

2009 WESTERN ZONE SWIMMING CHAMPIONSHIP

Hosted by Hawaiian Swimming

Meet Dates August 4, 2009 – August 8, 2009

Sanction Held under the sanction of USA Swimming
Hawaiian Swimming Sanction No.: **HI20090807-WZAGC**

Meet Referee Paul Reidl, (H) 209-572-2537, (C) 209-988-4347, (E) Reidl@sbcglobal.net

Meet Director Lynn Liu, Email: wz09meetdirector@hawaiianswimming.org

Location Veterans' Memorial Aquatic Center (at the Patsy Mink Central Oahu Regional Park)
94-801 Kamehameha Highway
Waipahu, Hawaii 96797
<http://www.co.honolulu.hi.us/parks/programs/vmacinformationsheet3.13.0811.pdf>

Facility Long Course, 50 meters, 10 lanes, with 6 lanes, 25 meter diving well

PREMEET INFORMATION

Pre-meet workouts Sunday, August 2, 2009 – 7:00am – 6:00pm
Monday, August 3, 2009 – 7:00am – 7:00pm
Tuesday, August 4, 2009 – 6:30am – 8:45am

Contact Kenny Chew (swiminhi@hotmail.com, 808-780-7946) to make arrangements for workout times

Eligibility All swimmers entered must be currently registered with USA Swimming as an athlete and must be on the LSC entry form. Proof of time shall be the responsibility of the LSC. Violations of this section shall carry a fine of \$250.00 assessed to the LSC, the swimmer will be dismissed from the meet and all points earned by that swimmer will be removed (includes all relays in which the swimmer participated).

Any swimmer who within the 18 months prior to the start of the meet has participated in one (1) individual event at a USA Swimming Championships as defined in Article 207 of the USA Swimming Rules and Regulations, excluding Disability Championships and Open Water Championships, may not compete in that event or the related relay leg.

Any swimmer who within the 18 months prior to the start of the meet has participated in two (2) or more individual events at a USA Swimming Championships as defined in Article 207 of the USA Swimming Rules and Regulations, excluding Disability Championships and Open Water Championships, may not compete in the meet.

Each LSC may bring two (2) swimmers with disabilities who are 12 and under and two (2) swimmers with disabilities who are 13-18. These swimmers with disabilities are not required to meet the time standards for their age groups events.

Entry limits-- individual and relay events Each LSC may enter 400 individual events of which no more than 160 may be slower than standard. An LSC which enters more than 400 individual events and/or 160 slower than standard swims shall scratch down to the limit prior to the close of the scratch box on Tuesday (one-half hour after the start of the 1500). Failure to comply shall be deemed to have given the Meet Referee authority to eliminate entries to comply with these entry limits. Slower than standard swims will be eliminated first. Disabled swimmers will not be included as part of the LSC's 400 or 160 limits.

Each swimmer is limited to 6 individual events.

Each LSC is limited to one (1) non-standard swim per sex, per age group, in any event of 400 meters or longer. Entries over this limit must be scratched prior to the close of the scratch deadline for the event. In the event that such a scratch is not received, the Meet Referee has the responsibility to eliminate entries to comply with these entry limits.

Each LSC is limited to 2 relays per relay event. Enter relays at no time; times shall be entered at the meet prior to seeding. Swimmers entered in the meet whose age/sex meet the event description are eligible to swim that relay.

Combined Age Group Relays: Those LSCs that have fewer than four (4) athletes of the same sex in two or more recognized age groups (10/u, 11/12, 13/14, 15/16, 17/18) may elect to combine these athletes into combined relay events. Athletes in such combined relays must be previously entered in the meet and must be combined solely with other athletes from age groups with less than four (4) entered athletes. Such combined relays shall swim with, be scored with, and awarded with the 17/18 age group.

Master entry All entries shall be submitted only by the LSC. Shall be by a USA Swimming approved Standard Database Interchange Format (SDIF) electronic file with a signed hard copy backup that includes both the qualifying and non-qualifying entry counts. If an LSC chooses not to use an SDIF format for entries, it shall pay a surcharge fee of \$2.00 per individual swimmer and relay squad in addition to the regular fees. Hand entries must be made using the Western Zone Master Entry Forms (pink for girls and blue for boys.)

Entries must include: full legal name, age, USA Swimming registration number, home club code, and LSC code. Shall be the swimmer's best time from the first day of competition of the prior year to the entry deadline of the current year. For a swimmer, who does not have a long course time which makes the standard, the qualifying short course time shall be highlighted in pink on the signed hard copy and shall be designated by a Y (short course yards) or M (short course meters) on both the hard copy and the electronic file. Swimmers with non-qualifying times shall be highlighted in yellow on the signed hard copy and shall be designated with a B (non-qualifying bonus swim) and L (long course meters), Y (short course yards), or M (short course meters) on both the hard copy and the electronic file.

