

2010 CENTRAL ZONE AGE GROUP CHAMPIONSHIP MEET



LINCOLN, NE | AUGUST 6-9

POOL COMPETITION – SANCTION #MWS10023

**Meet entries may be submitted by LSC only.
Separate entries from individuals or clubs will not be accepted.
All times listed are Central Daylight Times (CDT)**

- SANCTION:** Sanctioned by Midwestern Swimming, on behalf of USA Swimming.
Pool Events: MWS10023
- RULES:** Current USA Swimming rules will govern the Meet.
- PARTICIPATING TEAMS:** Midwestern, Arkansas, Iowa, Indiana, Lake Erie, Missouri Valley, North Dakota, Oklahoma, Ozark, South Dakota
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee, Nebraska Sports Council and the Lincoln Convention and Visitors Bureau.
- HOSTED BY:** Midwestern Swimming, Inc., Greater Nebraska Swim Team, Heartland Aquatics, Lincoln Select Swimming, and Nebraska Aquatics
- MEET DIRECTORS:** Mary Losee
Omaha, NE
marylosee@cox.net
(402) 415-1826
- Candy Hemmer
Lincoln NE
huskergumdrop@yahoo.com
(402) 304-2660
- OFFICIALS:** **Referee:** Jayne Spittler
Woodstock, IL
jaynespittler@sbcglobal.net
(815) 382-9952
- SAFETY COORDINATOR:** Mary Losee
marylosee@cox.net
- MEET SITE:** Woods Pool, 3200 J St, Lincoln, NE 68502 (33rd & J)
Parking on site is free with two large parking lots – one on the east side of the facility and one on the west side of the facility. Off-site parking will also be available for team busses.
- POOL FACILITY:**
- Competition Pool:** 50 meter, 8 lane pool, non-turbulent lane lines, bottom stripes and turn targets, 4 ft depth across the entire pool, Daktronics Horn start system, Daktronics Timing System with read-out board, touchpads at both ends, starting platforms on each lane end. All events will start at the north end except the 50-meter events which will start at the south end. Competition pool is certified in accordance with 104.2.c.3 and 104.2.c.4.
 - Warm-up/down Pool:** 25 meter, 6 lane pool adjacent to the competition pool. No diving or starts will be permitted in the warm-up/down pool.
 - Bleacher seating for spectators. Tented area seating for teams.
 - Concessions available on site during the entire meet.



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- MEET SCHEDULE:** (CENTRAL DAYLIGHT TIME)
- A. **Age Groups 11-12 and 13-14:**
- **Prelims:** Warm-up 7:00 a.m., Start 8:40 a.m.
First warm-up 7:00 a.m. – 7:45 a.m.; Second warm-up 7:45 a.m. – 8:30 a.m.
 - **Finals:** Warm-up 4:00 p.m., Start 5:00 p.m. (approx): Times will be posted and announced.
 - **Warm-ups** will be split for the **preliminary** sessions.
Each warm-up session will be a minimum of 45 minutes.
Separate 25-m pool is available for warm-up and cool-down.
 - **Warm-up for finals** will start at conclusion of 10 and Under session but no earlier than 4:00 p.m.
 - **Finals** will start one hour after the start of warm-up.
 - **Schedule** will be posted and distributed when finalized.
- B. **Age Group 10 & U:**
- **Timed finals:** Warm-up at the conclusion of the morning session
 - **Meet Start:** one hour later. Time will be posted.
 - **Warm-ups** for 10 & Under events may be split.
 - **Note:** Start times for the 10 & Under sessions will be posted on site and on the website - http://www.nscevents.com/central_zone_championships by 6:00 p.m. Wednesday.
- C. At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.
- TEAM REGISTRATION:**
- A. **Registration** will be held at: Woods Pool at the pool-side (west) entrance to the bath house on Thursday from 8:00 a.m. to 6:00 p.m.
- B. All teams should schedule their arrival to register during these hours.
- C. **Note:** This registration period is for team managers/coaches only; swimmers do not need to register individually with the meet host.
- D. LSCs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue.
- E. There will be a designated area for each team on site.
- SAFETY/WARM-UP PROCEDURES:**
- A. Safety procedures of USA Swimming, including feet-first entry, will be followed.
- B. Specific warm-up procedures will be posted and distributed at the General Meeting.
- C. Coaches must be in control of their swimmers during their warm-up periods.
- LSC REPRESENTATIVE:**
- A. Each LSC must have a representative and alternate to act as a liaison between the LSC and the Meet Director. It is recommended that these persons NOT be the LSC's Head Coach.
- B. These designated persons must be identified to the Meet Director either with the meet entries or at the General Meeting on the Thursday prior to the start of the Meet.
- ATHLETE CONDUCT:**
- A. CODE OF CONDUCT and MEDICAL RELEASE sample forms are included with this Meet Information. If the LSC does not have its own form(s), these may be duplicated and signed by each athlete and his/her parent(s).
- B. Each LSC's representative must have these documents available to the host at all times.
- C. The Code of Conduct will be enforced.
- ELIGIBILITY:**
- A. **Membership:** All athletes must be regular (not seasonal) USA Swimming members with the LSC they represent.
- B. **Swimmer's Age:** Age of swimmer on August 6, 2010, will determine age group for competition.
- C. **Qualifying Time/Eligibility:**
- Swimmers must have achieved a National AAA time (LCM, SCM, SCY) between August 7, 2009 and August 3, 2010.
 - Swimmers who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it is short course yards (SCY) or short course meters (SCM). **No** conversions.

