

Four Corners Regional Championships - (SC)

DATE: March 26-28, 2010

SANCTION: Held under sanction of New Mexico Swimming, Inc. of USA Swimming # NMS10C01

LOCATION: Farmington Aquatic Center, Altitude: 5506

1151 N. Sullivan, Farmington, NM

Hosted by Four Corners Aquatic Team

FACILITIES: Indoor, 8 Lane, 50 meter pool by 25 Yards, 18 Short Course Lanes. Continuous warm-up warm-down available. Wave suppressing lane lines and ample spectator seating. This facility has not been certified for records in accordance with USA Swimming requirements under 104.2.2C(4).

TIMING: Colorado Electronic Timing System with touch-pads. Each lane will have backup timers.

SCHEDULE:

Friday: Warm-up: 3:30 pm – 4:30 pm, Start 4:30 pm

Saturday and Sunday

Preliminaries: General Warm-up: 7:30 - 8:30 a.m.

Meet Start: 8:30 a.m.

Long Course Time Trials: Warmup 45 minutes after the conclusion of Prelims. Session will start 35 minutes later.

Finals: Warm-Up: 4:20-5:20 pm

Meet Start: 5:30 pm

ELIGIBILITY:

All athletes *must* hold a 2010 USA Swimming membership card issued by USA Swimming, Inc. Swimmers who are within the 120-day transfer rule must swim UNATTACHED. Any swimmer that appears on the exception report without registration must come to the meet prepared to show their current card

SCORING:

All divisions.

Individual: 9-7-6-5-4-3-2-1

Relays: 18-14-12-10-8-6-4-2

B-A Improvement points: no improvement:0 ,.01-.1:1, .11-.5:2, .51-1.0:2, 1.01-2.0:3, 2.01-10:4, 10.01-20:5, 20.01-99:6

AWARDS: Individual:

Relays:

HIGH POINT AWARD

AA+ Division: Top male & female in each age group.

B-A Division: Top Improvement male and female in each age group.

TEAM AWARDS: Top 3 clubs. Top 3 Aggregated Teams

Spirit Award: A team spirit award will be voted on and presented after Sunday finals.

LSC Award: The LSC with the most cumulative points will be awarded the Four Corners Age Group Championship Banner.

SEEDING PROCEDURE & SCRATCH RULES:

National Scratch procedures will be used:

All scratches for the first day must be turned into the **scratch box**, or e-mailed by 2:00 p.m. March 25th to the administrative Referee, LSeckinger@aol.com. The scratch deadline for all subsequent days shall be thirty minutes after the published starting time of the final session of each day's events. Swimmers who fail to compete in a preliminary event of which they did not scratch must report to the Administrative Referee before they will be allowed to swim their next event. Swimmers that told their coach to scratch them and the coach failed to scratch will not be penalized but the coach will be assessed a \$20.00 penalty. Swimmers qualifying to swim in finals must declare their intent to scratch within 30 minutes of the posting of results - to the administrative referee. The final decision to scratch a finals event must be declared to the administrative referee within 30 minutes after their last individual preliminary event.

A swimmer not reporting to a final event, in which the results were posted for his/her swim, must report to the Administrative Referee before their next event in the meet PLUS a \$20.00 fee will be assessed.

Collected fines will go towards the following years meet.

The general meeting will be held 20 minutes before the start of warm-ups on the first day of competition.

RULES: 1. Current 2010 USA Swimming Rules & Regulations will govern the meet.