Entries for swimmers with disabilities shall be identified as such, shall be submitted with a time and highlighted on the hard copy of the LSC's meet entry.

Qualifying times are stated at sea level. Times achieved at an altitude of 3,000 feet or above may be adjusted in accordance with the current edition of the USA Swimming Rules and Regulations.

All times entered on the Master Entry Form must have the proper course designation circled (L, Y, or M for qualifying or B plus L, Y, or M for non-qualifying). Seeding will be based accordingly:

- Long Course Meter qualifying times (L)
- Short Course Yard qualifying times (Y)
- Short Course Meter qualifying times (M)
- Non-qualifying (Bonus) times (B plus L, Y, or M)

Entry errors The following procedure applies to and only to a swimmer whose entry is incorrect due to an administrative entry error on the LSC master entry form. The error(s) may be corrected if:

- The LSC entering the swimmer can prove, with documentary evidence, to the satisfaction of both the Meet Director(s) and the Meet Referee that the administrative error is due exclusively to the error of the LSC and not in any way the fault of the swimmer.
- Such documentary evidence must be submitted to the Meet Directors(s) or Meet Referee prior to the general meeting (no exceptions) where it will be subject to approval.
- If approved, the swimmer shall be seeded correctly.

Entry Deadline The SDIF file and signed hard copy entries must be received by 12:00pm (noon) on Wednesday, July 29, 2009. Use of express mail is recommended. Late entries will be accepted in accordance with the Western Zone Swimming Championship Regulations Section IV.5.8.10.

Entry fees \$5.00 per individual event. (\$1.25 per entry to zone treasury)
\$12.50 per relay. (\$2.90 per relay to zone treasury)

If SDIF format is not used for entries there is a surcharge of \$2.00 per swimmer and relay team in addition to the regular fees.

Make checks payable to HAWAIIAN SWIMMING

Mail entries to Gwenn Tomiyoshi
171-G Ainaola Drive
Hilo, HI 96720
(808) 936-0717
jackel@hawaiiantel.net

CONDUCT OF THE MEET

Rules Current USA Swimming/Western Zone rules shall govern the meet.

Warm-up Rules USA Swimming warm-up rules will be in effect. NO DIVING OR RACING STARTS permitted from the blocks or sides of the pool. Swimmers must enter the water slowly, feet first. Racing starts will be permitted only when sprint lanes are opened by the meet referee. Warm-ups will be under the control of the Meet Marshals. A copy of Hawaiian Swimming's warm-up rules can be found at http://www.hawaiianswimming.org/Documents/LSC%20Docs/LSC_Warm_Up_Procedures.pdf.

A warm-up schedule will be presented at the general meeting before the start of competition on Tuesday, August 4, 2009 at 11:00 am. LSCs will be assigned time and lanes for prelims. USA Swimming open lane warm-up rules will be in effect for finals which will begin one hour preceding finals.

Warm-up will begin at 9:00 am on Tuesday exclusively for the 1500 freestyle participants.

Meet Schedule

Tuesday, August 4, 2009	Warm-up:	9:00 am	Start:	10:00 am
	Relay Warm-up:	one (1) hour before the start of relays		
	Start:	no sooner than two (2) hours after the completion of the 1500s		

Wednesday - Saturday, August 5 – 8, 2009

Prelims Warm-up:	7:00 am (according to warm-up schedule)
Start:	8:30 am
Finals Warm-up:	one (1) hour before finals start
Start:	no sooner than two (2) hours after the completion of prelims

Time line A projected time line will be established by the referee and distributed at the general meeting Tuesday morning. A time line will be included in the session heat sheets each day. There will be an additional 10 minute break before the 800 freestyle event on Saturday.

Format Preliminaries and finals except for the following:

- > 1500 and 800 freestyle events (swum timed finals)
 - Will be combined and seeded according to entry time.
 - Will be swum fastest to slowest, alternating women and men.
 - Will be awarded by age groups.
- > All 15-16 and 17-18 age group prelim/finals events shall be combined in prelims and shall be divided into age groups for finals, awards and scoring.

- > All relay events (swum timed finals at the end of each finals' session)
 - All relay forms with declared entry times must be returned to the Administrative Referee or Clerk of Course by noon on the day of the relay event in order to be seeded. The Meet Referee and Administrative Referee, in concurrence, may re-seed any relay with an unrealistic entry time to the first heat with a "no time" entry time. Eight swimmers may be listed on the relay form. The order of the swimmers may be changed up to the time the lead swimmer is called to the blocks.

Scratch Procedures

Swimmers are considered checked in for all events unless scratched, except the 1500 and 800 meter freestyle events.

