

2010 Inland Empire Long Course Championships
July 30-August 1
Sanction # IE1027

Held under the sanction of USA Swimming, Inc. and Inland Empire Swimming, Inc.
In granting this sanction it is understood and agreed that USA Swimming and Inland Empire Swimming shall be free and held harmless from any liabilities or claims for damages arising of injuries to anyone during the conduct of the event.

- Host:** Spokane Area Swimming (SAS)
- Location:** Witter Aquatic Center, 1400 East Mission, Spokane, WA.
- Facility:** Witter Aquatic Center has a competitive pool: 50meters x 25 yards-8 lanes. The adjacent warm-up pool (20 yards - 3 lanes), will be available during the duration of the competition. Water depth and starting block height meet the 2010 USA Swimming regulations. The competition course has not been certified in accordance with 104.2.2C (4). The competitive pool water depth varies from 12 feet at the start end to 3.6 feet at the turn end. All 200 relays will do in water starts for the 50 and 150 exchanges. The aquatic center is wheelchair accessible.
- Format:** Prelims/Finals & Timed Finals.
- Eligibility:** Open to swimmers currently registered (2010) with USA Swimming as Inland Empire Swimming athletes. Age as on the 1st day of the meet determines the age group to enter. Each swimmer must swim in his/her respective age group. Athletes with disabilities are welcome and are asked to provide advance notice of necessary accommodations. All swimmers must have an official time in the SWIMS database in every entered event. NT's are not accepted in this championship meet. For events with time standards: An acceptable qualifying standard in place of the USAS LC B time standard shall be the USAS SC Yard B time standard. Please see the attached Short Course and Long Course Qualifying times, (2009-2012 USA Swimming AG Motivational Times).
- Rules:** Current USA Swimming rules will govern. The rules and procedures of Inland Empire Swimming will also apply. The Meet Referee will be the final authority for the conduct of the competition. Coaches must be 2010 USA Swimming members. Proof of coaching certification must be produced on request at any time by the Meet Referee. Only swimmers, coaches, officials and meet workers are permitted in the deck area. Spectators are not allowed in the deck area. The deck area is considered the 3 foot area from the edge of the pool and the area behind the starting platforms up to the timer chairs. Animals are not allowed inside the fenced area or in the locker rooms at any time.

There is a positive check-in for the 1500 free. Check in will be at 10:00 am on Sunday.

IES scratch rule: Swimmers will have 30 minutes after the announcement of the qualifiers to declare their intention to scratch from the final events. Any qualifying swimmer who does not declare an intention to scratch a final event and fails to compete in that final event will be barred from competition for the remainder of the meet. Coaches shall report to the Administrative Referee to declare their swimmers' intention to scratch final events.

Sixteen swimmers will advance to each designated final event. Eight swimmers: (1st-8th place) in the Championship final; and eight (9th-16th place) in the consolation finals.

Awards: A participation award will be awarded to all swimmers and heat winner prizes will be awarded. Medals will be awarded for:
1st - 8th place in each individual event and 1st - 3rd in relay events.
Ribbons will be awarded for:
9th - 16th place in each individual event and 4th - 8th place in relay events.
Swimmers will place and score in the division entered.

Individual high point awards will be given to the top girl and boy in each age group. Team awards will be given 1st - 6th place.

A team spirit award will be awarded. One coach and one athlete from each team will be permitted to vote. Ballots will be collected by the end of finals on Saturday. The winning team will be announced during prelims on Sunday.

Scoring: Points will be awarded 1st through 16th place in individual events. Individual events will be scored by age group and gender: 8 & under, 9-10, 11-12, 13-14, and 15 & over. High point calculations will be based on swimmers age groups, not event age groups, so points earned in the 10 and under, 9-12, and 11-14 events will be added into the calculation for each swimmer. Team points will be awarded 1st through 8th place for relays. A maximum of one relay per team per relay are eligible to score.

SWIMS: The USA Swimming SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any swimmer data that is NOT correct in the meet database please notify the Meet Referee as soon as possible. The appropriate changes will be made. The data will be sent to USA Swimming within 3 days of the meet.

