display. The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.

POOL AVAILABILITY To schedule training prior to the official start of the meet please contact the Aquatic Director by February 24th.

Kevin Milak, Aquatic Director (262) 947-3630 kmilak@plprairiewi.com

PARKING: Free parking is available at the following locations:

- 1) auxiliary lots across the street from the pool;
- 2) lot on the northeast side of building;
- 3) street parking in front of the facility.

MEET REFEREE: Jayne Spittler (815) 382-9952 jaynespittler@sbcglobal.net
Amy Hoppenrath

KEY CONTACTS: Laurel Liberty, Meet Director (847) 735-5372 coachlaurel@sbcglobal.net
Michael Lawrence, Entry Chair (847) 735-5372 lfsc@sbcglobal.net

Jayne Spittler, Meet Referee (815) 382-9952 jaynespittler@sbcglobal.net
Laurel Liberty, Admin Official (847) 735-5372 coachlaurel@sbcglobal.net

Michael Lawrence, Section Chair (847) 220-3940 pegasus523@gmail.com

John Bradley, Zone Director coachjb@swimorcas.com
Amy Hoppenrath, Zone Director ahoppenrath@gmail.com
Edie Mueller, Officials Chair edie.mueller@me.com

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| | | | |
|--------------------------|--------------------|---|-----------------------------|
| MEETING SCHEDULE: | General Meeting | Thursday, 3:00pm | Dolphin and Orca Rooms |
| | Officials Meetings | Thursday, 4:00pm Fri/Sat/Sun, 8:00am Prelims | Shark Room 5:00pm Finals |

SPECTATOR ADMISSION and HEAT SHEETS: Spectator seating will open 90 minutes prior to the scheduled start of each session.

| | | |
|---------------------------|--------------------------------------|-------------------------|
| \$3.00 Thu Heat Sheets | \$6.00 Fri/Sat/Sun \$2.00/session | (10 & under, no charge) |
|---------------------------|--------------------------------------|-------------------------|

REGISTRATION and DECK ACCESS: Team Registration and Credential pick-up will be open Thursday, March 10th, 2:00pm-7:00pm and Friday, March 14th, 7:00am-9:00am. To register at other times please contact the Meet Director.

Deck access is restricted to participating athletes, coaches, volunteers and working officials. Official meet credentials must be displayed on deck at all times. There is a \$10 replacement fee for lost credentials.

COMPETITION SCHEDULE:

| | <u>Thurs, 10 March</u> | | <u>Fri/Sat/Sun, 11-13 March</u> |
|--------------|------------------------|--|---------------------------------|
| Meet Warm-up | 3:30-5:00pm | | Meet Warm-up 7:00-8:45am |
| Timed Finals | 5:00pm | | Preliminary Heats 9:00am |
| Time Trials | TBA | | Time Trials TBA |
| | | | Meet Warm-up 4:30-5:45pm |
| | | | Championship Finals 6:00pm |

Feet first three-point entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition in accordance with Wisconsin Swimming Rules and Policies.

GENERAL MEETING and OTHER COACHES MEETINGS: It is the obligation of every swimmer entered in the meet to attend or be represented at all meetings and to become acquainted with the changes (if any) and the decisions made at this meeting including changes to the meet format or conduct.

OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and re-certification evaluations for N2- and N3-level positions. A combined Request for Evaluation/Application to Officiate is available on the Central Zone website. Completed forms should be sent to the Assistant Central Zone Officials Chair, as indicated on the form. Opportunities for evaluations may be limited by time and personnel resources. Availability of final evaluations for N-3 Starter and N-3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

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ENTERING THE MEET

ELIGIBILITY:

All entered swimmers must be current (2016) athlete members of USA Swimming. All coaches and officials must be non-athlete members under current USA Swimming rules and policies.

All USA Swimming members who are properly registered with the following LSCs are eligible to compete in this 2016 Spring Speedo Champions Series Meet: Illinois, Iowa, Minnesota, North Dakota, South Dakota and Wisconsin.

Classified Disability Swimmers may enter the meet without achieving the time standards; enter at the best non-conforming time for that event.

Up to 150 USA Swimming members who are properly registered with other LSCs will be permitted entry into the meet on a first-come basis. Each non-resident swimmer must have achieved the qualifying standard in one or more individual events. Non-resident swimmers are eligible to swim Bonus Events and Time Trials.

ENTRY DEADLINE:

Entries may be submitted beginning February 1, 2016 (9:00am Central Daylight Time) and will be accepted through **Wednesday, March 2, 2016 at 11:59pm (Central Daylight Time)**.

