

USA Swimming and Chesapeake Bay Aquatic Club
Presents

The 2007 Speedo Champions Series



July 19-22, 2007

St. Mary's College, St. Mary's City, MD

Held Under USA Swimming Sanction MD-07-0044

Order of Events

Long Course Meters (Times highlighted in **BOLD RED** have been changed from 2006)

Preliminaries – 9:00 AM

Finals – 5:30 PM

Women

Men

Day 1 – Thursday, July 19

Event #	LCM	SCY	SCM		LCM	SCY	SCM	Event #
1	2:28.89	2:08.89	2:26.09	200 Individual Medley	2:17.19	1:57.49	2:14.39	2
3	1:01.39	53.79	59.99	100 Freestyle	55.99	47.89	54.59	4
5	1:18.69	1:07.49	1:17.29	100 Breaststroke	1:12.69	1:00.79	1:11.29	6
7	18:05.69	17:49.19	17:44.69	1500 Freestyle * +++				
				800 Freestyle * +++	9:00.39	9:51.09	8:49.19	8

Day 2 – Friday, July 20

Event #	LCM	SCY	SCM		LCM	SCY	SCM	Event #
9	2:11.29	1:54.79	2:08.49	200 Freestyle	2:01.69	1:44.19	1:58.89	10
11	1:07.69	58.89	1:06.29	100 Butterfly	1:00.99	52.69	59.59	12
13	5:14.89	4:35.49	5:09.29	400 Individual Medley	4:54.59	4:14.79	4:48.99	14
15	4:15.39	3:43.79	4:09.79	400 Freestyle Relay * ##	3:52.99	3:19.29	3:47.39	16

Day 3 – Saturday, July 21

Event #	LCM	SCY	SCM		LCM	SCY	SCM	Event #
17	2:27.89	2:09.69	2:25.09	200 Butterfly	2:16.89	2:01.39	2:14.09	18
19	1:09.19	59.69	1:07.79	100 Backstroke	1:03.79	53.99	1:02.39	20
21	4:34.89	5:03.69	4:29.29	400 Freestyle	4:18.59	4:44.29	4:12.99	22
23	9:06.19	7:57.59	8:54.99	800 Freestyle Relay * ##	8:26.19	7:13.39	8:14.99	24

Day 4 – Sunday, July 22

Event #	LCM	SCY	SCM		LCM	SCY	SCM	Event #
25	2:28.29	2:08.69	2:25.49	200 Backstroke	2:16.89	1:57.79	2:14.09	26
27	28.49	24.99	27.79	50 Freestyle	25.49	22.29	24.79	28
29	2:48.99	2:25.59	2:46.19	200 Breaststroke	2:38.99	2:13.29	2:36.19	30
31	4:47.99	4:09.49	4:42.39	400 Medley Relay * ##	4:23.59	3:43.89	4:17.99	32
33	9:29.49	10:27.99	9:18.29	800 Freestyle * +++				
				1500 Freestyle * +++	17:23.89	16:49.09	17:02.89	34

* 800 & 1500 Freestyle and all relay events are positive check-in events. Swimmers/teams must check in with the Clerk of Course by the scratch deadline for that event in order to be seeded.

Timed Final event, fastest two heats swim in Finals

+++ Timed Final event, fastest heat swims first in Finals (Women's fastest followed by Men's fastest)

ADMINISTRATIVE INFORMATION

Meet Referee:

Michael Downs
879 Brompton Ct.
Newport News, VA 23608-9322
757-874-8911
mhd@cox.net

Admin Referee:

Sheryl Lepisto
124 Jim Jungle Road
Millington, MD 21651
410-928-5189
slepisto@baybroadband.net

Meet Director:

Alan Hewitt
22896 Piney Wood Circle
California, MD 20619
240-925-4528
alanhewitt@mrisc.com

Meet Entries:

Linda Davis
41045 Paw Paw Hollow Ln.
Leonardtown, MD 20650
301-475-2540
davislj@md.metrocast.net

MEETING SCHEDULE

General Meeting: Wednesday, July 18th, 5:00 PM; Somerset Hall

Initial Officials Briefing: Thursday, July 19th, 7:30 AM; Somerset Hall

All other Officials Briefings will start 1 hour prior to the start of the session.

FACILITY

[St. Mary's College of Maryland](#)

[Somerset Hall Recreation & Athletic Center](#)

View [campus map](#) (pool is in building 7)

18952 E. Fisher Rd

St. Mary's City, MD 20686

Phone: 240-895-4798

Fax: 301-863-1335

50 meter 8-lane pool with continuous flow through gutters and a separate 25 yard 7 lane pool for continuous warm-up and warm-down.

