

# 2009 Western Zone Senior Championships

## August 10-11, 2009 – Waipahu, Hawaii

- Hosted by** Hawaiian Swimming
- Sanction** Held under the sanction of USA Swimming through Hawaiian Swimming  
Championship Sanction No.: **HI20090810-WZSRC**  
Time Trial Sanction No.: **HI20090810-WZTT**
- Dates** August 10, 2009 through August 11, 2009
- Schedule** Session 1: Monday, August 10, 2009: Timed Finals - Warm-up: 8:00 am - Start: 9:30 am  
Session 2: Monday, August 10, 2009: Timed Finals - Warm-up: 2:00 pm - Start: 3:30 pm  
Session 3: Tuesday, August 11, 2009: Timed Finals - Warm-up: 2:00 pm - Start: 3:30 pm  
  
Time Trials: Start: following the end of each Session, time permitting
- Meet Referee** Frank Ching (NE), (H) 508-655-4169, (W) 781-314-3404, (C ) 781-835-8667, (F) 781-314-3406, (E) [GeeTen@aol.com](mailto:GeeTen@aol.com)
- Meet Directors** Malcolm Cooper Email: [malcolmwhy@yahoo.com](mailto:malcolmwhy@yahoo.com) Phone: (808) 280-4257  
Jon Hayashida Email: [jon.hayashida@helcohi.com](mailto:jon.hayashida@helcohi.com) Phone: (808) 936-7714
- 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

### PRE-MEET INFORMATION

- Pre-meet** Sunday, August 9, 2009 – 9:00 am to 5:00 pm. Workouts times will be scheduled in blocks of 1.5 hours. Competition Pool (10 lane 50m) Warm-up: Please call 808-936-7714 to request time.
- Eligibility** All swimmers entered must be currently registered with USA Swimming as an athlete of fifteen (15) years or older at the start on the championship meet and must be on the team entry form. Swimmers entered must have previously met or bettered the established qualifying championship time standards for long course meters, short course meters, or short course yards, for each individual event entered on or after August 1, 2008. Relay-only swimmers must be included in the team electronic entry file. Please designate unattached swimmers 'UN'. Proof of time shall be the responsibility of the team coach or representative. Violations of this section shall carry a fine of \$250.00 assessed to the team, the swimmer will be dismissed from the meet and all points earned by that swimmer will be removed (including all relays in which the swimmer participated). Time trials are open only to swimmers entered in the meet.
- Entry Limits** Athletes may enter in all qualified events but may compete in no more than six (6) individual events and in no more than three (3) individual events per day, including time trials. All swimmers, including relay-only swimmers, are limited to three (3) individual time trial events for the meet. A swimmer may scratch down to the limit prior to the close of the scratch box. Failure to comply shall be deemed to have given the Meet Referee authority to eliminate entries to comply with these entry limits.
- Swimmers meeting one or more qualifying times will be allowed to enter a maximum of 2 additional bonus swims provided they do not exceed the maximum number of events per meet or per day limits. Bonus event swims will be eliminated first then by highest event number.

Each team is limited to 2 relays per relay event. Relay times must be provable by team or aggregate. Swimmers entered in the meet, whose gender matches the relay event description, are eligible to swim in the respective relay.

**Master Entry** All entries shall be submitted by the individual's team. Entries shall be submitted using USA Swimming approved Standard Database Interchange Format (SDIF) electronic file with a signed copy backup that includes both the qualifying and non-qualifying entry counts. If the team 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.

Entries must include: Full legal name, age, USA Swimming registration number, home club code, and LSC code. Entry times shall be the swimmer's best time from August 1, 2008. 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.

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, M, or Y for qualifying or B plus L, M, or Y for non-qualifying). Seeding will be based accordingly:

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

**Swimmer Surcharge & Entry fees**

\$10.00 Swimmer Surcharge
\$ 7.50 per Individual Event
\$15.00 per Relay Event
\$10.00 per Time Trial Individual Event
\$15.00 per Time Trial Relay Event

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. All entry fees are required to be submitted with entries.