ENTRY PROCEDURE:

All entries must be submitted using the USA Swimming OME (online meet entry) system at www.usaswimming.org/ome. Payment method through OME must be Visa, MasterCard, American Express or Discover. Entries are not considered accepted until payment method is validated. A confirmation email will be sent upon completion of your entries.

Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Once entries are paid for, times can be modified and events can be added, but events cannot be deleted. Please contact Anthony Buhr at USA Swimming with any questions on the OME system abuhr@usaswimming.org or (719) 866-3581.

Please contact Meet Director Laurel Liberty at LFSC with any questions regarding entries or payment, (847) 735-5372, coachlaurel@sbcglobal.net.

NEW ENTRIES ACHIEVED AFTER March 2, 2016:

Entries for athletes achieving qualifying standards for the first time between March 2 and March 6, 2016, must be submitted by email to Meet Director Laurel Liberty, coachlaurel@sbcglobal.net. These entries must be received by 6:59pm (Central Time) on Monday, March 7, 2016, and cannot be used to improve the seed time of previously submitted entries.

Confirmation of receipt of New Entries is the sole responsibility of the sender. Payment for new entries must be received prior to the start of the meet.

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LATE ENTRIES: Any team or athlete missing the entry deadline will be permitted to submit a Late Entry subject to the following restrictions:

- 1) Late entries must be submitted via email to Meet Director Laurel Liberty, coachlaurel@sbcglobal.net no later than Monday, March 7, 2016, 6:59pm CT.
- 2) A one-time processing fee of \$50 *and* entry fees of \$20 per individual event; \$25 per relay event must be paid prior to start of the meet.

Confirmation of receipt of Late Entries is the sole responsibility of the sender. Payment for late entries must be received prior to the start of the meet.

QUALIFYING PERIOD: All submitted entry times must have been achieved after July 1, 2014, and prior to the entry deadline. Qualifying time standards are included in this packet.

ENTRY FEES: \$12.50 per individual event; \$25.00 per relay event. Late entry fees are \$20 per individual event, \$25 per relay event. (See section regarding Late Entries for more information.)

ATHLETE SURCHARGES: Central Zone Athlete Surcharge of \$1.00 and a Wisconsin Swimming Athlete Surcharge of \$3.00 per athlete entered in the meet (including relay only athletes) will be collected at the time of entry (total surcharges = \$4.00/swimmer).

ENTRY LIMITS: Swimmers may enter as many events as they qualify for and may compete in a maximum of three individual events per day including time trials. A team may enter no more than 2 relay teams in each relay event.

BONUS EVENTS: Bonus events are permitted as follows:

- 1) Swimmers entering 1 or 2 individual events are permitted to swim 1 Bonus Event at the meet.
- 2) Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event.
- 3) The 800 and 1500 freestyle are not offered as Bonus Events.
- 4) All Bonus Event entries must meet the minimum Bonus Event time standard (included).

PROOF OF TIME: All "Custom or Override Times" must either be

- 1) verified prior to the scratch deadline for that event; or,
- 2) "down-seeded" (written request required) prior to seeding the event.

If the entry time is "down-seeded" the athlete may still compete; however, if Proof Of Time is not provided as specified AND the swimmer fails to achieve the minimum qualifying time standard, a fine of \$100 will be assessed. All fines must be paid to the meet host(s) prior to the start of the following session. Fines not paid prior to the start of the final session of the meet shall be automatically doubled.

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CHAMPIONSHIP PROCEDURES

RULES:

Current USA Swimming Rules and Regulations will govern the conduct of the meet and will serve as the official guide for technical and procedural rules. It is the responsibility of all swimmers and coaches to acquaint themselves with the information contained in this meet information.

National Championship administrative procedures will serve as the guide for all administrative procedures at the meet.

Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

CONDUCT OF THE MEET:

The Section 1 Speedo Champions Series Championships will be conducted in ten 50-meter lanes for both preliminary and finals sessions. Seeding priority for the meet is Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY).

Championship ("A"), Consolation ("B") and 2 Bonus ("C" & "D") Final heats will be conducted in the finals session for all events EXCEPT the 800/1500 free and all relay events. The "D" Final heat will be restricted to swimmers age 18 & under following National Championship procedures.

The 800 and 1500 freestyle will be conducted as timed final events. Positive check-in is required for these events. Each swimmer must provide a timer and lap counter. All relay events will be conducted as timed final events. Positive check-in is required for these events.