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- Swimmers who achieve individual event cuts for the following meets prior to their respective assigned Zone Championship entry deadline shall not be eligible to compete in that particular stroke and distance, including relay events.
 - 1) Short Course National Championships
 - 2) Short Course Junior National Championships
 - 3) Summer National Championships
 - 4) Summer US Open
 - 5) Summer Junior National Championships
- Each LSC may enter two (2) 10 & Under, two (2) 11-12 and two (2) 13-14 swimmers with a disability who are not required to have achieved the qualifying time standards for their age groups/events.
- If the LSC has no qualifiers in an event for the 10 & Under age groups, the LSC may enter one (1) swimmer in that event. If an LSC has fewer than two (2) qualifiers in an event for the 11-12 or 13-14 age groups, the LSC may enter up to two (2) swimmers maximum in that event. The non-qualifying entries shall be entered at no time (NT). These entries must be submitted with the original entry.

- RELAY ENTRIES:**
- A. The LSC must coordinate relay entries.
 - B. Determination of the swimmers composing the relays is at the discretion of the LSC.
 - C. List **relay-only** swimmers on the **appropriate form** and submit with entries.
- ENTRY LIMITS:**
- A. Swimmers may enter no more than six (6) individual events (excluding the Open Water event) of which no more than three (3) may occur on any given day.
 - B. Each LSC may enter two (2) relays per relay event.
 - C. No limit exists on the number of swimmers that an LSC may enter in an individual event.
- ENTRY RESPONSIBILITY:**
- A. The coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true, correct and achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times and for times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a \$100 (One hundred dollars) penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.
 - B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.
- ENTRY FEES:**
- \$6.00 (Six dollars) per individual pool event
\$12.00 (Twelve dollars) per relay
Make check payable to: Midwestern Swimming, Inc.
- ENTRY CHAIRMAN:**
- Send entries to: Betty Kooy
1429 N Webster Ave
Hastings NE 68901-2950
(402) 462-5941 Fax: same (call first)
E-Mail: blkooy@charter.net
- ENTRY DEADLINE:**
- A. Entries (both pool and open water) must be submitted to the host entry chairperson electronically by **NOON CDT** Tuesday, August 3, 2010.
 - The hard copy (electronic PDF or Word document) of the **pool and open water entries** and other meet information including the completed Swimmers with a Disability Entry Form, Meet Staff form and Relay-Only Swimmers form must accompany the team entry file. It is the responsibility of each LSC to verify entry times, receipt and readability of any entries, and submission of entry by Noon Tuesday CDT, August 3, 2010.

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- Entry chair must verify by email or follow-up phone call to the host entry chair.
- B. Each LSC shall receive a team entry report including an exception report of the LSC team entries via e-mail by 6:00 p.m. CDT Tuesday, August 3, 2010.
- Any corrections to the original entries should be formatted in a new entry file and sent to the entry chair via email by **NOON CDT** Wednesday, August 4, 2010.
 - **Justification** of the exception report should be included in a word document or PDF file.
 - Entry fees are due before the start of the General Meeting.
 - No new swimmers may be added to LSC entries after the NOON CDT Wednesday, August 4, 2010 deadline.
 - Any corrections or updates after Noon CDT on Wednesday shall go to the eligibility jury.
- C. **There will be no deck entries at this meet.**
- ENTRY PROCEDURES:**
- A. The LSC must submit entries (including open water) as one team, using the LSC as the club designation.
- All individual and relay entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted.
 - LSC entry chair shall verify times before submitting entries to host.
- B. Each LSC must identify, on the official entry form, the name of the LSC and the name, address and telephone number (preferably mobile number), and email of the person in charge of entries for that LSC.
- C. Each swimmer entry must include first and last name; age as of August 6, 2010; and complete USA Swimming registration number. For relay only swimmers, the Relay-Only Swimmer Entry Form must be included with the entry.
- D. Entries for swimmers with a disability should be sent on separate entry form indicating preference for seeding.
- E. Team Entries will be posted on the CZ website by 6:00 p.m. CDT Tuesday, August 3, 2010.
- ELIGIBILITY PROTESTS:**
- A. Eligibility protests pertaining to the eligibility of any swimmer to compete or to represent an organization shall be submitted in writing to the Meet Referee for submission to the Eligibility Jury.
- All protests made prior to or during the championship shall be submitted to the Eligibility Jury on a form prescribed by the Zone and accompanied by a \$50 (Fifty dollar) fee, which shall be returned if the protest is upheld. The \$50 (Fifty dollar) fee shall not be required for protests submitted by the Meet Referee or the host LSC Entry Chairperson(s).
 - Protests shall be heard by the jury, and, if possible, decisions rendered before the start of events on the day in which the protested swimmer competes, but no later than the last night of the championships. The opportunity to be heard shall be given to both the party lodging the protest and the party or parties charged.
 - Until the Eligibility Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.
 - The decision of the jury may be appealed by either party to the National Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.
 - The Eligibility Jury will be appointed by the Meet Referee and consist of an athlete, a coach, and an official.
- SEEDING/ CONDUCT:**
- A: **Meet Conduct:**
- 11-12 and 13-14 – Preliminary/Finals format except 800, 1500 Free, 200s of stroke (back, breast, butterfly) for the 11-12, and relays which will be timed finals.

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In finals the consolation heat shall precede the championship heat.

- Fly-over starts will be used for the prelim sessions.
- 10 & Under – all events will be Timed Finals.

B. Seeding Order:

- First – Conforming times (LCM)
- Second – Non-conforming times (SCM then SCY)
- Third – Non-qualifying times (NT)

C. Distance Events:

- 800 and 1500 Free shall be timed finals with the fastest seeded heat of girls and fastest seeded heat of boys swimming in finals.
- All other 800 and 1500 Free shall be swum in the preliminary session, swimming fastest to slowest, alternating girls and boys.
- The 200s of stroke (back, breast, butterfly) for the 11-12 will be timed finals with the fastest seeded heat of girls and fastest seeded heat of boys swimming in finals.
- All other 200s of stroke (back, breast, butterfly) for the 11-12 will swim in the preliminary session, swimming slowest to fastest in event order.