Submitting Entries:

ENTRY SUBMITTAL INFORMATION:

- Entries may be submitted on line beginning 12:00 AM, June 28th, through the USA Swimming website: www.usaswimming.org/ome a link will also be provided to the site on the IES and SAS websites.
- Online entries will be accepted until 11:59 PM PST July 21, 2010.
- Entry fees will be made payable by check payable to Spokane Area Swimming. Checks are due at Coach/Team check-in on Friday, July 30th.
- **Before checking out (i.e., completing your online entry), double-check your entry, using the totals and the meet entry fee data to be sure you have entered the correct number of swimmers and splashes. Be sure to enter (and pay for) all relay-only swimmers.**
- Once you complete your online entry you will be sent a confirmation email. Bring all written communications with you to the meet in case of problems with entries.
- OME will not automatically update your entry times as new results are entered into SWIMS. Should you wish your entry to reflect any updated times, you must return to your entry after you have checked out to do so. You can also add events to your entry but you cannot delete events after you have checked out.
- NOTE FOR DISTANCE EVENTS: The 400 IM, 400 Freestyle, and 1500 Freestyle OME (on-line meet entry) event numbers will not match the Order of Events numbers. The special OME event numbers are for meet-entry purposes only. Event numbers in the Order of Events will be used during competition.
- NOTES FOR RELAYS: Use the "over-ride" feature when necessary.
- Please DO NOT submit paper entry to USA Swimming or meet host.

Online entry questions:

Barb Peplinski- sastreasurer@comcast.net

Todd Marsh- fishmarsh@comcast.net

Phone entries will not be accepted.

Entry deadline: Wednesday, July 21st 11:59 PM PST

Entry Fees:

Individual events	\$3.00
Relays	\$12.00
Surcharge	\$10.00

Entry fees are due at the Coach/Team check-in on Friday, July 30th. Teams will be issued team packets upon entry fee payment. Make checks payable to Spokane Area Swimming.

Entries:

Late entries will not be accepted.

All swimmers may enter a maximum of (8) events for the entire meet, of which, no more than (3) events are allowed per day. Enter swimmers with best times. **NT (no time) entries will not be accepted.** Swimmers may enter individual events with either short course yard or long course meter provable official times in any USA Swimming Sanctioned or approved meet or time trial. Swimmers must meet the qualifying time standard in all events with qualifying times. Official times must have been swum prior to the meet entry deadline. Non provable time entries will be scratched. Converted times will not be accepted. Non conforming times (short course yards) will be seeded in the 1st heats for events swum slowest to fastest; in the last heats for events swum fastest to slowest. No deck entries will be accepted.

Time Trials: Time Trials will be available on a very limited basis at the discretion of the Meet Referee. Swimmer's best time must be close to a Zone or National Qualifying time.

Events:

400 Free: The 400 free will be swum mixed gender fastest to slowest (9-12) and (13 & over). It will be awarded and scored separately by gender and age group (9-10, 11-12, 13-14, and 15 & over). This is a timed final event. Swimmers must provide their own timers.

400 IM: The 400 IM will be swum mixed gender fastest to slowest (13 & over) and awarded and scored by gender and age group (13-14, 15 & over), this is a timed final event.

1500 Free: The 1500 free will be swum mixed gender fastest to slowest (13 & over). It will be awarded and scored separately by gender and age group (13-14, 15 & over). This is a timed final event. **Swimmers must provide their own timers, and positively check-in by 10:00am on Sunday.**

National Certification: This meet will be designated as a qualifying meet. A national evaluator, Gloria Schuldt will be in attendance for certification and recertification. All applications for evaluation can be found on the IES website: www.ieswim.org and should be emailed to the Meet Referee.

Officials:

Meet Referee: Jack Beck scubadog522@comcast.net 509-710-8947

Admin Referee: Robert Broyles deepspace@prodigy.net 208-882-3716

Head Starter & Stroke and Turn: IES Officials

All IES Officials are welcome and encouraged to apply. To facilitate a smooth running meet, please apply or indicate your willingness to officiate to the Meet Referee by June 30, 2010.