The single fastest heat of the 800/1500 free will be swum in the finals. The 2 fastest seeded heats of the 4x100 free and medley relays and the single fastest seeded heat of the 4x200 free relay will be swum in the finals.

In accordance with USA Swimming rules deck changing is prohibited. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

MEET COMMITTEE:

A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

SCRATCH DEADLINES:

The following are the scratch deadlines for each day's events:

| | |
|---------------------------------|----------------------------------|
| Deadline for Thursday's events: | 15 minutes after general meeting |
| Deadline for Friday's events: | Thursday 6:30pm |
| Deadline for Saturday's events: | Friday 6:30pm |
| Deadline for Sunday's events: | Saturday 6:30pm |

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READY ROOM PROCEDURE: A Ready Room will be used at these Championships prior to the start of each "A" final heat. Each swimmer qualifying for the "A" final must report to the Ready Room 15 minutes prior to that event. Swimmers qualifying for the Consolation ("B") or Bonus Final ("C" and "D") heats will report directly to their assigned lane.

AWARDS CEREMONIES: An awards ceremony will be conducted according to a schedule distributed at the meet. Swimmers should report to the awards staging area promptly.

SCORING: All events will be scored to 20 places:

Individual Scoring: 24, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1

Relay Scoring: 48, 42, 40, 38, 36, 34, 32, 30, 28, 26, 22, 18, 16, 14, 12, 10, 8, 6, 4, 2

AWARDS:

| | |
|----------------------------------|-----------------------------|
| <u>Individual Events:</u> Top 10 | <u>Relays Events:</u> Top 3 |
| <u>Women's Team:</u> Top 3 | <u>Men's Team:</u> Top 3 |
| <u>Combined Team:</u> Top 3 | |

TIME TRIALS: Time Trials will be conducted on a time-available basis and will be limited to approximately one hour each day. Time trial entry deadlines and schedules will be announced at the meet. Each swimmer must provide a timer and lap counter (if desired).

Time Trials shall be swum in the order listed under the meet program as follows:

Day One: that day's events followed by the remaining events in the meet

Day Two, Three and Four: that day's events followed by the remaining events in the meet

The 800 and 1500 free are typically offered on only one day of the meet. That day will be determined by the Meet Referee.

Entry fees for Time Trial events are \$12.50 per individual event; \$25.00 per relay event.

FUTURE MEET BIDS: Please contact Michael Lawrence, Central Zone Section 1 Contact, (847) 220-3940, pegasus523@gmail.com, with questions regarding the Section 1 Championships or to bid for a future meet.

| | |
|------------------|----------------------|
| 21-24 July 2016 | Brown Deer, WI |
| 9-12 March 2017 | Iowa City, IA |
| 19-22 July 2017 | Minneapolis, MN |
| 8-11 March 2018 | Pleasant Prairie, WI |
| 19-22 July 2018 | Iowa City, IA |
| 14-17 March 2019 | Rochester, MN |
| 18-21 July 2019 | Minneapolis, MN |
| 12-15 March 2020 | Pleasant Prairie, WI |
| 16-19 July 2020 | Brown Deer, WI |

