

2009 UTAH LONG COURSE CHAMPIONSHIPS

July 29-August 1, 2009 @ Kearns Oquirrh Park Fitness Center

Volunteers: It takes people filling over 400 volunteer slots to run a meet of this size. Teams have been assigned a pre-determined number of volunteer slots that they will need to fill. (See table below) The number of assigned slots is based on the number of swimmers the team sent to the state meet last summer. A volunteer slot equals 1 volunteer position for 1 *entire* session of the meet. Either teams or individuals may choose the volunteer positions they would like to fill on a first come, first served basis. The **volunteer sign-up will open at 8 a.m. on Monday, June 15, 2009** and can be found online at :

<http://www1.mysignup.com/cgi-bin/view.cgi?datafile=2009lcstatevolunteers>

YOU MUST VOLUNTEER FOR AT LEAST ONE SESSION FOR YOUR CHILD TO BE ENTERED INTO THE MEET. NO EXCEPTIONS!!!

Online sign-ups must be completed before 7 pm Tuesday, July 21, 2009. After the sign-up deadline unfilled volunteer slots will be assigned to teams that have not already filled their volunteer slot assessment.

Venue:

Kearns Oquirrh Park Fitness Center (parking info at the end of meet info, park in high school parking lot) 5624 S. 4800 W. Kearns, Utah. Meet participants may enter venue directly from 4800 West instead of walking through fitness center. Sidewalk is located south of indoor pool and main fitness center building.

Date/Time:

Wed, July 29	Warm-up @ 4:00 PM	Meet @ 5:00 PM
Thu, July 30 – Sat, August 1	Prelims Warm-up @ 7:00 AM	Meet @ 8:30 AM
Thu, July 30 – Sat, August 1	Finals Warm-up @ 4:30 PM	Meet @ 5:30 PM

Eligibility:

This meet is open to all 2009 registered Utah Swimming athletes who have achieved the qualifying times attached with this information. Only attached swimmers currently registered with Utah clubs will be eligible to score team/club points. The swimmer's age as of Wednesday, July 29, 2009 shall determine the age for the entire meet. No deck registration will be accepted; swimmers must be registered at time of entry.

Meet Format:

The preliminary portion of this meet will be run as a double-ended meet. The Meet Referee will have the final decision on the format (either odd/even heats or boys/girls end).

This meet will run as prelims and finals on Thursday, Friday and Saturday. On each day there will be a consolation and championship heat in the finals session. The relays will be the first event of the finals session each day. The relays will be swum as timed finals events. The 11–12 200 backstroke, butterfly and breaststroke and the 10 & Under 400 freestyle will be swum as timed final events during

morning preliminaries. The 11–12 400 IM will be swum as a timed final event on Wednesday night. On Wednesday, the 1500 freestyle will be swum as 13 and over and scored as 13-14 and 15 and over. It will be seeded fastest to slowest and swum fastest to slowest alternating between girls and boys heats. The 800 freestyle on Saturday will be seeded fastest to slowest and swum fastest to slowest alternating between girls and boys heats. It will also be swum as 13 and over and scored as 13-14 and 15 and over. This event will be completed in its entirety during the preliminary session. Both the 1500 and 800 freestyles are timed final events. *Swimmers competing in the 400, 800, and 1500 freestyles, all 11-12 200 events, and the 400 IM are responsible to provide their own timers and/or counters.*

A “positive check-in” is required for the 1500 freestyle and the 11–12 400 IM on Wednesday and the 800 freestyle on Saturday. Participating swimmers in said events must check in on the day of said events with the Clerk of Course 30 minutes prior to the final seeding, or when requested to do so by the Clerk of Course. Swimmers that do not check in will not be allowed to swim in that event and will be automatically scratched from that event.

Any event with 8 or less swimmers will be swum in the finals sessions (excluding the 10 & Under 400 freestyle and the 11–12 backstroke, breaststroke, and butterfly which will be swum during Prelims).

Entries:

Individual swimmers may enter up to **SEVEN (7) individual events**, swimming no more than **THREE (3) individual events** and 1 relay per day.