Meet Directors: Art Sherven-Todd Marsh-Renae Howat

Meet Entry Support: Barb Peplinski: sastreasurer@comcast.net

Timers: All participating teams will need to provide timers based on the number of swimmers entered in the meet. Lane assignments will be posted with the meet timeline prior to the meet on the IES and SAS websites, as well as, in the heat sheet and venue. Timers will need to check in with the Head Timer during warm-ups each day. Swimmers in the 1500 freestyle will need to provide their own timers.

Meet Schedule:

Thursday, July 29: No events

5:00-7:00 pm Open warm-up under coach supervision

(Please contact Todd Marsh: fishmarsh@comcast.net if you are planning to attend)

Friday-July 30 // Saturday-July 31 // Sunday-August 1

7:15-7:45am 12 & under warm-up

7:45-8:35am 13 & over warm-up

9:00am Events begin

Finals: Warm-up and the start of finals will be announced each day.

Officials' Meetings:

Prelim meeting: 7:50am each day

Finals: 45 minutes before each final session, times will be announced.

Note: Attendance is mandatory for all who plan to officiate during a given session.

Coaches meetings: Coaches meeting will be at 8:40am each day.

Warm-up: Lane assignments will be posted. Meet Marshals will be present during warm-ups. Diving is permitted within your lane assignments under coach supervision.

Warm-up pool: Will be available during the duration of the meet

Concessions: A concessions stand will be open throughout the meet.

Hospitality: Hospitality will be provided for Coaches and Officials throughout the meet.

Parking: Parking is available in the Witter pool lot, Mission park lot (adjacent to pool); please no parking on the Centennial trail. Parking is also available in the Stevens elementary school parking lot (two blocks east over the bridge, on the right). Street parking is available along the area residential streets. The Avista parking lot (gravel lot) is available on Friday after 5pm and all day Saturday and Sunday. **DO NOT ATTEMPT TO PARK IN THE GRAVEL LOT BEFORE 5PM ON FRIDAY. AVISTA UTILITIES HAVE STRICT SECURITY; CARS MAY BE TOWED WITHOUT NOTICE.** No overnight camping (tent or R.V.) is allowed in any lots or City parks. All portable shade and tents must be taken down each evening.

IES Long Course Championships-Order of Events

Friday, July 30-Warm-ups 7:15am-8:35am

Prelim session begins at 9:00am

Girls Event #/Q.T.	Event Description	Boys Event #/Q.T.
1-Timed Final /4:12.99	10/under 200 IM	2-Timed Final/4:10.69
3-Prelim/3:29.69	11-12 200 IM	4-Prelim/3:29.59
5-Prelim/3:19.99	13-14 200 IM	6-Prelim/3:09.49
7-Prelim/3:15.19	15 & over 200 IM	8-Prelim/3:01.79
9-Timed Final	10 & under 200 Medley Relay	10-Timed Final
11-Timed Final	12& under 200 Medley Relay	12-Timed Final
13-Timed Final	14/under 400 Medley Relay	14-Timed Final
15-Timed Final	15 & over 400 Medley Relay	16-Timed Finals
17-Prelim	11-12 50 Free	18-Prelim
19-Prelim	13-14 50 Free	20-Prelim
21-Prelim	15 & over 50 Free	22-Prelim
23-Timed Final/2:12.59	10 & under 100 Fly	24-Timed Final/2:09.79
25-Prelim/1:38.69	11-12 100 Fly	26-Prelim/1:37.49
27-Prelim/3:16.29	13-14 200 Fly	28-Prelim/3:05.19
29-Prelim/3:09.69	15 & over 200 Fly	30-Prelim/2:55.69
31-Timed Final/2:17.49	10 & under 100 Breast	32-Timed Final/2:13.59
33-Prelim/1:49.99	11-12 100 Breast	34-Prelim/1:49.19
35-Prelim	13-14 100 Breast	36-Prelim
37-Prelim	15 & over 100 Breast	38-Prelim
39-Timed Final/3:48.59	10 & under 200 Free	40-Timed Final/3:35.49
	5-10 minute Break	
41-Timed Final 9-10: 7:37.29 11-12: 6:27.79	9-12 400 Free	42-Timed Final 9-10: 7:38.49 11-12: 6:21.69
43/Timed Final 13-14: 6:09.39 15 & over: 6:00.99	13 & over 400 Free	44/Timed Final 13-14: 5:53.29 15 & over: 5:38.59

