



2024 Utah Swimming LC Senior Championships

Hosted by Utah Swimming

Held under the Sanction of USA Swimming and Utah Swimming, Inc.

Sanction #: UT24-70 **OQM #:**

In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. It is further understood that UTSI LSC shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Venue:

Kearns Oquirrh Park Fitness Center
5624 South Cougar Lane
Kearns, UT 84118

Parking: Please park in the high school parking lot across from the venue.

Dates/Times:

Thursday-Saturday, July 18th-20th	Prelims	Warm-up*	7:30 AM	Meet	8:30 AM
	Finals	Warm-up*	4:30 PM	Meet	5:30 PM

**Warm-Up will end 5 minutes prior to the starting of the meet.*

Pool Specifications & Certifications:

- 50-meter pool with EIGHT (8) lanes
- Start End Water Depth: 5.5 feet @ 1 meter from wall; 6.5 feet @ 5 meters from wall.
- Turn End Water Depth: 5.5 feet @ 1 meter from wall; 6.5 feet @ 5 meters from the wall.
- The competition course has not been certified in accordance with 104.2.2C.
- Colorado Timing System and touch-pads.

Meet Personnel:

Meet Director:	Allen Jones	801-819-6878	coachallenjones@gmail.com
Meet Referee:	Mike Wynn	801-372-1299	wynnclan@gmail.com
Lead Starter:	Carri Oviatt	385-269-0666	carriov1@gmail.com
Admin Official:	Jennifer Nielson	801-310-3520	jenn.n@comcast.net

For emergencies during the meet, please contact the Meet Director.

Coaches:

- Only currently registered coach members of USA Swimming may be on deck in a coaching capacity. 202.5.5
- All coaches will need to present their credentials to the Clerk of Course/Check-in Desk to pick up their team packets/heat sheets.
- Coaches that have not completed and submitted all required USA Swimming Coaching Requirements to Utah Swimming Registrations by 3 PM on Sunday, July 14, 2024 will not be allowed on deck at the meet.

Technical Meeting:

There will be a technical meeting on Wednesday, July 17 at 7 PM via Zoom. A link will be sent out after entries have been received. Teams must have a coach or team representative in attendance. **Coaches not in attendance are responsible for obtaining the information covered in the General Meeting.**

Eligibility:

This meet is open to all Utah Swimming registered 2024 USA Swimming athletes who have achieved a 2024 Utah Swimming Senior Championships qualifying time.

Rules:

- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- Deck entries will not be accepted.
- Deck registration will not be accepted as swimmers must be registered at time of entry.
- Current USA Swimming rules and regulations will govern this meet.
- Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement [UTSI P&P 303].
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement [202.4.11D].

Safe Sport:

- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and that they understand that compliance with the MAPP policy is a condition of participation in the conduct of this competition.
- For athlete protection, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks. Such devices being used in these restricted areas are subject to confiscation.
- Deck changing is prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Athletes 18 and Over:

- All athletes age 18 and older must complete Athlete Protection Training (APT) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before the last day of meet who has not completed Athlete Protection Training will be prohibited from participating until such time as all membership requirements are completed.
- Athletes must complete the Safe Sport Trained Core course. This can be accessed through their Education Course Catalog [DO NOT take the Safe Sport Training for Adult Athlete course].

Meet Format:

- Please use the UTSI scratch procedures for all scratches.
- **All individual events are negative check-in except the 1500 Free which is positive check-in.**
 - Check in for the 1500 Free will close at 10:00 AM on Saturday July 20th.
 - The 1500 Freestyle is a Timed Final event swum in Prelims, seeded fastest to slowest and swum fastest to slowest, alternating between girl's and boys' heats.
 - 1500 Free swimmers will provide their own timers and counters.
- All individual and relay events, excluding the 50s, will start from the East end.
- **All 50s in both Prelims and Finals will start at the West end.**
- **All Prelims and relay events will be swum fastest to slowest (with the fastest swimmer or relay in the first heat).**

- Finals Sessions will consist of 18 and under D and C Bonus Finals, Consolation and Championship heat for the individual events, swum in order of D, C, Consolation, then Championship heat.
- Heats for adaptive swimmers will be swum immediately following the Championship heat for individual events, as needed.
- Fly over starts will be used in Prelims.
- There will be a 5-minute break after each session's relay events.