D. Relays:

- 11-12 and 13-14 relays will be timed finals. The 200s will be swum during the finals on Friday and Saturday and the 400s will be swum in the preliminary session on Saturday and Sunday.
- 10 & Under relays will be timed finals, swum during the afternoon sessions.

**SCRATCHES/
CHECK-IN:**

- A. **Scratch Guidelines:** All individual events will conform to USA Swimming National Scratch Procedure Guidelines (207.12.6 A-E). There is no penalty for failure to compete in a timed final event. A coach or a swimmer may declare a false start in preliminaries or a timed final event. No declared false starts are permitted in Finals.
- B. **Scratch Deadline:** A scratch box will be available at registration, the General Meeting, and throughout all meet sessions. All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed finals, preliminaries and relays.
- Scratch deadline for Friday's events shall be 15 minutes after the conclusion of the General Meeting.
 - Scratch deadline for Saturday's events shall be 30 minutes after the start of Friday evening finals session.
 - Scratch deadline for Sunday's events shall be 30 minutes after the start of Saturday evening finals session.
- C. **Positive Check-in:** Entrants in the 800 and 1500 free must check in and confirm their intention to compete prior to the scratch deadline for that day's events in order to be seeded. Swimmers not positively checked in will be seeded in the slowest heat.
- D. **Relay cards** designating the swimmers' names shall be picked up at the Clerk of Course and submitted to meet management prior to the announced deadline on the day of the relay. Names and order of swimmers may be changed up to the time of the swim. **Only coaches** may make relay changes.
- E. **Scratching from Finals.**
- USA Swimming National Scratch Procedure Guidelines (207.12.6 D) will be followed.
 - LSCs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 (One hundred dollars) penalty per swim.
 - All funds will remain with the meet host.
 - Failure on the part of the LSC to pay imposed penalties will result in barring from future zone championships.

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- SCORING:**
- A. Individual Pool, and Open Water events:
20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
 - B. Relay events:
40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
- RESULTS:**
- Results will be posted and announced.
- Posted results will be on the wall of the pump house on the west side of the pool.
 - Live results during the meet will be available on the meet website.
 - A PDF of the complete meet results, the results file for teams, and the backup of the meet will be posted on the meet website (http://www.nscevents.com/central_zone_championships) and the Central Zone website at the conclusion of the meet.
- FINALS, READY AREA AND INTRODUCTIONS:**
- A. Swimmers in the 11-12 and 13-14 championship finals shall report to the ready area tent located on the north side of the pool prior to the start of the championship Final of the previous event.
 - Finalists will be paraded to the blocks from the ready area.
 - Consolation heat must report behind the starting blocks prior to their heat.
 - Consolation Finals swimmers' names shall be announced while the swimmers are competing in water.
 - Championship Finals swimmers' names shall be announced prior to the start of the race while swimmers are behind the blocks.
 - B. All 10 & U swimmers shall report directly to their assigned lanes.
 - Names of the swimmers will be announced prior to the start of the race while swimmers are behind the blocks.
- AWARDS:**
- A. Individual Pool events: 1-8 place: medals with neck ribbons; 9-16 place: ribbons
 - B. Relay events: 1-3 place: medals with neck ribbons; 4-8 place: ribbons
 - C. High Point Award: 1-3 for boys and girls in each age group for pool events only.
 - D. Team Awards: 1-3 combined points.
 - E. Awards ceremony:
 - 10 & Under: Awards will be presented at the end of each stroke series (every two events).
 - 11 – 14 Awards: Awards will be presented after the 11-12 events (every four events or at the discretion of the referee).
 - 11 – 14 top eight finishers should report to the Awards Stand located on the east side of the pool when the last boys' championship heat is being announced.
- DECK PASSES:**
- A. Deck Passes for LSC coaches and team managers will be issued to the representative of each LSC according to the list submitted with the entry form, not to exceed one (1) per ten (10) swimmers, with a minimum of five (5) passes.
 - B. Deck Passes must be displayed at all times.
- GENERAL ADMISSION TICKETS:**
- A. Each LSC will receive six (6) complimentary admission tickets and programs per session. These are not deck passes or hospitality passes – strictly an admission pass. A suggested use would be for “club” coaches who are not part of the LSC Zone Team.
 - B. **Cost for General Admission is \$3.00 (Three dollars) per session; \$20.00 (Twenty dollars) for all-session pass.**
 - C. **Parking is Free. Lots are located on the east and west side of the venue. Off-site parking will be available for team busses.**
- MEET PROGRAM:**
- Cost for Programs:
- \$10.00 (Ten dollars) meet program
 - \$4.00 (Four dollars) daily heat sheets.
 - \$1.00 (One dollar) Finals Heat Sheets each Session.

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GENERAL MEETING:

A pre-meet General Meeting is scheduled for Thursday at 6:00 p.m., at The University of Nebraska Champions Club located at Memorial Stadium, 1 Memorial Drive, Lincoln, NE for all coaches and LSC representatives.

- Meet procedures and meet information will be discussed.
- At least one representative from each LSC must be present for this meeting.
- Members of the Technical Jury and Eligibility Jury will be identified.
- No deviation from the published Meet Information may occur without unanimous agreement by all designated LSC representatives.
- Warm-up lanes and times will be assigned at this meeting. Procedures will be distributed.

OFFICIALS' MEETING:

This meet will be an Officials Qualifying Meet (OQM).

- An application to officiate at this meet is available on the Central Zone website. Please submit the application Jim Sullins, Assistant Central Zone Officials' Chair – jsullins@icnet.net.
- A mandatory officials' meeting will convene one hour prior to the start of each session.
- Clothing attire for officials is white collared shirt, khaki pants or shorts, and white shoes.
- Referee Contact: Jayne Spittler, jaynespittler@sbcglobal.net; or (815) 382-9952.

VOLUNTEERS:

Timers and officials from visiting LSCs are encouraged and welcome.