**Entry Deadline** The SDIF file and signed hard copy entries must be received by 4:00pm on Friday, July 31, 2009. Late entries will be accepted in accordance with the Western Zone Swimming Championship Regulations Section IV.5.8.10. Next day delivery service with tracking is recommended (ex: Fed Ex, UPS, Airborne). You must sign for 'no signature required' on shipping label. Certified, registered, or special delivery mail - OR- delivery service (with tracking) requiring signature at time of delivery may be rejected. **Make checks payable to: HAWAIIAN SWIMMING.**

**Mail Entries and Check to:**  
**Gwenn Tomiyoshi**  
**171-G Ainaola Drive**  
**Hilo, HI 96720**  
**(808) 936-0717**

**E-mail:** jackel@hawaiiantel.net

**Foreign** All foreign participants must be members in good standing of their country's FINA affiliated federation.

**Entries** Foreign entries must be proven with meet results. Foreign federations and clubs must e-mail entries directly to Gwenn Tomiyoshi at Hawaiian Swimming (jackel@hawaiiintel.net) no later than Friday, July 24, 2009. **Foreign teams may submit hand entries using the Western Zone Master Entry Forms without incurring additional surcharge fees.** For questions, contact Gwenn Tomiyoshi at 808-936-0717 or e-mail to jackel@hawaiiintel.net.

## CONDUCT OF THE MEET

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

**Format** Meet format will be 8 lanes for Prelims, Finals, and Timed Finals. The 1500 Freestyle will be swum as Timed Finals with the fastest heat at the start of the evening finals session. The remaining heats will be swum fastest to slowest at the conclusion of the morning preliminaries session with alternating heats of women and men. ALL relays will be swum as Timed Finals during the Finals sessions.

One bonus heat (C), one consolation heat (B), and one championship heat (A), in this order, will compete in Finals (except for the 400 IM and 400 Freestyle which will have only B and A finals). Seeding for the meet will be Long Course Meters (L), followed by Short Course Meters (M), and Short Course Yards (Y). Bonus events will be seeded after all of the above.

**Time Trials** Time Trials will be conducted for swimmers entered in the meet in their respective entered events provided there is sufficient time between the end of the morning session and the start of warm-ups for the afternoon session.

- First Session: the immediately completed session events, followed by the remaining events in the meet.
- Second Session: the immediately completed session events, followed by the remaining events in the meet.
- Third Session: the immediately completed session events
- The 1500 Freestyle may be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
- The 50 Freestyle is the last event swum in each Time Trials session, except on the day(s) it is contested in the meet.
- Time trial entries are due by the designated time determined by the Meet Referee.

**Warm-up Procedures** USA Swimming warm-up rules will be in effect. NO DIVING OR RACING STARTS are 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\\_Procedures.pdf](http://www.hawaiianswimming.org/Documents/LSC_Procedures.pdf).

**Meetings** General meeting: Sunday, August 9, 2009 at 4:00 pm at the Hospitality Area (adjacent to the pool).

- One coach or representative from each participating team must attend this meeting.
- The Meet Referee and Meet Director(s) shall chair the meeting.

All officials are expected to attend an officials meeting after the general meeting and one (1) hour prior to each session to which they are assigned.

A warm-up schedule will be presented at the general meeting before the start of competition. USA Swimming open lane warm-up rules will be in effect for all sessions (Timed Finals).

**Time line** A projected time line will be established by the referee and distributed at the General Meeting. A time line will be included in the session heat sheets each day and will reflect any changes to the timeline.

- Scratches** Swimmers are considered checked-in for all individual events unless scratched EXCEPT for the 1500 Freestyle event. Check-in IS required for ALL relay events.
- 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.
  - The scratch box will be at the Clerk of Course during the meet.
  - The scratch box will close one-half (1/2) hour after the end of the General Meeting on Sunday August 9, 2009 for the Monday, August 10, 2009 Timed Final events.
  - The scratch box will close one-half (1/2) hour after the start of each session for the next Timed Final session.
  - The 1500 Freestyle event requires positive check-in in order to be seeded. Check-in for the 1500 Freestyle will close at 8:00 am Monday, August 10, 2009.
  - Check-in for relays will close one-half (1/2) hour before the start of each end of each Timed Final session. However, the relay order may be changed up to the time of the swim. The Meet Referee and Administrative Referee, in concurrence, may re-seed any relay with an unrealistic entry time to the slowest heat with a "no time" entry time.

