



Border Swimming, Inc.
2010 SCY Border LSC Championships
February 26-28, 2010

- Host:** Border Swimming, Inc.
- Sanction:** Held under the sanction of the USA Swimming, Inc. and Border Swimming, Inc., sanction # BD10-03
- Disclaimer:** In granting this sanction it is understood and agreed that USA Swimming, Inc.; Border Swimming, Inc.; Ysleta Del Sur Wellness Center; The Tigua Indian Tribe and all sponsors shall be free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet in accordance with United States Swimming, Inc. rules and regulations.
- Pool and Location:** Ysleta Del Sur Wellness Center
11200 Santos Sanchez
El Paso, Texas 79927
Phone (915) 858-8583
- Twenty five (25) yard pool with eight (8) racing lanes and a warm up/cool down area; sloped starting blocks; dressing rooms with showers and lavatories. Electronic timing equipment (Colorado System6 timing and HY-TEK Meet Management software) will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of the certification is on file with USA Swimming.
- Meet Director:** Cindy Crane
seeacrane@sbcglobal.net
- Meet Referee:** Jim Holcomb (915) 581-9594
jholcomb@elp.rr.com
- In compliance with Border Swimming, Inc., Policies and Procedures, all coaches and officials **must** display their 2010 registrations and coaching certification cards. Non-compliance with this policy may result in the coach or official being removed from the deck.
- Meet Format:** This meet is a LSC championship. Swimmers must be 2010-registered with the Border LSC in order to compete. Non-Border registered swimmers may enter as exhibition swimmers only, i.e., they will not score points or be eligible for awards.
- This is a pre-seeded, timed final meet. There are time standards for scoring on events 400 yards and longer.
- Hospitality:** A hospitality area will be available for all coaches, officials and meet volunteers.
Absolutely no food or drink in the pool area.
- Limit of Events:** Swimmers will be restricted to three (3) individual events and one (1) relay per day.

- Sportsmanship:** No competition can be conducted without impartial and competent officials. Officials must have the respect and support of all coaches, swimmers, and spectators. Officials should always be treated in a courteous manner. Likewise, officials should always conduct themselves in a courteous manner toward coaches, swimmers, and the public. Any on or off record criticism of officials will be considered unethical behavior. For a coach to direct uncomplimentary remarks to officials during a meet or to engage in conduct which might incite competitors or spectators against officials shall be considered conduct unworthy of the coaching profession and could result in the removal of the coach from the meet as well as further disciplinary action.
- Eligibility:** Competitors must be 2010 USA Swimming registered. In addition, in order to compete, swimmers must be registered in the Border LSC. Unattached Border-registered swimmers are eligible. Age as of the first day of the meet shall be used to determine the age group for competition. **Non-Border LSC swimmers may swim as exhibition swimmers i.e., they may not score points or receive awards.**
- Event Seeding:** This is a **pre-seeded**, timed-final, short course age group meet. All deck (late) entries will be seeded on a space-available basis. New heats might be created.
- Entry Forms:** Entries **MUST** be in Short Course Yards times. Team entries are to be submitted in HY-TEK Team Manager electronic format. Each swimmer's date of birth and complete USA-S number must appear. Entries must be fully legible.
- Entry Deadline:** **February 14th, 2010** by 10:00 PM.
- Mail Entries To:** Jim Holcomb
jholcomb@elp.rr.com
- Entry Fees:**
- | | |
|---------------------|------------------|
| Individual events - | \$3.50 per event |
| Relays - | \$5.00 per event |
- Please make checks payable to: Border Swimming.**
No refunds will be issued for scratches, no shows or ineligible swimmers.
- Late Entry Fees:**
- | | |
|---------------------|------------------|
| Individual events - | \$7.00 per event |
|---------------------|------------------|
- All swimmers who late enter will be required to show proof of current USA Swimming registration unless already entered in the meet. Late entries **must** be submitted to the Clerk of Course at least 30 minutes prior to the start of the morning session in which the late entry event is to be conducted. Late entry fees must be paid to the Clerk of Course at the time the swimmer enters the event. Teams that enter relays late may accumulate fees during the meet but must pay **all** fees by the end of the last session. There will be no on-deck USA Swimming registration.
- Check-In:** Check-in is REQUIRED for the 1650 and the 500 by the END OF WARM-UPS on Friday.
- NOTE: Swimmers competing in the 500 Freestyle and the 1650 freestyle must provide their own timers and lap counters. The event will be swum, fastest to slowest, alternating heats of girls and boys.
- Age Groups:** Swimmers will compete in events for the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15 & Older.