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| WOMEN | | | | EVENT | MEN | | | |
|----------|----------|----------|-------|---------------------------|-------|----------|----------|----------|
| LCM | SCM | SCY | Event | Thursday, March 10 | Event | SCY | SCM | LCM |
| 9:49.39 | 9:33.49 | 10:54.49 | 1 | 800/1000 Freestyle | 2 | 10:14.09 | 8:57.29 | 9:12.09 |
| | | | | Friday, March 11 | | | | |
| 1:11.99 | 1:08.79 | 1:01.39 | 3 | 100 Backstroke | 4 | 56.29 | 1:02.69 | 1:05.09 |
| 1:21.49 | 1:19.19 | 1:10.49 | 5 | 100 Breaststroke | 6 | 1:03.09 | 1:10.09 | 1:12.39 |
| 2:14.99 | 2:11.99 | 1:59.09 | 7 | 200 Freestyle | 8 | 1:48.69 | 2:00.49 | 2:03.99 |
| 1:09.29 | 1:07.59 | 1:01.09 | 9 | 100 Butterfly | 10 | 55.09 | 1:00.19 | 1:01.99 |
| 2:34.49 | 2:30.29 | 2:14.39 | 11 | 200 IM | 12 | 2:03.29 | 2:16.29 | 2:21.69 |
| 9:25.99 | 9:16.69 | 8:15.39 | 13 | 800 Free Relay | 14 | 7:31.29 | 8:21.69 | 8:36.79 |
| | | | | Saturday, March 12 | | | | |
| 5:26.99 | 5:19.29 | 4:48.49 | 15 | 400 IM | 16 | 4:22.99 | 4:51.19 | 5:00.99 |
| 28.59 | 28.49 | 25.09 | 17 | 50 Freestyle | 18 | 22.49 | 25.29 | 25.99 |
| 2:54.89 | 2:51.09 | 2:32.99 | 19 | 200 Breaststroke | 20 | 2:17.59 | 2:34.39 | 2:38.79 |
| 4:44.89 | 4:37.69 | 5:16.39 | 21 | 400/500 Freestyle | 22 | 4:56.39 | 4:16.69 | 4:24.79 |
| 4:52.99 | 4:45.09 | 4:10.69 | 23 | 400 Medley Relay | 24 | 3:49.09 | 4:15.99 | 4:23.89 |
| | | | | Sunday, March 13 | | | | |
| 18:50.69 | 18:23.09 | 18:26.99 | 25 | 1500/1650 Free | 26 | 17:12.19 | 17:09.09 | 17:41.79 |
| 2:34.79 | 2:29.29 | 2:14.69 | 27 | 200 Backstroke | 28 | 2:01.69 | 2:15.19 | 2:20.39 |
| 1:02.49 | 1:00.59 | 54.49 | 29 | 100 Freestyle | 30 | 49.59 | 54.89 | 56.59 |
| 2:32.89 | 2:28.39 | 2:15.09 | 31 | 200 Butterfly | 32 | 2:01.79 | 2:13.39 | 2:18.49 |
| 4:21.89 | 4:17.39 | 3:47.79 | 33 | 400 Free Relay | 34 | 3:24.39 | 3:47.19 | 3:55.29 |

NOTES FOR THE SPRING 2016 MEET

The 2016 Spring Speedo Championship Meet will be conducted in Long Course format. The Spring meet will be conducted in 10 lanes unless timeline management dictates otherwise. This meet will be open to 150 (appx.) athletes from outside Section 1 according to stipulations and restrictions found in the meet information and posted at www.swimlfc.org.

BONUS EVENTS - Swimmers entering 1 or 2 individual events are permitted to swim 1 Bonus Event at the meet. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. The 800 and 1500 freestyle are not offered as Bonus Events. All Bonus Event entries must meet the minimum time standard below. Once an event is marked "bonus", it cannot be changed to a qualified event.

Please contact Michael Lawrence, pegasus523@gmail.com or 847 220 3940 with general meet format or procedure questions.

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Time Standards

| Women | | | EVENT | Men | | |
|--------------|------------|------------|-----------------------|------------|------------|------------|
| LCM | SCM | SCY | | SCY | SCM | LCM |
| 28.59 | 28.49 | 25.09 | 50 Freestyle | 22.49 | 25.29 | 25.99 |
| 1:02.49 | 1:00.59 | 54.49 | 100 Freestyle | 49.59 | 54.89 | 56.59 |
| 2:14.99 | 2:11.99 | 1:59.09 | 200 Freestyle | 1:48.69 | 2:00.49 | 2:03.99 |
| 4:44.89 | 4:37.69 | 5:16.39 | 400/500 Freestyle | 4:56.39 | 4:16.69 | 4:21.79 |
| 9:49.39 | 9:33.49 | 10:54.49 | 800/1000 Freestyle | 10:14.09 | 8:57.29 | 9:12.09 |
| 18:50.69 | 18:23.09 | 18:26.99 | 1500/1650 Freestyle | 17:12.19 | 17:09.09 | 17:41.79 |
| | | | | | | |
| 1:11.99 | 1:08.79 | 1:01.39 | 100 Backstroke | 56.29 | 1:02.69 | 1:05.09 |
| 2:34.79 | 2:29.29 | 2:14.69 | 200 Backstroke | 2:01.69 | 2:15.19 | 2:20.39 |
| | | | | | | |
| 1:21.49 | 1:19.19 | 1:10.49 | 100 Breaststroke | 1:03.09 | 1:10.09 | 1:12.39 |
| 2:54.59 | 2:51.09 | 2:32.99 | 200 Breaststroke | 2:17.59 | 2:34.39 | 2:38.79 |
| | | | | | | |
| 1:09.29 | 1:07.59 | 1:01.09 | 100 Butterfly | 55.09 | 1:00.19 | 1:01.99 |
| 2:32.89 | 2:28.39 | 2:15.09 | 200 Butterfly | 2:01.79 | 2:13.39 | 2:18.49 |
| | | | | | | |
| 2:34.49 | 2:30.29 | 2:14.39 | 200 Individual Medley | 2:03.29 | 2:16.29 | 2:21.69 |
| 5:29.29 | 5:19.29 | 4:48.49 | 400 Individual Medley | 4:22.99 | 4:51.19 | 5:00.99 |
| | | | | | | |
| 4:21.89 | 4:17.39 | 3:47.79 | 400 Freestyle Relay | 3:24.39 | 3:47.19 | 3:55.29 |
| 9:25.99 | 9:16.69 | 8:15.39 | 800 Freestyle Relay | 7:31.29 | 8:21.69 | 8:36.79 |
| 4:52.99 | 4:45.09 | 4:10.69 | 400 Medley Relay | 3:49.09 | 4:15.99 | 4:23.89 |