Daktronics timing system and scoreboard will be used

QUALIFYING PERIOD

* January 1, 2006 through July 16, 2007

* The seeding order is:

LC meters, SC meters, SC yards

The meet will be swum with circle-seeded Preliminary heats in the morning session with Final heats in the evening session for those events being swum in a prelim/finals format.

A/B flight format: Dependent on the number of entries, and at the discretion of the Meet Referee, the Prelims sessions may be conducted in an "A/B flight" format. If adopted, details of

this procedure, including the number of heats of each event to be swum in the "A flight" session, will be announced at the General Meeting. A/B flights will only be considered if preliminary sessions are expected to exceed 4 hours.

ELIGIBILITY

- **Open to all swimmers registered with USA Swimming to one of the following LSC's – AD, AM, CT, MA, MD, ME, MR, NE, NI, NJ, PV, VA (Regions 1 & 2).**
- Contestants must have equaled or bettered the applicable qualifying times.
- Time must have been achieved no earlier than January 1, 2006.
- USA Swimming memberships will be confirmed.
- Proof of times must accompany entry.

DISABILITY SWIMMERS

Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the Meet Referee of any disability prior to the competition.

ENTRY INFORMATION

How to Enter:

- HyTek entry file, either on a 3.5 diskette labeled with the team name or emailed to: Linda Davis, davislj@md.metrocast.net is preferred.
- For email entries, please include in subject line: "Entries for SCS Championship Meet - Club-LSC" where club is *your* club initials and LSC is your LSC code.
- As an alternative you can send an entry file in SDIF format.
- **Entry Deadline: 6:00 PM, Thursday, July 12, 2007.**
- An entry summary must accompany each entry, regardless of whether entries are submitted via email, on diskette, or in writing.
- Paper entries must be made on the meet entry form.
- Entries not received by the dates specified will not be accepted.
- Please verify with your local registrar that all of your swimmers' registrations are current so they will be able to swim.
- Any potential relay only swimmers must be included on your club's entry form and meet entry file. This is needed to verify their registration status. Swimmers not included will not be permitted to participate in the meet in any manner.
- Entry times must meet the Qualifying Time Standards.
- **FAX Entry Deadline: 1:00 PM, Tuesday, July 17, 2007.** Only swims occurring from Wednesday, July 11, 2007 through Monday, July 16, which achieve a first time qualifying standard, are eligible for fax entry. FAX entries must be made on the FAX entry form - and **may**

not be used to improve the seed time of a previously submitted entry. Fax number us 301-863-1335.

- **Coaches must be prepared to prove entry times that are not in SWIMS!**
- **MEET RESULTS FROM USA SWIMMING SANCTIONED MEETS WILL SERVE AS PROOF.**
- **High School, College & YMCA Swims must be observed by USA Swimming to be a valid proof of time.**
- **Meet results from foreign or international meets must be authorized for USA Swimming purposes.**
- **Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.**
- **All swimmers, coaches and officials must be properly registered with USA Swimming for 2007 prior to the meet entry deadline of July 12th. There will be no USA Swimming Registration on site. Registrations will be verified before Deck Credentials are issued.**
- **By Friday night (July 13th) a Pre-Fax Psych Sheet will be posted on the CBAC Swimming website (www.cbacswimming.org) . Times followed by an “*” will need to be proven.**

ENTRY FEES

\$10 per individual event; \$25 per relay event

Make checks payable to **CBAC Swimming**.

Send entries to:

Linda Davis
41045 Paw Paw Hollow Ln
Leonardtown, MD 20650
davislj@md.metrocast.net

You must waive the requirement for a signature upon delivery of entries sent by Express Mail!

Entry fees for other than FAX entries must be received by 6:00 PM on Saturday, July 14th.

Any entry for which the fees are not received by the applicable deadline will be removed from the meet.

Each team is requested to remit one check to cover the entry fees for the entire team. Please do not send cash. Entry fees are due with entries. Note: If sending entries by email, please ensure check is sent prior to the deadline. Please make sure the club name is clearly indicated on all checks submitted. Include an email address for receipt confirmation.

EVENT LIMIT

All swimmers are limited to a maximum of 3 Individual Events per day (including Time Trials). Swimmers are limited to a maximum of 7 individual events for the meet.

Each team is limited to a maximum of two (2) relays per relay event. At least one (1) swimmer participating on each relay must be entered in the meet in an individual event.

TIME TRIALS

- Any swimmer entered in the meet in an individual event may participate in Time Trials. Relay only swimmers are not permitted to enter Time Trials.
- Time Trials shall be swum as follows: That day's events, followed by the events of the remaining days of the meet, followed by the events of the previous days. The 800 & 1500 Freestyle will be swum on Friday or Saturday depending on which has the shorter preliminary session. The day will be announced at the General Meeting on Wednesday.
- Time for Time Trials will be limited on Thursday and Sunday due to the distance events.
- Time Trials will begin 30 minutes after the conclusion of the Preliminary sessions (and conclude prior to the beginning of warm-ups for the distance events on Thursday and Sunday).
- Swimmers are limited to a maximum of 2 time trials for the meet, and must adhere to the daily limit of events.
- Swimmers must sign up for time trials by 60 minutes prior to the scheduled end of each day's preliminary session.