Individual Entry Information:

- Swimmers may enter up to 6 individual events, including Bonus events, swimming no more than 3 individual events per day.
- USA Swimming Online Meet Entry (OME) will be used for entries.
- All entries must be verifiable by SWIMS.
- Swimmers may not use an 800/1000 Free time to enter the 1500 Free.
- Time trials will not be offered.

Bonus Event Rules:

- Swimmers are limited to a maximum of 3 bonus events.
- The 400 IM, 400 Free, 1500 Free may not be used as a bonus event.
- NTs will be accepted for bonus events.
- Relay only swimmers are not allowed bonus events.
- Please indicate bonus events by selecting the Bonus box in your meet entry program.

Relay Events Entry Information:

- All Relays are timed final events (some are swum in prelims, see event schedule).
- Relay entry times may be actual or aggregate.
- Swimmers may compete in up to 6 relays for the meet, swimming 1 per session.
- Teams are limited to 2 entries per relay event for gender specific relays.
- Teams entering 1 relay in an event may enter with a qualifying time, or by using the "3 swimmers in the meet rule". Teams using the "3 swimmers in the meet rule" will be allowed to enter said relays with a NT if they so choose.
- For teams entering 2 relays in an event, both teams must meet the qualifying time or have 6 swimmers with individual entries in the meet.
- Teams are limited to 4 entries for entries for mixed gender relays, and NTs will be accepted for mixed gender relays. Mixed relays must be swum with 2 girls and 2 boys in any order.
- A maximum of two relays may score for a team in each event.
- Teams entering swimmers who are not in the meet but who will swim on a relay must submit names of said swimmers, including alternates, at the time of team entry. 4-8 swimmers must be listed on relay entries, but teams may use other swimmers entered in the meet to make changes or substitutions.

Relays At the Meet

- Coaches should pick up their relay declaration forms from the Clerk of Course each morning for that day's relay events.
- If any changes have been made to the initial relay declaration, the name(s) must be lined through and the new swimmer's first and last name(s) legibly written in.
- Each relay team MUST turn in a relay card regardless of if there were changes made or not.
- All relay cards will be collected by the designated person for each relay team in the ready room (or staging area) prior to the team coming on deck. The swimmers must swim in the order listed on the relay card that was turned in.

Entry Deadline, Procedures & Fees:

- Entries must be submitted in the course in which they were achieved. Converted times may not be used.

- All entries must be submitted and received electronically via USA Swimming OME, OME is the only method of entry for this meet. Meet entry times must be designated “L” for long course meters, “S” for short course meters and “Y” for short course yards.
- A team’s entry receipt will be used to resolve any entry issues.

Entries and Corrections:

- Team entries and corrections must be received via OME by **11:59 p.m. July 13, 2024.**
- No late entries will be accepted.

If you have questions about the entry rules, you may contact the Administrative Official entries.lcseniors@gmail.com.

Fees:

Swimmer Surcharge (including relay only swimmers):	\$15.00
Individual Event Entry:	\$ 8.00
Relay Event Entry	\$16.00

- **Make checks payable to Utah Swimming.**
- **Teams with billing set up with UTSI may request invoicing.**
- **Checks need to be mailed and NOT hand delivered at the meet.**
- All fees are non-refundable.
- Teams that haven’t paid their entry fees within 30 days of the first day of the meet will be assessed a \$50 late fee.

Mail entry fees to: Utah Swimming – LC Senior Champs Entries
PO Box 71837
SLC, UT 84171

Seeding

- Event seeding will be in the following order: conforming LCM, non-conforming SCY, non-conforming SCM, bonus LCM, bonus SCY, bonus SCM, NT.
- Swimmers must enter at the fastest time achieved in an event (except as otherwise provided in USA Swimming Rules Article 207 or the USA Swimming Policy Manual). Swimmers who have not achieved a time in the conforming course must enter at the fastest achieved time in the non-conforming course.
- All preliminary individual events will be swum fast to slow.
 - For preliminary events of 200M or less, the fastest 3 heats will be circle seeded with the fastest swimmer in the first heat.
 - For the preliminary events of 400 IM and 400 Free, the fastest 2 heats will be circle seeded with the fastest swimmer in the first heat.

Scratch Procedure:

The Utah Swimming Championship Meet Scratch Procedure will be utilized.

