

WESTERN REGIONAL SECTION CHAMPIONSHIP REGULATIONS

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These Regulations shall govern to conduct of the Western Zone Western Regional Speedo Championship Series Meet as provided in the By-Laws of the Western Regional Section. Changes to these regulations may be made at a biannual meeting and requires a simple majority (more than 50%) of those eligible to vote.

The Western Region Section Board recognizes and supports the responsibility of all coaches to make decisions that represent the best interests of their athletes. At the same time, it is the responsibility of the Section Board to support and promote Section Championships, as outlined in the By-Laws and Championship Regulations.

The Section Championships provide valuable competitive opportunities for the section Senior athletes, and the Section Board encourages the support of Section Championship meets by the teams, coaches and athletes of the Western Region Section, whenever possible.

Article I

Championship Meets

- A. There shall be three championship meets each year
 - 1. Spring Senior Northwest and Four Corners Western Regional Section Championships
 - 2. Summer Senior Western Regional Section Championships
- B. Course
 - 1. The Spring Senior Championships shall be conducted short course except during Olympic years, where it will be conducted long course.
 - 2. The Summer Senior Championships shall be conducted long course.
- C. Dates
 - 1. The Senior Spring Championships shall be held in March.
 - 2. The Senior Summer Championships shall be held to conclude two weeks prior to the National Championships.
 - 3. Exceptions to the schedule may be made during an Olympic year or when there is a conflict with Senior Championships.
 - 4. Meet entries must be submitted by midnight one week prior to the start of the meet. Late entries will pay 2 times the entry fee.

Late entries will be accepted until 11:59 PM on the Sunday prior to the start of the meet - entry fees for late entries will be twice that of regular entry fees. Athletes who achieve a first-time individual qualifying standard following the close of regular entries may also enter until 11:59 PM on the Sunday prior to the start of the meet. Entry fees will be at the regular entry fee rate.

5. For informational and planning purposes, an initial Psych Sheet & Unofficial Preliminary timeline will be sent out within 48 hours of the close of regular entries.

D. Sanctions

1. The LSC in which a Western Regional Championship meet is held shall sanction the Championship meet.
2. The sanction fee shall be waived by the LSC in whose territory the championship meet is held.

E. Championship Meet Site Selection

1. An active member organization wishing to host a Western Regional Section Championship meet must submit a written request to the Administrative Vice Chairman of the Western Region Section, indicating what meet it desires, prior to the opening of the biannual meeting at which the site selection is made. This request must be submitted two years in advance of the meet.
2. The Summer Senior Championships shall be selected at the Summer Senior Championship bi-annual meeting held two years prior to the meet.
3. The Spring Senior Championships shall be selected at the Spring Senior Championship bi-annual meeting held two years prior to the meet.
4. A representative of the organization submitting the request for a championship meet shall be present at the biannual meeting in which its request is being considered. If there is no representative present, the request shall not be considered.
5. A majority of the active membership present and entitled to vote at the biannual meeting must agree on proposed site.

F. Meet Format

1. Both the Spring and Summer meets will use the National 4-day format as modified at the bi-annual meetings.

Individual - All individual events in the prelims to be swum fastest to slowest, with the fastest athlete in heat 1.

Relays – Short Course - The 200 Medley Relay will be swum as a timed final, fastest to slowest, as the first event in the preliminaries of the first day of competition, (Thursday of a Thursday – Sunday competition), ALL heats in prelims. The 200 Freestyle Relay will be swum as a timed final, slowest to fastest, as the last event of the finals of the first day of competition, ALL heats in finals. The 400 Freestyle Relay, 800 Freestyle Relay, and the 400 Medley Relay will be swum as a timed final, slowest to fastest, as the last event on their respective days, with ALL heats in finals. All relays shall be swum in event order, i.e. all heats of girls relays, followed by all heats of boy's relays. If two pools are utilized for Short Course relays, events shall still be swum in event order, i.e. all heats of girls relay's, followed by all heats of boy's relays.

Long Course - The 200 Medley Relay will be swum as a timed final, fastest to slowest, as the first event in the preliminaries of the first day of competition, (Thursday of a Thursday – Sunday competition), ALL heats in prelims, in event order (all women's heats, then all men's heats). The 200 Freestyle Relay will be swum as a timed final, slowest to fastest, as the last event of the finals of the first day of competition, ALL heats in finals, in

event order (all women's heats, then all men's heats). The 400 Yard Freestyle Relay will be swum as the last event of the second day of competition with the fastest two heats of women and fastest two heats of men in finals, swum slowest to fastest. The 400 Medley Relay will be swum as the last event of the fourth day of competition with the fastest two heats of women and fastest two heats of men in finals on the last day, swum slowest to fastest. All other heats of the 400 Relays will be swum at the conclusion of preliminaries, alternating women's and men's heats – fastest to slowest. The 800 Free Relay is to be swum as the last event of the third day of competition with the fastest two heats of women and fastest two heats of men in finals, swum slowest to fastest. All other heats will be swum at the conclusion of preliminaries alternating women's and men's heats – fastest to slowest.