Friday, July 30-FINALS

Warm-ups and Finals start time TBA

Girls Event #	Event	Boys Event #
3-Final	11-12 200 I.M.	4-Final
5-Final	13-14 200 I.M.	6-Final
7-Final	15 & over 200 I.M.	8-Final
17-Final	11-12 50 Free	18-Final
19-Final	13-14 50 Free	20-Final
21-Final	15 & over 50 Free	22-Final
25-Final	11-12 100 Fly	26-Final
27-Final	13-14 200 Fly	28-Final
29-Final	15 & over 200 Fly	30-Final
33-Final	11-12 100 Breast	34-Final
35-Final	13-14 100 Breast	36-Final
37-Final	15 & over 100 Breast	38-Final

Saturday, July 31-Warm-ups 7:15-8:35am		
Prelim session begins at 9:00 am		
Girls Event #/Q.T.	Event Description	Boys Event #/Q.T.
45-Timed Final	8 & under 50 Free	46-Timed Final
47-Timed Final	9-10 50 Free	48-Timed Final
49-Prelim/3:03.89	11-12 200 Free	50-Prelim/3:00.69
51-Prelim/2:57.09	13-14 200 Free	52-Prelim/2:47.09
53-Prelim/2:51.79	15 & over 200 Free	54-Prelim/2:39.99
55-Timed Final	10 & under 200 Free Relay	56-Timed Final
57-Timed Final	12 & under 200 Free Relay	58-Timed Final
59-Timed Final	14 & under 400 Free Relay	60-Timed Final
61-Timed Final	15 & over 400 Free Relay	62-Timed Final
63-Timed Final	8 & under 50 Breast	64-Timed Final
65-Timed Final	9-10 50 Breast	66-Timed Final
67-Prelim	11-12 50 Breast	68-Prelim
69-Prelim/3:43.99	13-14 200 Breast	70-Prelim/3:32.39
71-Prelim/3:36.59	15 & over 200 Breast	72-Prelim/3:23.29
73-Timed Final/2:02.39	10 & under 100 Back	74-Timed Final/1:58.09
75-Prelim/1:38.89	11-12 100 Back	76-Prelim/1:39.19
77-Prelim	13-14 100 Back	78-Prelim
79-Prelim	15 & over 100 Back	80-Prelim
	5-10 minute Break	
81-Timed Final 13-14: 7:01.19 15 & over: 6:50.69	13 & over 400 IM	82-Timed Final 13-14: 6:41.89 15 & over: 6:21.59

Saturday, July 31-FINALS		
Warm-ups and Finals start time TBA		
Girls Event #/Q.T.	Event Description	Boys Event #/Q.T.
49-Final	11-12 200 Free	50-Final
51-Final	13-14 200 Free	52-Final
53-Final	15 & over 200 Free	55-Final
67-Final	11-12 50 Breast	68-Final
69-Final	13-14 200 Breast	70-Final
71-Final	15 & over 200 Breast	72-Final
75-Final	11-12 100 Back	76-Final
77-Final	13-14 100 Back	78-Final
79-Final	15 & over 100 Back	80-Final