- Scratches for Thursday should be turned in, via email to entry contact, entries.lcseniors@gmail.com by 6 PM Wednesday July 17th.
- Scratches for the Friday and Saturday Prelims sessions must be turned into the Clerk of Course 30 minutes after the start of finals on the evening prior to Prelims session.
- Scratches are not considered received unless you receive a confirmation email. Contact the administrative official if your scratch is not confirmed by the deadline.
- Any swimmer not returning for Finals for any reason, should properly scratch from all events in the allotted time with no regard for placement.
- If scratching a relay, please turn in the scratch to the Clerk of Course as soon as possible.

Utah Swimming Scratch Procedure

- Failure to compete in Preliminary and Timed Final Events:
 - A. If a swimmer fails to scratch properly from a preliminary event or timed final for which the swimmer has been positively checked in and doesn't report to the block to swim, that swimmer will be disqualified from that event and scratched from the next individual preliminary event for which they are entered. If a swimmer misses a second event, they will be barred from further individual competition for the remainder of the meet. They shall still be eligible to compete and score points for the team in relay events. Upon request and approval of the Meet Referee, any barred swimmer can be re-entered into the meet and reseeded with a NT into the slowest heat of their remaining events. Said swimmer will present themselves to the Meet Referee and declare their intent to swim, to be allowed to swim for time only and will not be eligible to advance to Championship, Consolation or Bonus final heats or score points in individual events for themselves or for the club.
 - B. Declared false starts are allowed in prelim swims.
- Failure to compete in a Bonus, Consolation, or Championship Final heat:
 - A. A swimmer qualifying for either Bonus, Consolation, or Championship Finals has 30 minutes after the time of the announcement of the qualifiers of each individual event to scratch or declare an intent to scratch. The Bonus, Consolation, and Championship heats will then be seeded by inserting alternates, thus filling all the lanes. Any swimmer qualifying for a Championship, Consolation or Bonus final heat who fails to compete in that event will be disqualified from that event and scratched from the next individual prelim event for which they are entered, except any named alternate shall not be penalized if unavailable to compete (see USA Swimming Rulebook). If a swimmer misses a second event, they will be barred from further individual competition for the remainder of the meet. They shall still be eligible to compete and score points for the team in relay events. Upon request and approval of the Meet Referee, any barred swimmer can be re-entered into the meet and re-seeded with a NT in the slowest heat of their remaining events. Said swimmer will present themselves to the Meet Referee and declare their intent to swim, to be allowed to swim for time only and will not be eligible to advance to Championship, Consolation, or Bonus heats or score points in individual events for themselves or for the club.
 - B. Any swimmer missing a Championship, Consolation or Bonus heat in the last session, or their last Finals event of the meet will be subject to a fine. The fine may be paid by the club or swimmer. (See UTSI policy #430a Table of Fees and Fines for amount and location of additional information).
 - C. Declared false starts are not allowed for Championship, Consolation, or Bonus Finals and Timed Final events for which the swimmer has been positively checked in.

Warm-up Procedures:

USA Swimming and Utah Swimming warm-up procedures UTSI RR 1.9 will be enforced throughout the meet. Warm-ups are subject to the following procedures:

- Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3-point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.
- All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist **unaccompanied swimmers** make arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. 202.5.3.
- During the last 20 minutes of warm-up, lanes 2,3,6 and 7 will be available for starts.
- Upon request, lanes 1 and 8 may be cleared for a pace lane under coach supervision during the last 20 minutes of warm-up.
- The meet referee may make changes as determined to be in the best interest of athletes and the conduct of the meet.

Results:

Results will be posted on the Utah Swimming Website.

Deck Access:

- Deck access is limited to swimmers, coaches, officials and meet workers in designated areas.
- Officials and coaches must show their USA Swimming IDs to be allowed near the competition pool.
- Spectators will be allowed on deck in designated areas only.
- Coaches, officials, and meet personnel that are not actively working a session in said capacity must sit in the stands.

Team Volunteer Assignments:

- Teams will be notified of their volunteer assessment after the initial entry deadline. Please check the Utah Swimming website to see when you may begin signing up and when the sign-up for volunteers closes. The sign-up web address will be emailed out to the member teams prior to the start of the meet with directions.
- Officials will be signed up by the meet referee. If volunteer credit slots for officials are already filled, teams of walk-on officials may not receive volunteer credit for their service.