Scoring: Place: 1ST 2ND 3RD 4TH 5TH 6TH 7th 8th
Indiv: 9 7 6 5 4 3 2 1

Relays: points will double

Swimmers will score for individual events in only one of the age groups designated above.

Teams may enter as many relays in each relay event as desired. However, only the top three relays per team will score in an event.

In events 400 yards and longer, swimmers **MUST** meet entry standard to score points in the event for either high point or team standing.

Relays: Coaches are to pick up relay cards from the Clerk of Course. First and last names of competing relay swimmers and their swimming order shall be declared to the Clerk of Course when requested. The order of swimmers on relay teams will be strictly enforced in accordance with current USA-S Rules and Regulations. No changes will be allowed after the start of the relay heat. **Relay cards are due by the end of the previous session with the exception of the Friday relays which are due 30 minutes prior to the session start.**

Awards: Medals will be awarded to 1st – 3rd places in individual events. The top three high point finishers in each age group will receive an award. Any ties in individual high point will be broken using Hy-Tek age group points. Team trophies will be awarded.

Rules: Current USA Swimming and Border Swimming rules will govern the meet. Swimwear must comply with current FINA and USA Swimming Rules & Regulations.

Team Assignments: Each session will be assigned to a team(s) that will be responsible for providing a head timer, 4 lane timers, a clerk of course, a laptop operator, a safety marshal, a Colorado Timing operator, and running the hospitality area.

Friday – SWAT, WETT
Saturday – DSSC, BAT
Sunday – EPAP, SCS

Final Results: Meet results will also be posted on the Border website www.borderswimming.org.

**Warm-ups/
Safety:** A copy of the Border Mandatory Warm-up Procedures will be posted at the pool. These procedures will be in effect for the entire meet. A USA-S-registered coach for each swim team must be present to conduct their team's warm-up sessions.

Warm-up times and lane assignments will be posted at the pool.

| <u>Session</u> | <u>Warm-up</u> | <u>Meet Starts</u> |
|----------------|----------------|--------------------|
| 1 | 4:00 p.m. | 5:20 p.m. |
| 2 | 8:00 a.m. | 9:15 a.m. |
| 3 | 8:00 a.m. | 9:15 a.m. |



BORDER SWIMMING, INC.
2010 SHORT COURSE CHAMPIONSHIPS
LOCATION: YSLETA DEL SUR WELLNESS CENTER POOL, SOCORRO, TEXAS
(Enter no more than 3 Individual events plus 1 relay per day)

Session 1 Friday, February 26, 2010

Warm up 4:00 PM
 Start 5:20 PM

| Women | Time | Age | Event | Time | Men |
|-------|---|-------|-----------|--|-----|
| 1 | | 11-12 | 200 IM | | 2 |
| 3 | 13-14 5:44.29 15 & O 5:35.69 | 13&O | 400 IM* | 13-14 5:25.49 15 & O 5:11.79 | 4 |
| 5 | | 10&U | 200 Free | | 6 |
| 7 | | 11&O | 200 Free | | 8 |
| 9 | 7:39.49 | 10&U | 500 Free* | 7:35.19 | 10 |
| 11 | | 11&O | 200 Fly | | 12 |
| 13 | | 10&U | 200 IM | | 14 |
| 15 | 11-12 6:40.09 13-14 6:22.39 15& O 6:16.29 | 11&O | 500 Free* | 11-12 6:35.09 13-14 6:03.19 15 & O 5:51.29 | 16 |