1. The scratch procedure and no show rule for the meet shall be the National Championship procedure and rule in the current USA Swimming Rules and Regulations.
2. Scratch box: Will be at the Clerk of Course during the meet.
3. Scratch box closing:
 - a. The scratch box will close one-half (1/2) hour after the start of the 1500 freestyle events on Tuesday for Wednesday's preliminary events.
 - b. The scratch box will close one-half (1/2) hour after the start of the finals on Wednesday, Thursday, and Friday for the next day's preliminary events.
4. **The 1500 and 800 meter freestyle events require positive check-in in order to be seeded.**
 - a. Check-in for the 1500 meter freestyle will close at 8:00 am Tuesday, August 4, 2009.
 - b. Check-in for the 800 meter freestyle will close one-half (1/2) hour after the start of finals on Friday, August 7, 2009.
 - c. Seeding for both events will be posted by 9:00 am the day the events are swum.

Scoring

Individual events:	9	7	6	5	4	3	2	1
Relay events:	18	14	12	10	8	6	4	2

Awards

Team award for 1st place – (Scottie Aschermann Team Championship Award)
 Team award 2nd place through 8th place.
 Medals 1st through 8th place for individual events.
 Medals 1st through 3rd place and ribbons 4th through 8th place for relay events.

The Adam Szmidt Team Sportsmanship Award is given for overall team spirit and good sportsmanlike attitude. Sportsmanship and spirit, not performance or team score, are the criteria.

- a. Criteria, in the order of importance, are:
 - 1) sportsmanship
 - 2) total team support
 - 3) consistent positive attitude throughout the entire meet.
 - 4) appearance (uniform, shorts, suits, etc.)
- b. Each LSC is responsible to name one coach and one athlete to the selection committee.
- c. Award will be presented at the conclusion of the last day of competition.

IMPORTANT MEET INFORMATION

Programs

Souvenir programs will be available for purchase at the meet for \$8.00. The program includes the psych sheets for the entire meet.
 Heat sheet cost: Prelims \$2.00 per session Finals \$2.00 per session
 Results for the entire meet will cost \$5.00

- Clerk of Course** The host shall provide a Clerk of Course desk at the pool for the duration of the meet. The desk shall be open from 12 pm to 5 pm on Monday, the day prior to the start of competition, from 7 am to 5 pm on Tuesday and from 7 am to the close of the scratch box for each remaining day of competition.
- Credentials** Credentials will be available at the Clerk of Course desk during the time periods listed above. Only credentialed coaches and officials will be allowed in certain areas of the pool complex.
- Meetings** General meeting, **Tuesday, August 4, 2009 at 8:00am** at the Hospitality Area (adjacent to the pool).
 > One coach and one representative from each participating LSC must attend this meeting.
 > The Meet Referee and the Meet Director(s) shall chair the meeting.
- All officials are expected to attend an officials meeting after the general meeting and prior to each session to which they are assigned.
- The Annual Zone Dinner Social and Forum, Thursday, August 6, 2009, at 7:30 pm or 30 minutes after the completion of the finals session whichever is the latest at the Hawaii Okinawan Center. Cost per person will be \$30.00 (tax and tip included). **Prepayment is required by July 17, 2009.** Use the reservation form located at <http://www.hawaiianswimming.org/Zones/Zones-2009.html#>.
- Hospitality** A Hospitality Room will be set up for credentialed coaches, managers, and officials. Refreshments will be provided for the morning and evening sessions and lunch will be provided each day.
- Swimmers meals** Lunch and Dinner bentos will be available for teams to purchase on a pre-order and pre-paid basis. Use the order form located at <http://www.hawaiianswimming.org/Zones/Zones-2009.html#>.
- After-meet Activity** Swimmers' social will be held at the Hawaiian Waters Adventure Park following Saturday finals at approximately 6:30 pm to 10:00 p.m. This activity is open to all participants, coaches, officials and family members and friends. The cost is \$30.00 per person. **Preorder and prepayment due by July 17, 2009.** Use the reservation form located at <http://www.hawaiianswimming.org/Zones/Zones-2009.html#>.
- Concessions** A Concession stand will be open throughout the meet. The Site's concessionaire is Old School Café.
- Vendors** A variety of vendors will be available.
- T-shirts** Souvenir T-shirts are available for pre-order. **Preorder and prepayment required by July 17, 2009.** Use the order form located at <http://www.hawaiianswimming.org/Zones/Zones-2009.html#>.
- Photographer** Strictly Photography will be taking the team photographs. Team photo sessions will be scheduled for Sunday, August 2, 2009 and Monday, August 3, 2009 during the warm-up time(s). Use the pre-order form located at <http://www.hawaiianswimming.org/Zones/Zones-2009.html#>. **Pre-order and pre-payment due by July 17, 2009.**
- Host hotel** The following hotels are accommodating the 2009 Western Zone Swimming Championships:
- Ala Moana Hotel
 Park Shores Waikiki
 Aqua Palms
 Ohana Honolulu Airport Hotel
- For more information, please go to <http://www.hawaiianswimming.org/Zones/Zones-2009.html>.