2. Order of events

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|---------|--|
| Day 1 – | 200 Medley Relay (fastest to slowest-all heats-prelims)
100 freestyle
200 breaststroke
200 butterfly
200 freestyle relay (slowest to fastest – all heats-finals)
800/1000 freestyle(fastest to slowest – fastest in finals) |
| Day 2 - | 100 backstroke
200 freestyle
400 individual medley
400 freestyle relay (slowest to fastest – all heats final – SC)
400 freestyle relay (fastest to slowest-2 fastest in finals-LC) |
| Day 3 | 200 backstroke
400 meter/500 yard freestyle
100 breaststroke
100 butterfly
800 freestyle relay (slowest to fastest –all heats final – SC)
800 freestyle relay (fastest to slowest-2 fastest in finals-LC) |
| Day 4 | 200 individual medley
1500 meter/1650 yard freestyle National Event Format
slowest to fastest (fastest only in finals)
50 freestyle
400 medley relay (slowest to fastest – all heats final – SC)
400 medley relay (fastest to slowest-2 fastest in finals-LC) |

- F. Time standards will be reviewed and set at the bi-annual meetings. A methodology can be established if needed or required. The current standard is the average of 64th place of the last three years, never getting slower.
- G. Up to 2 bonus swims, not to exceed 6 individual events total are permitted in the spring and summer meet. An athlete may enter any number of individual events in which the qualifying time standard has been met but may only swim three (3) individual events per day (including Time Trials), and a maximum of six (6) individual events over the course of the meet (not including Time Trials). An athlete may participate in a maximum of five (5) relays total for the meet (not including Time Trials). All athletes, including relay-only athletes, are limited to three (3) Time Trials over the course of the meet.

H. Meet qualifying time period – The period for meet qualifying swim is December 1 (16 months out) for the spring meet and June 1 (13 months out) for the summer meet to the entry deadline.

I. Disability entries – Qualifying time standards to be the USA Swimming para sectional time standards. Disability athletes may enter up to 4 events with each swimmer having the option of swimming a half distance for any event entered. Disability athletes may also participate in time trials on the same basis.

7. If the estimated timeline, including relays, shows the running time of the preliminary sessions to be in excess of 4 ½ hours the meet referee is authorized to use preliminary shortening procedures beginning with starts at both ends and then to A/B flights.

G. Proof of times

1. Swimmers must have a provable Western Regional Sectional qualifying time to enter the meet. Entry times for qualified swims are allowed anywhere between the swimmer's qualifying time and the entry standard as long as the swimmer's qualifying time has been achieved within the qualifying period.
2. Proof of time will be required along with the meet entry. Each entry time used must be from a "Sanctioned", "Approved", or "Observed" swim in accordance with USA Swimming Rules and Regulations. Entry times which are not in the SWIMS database, must be verified by the meet director or designated representative prior to the scratch deadline for the event.
3. Failure to provide proof of time will result in a swimmer not being permitted to swim the event in which the time can-not be proven.

H. Meet Entry Fees

1. The meet entry fees will set by the Section in conjunction with the host and will cover the following:
 - a. Surcharge: \$40.00/\$50.00 short course/long course per entered athlete
 - b. Individual events: \$20.00 per event
 - c. Relays: \$40.00 per relay
 - d. Time trials: \$20.00 and \$40.00 per time trial
 - e. Late entry fees will be double – see I-C-4
 - f. All meet fees will automatically increase by \$0.50 per year, including the designated portion set aside for the host to cover official's expenses. The first increase from current 2023 fees will take effect in 2024.

I. Heat Sheets

1. Heat and Final Sheets must contain the following information:
 - a. Time Standards for the Section, Junior Nationals, Senior Nationals, US Open and Olympic Trials as appropriate for the competition year.
 - b. Blue Western Section Record

J. Publicity

1. The host club should do everything possible to work with the local, print, electronic and internet media to generate publicity for the competition.

K. Officials Travel Costs

1. The Meet Host, not the Section, will be responsible for travel and lodging costs of certain officials (meet referee, administrative referee, team lead chief judge, and N2/N3 evaluator) for these meets. The Meet Host will actively confer with the LSC Officials Chair and the Western Zone Officials Chair to select National Championship caliber officials, particularly the Meet Referee, Administrative Referee, Chief Judge Team Lead and N2/N3 Evaluator, with the lodging, travel arrangements, and costs of these four officials (if any) borne by the Meet Host.
2. \$4.00 of meet entry fees (individual and relay) has been designated by the section for host reimbursement of the four lead officials (meet referee, administrative, team lead chief judge, N2/N3 evaluator) travel and lodging costs for the meet.