ENTRY FEE FOR TIME TRIALS

\$10 per individual event entry; \$25 per relay event entry

SCRATCH PROCEDURES

- The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting. The scratch box will be at the General Meeting.
- Following the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.
- Positive Check-in Sheets for the 800 Freestyle, 1500 Freestyle, and all Relays will be located with the scratch box. The 1500 Free, 800 Free & all Relays are timed final events. Entries must be checked in by the scratch deadline for that event in order to be seeded.
- **Scratch procedures** and penalties will follow those listed in the USA Swimming Rule Book, section 207.12.10.
- After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which they have been entered and have not been scratched will be barred from further individual and relay events

that day. In order to swim any events on remaining days, the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events. Any swimmer who fails to compete in a Final heat will be barred from competition for the remainder of the meet. Specific procedures for scratching from Finals will be explained at the General Meeting on Wednesday afternoon.

SCRATCH DEADLINES

Thursday's Events

* 15 minutes following the adjournment of the General Meeting or 6 PM, whichever is later.

Friday, Saturday, and Sunday's Events

* 6:00 PM the previous evening.

Please Note: No email, fax or phone scratches or positive check-ins will be accepted.

RELAYS AND RELAY CHECK-IN PROCEDURES

A. Relays - All relays are conducted on a timed final basis with only the two fastest heats to be swum in the final session. Teams are limited to two relay entries in each relay event.

B. Relay Check-In- Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages and order of swimming, for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation at least one (1) hour prior to the start of relays. However, they may be changed up to the time of the swim.

C. When the 400 Medley Relays (Sunday's relays) are checked in, teams may declare whether they want to swim in the morning or evening session. The fastest 16 relays that choose the evening session will swim in finals. All other relays will swim in the Prelim session. Teams choosing to swim in the morning session will be seeded by time in that session.

DISTANCE FREESTYLE

A. Distance Entry - Any swimmer who qualifies for the 800 and/or 1500 freestyle events may enter at their fastest time or at the time standard, if entered in two or more events on the days of the distance freestyle (section 207.10.8)

B. Distance Check-In and Seeding - Entrants in the 800 and/or 1500 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published by the end of finals the evening before, except for Thursday's events, which will be published by 8 PM on Wednesday. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest (207.12.11A)

C. Order of Distance Events Thursday events (W-1500 & M-800) & Sunday events (M-1500 & W-800) only the fastest (single) heat will be swum first in the final session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end at 4:30 PM. These afternoon events will swim slowest to fastest and alternate between the Women's and the Men's

events in the following pattern:

- a) Second fastest men's heat last
- b) Second fastest women's heat next to last
- c) Third fastest men's heat third from last
- d) Third fastest women's heat fourth from last
- e) Last and continuing until all heats are swum

D. The fastest women's heat will be swum as the first event of finals and the fastest men's heat will be swum as the second event of finals.

FINALS EVENT ORDER

There will be a bonus final in each Prelim-Final event. The order of the final events shall be C, B, and A (bonus, consolation, and championship).

The final heat for the distance events will swim first in Finals.

MEET SCORING

Scoring will be on a 16th place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.

AWARDS

Individual Awards: 1st – 8th place

Relay Awards: 1st – 3rd place

Team Awards: 1st & 2nd place

(These awards will be for Women, Men, & Combined).

Individual High Point Awards:

1st – 2nd place women, 1st – 2nd place men.

FINAL RESULTS

Complete meet results (including the meet manager results for TM and backup files will be available on both the Eastern Zone and CBAC Swimming websites after the meet.

READY ROOM

A Ready Room will be used at this Championship prior to each 'A' final event. Each swimmer participating in the 'A' finals (including the fastest last heats of the 800 & 1500 Freestyle events) should report to the ready room 10 minutes preceding the event.

POOL ACCESS

Only working USA Swimming Registered Officials, Coaches, Swimmers, and meet volunteers will be permitted on the pool deck. Credentials will be provided and must be shown to gain access and should be visible while on the deck. \$10 will be charged for the replacement of these credentials.

CHECK-IN

Plan to arrive in time for the General Meeting. **You are responsible for all business conducted at this meeting.** If for any reason, you cannot attend, make arrangements to find out what occurred.

Coaches will need to show proof of current registration and coach's certification (to include successful background screening) on check-in at the meet.