* Positive check-in required by 4:50 PM

Session 2, Saturday, February 27, 2010

Warm up 8:00 AM
 Start 9:15 AM

| Women | Time | Age | Event | Time | Men |
|-------|---|----------|----------------|---|-----|
| 17 | | 10&Under | 200 Free Relay | | 18 |
| 19 | | 11-12 | 200 Free Relay | | 20 |
| 21 | | 13-14 | 400 Free Relay | | 22 |
| 23 | | 15 & O | 400 Free Relay | | 24 |
| 25 | | 12 & U | 100 Breast | | 26 |
| 27 | | 13 & O | 200 Breast | | 28 |
| 29 | | 10&U | 50 Free | | 30 |
| 31 | | 11& Over | 50 Free | | 32 |
| 33 | | 10&Under | 100 Fly | | 34 |
| 35 | | 11&O | 100 Fly | | 36 |
| 37 | | 12&U | 50 Back | | 38 |
| 39 | | 13&Over | 100 Back | | 40 |
| 41 | | 11-12 | 200 Back | | 42 |
| 43 | | 10&Under | 100 IM | | 44 |
| 45 | | 11-12 | 100 IM | | 46 |
| 47 | 11-12 23:27.89 13-14 21:53.19 15 & O 21:38.89 | 11 & O | 1650 Free* | 11-12 23:10.49 13-14 20:51.99 15 & O 20:21.89 | 48 |

Session 3, Sunday, February 28, 2010

Warm up 8:00 AM

Start 9:15 AM

| Women | Time | Age | Event | Time | Men |
|--------------|-------------|------------|------------------|-------------|------------|
| 49 | | 10 & Under | 200 Medley Relay | | 50 |
| 51 | | 11-12 | 200 Medley Relay | | 52 |
| 53 | | 13-14 | 400 Medley Relay | | 54 |
| 55 | | 15&Over | 400 Medley Relay | | 56 |
| | | | | | |
| 57 | | 11-12 | 100 Back | | 58 |
| 59 | | 10 & Under | 100 Back | | 60 |
| 61 | | 13&O | 200 Back | | 62 |
| 63 | | 11-12 | 50 Breast | | 64 |
| 65 | | 10&Under | 50 Breast | | 66 |
| 67 | | 13&Over | 100 Breast | | 68 |
| 69 | | 12 & Under | 100 Free | | 70 |
| 71 | | 13&Over | 100 Free | | 72 |
| 73 | | 11-12 | 50 Fly | | 74 |
| 75 | | 10&Under | 50 Fly | | 76 |
| 77 | | 13 & Over | 200 IM | | 78 |
| 79 | | 11-12 | 200 Breast | | 80 |
| | | | | | |
| | | | | | |

BORDER WARM-UP AND MEET SAFETY PROCEDURES

WARM-UPS:

1. All coaches will serve as marshals during warm ups and will be responsible for monitoring and enforcing safety rules and regulations in assigned warm up lanes.
2. All meet warm ups shall be scheduled for two 30 minute sessions. Teams shall be assigned a warm up session and notified of such session by the host team. When the number of swimmers does not warrant splitting the sessions, one warm up session may be held.
3. The first twenty (20) minutes of each session shall be designated as a GENERAL WARM UP SESSION. There shall be FEET FIRST ENTRIES ONLY AND AT ALL TIMES during the general warm up session. Lanes may be used for pace, circle, or return swim only. Swimmers shall not mount the starting blocks at any time. The pace shall be carefully controlled by the coaches.
4. During the last ten (10) minutes of each warm up session sprint lanes shall be open as follows: Lanes 2, 4, 5, and 7 become sprint lanes. All others shall be return lanes only. Before using sprint lanes, they must be cleared of all swimmers. There will be NO DIVING at any time. RACING STARTS ONLY will be allowed at the far end, but the swimmers swim back in return lanes.

MEET:

1. Meet officials working the start end of the pool shall serve as safety marshals.
2. There shall be NO DIVING at any time during the meet. Swimmers in backstroke events or the backstroke leg of the medley relay, MUST ENTER THE WATER FEET FIRST.
3. Warm up and warm down lanes, if provided by the host team, will operate under the same rules and regulations as general warm up lanes, with the exception that a maximum of 10 swimmers will be allowed in the warm-up/down lane at any one time.

GENERAL:

1. No running, fighting, or horseplay will be allowed.
2. Dangerous objects are banned, including but not limited to the following: skateboards, hard balls, rocks, marbles, guns, glass, slingshots, appliances or radios using anything other than batteries, chewing gum or candy (in the water), and any other object deemed unsafe by a coach, chaperone, or safety official.
3. No towel popping.
4. No smoking allowed in barefoot areas.
5. No swimming perpendicular to lane lines.
6. The coach, chaperone, or safety official in charge must remain on the premises until ALL other participants have departed.