2. Age as of the first day of the meet will determine the swimmer's age group for competition. March 26, 2010.
3. **Submit entry times according to the time swam – DO NOT SUBMIT CONVERTED TIMES. Example: If the time was swum in long course meters submit the long course time. Non conforming times will be seeded last according to USA Swimming Rules and Regulations # 207.12.11B**
4. No exhibition swimming is allowed.
5. Times must have been achieved between April 6, 2009 and March 25, 2010 and verified through SWIMS.
6. **Aggregated teams** are to be teams who combine for purposes of competition and economics.
7. All Timed Final Events will be seeded into 8 lanes. Depending on entries two courses may be used in Prelims
8. **RELAYS-** All swimmers must be listed on the master sheet to be eligible to compete on a relay team. Declaration of the relay must include; (1) First and Last Names, (2) Ages, (3) Order declared, (4) Alternate Swimmers and (5) USA Swimming ID's. Relays will be swum as published in the program; no re-seeding will be done. **RELAYS MUST BE DECLARED 30 MINUTES AFTER THE START OF FINALS SESSION ON THE PREVIOUS DAY. Any Relays that are not declared will be scratched from the next days events.** The order of swimmers declared may be changed at any time prior to the start of the heat. A maximum of two (2) relay teams per club per event will be permitted. No money will be refunded to teams for an incorrect entry. Note that the two fun relay events are excluded from this rule.
9. 10 & Under events 100 yards or longer will be swum as timed finals in prelims.
10. USA Swimming procedures for warm-up will be observed as defined in the USA Swimming Rules and Regs.
11. Participating teams will be assigned lanes for timing and are expected to provide timer(s) for the duration of the assignment.
12. No Shows in Prelims will result in the athlete losing their next event and must report to the Administrative Referee for the subsequent events that day.
13. The 1650 Free will require a positive check in. The 1650 freestyle will swim fastest to slowest alternating girls and boys.
14. 1650 SWIMMERS and 500 SWIMMERS MUST PROVIDE A COUNTER. We recommend that timers be provided, these can be teammates.
15. At the Referee's discretion, individual events may be combined by age, sex, and/or distance.
16. Teams and aggregated teams may not be larger than 70 athletes.
17. Fun Relays will receive awards but no points.
18. Aggregated team coaches may request to switch with other aggregated team coaches but this is not a requirement.
19. This is a closed sanction meet where all competitors must be members of one of the four following LSC's: Arizona, Colorado, New Mexico or Utah Swimming.

**The MEET REFEREE will have the final authority on all swimming procedures and conduct of the meet.
COACHES/OFFICIALS:**

This will be an Officials Qualify Meet for those officials wishing to be evaluated for N2 & N3 certification for referee and below. Officials wishing to be evaluated must submit an Application to Officiate, to applications@csi.org no later than March 1, 2010 for assigned positions, and March 18, 2010 for non-assigned positions. Uniform is White on Blue with appropriate White Deck Shoes. There is a mandatory Officials Briefing starting at the beginning of warm-ups each Short Course session.

All coaches and uniformed officials **MUST** display their USA Swimming cards when on deck. Current certification is mandatory. Coaches that are in non-compliance will not be allowed on deck.

A mandatory Officials meeting will be held at the **START** of warm-up for each session, each day of the meet. No trainees will be allowed on deck for this meet.

ENTRIES: Swimmers may enter up to five (5) individual events per day (maximum of 7 events for the meet not including time trials), but must scratch down to and swim a maximum of three (3) individual events per Prelims Session by using the scratch box and rules in 207.12.10. Swimmers may enter and swim two (2) relay event each day. Swimmers may enter time trials to fill their maximum of 5 swims per day allowed by USA Swimming, but must be qualified and entered into at least 1 preliminary event the same day. **Swimmers must pay for all events entered no refunds for scratched events.**

Teams may enter two (2) relays per event.

ENTRY FEES: \$10.00 for each relay event.

\$4.00 for each individual event.

Swimmer Surcharge: \$ 7.00 per swimmer (Includes all swimmers listed on the master sheet for relays)(\$3.00 of this surcharge is for New Mexico Swimming).

ENTRY PROCEDURES:

Entries shall be entered via the USA Swimming Online Meet Entry System.