All swimmers must be under the direct supervision of a registered USA Swimming coach during warm-up, competition, and warm-down. Swimmers who are unattached or will not have their own coach present at the meet must either specify the name of coach who has agreed to supervise them on their entry form, or indicate that they wish to have a supervising coach assigned to them by the Meet Director. The Host Coach, Chuck Jacobs is available to supervise unattached swimmers. Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up.

CREDENTIALS PICKUP FOR SWIMMERS, COACHES, & OFFICIALS

Wednesday, July 18: Noon - 8:00 PM

Thursday, July 19: 6:30 AM – 10 AM

Friday, July 20: 6:30 AM – 10 AM

As needed – contact the Meet Director, Alan Hewitt

Credentials must be worn at all times. \$10 will be charged for replacement of badges.

ADMISSION

There is no admission charge. A program will be available at each preliminary session at a cost of \$5.00 and at each final session for a cost of \$2.00.

Coach's Packet For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$15, which will contain heat sheets, a psych sheet, team roster, and a set of final results. The packet is available during regular registration hours. Current USA Swimming coach members purchasing this packet may receive a deck pass.

SITE INFORMATION

▪ Information/Lost & Found

Information will be available at the Registration Table. The Lost & Found is located in the Dave Hayes room on deck near the locker room.

▪ Lockers

Lockers are available for use. Swimmers should bring their own locks. Locks must be removed from the lockers at the end of each day. Each individual must assume responsibility for securing their valuables. St. Mary's College and Chesapeake Bay Aquatic Club are not responsible for lost or stolen items. Shaving down is not allowed in the facility.

- **Medical Assistance**

Lifeguards are trained for emergency situations. St. Mary's Hospital is located 20 minutes from the facility.

- **Parking**

Ample parking should be available in lots Z, T, and other posted areas. All illegally parked cars will be towed. View [campus map](#) (pool is in building 7 off of Fisher's Rd. East)

- **Concessions**

Concessions will be available for sale in the auxiliary gymnasium in Somerset Hall. Meals will also be for sale in the campus dining hall located on the 2nd floor of the campus recreation center. View [campus map](#).

- **Hospitality**

A hospitality room for coaches and officials will be located in the Auxiliary Gym located across the hallway from the pool in Somerset Hall.

AQUATIC CENTER HOURS

Wednesday, July 18: 1:00 PM - 9:00 PM
Thursday, July 19: 6:30 AM - 9:00 PM
Friday, July 20: 6:30 AM - 9:00 PM
Saturday, July 21: 6:30 AM - 9:00 PM
Sunday, July 22: 6:30 AM - 9:00 PM

WARM-UP PROCEDURES

Warm-up procedures are as follows and they will be posted on deck:

- General warm-up all lanes until 40 minutes prior to meet start
- Sprint lane (2) or lanes (2 & 7) as needed from 40 minutes prior to meet start
- Pace lanes 1 & 8, 40 minutes prior to meet start
- Clear pool 10 minutes prior to meet start
- Continuous warm-ups/warm-downs in 7-lane, 25-yard pool during course of meet

OFFICIALS

- Officials at all positions will be required for this meet.
- Officials must have been certified for a year in the positions in which they are planning to work.
- Applications for assigned positions (Referee, Starter, and Chief Judge) must be submitted to Jamy Pfister, EZ Officials Chair (jamy.pfister@gmail.com) no later than **July 9, 2007**. Applications to Officiate are available on the meet web site (<http://www.cbacswimming.org/SuperSectionals2007/>), the EZ web site (http://pvswim.org/eastzone/future_meets.htm), or from your LSC Officials Chair.

- Applications for non-assigned positions must be submitted to Jamy Pfister, EZ Officials Chair (jamy.pfister@gmail.com) no later than **July 15, 2007**. Applications to Officiate are available on the meet web site (<http://www.cbacswimming.org/SuperSectionals2007/>), the EZ web site (http://pyswim.org/eastzone/future_meets.htm), and from your LSC Officials Chair.
- Officials who learn of their availability after July 15, 2007 should send an application to Michael Downs, Meet Referee (mhd@cox.net). Walk-ons will be welcomed for S&T Judge positions.
- This meet has been approved as an Officials Qualifying Meet for N2/N3 Certification/Re-Certification. Evaluations will be available for all positions, including N3 Final for Chief Judge, Starter, and Referee. Officials desiring to be evaluated MUST also complete a Request for Evaluation and submit it to Michael Downs, Meet Referee (mhd@cox.net), no later than **July 15, 2007**. Requests for Evaluation are available on the meet web site (<http://www.cbacswimming.org/SuperSectionals2007/>) and the EZ web site (http://pyswim.org/eastzone/future_meets.htm).
- Briefings will be held 1 hour prior to the start of each session. Attendance at these briefings is required to work the session and be evaluated.

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In granting the sanction for this meet it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by means of injuries to anyone during the conduct of the meet.