Entry Fees:

Surcharge, per participating swimmer:	\$8.00
Individual Event Entry:	\$3.00

Entry Deadline:

All entries must be received (in the hands of the below designated person) by 7:00 P.M., Friday, July 17, 2009. ***Entries received after this deadline will not be accepted.***

Check-in Procedure:

A “positive check-in” is required for the 1500 freestyle and the 11–12 400 IM on Wednesday and the 800 freestyle on Saturday. Participating swimmers in said events must check in on the day of said events with the Clerk of Course 30 minutes prior to the final seeding, or when requested to do so by the Clerk of Course. Swimmers that do not check in will not be allowed to swim in that event and will be automatically scratched from that event.

2009 Utah Long Course Championships Event Schedule

Wednesday, July 29, 2009

<i>Girls</i>	<u>Events</u>	<i>Boys</i>
<u>Event #'s</u>		<u>Event #'s</u>
1	11-12 400 IM	2
3	13-Over 1500 Freestyle	4
<p>The 1500 Freestyle and 11-12 400 IM will be swum as Timed Finals. The 1500 will be seeded fastest to slowest and swum fastest to slowest, alternating with the fastest girls heat and the fastest boys heat.</p>		

Friday, July 31, 2009 (Continued)

<i>Girls</i>	<u>Events</u>	<i>Boys</i>
<u>Event #'s</u>		<u>Event #'s</u>
67	13-14 200 Breaststroke	68
69	15 & Over 200 Breaststroke	70
71	10 & Under 50 Backstroke	72
73	11-12 50 Backstroke	74
75	13-14 100 Backstroke	76
77	15 & Over 100 Backstroke	78
79	11-12 200 Butterfly	80
81	10 & Under 400 Freestyle	82

Thursday, July 30, 2009

<i>Girls</i>	<u>Events</u>	<i>Boys</i>
<u>Event #'s</u>		<u>Event #'s</u>
5	10 & Under 200 Freestyle Relay	6
7	11-12 200 Freestyle Relay	8
9	13-14 200 Freestyle Relay	10
11	Senior 200 Freestyle Relay	12
13	10 & Under 200 Freestyle	14
15	11-12 200 Freestyle	16
17	13-14 200 Freestyle	18
19	15 & Over 200 Freestyle	20
21	10 & Under 50 Butterfly	22
23	11-12 50 Butterfly	24

83	11-12 400 Freestyle	84
85	13-14 400 Freestyle	86
87	15 & Over 400 Freestyle	88
<p>Relays will be swum as Timed Finals as the first event in the Finals session. The 11-12 200 Butterfly and 10 & Under 400 Freestyle will be swum as Timed Finals in Prelims.</p>		

Saturday, August 1, 2009

<i>Girls</i>	<u>Events</u>	<i>Boys</i>
<u>Event #'s</u>		<u>Event #'s</u>

25	13-14 100 Butterfly	26	89	11-12 400 Freestyle Relay	90
27	15 & Over 100 Butterfly	28	91	13-14 400 Freestyle Relay	92
29	10 & Under 50 Breaststroke	30	93	Senior 400 Freestyle Relay	91
31	11-12 50 Breaststroke	32	95	13-14 200 IM	96
33	13-14 100 Breaststroke	34	97	15 & Over 200 IM	98
35	15 & Over 100 Breaststroke	36	99	10 & Under 50 Freestyle	100
37	10 & Under 200 IM	38	101	11-12 50 Freestyle	102
39	11-12 200 IM	40	103	13-14 50 Freestyle	104
41	13-14 400 IM	42	105	15 & Over 50 Freestyle	106
43	15 & Over 400 IM	44	107	10 & Under 100 Butterfly	108
45	11-12 200 Backstroke	46	109	11-12 100 Butterfly	110
Relays will be swum as Timed Finals as the first event			111	13-14 200 Butterfly	112
in the Finals session. The 11-12 200 Backstroke			113	15 & Over 200 Butterfly	114
will swum as Timed finals in Prelims.			115	10 & Under 100 Backstroke	116
			117	11-12 100 Backstroke	118
<u>Friday, July 31, 2009</u>			119	13-14 200 Backstroke	120