**Scoring** Scoring will be for 8 places and pointed as follows.

Individual events:	1 <sup>st</sup> to 8 <sup>th</sup>	-	9	7	6	5	4	3	2	1
Relay events:	1 <sup>st</sup> to 8 <sup>th</sup>	-	18	14	12	10	8	6	4	2

**Awards** Combined Team award for 1st place through 3rd place.  
 Individual events - Medals 1st through 8th place.  
 Relay events - Medals 1st through 3rd place.

### IMPORTANT MEET INFORMATION

**Clerk of Course** The Clerk of Course desk shall be open from 12 pm to 5 pm on Sunday, August 9, 2009 the day prior to the start of competition, 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.

**Heat Sheets** Psych Sheets are \$5.00  
 Prelims Heat Sheets are \$2.00 per session.  
 Finals Heat Sheets are \$2.00 per session.  
 Full Meet Results are \$5.00.

**Hospitality** A Hospitality Room will be set up for credentialed coaches, managers, timers, and officials. Refreshments will be provided for the morning and evening sessions. Lunch will be provided each day for Officials and Timers.

**Concessions** A Concession stand will be open throughout the meet. The site's concessionaire is Old School Café.

## 2009 Western Zone Senior Championships August 10-11, 2009 – Waipahu, Hawaii

## Order of Events Long Course Meters

<u>Women's Events</u>	<u>Session 1: Monday, August 10 (Begins at 9:30a)</u>	<u>Men's Events</u>
1	200 Freestyle Relay*	2
	<b><i>break – 5 minutes</i></b>	
3	400 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
	<b><i>break – 5 minutes</i></b>	
9	400 Medley Relay*	10
<u>Women's Events</u>	<u>Session 2: Monday, August 10 (Begins at 3:30p)</u>	<u>Men's Events</u>
11	200 Medley Relay*	12
	<b><i>break – 5 minutes</i></b>	
13	400 Individual Medley	14
15	100 Butterfly	16
17	200 Freestyle	18
19	100 Breaststroke	20
21	100 Backstroke	22
	<b><i>break – 5 minutes</i></b>	
23	800 Freestyle Relay*	24
<u>Women's Events</u>	<u>Session 3: Tuesday, August 11 (Begins at 3:30p)</u>	<u>Men's Events</u>
25	1500 Freestyle**	26
27	200 Backstroke	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	200 Butterfly	34
	<b><i>break – 5 minutes</i></b>	
35	400 Freestyle Relay*	36

\* All events will be swum as timed finals in each sessions.

\*\* The 1500 Freestyle will be swum as timed finals.

**2009 Western Zone Senior Championships  
August 10-11, 2009 – Waipahu, Hawaii**

Women		Time Standards			Men	
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.99	0:28.19	0:25.39	50 FR	0:26.19	0:25.39	0:22.79
1:02.79	1:01.19	0:55.19	100 FR	0:57.39	0:55.79	0:49.89
2:15.29	2:12.09	1:58.99	200 FR	2:05.49	2:02.29	1:49.59
4:43.39	4:36.99	5:15.99	400/500 FR	4:26.69	4:20.29	4:56.49
18:41.29	18:26.99	18:24.59	1500/1650 FR	17:50.19	17:31.29	17:28.89
1:11.39	1:10.79	1:02.39	100 BK	1:05.79	1:05.19	0:57.39
2:32.99	2:31.79	2:14.39	200 BK	2:22.49	2:21.29	2:04.59
1:19.79	1:18.79	1:09.79	100 BR	1:13.79	1:12.79	1:03.69
2:54.79	2:52.79	2:32.79	200 BR	2:41.99	2:39.99	2:20.99
1:09.09	1:08.39	1:01.09	100 FL	1:02.49	1:01.79	0:54.99
2:33.99	2:32.59	2:15.89	200 FL	2:22.19	2:20.79	2:04.49
2:33.99	2:32.39	2:15.19	200 IM	2:21.89	2:20.29	2:03.49
5:23.69	5:20.49	4:46.09	400 IM	5:02.79	4:59.59	4:24.49