- Please indicate the names of interested persons when entries are submitted or identify volunteers at the meet.

REFRESHMENTS:

The City of Lincoln will have concessions available during all sessions of the meet to include breakfast, lunch, and nutritious items.

THURSDAY WARM-UP/ TEAM PICTURES

<i>Team</i>	<i>Pictures</i>	<i>Start of Warm-up</i>	<i>End of Warm-up</i>
Midwestern	8:00 a.m.	8:30 a.m.	9:30 a.m.
Iowa	9:00 a.m.	9:30 a.m.	10:30 a.m.
Missouri Valley	10:00 a.m.	10:30 a.m.	11:30 a.m.
Oklahoma	11:00 a.m.	11:30 a.m.	12:30 p.m.
Ozark	12:00 p.m.	12:30 p.m.	1:30 p.m.
South Dakota	1:00 p.m.	1:30 p.m.	2:30 p.m.
North Dakota	2:00 p.m.	2:30 p.m.	3:30 p.m.
Indiana	3:00 p.m.	3:30 p.m.	4:30 p.m.
Arkansas	4:00 p.m.	4:30 p.m.	5:30 p.m.
Lake Erie	5:00 p.m.	5:30 p.m.	6:30 p.m.
Teams may be contacted for possible change in warm-up times if there are conflicts with team arrivals.			

TEAM PICTURES:

Action swim and LSC team pictures will be taken by our meet photographer, Jan Weihl. Please see separate announcement in entry letter or contact Jan with any photo-related questions at (402) 431-2398 or email: jan@weihlphotography.com.

TEAM SEATING:

Team seating will be provided under tents.

HOTEL INFORMATION

Host Hotel: Chase Suites Hotel, 200 S 68th Place, Lincoln NE 68510, (888) 433-6183. Attached hotel list indicates all Lincoln Hotels with rooms blocked for the Central Zone Championship and is also available on the CZ Meet website at: www.nscevents.com/central_zone_championships

MEET WEBSITE:

Meet information will be posted on the Meet website: www.nscevents.com/central_zone_championships
Live results will be posted during the meet. www.nscevents.com/central_zone_championships

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- PASTA FEED:** **The Nebraska Sports Council will be hosting a pasta feed.**
- **Date:** Thursday, August 5, 2010
 - **Time:** 5:00 – 9:00 p.m. CDT
 - **Location:** University of Nebraska’s Memorial Stadium, Lincoln, NE
 - **Participants:** zone participants, coaches, families, and spectators.
 - **Cost:** for meal and beverage – \$10.00 (Ten dollars) per person.
 - **Tours:** Tours of the stadium will be available.
 - **Online Registration Available:** To enhance planning, payment and number of attendees may be completed online at the Zone Meet website or sent with the meet registration. Tickets for this event will be given to LSC coaches or designee at the time of team registration. Tickets may also be purchased at the door.
- COACH/OFFICIAL SOCIAL:** **The Nebraska Sports Council will be hosting a coaches and officials social**
- **Date:** Thursday, August 5, 2010 following the general meeting
 - **Location:** The University of Nebraska Champions Club located at Memorial Stadium, 1 Memorial Drive, Lincoln, NE.
- ZONE APPAREL:** Supplier for Zone Apparel is Elsmore Aquatic from St. Paul, MN.
- Zone Apparel along with a swim shop store will be available through the Central Zone Meet.
 - Pre-orders for zone apparel may be made at the Meet website.
 - Pre-orders will be available for pick-up on Thursday, August 5, 2010.

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SCHEDULE OF EVENTS

DAY 1 – Friday, August 6

GIRLS **EVENTS** **BOYS**

MORNING PRELIMS

15	11-12	200 Individual Medley	16
29	13-14	400 Individual Medley	30
19	11-12	100 Breaststroke	20
17	13-14	100 Breaststroke	18
23	11-12	50 Backstroke	24
21	13-14	200 Freestyle	22
27	11-12	100 Freestyle	28
25	13-14	100 Butterfly	26
31	11-12	200 Butterfly timed finals	32
13	13-14	800 Freestyle timed finals	14

AFTERNOON TIMED FINALS

1	10 & U	50 Breaststroke	2
3	10 & U	100 Freestyle	4
5	10 & U	50 Butterfly	6
7	10 & U	200 Free Relay	8

CONSOLATION & CHAMPIONSHIP FINALS

9	13-14	200 Free Relay	10
11	11-12	200 Free Relay	12
13	13-14	800 Freestyle fastest heat	14
15	11-12	200 Individual Medley	16
17	13-14	100 Breaststroke	18
19	11-12	100 Breaststroke	20
21	13-14	200 Freestyle	22
23	11-12	50 Backstroke	24
25	13-14	100 Butterfly	26
27	11-12	100 Freestyle	28
29	13-14	400 Individual Medley	30
31	11-12	200 Butterfly fastest heat	32

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DAY 2 – Saturday, August 7

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
41	11-12 400 Medley Relay.....	42
43	13-14 400 Medley Relay.....	44
49	11-12 50 Butterfly	50
51	13-14 200 Individual Medley	52
53	11-12 50 Freestyle	54
55	13-14 50 Freestyle	56
57	11-12 200 Breaststroke timed finals	58
59	13-14 200 Breaststroke	60
61	11-12 100 Backstroke.....	62
63	13-14 100 Backstroke.....	64
65	11-12 400 Freestyle	66
67	13-14 400 Freestyle	68
AFTERNOON TIMED FINALS		
33	10 & U 200 Individual Medley.....	34
35	10 & U 100 Backstroke.....	36
37	10 & U 50 Freestyle	38
39	10 & U 100 Breaststroke	40
CONSOLATION & CHAMPIONSHIP FINALS		
45	11-12 200 Medley Relay.....	46
47	13-14 200 Medley Relay.....	48
49	11-12 50 Butterfly.....	50
51	13-14 200 Individual Medley	52
53	11-12 50 Freestyle.....	54
55	13-14 50 Freestyle.....	56
57	11-12 200 Breaststroke fastest heat	58
59	13-14 200 Breaststroke	60
61	11-12 100 Backstroke.....	62
63	13-14 100 Backstroke.....	64
65	11-12 400 Freestyle	66
67	13-14 400 Freestyle	68