Article II

Awards

- A. Team scoring will be done for women, men and combined including the C Final (top 24 places).
- B. Awards will be given at the Championship meets as follows:
 1. Individual awards: Medals for 1st through 8th
 2. Relay awards: Medals for 1st through 3rd
 3. Team awards: Trophies for 1st through 3rd.
 4. Women's and men's individual high point trophies
- C. The cost of awards will be the responsibility of the host club.
- D. The design of the awards must be approved by the Western Regional Section Administrative Vice Chairman.

Article III

Allocation of Western Region Section Funds

- A. Establishment of travel funds
 1. One quarter of the individual and relay entry fees (Splash Funds) will be remitted by the host club to the Western Region Section within ten (10) days after the conclusion of the meet. The Entry Fees will be reduced by \$4.00 per entry for officials' costs and further reduced by 5% for OME costs. These funds will be used to establish a Reimbursement Fund to be disbursed as described in this Article.
 2. For the purpose of establishing the splash fees for Reimbursement funds, only individual events and relay entry fees may be used.
- B. USA Swimming Championships
 1. Each active member organization shall be reimbursed for each eligible qualifier who attends the USA Swimming National Championships (Summer or Spring). Participation in the applicable Western Regional Section Championship meet is required.
- C. Application for Reimbursement

1. For spring meets, application for reimbursement funds shall be made to the Western Regional Section Treasurer, in writing, within fifteen days following the spring sectional meet. For summer meets, application for reimbursement funds shall be made to the Western Regional Section Treasurer, in writing, within fifteen days following the USA Swimming Championship meet. The application must contain swimmer's name, organization name, address, the Championship Meet name, and events in which each swimmer competed.

D. Eligibility

1. To be eligible to apply for National travel reimbursement, each individual qualifier must compete in the National Championship meet. To be eligible the swimmer must be registered with a Western Region Section LSC at the time of competing in Sectional meet for which reimbursement funds are being requested.

The swimmer must also have competed in an individual or relay event in the Senior Western Regional Section Championship meet occurring in the same season as the National Championship Meets. Sectional swimmers who compete in the Sectional Championships in the 1650 yard or 1500 meter freestyle and who compete in the National Open Water Championships are eligible to receive a full share of travel money, not to exceed the amount given to a Senior National Swimmer. The request to receive reimbursement funds should be made to the Section Treasurer on the same form used to request reimbursement for the National championships of the same year.

2. The reimbursement shall be determined using the following formula:
 - a. Splash funds available from the meet divided by the number of requests for funding.
3. The criteria are as follows:
 - a. Maintenance of a minimum \$500 balance of Western Regional Section funds.
 - b. Establishment of entry fees at a level that will allow the splash funds to create an adequate fund from which to pay athletes and coaches.
4. National "relay only" swimmers will receive (in total) reimbursement equal to one individual share for that meet.
5. Swimmers who attend Junior Nationals are entitled to only a one-half share, but their coach is entitled to a full share.
6. Coaches receive shares for each USA Swimming Championship they attend with one or more athletes from their team/club. However, no more than one coach per team will receive reimbursement for a given meet.

E. Agreement to host Western Region Section Championship Meet

1. The host team(s) will sign an agreement with the section using the following format.

This Agreement is entered into this ____ day of _____, 20__ between Western Region Section ("Section") of the Western Zone of USA Swimming, Inc. and _____ Swim Club ("Host") to host the Western Region Section Championship meet on _____ through _____.

Host agrees to host the Section Championship Meet on _____ through _____ in accordance with the requirements Section Championship Regulations, a copy of which is attached hereto. Host understands that the

Regulations require Host to remit a portion of the meet entry fees to the Section Treasurer, accompanied by a copy of the meet financial statement filed with USA Swimming, not later than ten days following the completion of the Championship Meet.

Name
Chair, Western Region Section

Name
Title, _____ Swim Club

F. Dispute Resolution

Concerns regarding these Championship Regulations and other matters related to the hosting and execution of these championship meets should be initially directed to and addressed by the Section Board, with the following exception:

Once the meet has begun (Day One of competition), matters directly concerning competition should initially be directed to and addressed by the Meet Referee, who will consult with the members of the Section Board, as appropriate.

- G. If the host does not pay the section/Treasurer within 30 days after the end of the meet, subject to Executive Committee approval, the host team will be banned from hosting a sectional meet for 2 or more years.