ENTRY DEADLINE:

Entries must be in the OME no later than 6:00 pm on **March 18, 2010**

A Psych Sheet of the entries will be posted on the Colorado Swimming web page at www.csi.org. Entry times will be verified. The team coach and/or entry chairperson will then have 48 hours from the time of posting to make corrections with the entry chairman. Incorrect entries or entry times without proof will be rejected. Each correction will be assessed double the entry fee.

Corrections should be made as follows:

Entry corrections & Proof of time correction should be sent to:

Linda Seckinger LSeckinger@aol.com

Registration corrections should be sent to: Your LSC Registration Chair

ENTRY CHAIRMAN & ADMINISTRATIVE REFEREE:

Linda Seckinger

5 Cherry Ave

Eaton, CO 80615

LSeckinger@aol.com

970-454-3697

MEET REFEREE:

John Lorimer

jlorimer@lornet.com

970-325-7961

MEET DIRECTOR:

Natalie Riley natalie@rileyindustrial.com (505) 327-5847

Any questions regarding the conduct of this meet should be directed to John Lorimer

SAFETY ISSUES:

With the exception of those lanes specifically identified as dive lanes, **all swimmers must enter warm-up lanes using a 3-point feet-first entry where both feet and one hand must be in contact with the deck or end wall immediately prior to entering the water.** Marshals/Officials/Meet Personnel/Staff who observe swimmers to be in non-compliance will make every effort to contact/warn said swimmer and/or their coach of the improper action. Consequences for non-compliance, if deemed to be repetitive, willful, or deliberately defiant by the observer, **MAY** include removal of the swimmer for the remainder of the session/competition **and/or** a \$500 fine to be paid by the athlete/coach/team/parent prior to said swimmer being allowed to compete in any future Four Corners Age Group Championship Event.

- ⌚ All coaches, officials, parents and swimmers should act in a manner to reduce the risk of any accidents.
- ⌚ Coaches are to monitor their swimmers during warm-up/meet and are responsible for their safety.
- ⌚ No forward dives or backstroke starts into the water during warm-up unless there is one-way swimming & starts with coach supervision.
- ⌚ All athletes, visiting coaches and officials are reminded that the swimming venue may have areas where additional care needs to be observed. This includes and is not limited to slippery deck, bleachers and hallways. Proper footwear and caution “may” help reduce these risks.
- ⌚ No running or horseplay is allowed and it is the responsibility of the swimmer, coach, officials and parents to monitor these activities.

⌚ Care should be given not to park in either handicapped or fire lanes as vehicles may be towed at the owner's expense.

PROGRAMS AND RESULTS:

Programs will be available for \$8.00 or \$2.00 per session. The meet program/heat sheet and the final results will be provided for teams entered in the meet. Individuals wanting final results may place an order during the meet at the awards table for \$5.00. Results will be sent back to the clubs via their entry disk, or email, hard copies will be sent upon request only.

SPECIAL INFORMATION:

NO SMOKING ON THE POOL DECK, IN THE BUILDING, OR ANY AREA FREQUENTED BY SWIMMERS.

Any damage to pool property will be grounds for dismissal from the remainder of the meet and the offenders will be held liable to the fullest extent, which the law allows.

2010 Four Corners Regional Championship Events

Friday's Events Warm-up 3:30 pm Session Start 4:30 pm

Women

Men

EV#	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	EV#
1 TF				11-18 1650 Free				2 TF
	26:04.19	25:07.39	25:16.19	11-12	25:56.49	24:48.79	24:57.49	
	24:06.39	23:25.99	23:34.19	13-14	23:14.99	22:20.49	22:28.29	
	23:53.09	23:10.59	23:18.79	15-16	22:25.59	21:48.29	21:55.89	
	23:39.89	22:58.19	23:06.19	17-18	22:10.89	21:24.19	21:31.69	
3	NT	NT	NT	18&U 400 Free Relay	NT	NT	NT	4

