

2010 Utah Swimming Long Course Championships

Hosted by Utah Swimming

July 28th – 31st, 2010

Venue:

Kearns Oquirrh Park Fitness Center (801-966-5555)
5624 Cougar Lane
Kearns, UT 84118

Date/Time:

Wed, July 28 Warm-up @ 4:00 PM Meet @ 5:00 PM

Thursday, July 29 - Saturday, July 31 Prelims Warm-up @ 7 AM Meet @ 8:30 AM

Thursday, July 29 - Saturday, July 31 Finals Warm-up @ 4:30 PM Meet @ 5:30 PM

Entries Information and Deadline:

- Individual swimmers may enter up to Seven (7) individual events, swimming no more than THREE (3) individual events per day. Swimmers must meet the minimum qualifying time (see attached Time Standards).
- Surcharge per participating swimmer: \$22.00 (this gets a you a state shirt and a silicone state cap)
Individual Event Entry: \$3.00
- All entries must be received by 7:00 P.M., Saturday, July 17th, 2010.
- The Finals Sessions will consist of a Consolation heat and Championship heat.
- All Wednesday events will run as Timed Finals and are positive check-in. Check-in for Wednesday's events will close at 4:30 PM. The 1500m Freestyle will be seeded fastest to slowest and swum fastest to slowest, alternating between girls and boys.
- Thursday, Friday and Saturday will run as Prelims and Finals. The 10-Under 400m Freestyle, 11-12 200 Backstroke, Butterfly, Breaststroke and 800m Freestyles will be swum as timed final events during morning preliminaries. The 800m Freestyle will be seeded fastest to slowest and swum fastest to slowest, alternating between girls and boys.
- **Swimmers competing in the 400, 800, and 1500 Freestyles and the 11-12 200 Backstroke, 200 Breaststroke, 200 Butterfly, and 400 IM are responsible to provide their own timers and counters.**
- Any event with less than 8 entries will be swum in the finals session (unless stated differently).
- Check-in for the 800 Freestyle on Saturday will close at 6 PM on Friday night. Swimmers that do not check in will not be allowed to swim in that event and will be automatically scratched from that event. All other events are a "negative check-in."

Scoring:

Individual events Championship Final: 20-17-16-15-14-13-12-11

Individual events Consolation Final: 9-7-6-5-4-3-2-1

Relay events: Double the points shown for individual events.

Awards:

Individual awards: Custom medals 1st–8th place events, Ribbons 9–16th place

High Point Trophy: Custom trophies for high point boy/girl, 1st–3rd in each age group.

Relay awards: Custom medals for 1–3rd place relay teams, Ribbons for 4th–8th place.

Team awards: Custom trophies for 1st–3rd place in 15 & Over, Age Group and Combined Teams.

Volunteers:

Every parent that has a swimmer participating in an individual event needs to volunteer for at least one session. You can sign up by looking at what is available on our website, www.swimbarracuda.com and then emailing Jerry at sumswimfly@yahoo.com to pick your lane and day.

Wednesday, July 28, 2010

Warm-up @ 4 PM Meet @ 5 PM

<i>Girls</i>	<i>Events</i>	<i>Boys</i>
<i>Event #s</i>		<i>Event #s</i>
1	11-12 400 IM	2
3	13-Over 1500 Freestyle	4

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 between girls heats and boys heats.

Thursday, July 29, 2010

Warm-up @ 7AM Meet @ 8:30 AM

<i>Girls</i>	<i>Events</i>	<i>Boys</i>
<i>Event #s</i>		<i>Event #s</i>
5	10 & Under 400 Free 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	Senior 200 Freestyle	20
21	10 & Under 50 Butterfly	22
23	11-12 50 Butterfly	24
25	13-14 100 Butterfly	26
27	Senior 100 Butterfly	28
29	10 & Under 50 Breaststroke	30
31	11-12 50 Breaststroke	32
33	13-14 100 Breaststroke	34
35	Senior 100 Breaststroke	36
37	10 & Under 200 IM	38
39	11-12 200 IM	40
41	13-14 400 IM	42
43	Senior 400 IM	44
45	11-12 200 Backstroke	46

Relays will be swum as the first events of the Finals session. The 11-12 200 Backstroke will be swum as Timed finals in Prelims.

Friday, July 30, 2010

Warm-up @ 7AM Meet @ 8:30 AM

<i>Girls</i>	<i>Events</i>	<i>Boys</i>
<i>Event #s</i>		<i>Event #s</i>
47	10 & Under 200 Medley Relay	48
49	11-12 200 Medley Relay	50
51	13-14 400 Medley Relay	52
53	Senior 400 Medley Relay	54
55	10 & Under 100 Freestyle	56
57	11-12 100 Freestyle	58
59	13-14 100 Freestyle	60
61	Senior 100 Freestyle	62
63	10 & Under 100 Breaststroke	64
65	11-12 100 Breaststroke	66

Girls

<i>Event #s</i>	<i>Events</i>	<i>Event #s</i>
67	13-14 200 Breaststroke	68
69	Senior 200 Breaststroke	70
71	10 & Under 50 Backstroke	72
73	11-12 50 Backstroke	74
75	13-14 100 Backstroke	76
77	Senior 100 Backstroke	78
79	11-12 200 Butterfly	80
81	10 & Under 400 Freestyle	82
83	11-12 400 Freestyle	84
85	13-14 400 Freestyle	86
87	Senior 400 Freestyle	88

Relays will be swum as the first event of the Finals session. The 11-12 200 Butterfly and 10 & Under 400 Freestyle will be swum as Timed Finals in Prelims.

Saturday, July 31, 2010

Warm-up @ 7AM Meet @ 8:30 AM

<i>Girls</i>	<i>Events</i>	<i>Boys</i>
<i>Event #s</i>		<i>Event #s</i>
89	10 & Under 200 Freestyle Relay	90
91	13-14 400 Freestyle Relay	92
93	Senior 400 Freestyle Relay	94
95	11-12 400 Freestyle Relay	96
97	13-14 200 IM	98
99	Senior 200 IM	100
101	10 & Under 50 Freestyle	102
103	11-12 50 Freestyle	104
105	13-14 50 Freestyle	106
107	Senior 50 Freestyle	108
109	10 & Under 100 Butterfly	110
111	11-12 100 Butterfly	112
113	13-14 200 Butterfly	114
115	Senior 200 Butterfly	
117	10 & Under 100 Backstroke	
119	11-12 100 Backstroke	
121	13-14 200 Backstroke	
123	Senior 200 Backstroke	
125	11-12 200 Breaststroke	126
127	13-Over 800 Freestyle	128

Relays will be swum as the first event of the Finals session. The 11-12 200 Breaststroke will be swum as Timed Finals in Prelims. All heats of the 800 Freestyle will be swum as Timed Finals in Prelims. The 800 will be seeded fastest to slowest and swum fastest to slowest, alternating between girls heats and boys heats.