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DAY 3 – Sunday August 8

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
77	11-12 400 Freestyle Relay.....	78
79	13-14 400 Freestyle Relay.....	80
83	11-12 200 Backstroke timed finals.....	84
85	13-14 200 Backstroke.....	86
87	11-12 50 Breaststroke	88
89	13-14 100 Freestyle.....	90
91	11-12 200 Freestyle	92
93	13-14 200 Butterfly	94
95	11-12 100 Butterfly	96
81	13-14 1500 Freestyle timed finals.....	82
AFTERNOON TIMED FINALS		
69	10 & U 200 Medley Relay.....	70
71	10 & U 200 Freestyle	72
73	10 & U 50 Backstroke.....	74
75	10 & U 100 Butterfly	76
CONSOLATION & CHAMPIONSHIP FINALS		
81	13-14 1500 Freestyle fastest heat	82
83	11-12 200 Backstroke fastest heat.....	84
85	13-14 200 Backstroke.....	86
87	11-12 50 Breaststroke	88
89	13-14 100 Freestyle	90
91	11-12 200 Freestyle	92
93	13-14 200 Butterfly	94
95	11-12 100 Butterfly	96

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AUGUST 6-8, 2010

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RELAY ONLY SWIMMER ENTRY FORM

List all swimmers who are attending the Zone Meet to only participate in relays only. Swimmers need to be included in your electronic file.

Name	USA #	Age	Relay Events
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			

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CENTRAL ZONE CHAMPIONSHIP PROCEDURES FOR INCLUSION OF SWIMMERS WITH DISABILITIES

- 1.** Swimmers with disabilities may compete without having achieved the qualifying standard for their age group. However, they must provide a time for each event they enter. Swimmers with disabilities shall be highlighted on the hard copy of the LSC's meet entry. Classification of a swimmer with a disability is irrelevant. LSCs must use the attached form to enter a swimmer with a disability.
- 2.** Each LSC may enter two (2) 10 & Under, two (2) 11-12 and two (2) 13-14 swimmers with a disability who are not required to have achieved the qualifying time standards for their age groups/events.
- 3.** Swimmers with disabilities may compete in finals, earn awards and score points for their team in the same manner as the able bodied swimmers. No special awards are necessary.
- 4.** It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete. This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmer's needs and determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
- 5.** Aside from the norm, the Meet Referee has the ability to seed the swimmer with a disability in a number of ways. These options include: seed the swimmer with others of the appropriate gender, allowing the swimmer to complete half the distance of their age group (swim the 100m backstroke during the 200m race), or swim with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 14 year old swimmer with a disability could swim the 100 freestyle with the 10 & U age group). The final meet results should show the swimmer with a disability listed in the correct age and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.
- 6.** It is the responsibility of the USA Swimming Disability Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.

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SWIMMERS WITH A DISABILITY ENTRY FORM

Name: _____ Club: _____ LSC: _____

USA Swimming #: _____ Age first day of the meet: _____

Swimmer email address: _____

Swimmer phone #: _____

Name of person completing this form: _____

Email address: _____

Phone #: _____

Please enter events below. The maximum number of events for swimmers is six (6) events (max 3 per day). Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

Disability-related accommodations: _____

EVENT #	EVENT DESCRIPTION	ENTRY TIME	SEED WITH AGE GROUP (same age, same distance)	SEED WITH DIFFERENT DISTANCE (same age, different distance)	SEED WITH COMPARABLE TIME (younger age, distance depends on entry time)

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MEET STAFF

LSC _____

INSTRUCTIONS: Please complete the information requested and submit with Meet Entries.

COACHING STAFF:

Head Coach:

Cell Phone: _____ Email: _____

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

Assistant Coach:

LSC REPRESENTATIVE FOR MEET: (Official contact – LSC/Meet Director)

Name: _____

Cell Phone number _____ Email _____

Alternate: _____

Cell Phone number _____ Email _____

Position on or with LSC Team: _____

Hotel Name/Phone number during Meet: _____

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PERMISSION AND RELEASE FORM

LSC _____

I hereby give my permission for _____

(Please Print Name of Swimmer)

to accompany the _____ LSC TEAM to: _____

on the following dates: _____

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the _____, its officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention which may be required, I authorize the adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

_____ Date: _____

(Signature of Parent or Guardian)

MEDICAL INFORMATION:

List medication and dosage the swimmer is taking now _____

Pre-existing conditions (asthma, epilepsy, etc.): _____

Allergies (include medicines needed): _____

Other pertinent information the coach, and others in charge, should know about the swimmer: _____

Physician's Name: _____ (_____) _____

(Please Print)

Phone Number

Name of Parent or Guardian: _____

(Please Print)

Address: _____

Street

City

State

Zip

Telephone Day: (_____) _____ Evening: (_____) _____

Phone during meet competition: (_____) _____ (cell/pager/etc)

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GUIDELINES FOR CODE OF CONDUCT VIOLATIONS

All athletes, coaches and LSC staff members must have signed a “Code of Conduct.” This must be on file with the designated LSC Representative while attending the Central Zone Championship Meet.

The Meet Host shall enclose a copy of the “sample” LSC Code of Conduct with the Meet Information when it is distributed to participating teams for use if there is no LSC Code of Conduct.

Article 401.1 of Part Four (USA Swimming Rules and Regulations) states “...USA Swimming may censure, place on probation, suspend for a definite or indefinite period of time with or without terms of probation, fine, or expel any member of USA Swimming, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of USA Swimming, who has violated any of its rules or regulations, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon USA Swimming or upon the sport of swimming. USA Swimming may also conduct hearings on any matter affecting USA Swimming as the National Governing Body for swimming.”