Saturday's Events

Warm-up 7:30 am Prelims Start 8:30 am Finals: Warmup 4:20 pm Start 5:30 pm

Women

Men

EV#	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	EV#
5tfp	4:12.99	4:06.09	3:42.69	10 & Under 200 IM	4:10.69	4:04.09	3:40.89	6tfp
7				11-18 200 IM				8
	3:29.69	3:23.09	3:03.79	11-12	3:29.59	3:22.29	3:03.09	
	3:19.99	3:13.99	2:55.49	13-14	3:09.49	3:00.79	2:43.69	
	3:15.19	3:09.49	2:51.49	15-16	3:01.79	2:54.19	2:37.69	
	3:13.49	3:07.29	2:49.49	17-18	2:56.49	2:49.69	2:33.59	
9				18&under 50 Free				10
	45.09	43.99	39.79	10&U	44.29	42.89	38.89	
	39.19	37.89	34.29	11-12	37.99	36.89	33.39	
	37.89	36.89	33.39	13-14	35.39	33.89	30.69	
	37.09	36.09	32.69	15-16	33.59	32.59	29.49	
	36.79	35.79	32.39	17-18	32.59	31.59	28.59	
11				12&under 50 Breast				12
	1:01.59	59.19	53.59	10&under	1:01.59	59.29	53.59	
	49.09	48.69	44.09	11-12	51.09	48.89	44.29	
13				11-18 200 Breast				14
	3:57.59	3:48.09	3:26.39	11-12	3:54.19	3:42.79	3:21.69	
	3:43.99	3:34.99	3:14.59	13-14	3:32.39	3:21.49	3:02.39	
	3:36.59	3:29.89	3:09.99	15-16	3:23.29	3:13.49	2:55.09	
	3:36.19	3:29.19	3:09.29	17-18	3:18.39	3:09.59	2:51.59	
15tfp	2:02.39	1:56.79	1:45.69	10&under 100 Back	1:58.09	1:53.69	1:42.89	16tfp
17				11-18 100 Back				18
	1:38.89	1:37.29	1:27.99	11-12	1:39.19	1:34.79	1:25.79	
	1:30.79	1:28.29	1:19.89	13-14	1:26.89	1:22.79	1:14.89	
	1:28.99	1:25.79	1:17.69	15-16	1:22.39	1:18.79	1:11.29	
	1:29.49	1:25.29	1:17.19	17-18	1:20.69	1:16.39	1:09.09	

19tfp	2:12.59	2:09.79	1:57.49	10&under 100 Fly	2:09.79	2:07.29	1:55.19	20tfp
21				11-18 100 Fly				22
	1:38.69	1:36.29	1:27.19	11-12	1:37.49	1:34.79	1:25.79	
	1:29.19	1:27.39	1:19.09	13-14	1:22.89	1:20.99	1:13.29	
	1:26.59	1:25.49	1:17.39	15-16	1:18.99	1:17.49	1:10.09	
	1:25.59	1:24.39	1:16.39	17-18	1:17.69	1:15.59	1:08.39	
23tfp	NT	NT	NT	18&u 200 Med Relay	NT	NT	NT	24tfp
25tfp				18&Under 500 Free				26tfp
	7:37.29	7:26.79	8:30.49	10 & Under	7:38.49	7:22.69	8:25.79	
	6:27.79	6:17.09	7:10.79	11-12	6:21.69	6:12.39	7:05.49	
	6:09.39	6:00.39	6:51.79	13-14	5:53.29	5:42.29	6:31.09	
	6:00.39	5:54.69	6:45.29	15-16	5:38.59	5:31.09	6:18.39	
	6:00.99	5:52.19	6:42.39	17-18	5:34.99	5:24.39	6:10.59	
27f	NT	NT	NT	4x100 IM Relay Mixed	NT	NT	NT	*

Saturday's Long Course Time Trials

Warm-up: 45 minutes after the conclusion of Prelims

Women

Men

EV#	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	EV#
29				18 & U 200 Free				30
31				18 & U 200 IM				32
33				18&U 50 Free				34
35				18&U 100 Fly				36