Sunday, August 1-Warm-ups 7:15-8:35am		
Prelim session begins at 9:00 am		
Girls Event #/Q.T.	Event Description	Boys Event #/Q.T.
83-Timed Final	8 & under 50 Back	84-Timed Final
85-Timed Final	9-10 50 Back	86-Timed Final
87-Prelims	11-12 50 Back	88-Prelims
89-Prelims/3:15.29	13-14 200 Back	90-Prelims/3:07.49
91-Prelims/3:11.89	15 & over 200 Back	92-Prelims/2:56.49
93-Timed Final	8/under 50 Fly	94-Timed Final
95-Timed Final	9-10 50 Fly	96-Timed Final
97-Prelim	11-12 50 Fly	98-Prelim
99-Prelim	13-14 100 Fly	100-Prelim
101-Prelim	15 & over 100 Fly	102-Prelim
103-Timed Final 8 & under: 1:59.99 9-10:1:43.99	10 & under 100 Free	104-Timed Final 8 & under: 1:59.99 9-10: 1:43.99
105-Prelim/1:25.79	11-12 100 Free	106-Prelim/1:23.29
107-Prelim	13-14 100 Free	108-Prelim
109-Prelim	15 & over 100 Free	110-Prelim
5-10 minute break		
111-Timed Final 13-14: 24:06.39 15 & over: 23:53.09	13 & over 1500 Free	112-Timed Final 13-14: 23:14.99 15 & over: 22:25.59

Sunday, August 1-FINALS		
Warm-ups and Finals start time TBA		
Girls Event #/Q.T.	Event Description	Boys Event #/Q.T.
87-Final	11-12 50 Back	88-Final
89-Final	13-14 200 Back	90-Final
91-Final	15 & over 200 Back	92-Final
97-Final	11-12 50 Fly	98-Final
99-Final	13-14 100 Fly	100-Final
101-Final	15 & over 100 Fly	102-Final
105-Final	11-12 100 Free	106-Final
107-Final	13-14 100 Free	108-Final
109-Final	15 & over 100 Free	110-Final

2009-2010 USA Swimming Age Group Motivational "B" Times
2010 IES Long Course Championships Qualifying Times

10 & under Girls				10 & under Boys		
SC Yards	LC Meters		Event		LC Meters	SC Yards
1:31.29	1:43.99		100 Free		1:41.59	1:29.19
3:20.19	3:48.59		200 Free		3:35.49	3:09.89
1:59.99	2:17.49		100 Breast		2:13.59	1:55.69
1:57.49	2:12.59		100 Fly		2:09.79	1:55.19
3:42.69	4:12.99		200 IM		4:10.69	3:40.89
11-12 Girls				11-12 Boys		
SC Yards	LC Meters		Event		LC Meters	SC Yards
1:13.59	1:25.79		100 Free		1:23.29	1:13.09
2:43.19	3:03.89		200 Free		3:00.69	2:38.89
1:27.99	1:38.89		100 Back		1:39.19	1:25.79
1:36.39	1:49.99		100 Breast		1:49.19	1:35.09
1:27.19	1:38.69		100 Fly		1:37.49	1:25.79
3:03.79	3:29.69		200 IM		3:29.59	3:03.09
13-14 Girls				13-14 Boys		
SC Yards	LC Meters		Event		LC Meters	SC Yards
2:36.09	2:57.09		200 Free		2:47.09	2:26.09
2:51.79	3:15.29		200 Back		3:07.49	2:41.29
3:14.59	3:43.99		200 Breast		3:32.29	3:02.39
2:55.49	3:19.99		200 IM		3:09.49	2:43.69
15 & over Girls				15 & over Boys		
SC Yards	LC Meters		Event		LC Meters	SC Yards
2:32.09	2:51.79		200 Free		2:39.99	2:20.09
2:47.89	3:11.69		200 Back		3:11.69	2:34.39
3:09.99	3:36.59		200 Breast		3:23.29	2:55.09
2:48.59	3:09.69		200 Fly		2:55.69	2:35.59
2:51.49	3:15.19		200 IM		3:01.79	2:37.69
8 & under Girls			IES Champ QT	8 & under Boys		
SC Yards	LC Meters		Event		LC Meters	SC Yards
1:44.99	1:59.99		100 Free		1:44.99	1:59.99