Image Authorization:

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming and Utah Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade.

Hospitality:

Hospitality will be available for Coaches, Officials and Meet Personnel.

Officials:

- The application to officiate at this Utah Swimming Championship meet will be available on the Utah Swimming website. The referee will add officials to the volunteer sign-up. While walk-on officials will be welcomed, only those who send in an application by the deadline will be guaranteed a shirt or considered for assigned positions.
- Requested positions (starter, deck referee, etc.) need to be submitted through the application form no later than June 25, 2024
- This will be an OQM Meet.
- There will be an Officials Meeting one hour before the start of each session. Timely attendance at the meeting is required to receive a deck assignment.
- Officials Uniform will be white top, black bottoms, and black closed toed shoes, and nametag. Hawaiian shirts may be worn at the Saturday Finals session. Shorts and skorts will be allowed in finals sessions.

[Sign up to Officiate](#)

Event Schedule:

2024 UT LC Senior Champs

Thursday, July 18th		
Girls	Events	Boys
1	200 Mixed Free Relay (swum in Prelims)	1
<i>5 Minute Break in Prelims</i>		
2	Senior 400 Free	3
4	Senior 200 IM	5
6	Senior 50 Free	7
<i>10 Minute Break in Finals</i>		
8	400 Medley Relay (swum in Finals)	9
Friday, July 19th		
Girls	Events	Boys
10	200 Mixed Medley Relay (swum in Prelims)	10
<i>5 Minute Break in Prelims</i>		
11	Senior 400 IM	12
13	Senior 100 Fly	14
15	Senior 200 Free	16
17	Senior 100 Breast	18
19	Senior 100 Back	20
<i>10 Minute Break in Finals</i>		
21	200 Medley Relay (swum in Finals)	22
Saturday, July 20th		
Girls	Events	Boys
23	400 Free Relay (swum in Prelims)	24
<i>5 Minute Break in Prelims</i>		
25	Senior 200 Back	26
27	Senior 100 Free	28
29	Senior 200 Breast	30
31	Senior 200 Fly	32
<i>10 Minute Break in Finals</i>		
33	200 Free Relay (swum in Finals)	34
<i>10 Minute Break in Prelims</i>		
35	Senior 1500 Free (Swum in prelims)	36

Time Standards:**2024 Utah Senior Championships Time Standards (Senior Champs & LC Champs)**

GIRLS			Event	BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
25.79	28.59	29.39	50 FR	26.79	25.99	23.49
56.59	1:02.79	1:04.39	100 FR	57.89	56.29	50.69
2:03.09	2:16.59	2:19.79	200 FR	2:07.39	2:04.19	1:51.89
5:43.49	5:00.19	5:06.59	400/500 FR	4:40.99	4:34.59	5:14.79
11:50.79	10:21.59	10:34.39	800/1000 FR	9:51.39	9:38.59	11:02.59
19:47.29	19:47.09	20:11.09	1500/1650 FR	18:52.59	18:28.59	18:30.39
1:05.29	1:12.49	1:13.69	100 Bk	1:08.09	1:06.89	1:00.29
2:24.79	2:40.69	2:43.09	200 BK	2:33.19	2:30.79	2:15.79
1:16.49	1:24.89	1:26.89	100 BR	1:19.19	1:17.19	1:09.49
2:46.69	3:04.99	3:08.99	200 BR	2:59.69	2:55.69	2:38.19
1:05.49	1:12.69	1:14.09	100 FL	1:05.69	1:04.29	57.89
2:34.89	2:51.99	2:54.79	200 FL	2:41.29	2:38.49	2:22.69
2:22.69	2:38.39	2:41.59	200 IM	2:30.49	2:27.29	2:12.69
5:06.49	5:40.19	5:46.59	400 IM	5:19.49	5:13.09	4:42.09
1:55.69	2:08.39	2:12.29	200 Free Relay	1:58.09	1:53.99	1:42.69
4:10.29	4:37.79	4:46.09	400 Free Relay	4:17.89	4:08.52	3:43.89
2:08.49	2:22.59	2:26.59	200 Medley Relay	2:14.79	2:09.64	1:56.79
4:45.99	5:17.39	5:24.29	400 Medley Relay	4:53.39	4:37.82	4:10.29