Sunday's Events

Warm-up 7:30 am Prelims Start 8:30 am Finals: Warmup 3:20 pm Start 4:30 pm

Women

Men

EV#	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	EV#
37tfp	NT	NT	NT	18&u 200 Free Relay	NT	NT	NT	38tfp
39tfp	3:48.59	3:41.19	3:20.19	10&under 200 Free	3:35.49	3:29.79	3:09.89	40tfp
41				11-18 200 Free				42
	3:03.89	3:00.29	2:43.19	11-12	3:00.69	2:55.59	2:38.89	
	2:57.09	2:52.49	2:36.09	13-14	2:47.09	2:41.49	2:26.09	
	2:51.79	2:47.99	2:32.09	15-16	2:39.99	2:34.79	2:20.09	
	2:51.09	2:46.89	2:30.99	17-18	2:37.29	2:32.19	2:17.69	
43tfp	2:17.49	2:12.59	1:59.99	10&under 100 Breast	2:13.59	2:07.79	1:55.69	44tfp
45				11-18 100 Breast				46
	1:49.99	1:46.59	1:36.39	11-12	1:49.19	1:44.99	1:35.09	
	1:43.89	1:40.09	1:30.59	13-14	1:34.89	1:32.89	1:24.09	
	1:41.09	1:37.59	1:28.29	15-16	1:32.99	1:28.79	1:20.39	
	1:39.59	1:36.99	1:27.79	17-18	1:31.49	1:27.09	1:18.79	
47				12 & Under 50 Back				48

	55.99	53.89	48.79	10&Under	56.39	54.29	49.19	
	45.49	43.69	39.59	11-12	45.69	43.69	39.49	
49				11-18 200 Back				50
	3:30.29	3:20.99	3:01.89	11-12	3:25.79	3:17.09	2:58.39	
	3:15.29	3:09.89	2:51.79	13-14	3:07.49	2:58.19	2:41.29	
	3:11.69	3:05.49	2:47.89	15-16	2:56.49	2:50.59	2:34.39	
	3:11.89	3:04.89	2:47.29	17-18	2:56.19	2:46.39	2:30.59	
51				12&Under 50 Fly				52
	55.09	53.89	48.79	10&Under	52.89	52.19	47.29	
	42.39	41.79	37.79	11-12	42.99	42.29	38.19	
53				11-18 200 Fly				54
	3:29.09	3:24.39	3:04.99	11-12	3:28.29	3:20.19	3:01.19	
	3:16.29	3:11.59	2:53.39	13-14	3:05.19	3:00.79	2:43.69	
	3:09.69	3:06.19	2:48.59	15-16	2:55.69	2:51.99	2:35.59	
	3:08.49	3:03.89	2:46.49	17-18	2:51.09	2:47.09	2:31.19	
55tfp	1:43.99	1:40.89	1:31.29	10&under 100 Free	1:41.59	1:38.49	1:29.19	56tfp
57				11-18 100 Free				58
	1:25.79	1:21.29	1:13.59	11-12	1:23.29	1:20.79	1:13.09	
	1:22.09	1:20.19	1:12.49	13-14	1:16.99	1:13.99	1:06.99	
	1:20.09	1:18.29	1:10.89	15-16	1:13.59	1:11.19	1:04.39	
	1:19.79	1:17.19	1:09.89	17-18	1:12.09	1:09.09	1:02.59	
59f	NT	NT	NT	18&Under Mixed 500 Free Decrescendo Relay	NT	NT	NT	*

Sunday's Long Course Time Trials

Warm-up: 45 minutes after the conclusion of Prelims

Women

Men

EV#	LCM	SCM	SCY	EVENT	LCM	SCM	SCY	EV#
61				18 & U 100 Free				62
63				18 & U 100 Back				32
65				18&U 100 Breast				66

Tfp: Timed Finals in Prelims

F: Event is run in finals