NOTES FOR THE SHORT COURSE 2016 MEET

The 2016 Spring Speedo Championship Meet will be conducted in Long Course format. The Spring meet will be conducted in 10 lanes unless timeline management dictates otherwise. This meet will be open to 150 (appx.) athletes from outside Section 1 according to stipulations and restrictions found in the meet information and posted at www.swimlpsc.org.

BONUS EVENTS - Swimmers entering 1 or 2 individual events are permitted to swim 1 Bonus Event at the meet. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. The 800 and 1500 freestyle are not offered as Bonus Events. All Bonus Event entries must meet the minimum time standard below. Once an event is marked "bonus", it cannot be changed to a qualified event.

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Bonus Event Time Standards

BONUS EVENTS - Swimmers entering 1 or 2 individual events are permitted to swim 1 Bonus Event at the meet. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. The 1000 and 1650 freestyle are not offered as Bonus Events. All Bonus Event entries must meet the minimum time standard below. Once an event is marked "bonus", it cannot be changed to a qualified event.

| Women | | | EVENT | Men | | |
|--------------------|------------|------------|-----------------------|--------------------|------------|------------|
| LCM | SCM | SCY | | SCY | SCM | LCM |
| 28.69 | 28.79 | 25.19 | 50 Freestyle | 22.69 | 25.59 | 26.29 |
| 1:03.09 | 1:01.09 | 55.49 | 100 Freestyle | 50.19 | 55.49 | 57.19 |
| 2:16.19 | 2:13.19 | 1:59.69 | 200 Freestyle | 1:49.89 | 2:01.69 | 2:05.19 |
| 4:48.19 | 4:40.09 | 5:17.89 | 400/500 Freestyle | 4:59.39 | 4:19.09 | 4:27.19 |
| NOT OFFERED | | | 800/1000 Freestyle | NOT OFFERED | | |
| NOT OFFERED | | | 1500/1650 Freestyle | NOT OFFERED | | |
| | | | | | | |
| 1:12.59 | 1:09.39 | 1:01.99 | 100 Backstroke | 56.59 | 1:03.29 | 1:05.69 |
| 2:35.99 | 2:30.49 | 2:15.29 | 200 Backstroke | 2:02.29 | 2:16.39 | 2:21.59 |
| | | | | | | |
| 1:22.09 | 1:19.79 | 1:10.79 | 100 Breaststroke | 1:03.39 | 1:10.69 | 1:12.99 |
| 2:55.29 | 2:52.29 | 2:33.59 | 200 Breaststroke | 2:18.19 | 2:35.59 | 2:39.99 |
| | | | | | | |
| 1:09.89 | 1:08.19 | 1:01.39 | 100 Butterfly | 56.39 | 1:00.79 | 1:02.59 |
| 2:34.09 | 2:29.59 | 2:15.69 | 200 Butterfly | 2:02.39 | 2:14.59 | 2:19.69 |
| | | | | | | |
| 2:35.69 | 2:31.49 | 2:14.99 | 200 Individual Medley | 2:03.89 | 2:17.49 | 2:22.89 |
| 5:29.39 | 5:21.69 | 4:49.69 | 400 Individual Medley | 4:24.19 | 4:53.59 | 5:02.39 |
| | | | | | | |
| NOT OFFERED | | | 400 Freestyle Relay | NOT OFFERED | | |
| NOT OFFERED | | | 800 Freestyle Relay | NOT OFFERED | | |
| NOT OFFERED | | | 400 Medley Relay | NOT OFFERED | | |

NOTE: There are NO bonus events at the 2016 Summer Speedo Championship Series Meet