In the instance of any violations, this procedure shall be followed:

1. Report, in writing, the violation or offense to the Meet Referee and the Zone Observer.
2. The offense must be verified and the report must include:
 - A. The name and LSC of the person(s) who committed the offense;
 - B. The name and means of contacting the person(s) who were affected by the violation;
 - C. The nature and details of the violation;
 - D. The name of the LSC Representative of the person(s) who committed the offense.
3. The Zone Championship Meet Coordinator will contact the person(s) charged with the offense and their LSC Representative.
4. If the situation does not have legal implications and can be resolved to the satisfaction of all persons involved, the matter will simply be reported, in writing, to:
 - A. The Representative of the host LSC;
 - B. The person(s) who committed the offense;
 - C. The LSC General Chairman of the person(s) who committed the offense;
 - D. The LSC Representative of the person(s) who committed the offense;
 - E. The person(s) whom the violation affected;
 - F. The Zone Directors and Coordinators.
5. If the situation has legal implications and/or cannot be resolved to the satisfaction of all persons involved, the matter shall be officially reported to the LSC of the person(s) charged with the offense, with a request or recommendation from the Zone Directors and Coordinators for suitable disciplinary action.
6. Within 30 days of the official report, the LSC must advise the Zone Directors, in writing, that the review process has been initiated. The LSC must also advise the Zone Directors of the final action taken. If the consensus of the Zone Directors and Coordinators is that the LSC of the person(s) charged did not take appropriate action, the matter may be referred to the National Board of Review for hearing and decision.

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CODE OF CONDUCT

LSC _____

SAMPLE: The LSC shall use this form if there is no “Code of Conduct” form used by your LSC.

PURPOSE: The purpose of this Code is to promote the best possible LSC Team and individual impression at all times and to acknowledge each individual’s responsibilities as members of our team.

PART I – GENERAL CONDUCT:

1. All participating LSC Team members shall abide by this Code of Conduct.
2. Curfews will be strictly obeyed unless participant has contacted the coach for an extension.
3. The use of alcoholic beverages is forbidden.
4. The use of drugs, other than those prescribed by your physician, is forbidden.
5. The use of tobacco products is forbidden.
6. The use of fireworks is forbidden.
7. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
8. Swimmers will treat their membership on the Team as a privilege and personally acknowledge those responsibilities associated with it.

PART II – VIOLATION OF THE CODE: The coach and chaperone have the power to impose penalties for violation of the Code. The penalties include, but are limited to the following:

1. The Swimmer will be scratched from the Championship Meet.
2. The Swimmer will be sent home immediately, at his/her own expense.
3. The Swimmer will forfeit his/her privilege of being a member of LSC Team.

I hereby agree to abide by the rules of conduct set forth in Part I above and acknowledge that, should I violate any provision of Part I, I will be subject to disciplinary actions as set forth in Part II, including suspension.

Swimmer: _____ Date: _____
Signature

Please Print Name

Parent/Guardian _____ Date: _____
Signature

Please Print Name

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Jan Weihl Photography

Action swim and LSC team pictures will be taken by our meet photographer, Jan Weihl. Please contact Jan with any photo-related questions at (402) 431-2398 or email: jan@weihlphotography.com.

Action pictures will **only be taken** by parent's request. There is **NO CHARGE** to signup. Just email Jan (or sign up at Jan's table at the meet) providing the following information:

- LSC and swim team name
- Swimmer's name
- Parent's name, email address & phone number

Please note, if you sign up for action pictures at the meet, you will also need to HIGHLIGHT your swimmer's heats and lanes or no pictures will be taken.

All pictures will be available for viewing and purchase online in password protected galleries. Once the images are available, each parent will be emailed a password to the parent email address provided. **Passwords will only be provided to email addresses on the parent sign up sheet.**

All galleries will be located at: www.weihlphotography.com/sports/czones

Photo Prices: (These prices will be valid through Oct 15, 2010)

- 4x6 \$3.00
- 5x7 \$9.50
- 8x10 \$14.00
- 11x14 \$24.00
- 16x20 \$34.00
- 20x30 \$44.00

All prints are produced by a professional studio lab which hand color corrects each image and prints on heavy professional paper. Two photo finishes are available: Lustre & Metallic. Lustre is the same professional paper and finish you would receive on studio portraits. Metallic is a special finish that will really make a deep blue water color stand out.

Satisfaction Guarantee: The pro photography web-host, SmugMug, will process all orders online, via credit card. If you are unhappy with your order for any reason, SmugMug will reprint or refund your order, whichever you prefer by e-mailing: help@smugmug.com within 30 days of receiving your order.

Photographer Contact:

Jan Weihl Photography

Phone: 402-431-2398

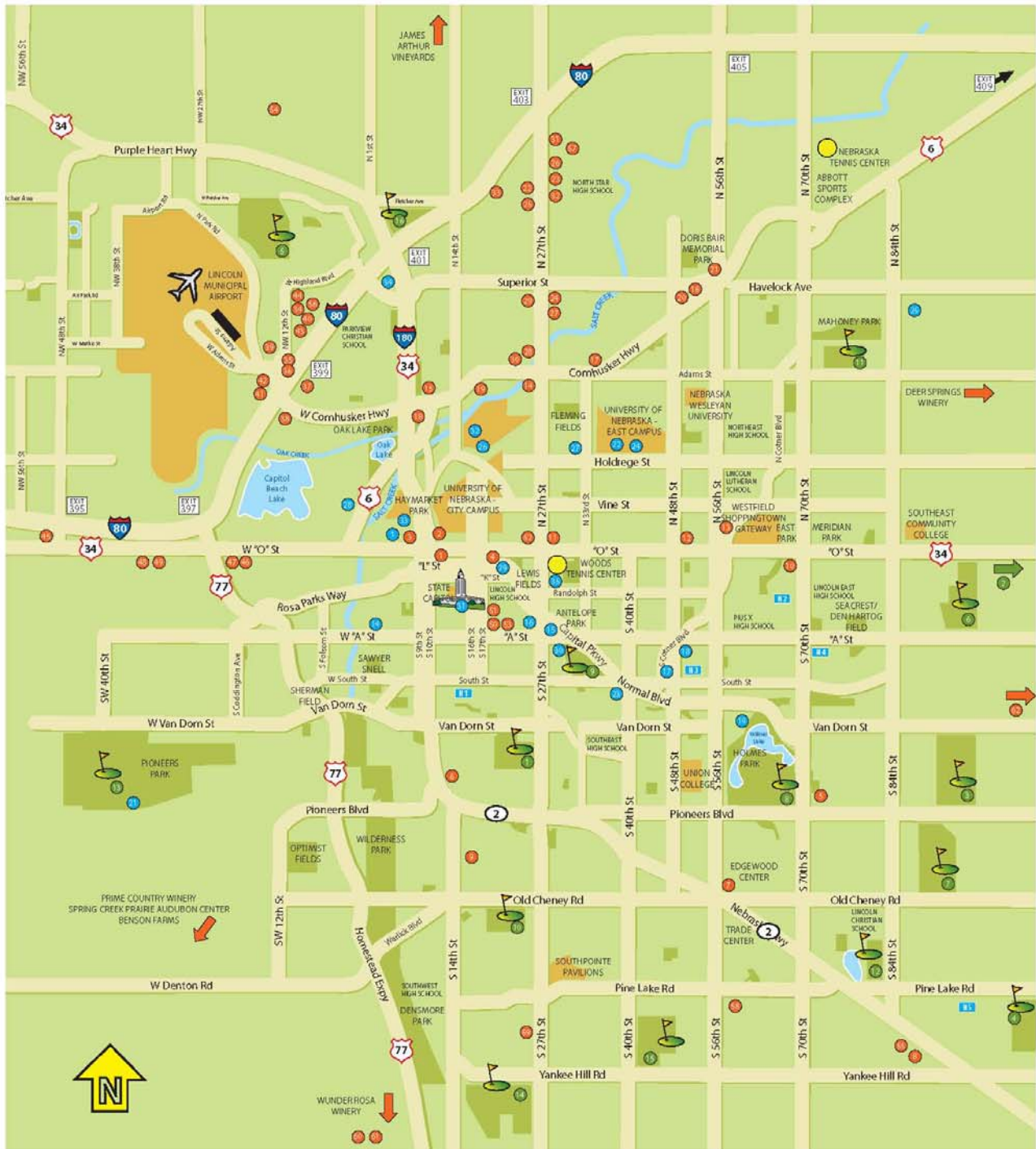
www.weihlphotography.com

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Convention and Visitors Bureau
 1135 M Street, Suite 300 | 402-434-5335

Visitors Center
 7th & P Streets | 800-423-8212



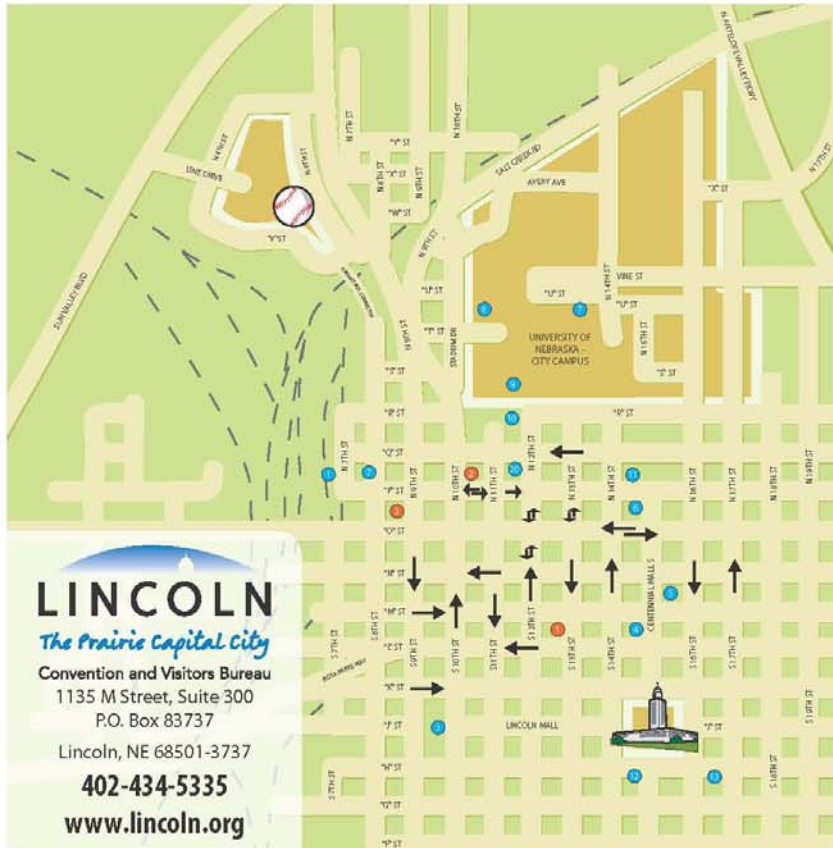
For visitor information, call the Lincoln Visitors Center 402-434-5348
 For lodging availability, call 402-434-5334. Visit us online at www.lincoln.org or email at info@lincoln.org

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LINCOLN
The Prairie Capital City
 Convention and Visitors Bureau
 1135 M Street, Suite 300
 P.O. Box 83737
 Lincoln, NE 68501-3737
402-434-5335
www.lincoln.org