<i>Girls</i>	<i>Events</i>	<i>Boys</i>	<i>Event #'s</i>	<i>Event #'s</i>
47	10 & Under 200 Medley Relay	48	121	15 & Over 200 Backstroke
49	11-12 200 Medley Relay	50	123	11-12 200 Breaststroke
51	13-14 400 Medley Relay	52	125	13-Over 800 Freestyle
53	Senior 400 Medley Relay	54	Relays will be swum as Timed Finals as the first event	
55	10 & Under 100 Freestyle	56	in the Finals session. The 11-12 200 Breaststroke	
57	11-12 100 Freestyle	58	will swum as Timed Finals in Prelims. All heats	
			of the 800 Freestyle will be swum as Timed Finals	
			in Prelims, will be seeded fastest to slowest and	

59	13-14 100 Freestyle	60	swum fastest to slowest, alternating with the
61	15 & Over 100 Freestyle	62	fastest girls heat and the fastest boys heat.
63	10 & Under 100 Breaststroke	64	
65	11-12 100 Breaststroke	66	

2009 Utah Age Group State Championship Time Standards
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Girls				Boys			
SCY	SCM	LCM	10-Under Events	LCM	SCM	SCY	
35.19	38.99	39.89	50 Free	39.89	38.99	35.19	
1:20.39	1:28.59	1:30.79	100 Free	1:31.09	1:28.29	1:20.69	
2:58.29	3:16.99	3:25.09	200 Free	3:16.99	3:11.89	2:53.89	
7:13.99	6:19.39	6:32.79	400/500 Free	6:29.79	6:16.19	7:09.99	
41.59	44.89	46.69	50 Back	48.19	46.19	42.99	
1:31.79	1:37.99	1:43.09	100 Back	1:46.09	1:42.39	1:34.59	
47.49	50.99	53.69	50 Breast	54.99	53.09	48.69	
1:44.99	1:53.19	1:58.59	100 Breast	1:59.79	1:56.19	1:46.49	
43.19	47.49	48.59	50 Fly	48.59	47.49	43.19	
1:43.59	1:54.29	1:57.69	100 Fly	1:55.49	1:52.59	1:42.09	
1:32.09	1:41.99	N/A	100 IM	N/A	1:40.59	1:30.99	
3:19.39	3:40.29	3:47.29	200 IM	3:47.29	3:40.29	3:19.39	
2:24.79	2:40.79	2:43.59	200 F.R.	2:41.59	2:38.09	2:22.39	
2:50.69	3:09.49	3:14.29	200 M.R.	3:14.69	3:10.39	2:51.49	

SCY	SCM	LCM	11-12 Events	LCM	SCM	SCY
30.39	33.49	34.59	50 Free	34.79	33.69	30.59
1:07.99	1:14.69	1:17.09	100 Free	1:16.49	1:13.99	1:07.49
2:30.79	2:46.79	2:51.99	200 Free	2:50.69	2:45.29	2:29.79
6:40.09	5:50.09	6:00.09	400/500 Free	5:58.49	5:46.99	6:36.49
36.19	39.39	40.79	50 Back	41.59	40.29	36.89
1:18.69	1:25.69	1:28.59	100 Back	1:29.09	1:26.29	1:19.19
2:52.69	3:10.79	3:17.49	200 Back	3:13.39	3:03.99	2:46.49
40.99	45.09	46.49	50 Breast	46.49	45.09	40.99
1:28.89	1:37.49	1:40.69	100 Breast	1:40.69	1:37.49	1:28.89
3:13.99	3:34.39	3:40.59	200 Breast	3:35.09	3:26.69	3:07.09
35.29	39.09	39.89	50 Fly	40.19	39.29	35.59
1:21.09	1:29.69	1:31.99	100 Fly	1:31.09	1:27.99	1:19.69
2:51.59	3:09.49	3:15.69	200 Fly	3:12.79	3:05.79	2:48.29
1:19.39	1:26.89	N/A	100 IM	N/A	1:26.59	1:18.29
2:50.69	3:08.69	3:12.39	200 IM	3:12.99	3:07.49	2:51.19
6:09.39	6:43.19	6:59.19	400 IM	6:50.29	6:35.29	6:00.69
2:09.19	2:23.49	2:25.59	200 F.R.	2:23.19	2:18.99	2:05.19
4:42.39	5:13.49	5:21.59	400 F.R.	5:10.39	5:04.19	4:33.99
2:25.99	2:42.09	2:45.59	200 M.R.	2:45.59	2:41.09	2:25.09
SCY	SCM	LCM	13-14 Events	LCM	SCM	SCY
28.59	31.49	32.59	50 Free	31.39	30.09	27.59
1:02.99	1:09.19	1:11.49	100 Free	1:08.09	1:05.39	59.99
2:19.09	2:32.99	2:37.59	200 Free	2:32.29	2:26.59	2:14.39
6:15.49	5:26.69	5:35.09	400/500 Free	5:23.99	5:15.49	6:02.99