Points of Interest

- 1 Lincoln Visitors Center
- 2 Historic Haymarket District
- 3 County-City Building/Hall of Justice
- 4 State Office Building
- 5 Pershing Center
- 6 Nebraska History Museum
- 7 University of NE State Museum
- 8 University of NE Memorial Stadium
- 9 Sheldon Museum of Art
- 10 Lied Center for Performing Arts
- 11 Lincoln Children's Museum
- 12 Governor's Mansion
- 13 Thomas P. Kennard House
- 14 Am. Hist. Society of Germans from Russia
- 15 Lincoln Children's Zoo
- 16 Sunken Gardens
- 17 National Museum of Roller Skating
- 18 Fairview, Home of William Jennings Bryan
- 19 Lincoln Community Playhouse
- 20 Great Plains Art Museum/Lentz Center
- 21 Pioneers Park Nature Center
- 22 Larsen Tractor Museum
- 23 Red Wing Pottery Museum
- 24 UNL Dairy Store
- 25 Lancaster Event Center
- 26 Devaney Sports Center
- 27 International Quilt Study Center
- 28 Museum of American Speed
- 29 Woods Telephone Museum
- 30 Veterans Memorial Garden
- 31 State Capitol
- 32 Ice Box Hockey Arena
- 33 Haymarket Park
- 34 Lincoln's Camp-A-Way
- 35 Woods Pool

Meeting & Lodging Facilities

1 Cornhusker Marriott Hotel 474-7474	28 Staybridge Suites 438-7829
2 Embassy Suites 474-1111	29 Value Place 438-7000
3 Holiday Inn Downtown 475-4011	30 Quality Inn 475-9541
4 Suburban Extended Stay Hotel 475-3000	31 Luxury Inn 475-2200
5 Candlewood Suites 420-0330	32 Days Inn Airport 475-3616
6 Days Inn South 423-7111	33 Econolodge 475-4511
7 Hampton Inn Heritage Park 420-7800	34 Economy Lodge & Suites 474-1311
8 Holiday Inn Express Southeast 423-1176	35 Hampton Inn Airport 474-2080
9 Ramada Limited South 423-3131	36 Comfort Inn 474-1417
10 Chase Suite Hotel by Woodfin 483-4900	37 Horizon Inn 474-5252
11 Great Plains Motel 476-3253	38 Motel 6 Airport 475-3211
12 New Victorian Suites 464-4400	39 Ramada Inn Airport 475-4971
13 Comfort Suites East 325-8800	40 Sleep Inn 475-1550
14 Cornhusker Super 8 467-4488	41 Cobbler Inn 475-4800
15 Holiday Inn Express Downtown Area 435-0200	42 Days Inn & Suites 477-4488
16 GuestHouse Inn & Suites 464-3171	43 Relax Inn 742-6840
17 Kings Inn 466-2324	44 Travelodge West 475-4921
18 Oak Park Motel 435-3258	45 West O Super 8 476-8887
19 Sharon Motel 475-2691	46 Anniversary Mansion B & B 438-4900
20 Starlite Motel 466-1902	47 Atwood House B & B 438-4567
21 Star City Inn 464-5971	48 Hawley B & B 450-6416
22 AmericInn Lodge & Suites North 435-1600	49 Rogers House B & B 476-6961
23 Best Western Crown Inn 438-4700	50 Westview B & B 470-6000
24 Comfort Suites 476-8080	51 AmericInn Lodge & Suites South 420-0027
25 Country Inn & Suites 476-5353	52 Holiday Inn Express Airport 464-0588
26 Countryside Suites 742-7575	53 Hampton Inn Northeast 435-4600
27 Fairfield Inn 476-6000	54 Residence Inn by Marriott 423-1555
28 Holiday Inn Express North 477-1100	55 Holiday Inn Southwest 421-1893
29 La Quinta Inn 476-2222	56 Roca Country Inn 476-0870
30 Microtel Inn & Suites 476-2591	57 Wunder Roost 794-6969
31 Settle Inn & Suites 435-8100	58 Prairie Creek Inn 488-8822

Golf Courses

- 1 The Country Club of Lincoln
- 2 Crooked Creek Golf Club
- 3 Firethorn Golf Club
- 4 Hidden Valley Golf Course
- 5 Highlands Golf Club
- 6 Hillcrest Country Club
- 7 Himark Golf Course
- 8 Holmes Park Golf Course
- 9 Jim Ager Memorial Golf Course
- 10 The Knolls Country Club
- 11 Mahoney Golf Course
- 12 Pine Lake Golf & Tennis Club
- 13 Pioneers Golf Course
- 14 Wilderness Ridge
- 15 Yankee Hill Country Club
- 16 The Links at Lincoln

Hospitals

- H1 BryanLGH Medical Center West
- H2 St. Elizabeth's Regional Medical Center
- H3 BryanLGH Medical Center East
- H4 Lincoln Surgical Hospital
- H5 Nebraska Heart Hospital

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ENTRY CHAIR CHECKLIST

- Sent entry to the meet host by NOON Tuesday CDT, August 3, 2010 preceding the meet
- Used CZ issued meet file
- Changed all individual teams to LSC team name (verified the export file; checked team names on print-out)
- Sent separate meet file for the pool events and the open water events
- Verified each swimmers' eligibility (Junior/National times not entered)
- Entered swimmers in no more than 6 individual events with no more than 3 on one day
- Entered no more than 2 relays per event
- Included swimmers first and last name with complete USA number
- Entered the non-qualifying entries as a NT (No qualifiers in an event: LSC can enter 1 swimmer for the 10 and under age group and up to 2 for the 11-12 and 13-14 age groups.)
- Included Relay-Only Swimmer Entry Form
- Included Swimmers with Disabilities Form
- Emailed Meet Staff Form to meet host
- Submitted entry fee before the start of the General Meeting
- Gave completed Permission/Release Form Code of Conduct for each swimmer to head coach