	13:08.29		11:29.89		11:42.79		800/1000 Free		11:23.99		11:07.29		12:43.59
	21:53.19		21:45.59		22:23.09		1500/1650 Free		21:55.59		21:10.29		21:17.79
	1:11.29		1:16.79		1:20.49		100 Back		1:18.69		1:14.39		1:09.79
	2:38.19		2:50.29		2:58.09		200 Back		2:52.99		2:45.09		2:33.79
	1:22.39		1:30.29		1:33.49		100 Breast		1:30.49		1:26.59		1:19.89
	2:58.09		3:15.39		3:21.69		200 Breast		3:16.09		3:05.59		2:53.19
	1:14.49		1:21.89		1:24.09		100 Fly		1:19.39		1:17.39		1:10.09
	2:40.99		2:57.89		3:03.69		200 Fly		2:54.99		2:50.79		2:34.59
	2:37.39		2:53.79		2:57.79		200 IM		2:51.79		2:44.09		2:31.99
	5:44.49		6:20.99		6:30.09		400 IM		6:15.59		6:03.89		5:29.29
	2:01.39		2:14.79		2:19.79		200 F.R.		2:12.79		2:07.89		1:55.19
	4:25.19		4:54.39		5:03.19		400 F.R.		4:48.79		4:39.29		4:11.59
	5:01.99		5:35.29		5:41.69		400 M.R.		5:18.39		5:11.99		4:40.99
	SCY		SCM		LCM		15 & Over Events		LCM		SCM		SCY
	27.29		30.39		31.19		50 Free		27.59		26.79		24.09
	59.39		1:06.59		1:08.19		100 Free		1:00.29		58.69		52.79
	2:09.09		2:23.69		2:26.89		200 Free		2:13.79		2:10.59		1:57.29
	5:48.99		5:01.89		5:08.29		400/500 Free		4:45.09		4:38.79		5:22.49
	12:21.39		10:45.29		10:58.09		800/1000 Free		10:15.99		10:03.19		11:34.19
	20:03.89		20:11.69		20:25.89		1500/1650 Free		19:35.59		19:11.09		19:07.59
	1:08.19		1:16.09		1:17.29		100 Back		1:10.69		1:09.49		1:02.19
	2:27.29		2:44.89		2:47.29		200 Back		2:33.09		2:30.69		2:14.89
	1:17.19		1:25.99		1:27.89		100 Breast		1:19.09		1:17.09		1:09.09
	2:46.89		3:06.19		3:10.19		200 Breast		2:59.59		2:55.59		2:37.69
	1:07.89		1:15.79		1:17.29		100 Fly		1:08.39		1:06.99		59.99

	2:34.69		2:51.89		2:54.69		200 Fly		2:41.19		2:37.39		2:21.29
	2:26.89		2:43.59		2:46.79		200 IM		2:32.09		2:28.89		2:13.29
	5:18.29		5:56.09		6:02.49		400 IM		5:32.39		5:25.99		4:51.09
	SCY		SCM		LCM		Senior Relays		LCM		SCM		SCY
	1:55.59		2:08.39		2:12.19		200 F.R.		1:57.99		1:54.09		1:42.59
	4:10.19		4:38.19		4:45.99		400 F.R.		4:17.79		4:08.89		3:43.79
	4:45.89		5:17.79		5:24.19		400 M.R.		4:53.29		4:46.89		4:17.99