

**LONG COURSE BB CHAMPIONSHIPS
SPONSORED BY SARAH HEINZ HOUSE AQUATICS**

July 23 – 25, 2010

Held Under the Sanction of USA Swimming and Allegheny Mountain Swimming
Sanction # AM-072310-01

LOCATION OF FACILITY: North Park Community Swimming Pool

TYPE OF FACILITY: 8 lane 50 meter pool with electronic timing system and watch back-up.

POOL CERTIFICATION: The competition course has not been certified in accordance with 104.2.2(C)

WATER DEPTH: The depth of the water at the start end and turn end of the pool is 12 feet in Lane 1 and tapers to 7 feet at the start and turn end of Lane 8.

ENTRY DEADLINE: Friday, July 9, 2010

Entries will be accepted from: June 29 – July 9, 2010

Note: Updated entry files with late qualifiers from the B Champs meet must be received by 5:00pm Monday, July 19th

INDIVIDUAL ENTRY LIMIT PER DAY: Three (3) Individual Events per day (excluding relays)

ENTRY FEES: Individual Events: \$5.00

MEET ENTRY LIMIT: 2,000

Relays: \$5.00

CHECKS PAYABLE TO: Sarah Heinz House

WARM-UPS: Warm-ups will be as stated below. Each Club will be notified within ten (10) days, but no later than five (5) days prior to the start of the meet. The meet entry person will be notified along with it being posted on the AMS Website.

The Meet Director reserves the right to adjust warm-ups based on the number of entries after consultation with the Age Group Chair (before the day of the meet) or the referee (the day of the meet). There **may** be a warm-up period of up to ten (10) minutes prior to the distance events at those facilities that do not have a separate warm-up pool.

Warm-ups for distance meets (1000/800, 1650/1500) shall be a general warm-up for the entire session. Time shall not be less than 45 minutes for a single session of the first session of a two-session meet. Time shall not be less than 30 minutes for the second session at the same meet. Warm Up/Warm Down between events shall not be less than 10 minutes when multiple events are swum, gender excluded. At any session with distance events (1000/800, 1650/1500) offered and at any championship formatted meet (prelims/finals), the outside lane or lanes shall be restricted to pace lanes only at the same time that sprint lanes are opened

**WARM UP &
START**

TIMES:

**To be confirmed
based on the
entries - will be
posted on website*

SESSIONS	WARM-UPS	MEET START
Thursday AM	7:00am – 7:55 am	8:00 am
Friday, Saturday, Sunday AM	7:00 am -7:55am	8:00 am
Finals		
Friday, Saturday, Sunday	6:30 pm – 7:00pm	7:05 pm
All Sessions	There will be lanes open for warm-up/warm down throughout the meet	

SEEDING: This meet will be pre-seeded with the exception of any events 400 yards/meters or longer. These will be deck seeded with positive check-in required. Check-in will close approximately 30 minutes prior to the event being swum.

Relays will require positive check-in.

MEET DIRECTOR: Charles Chmura: 412-231-2377 ext. 21 or
Craig Peterson: 412-231-2377 ext. 28

SAFETY CHAIR: Valerie Singleton
412-231-2377

OFFICIALS: To officiate at this meet please contact: Donna Huntermark: 412-973-0162

DURATION: The Meet Director reserves the right to return entries with the approval of the Age Group Committee to control the meet duration. Affected clubs will be notified at least five (5) days prior to the meet. In addition, the meet host may require swimmers to scratch down ONE event per day. When entries are submitted, please mark which event the swimmer will scratch, if needed. If no race is designated, the host team will scratch the swimmer's last event of the day. Refunds will be given for mandatory scratches.

ENTRIES: E-MAIL ENTRIES TO: shha-entries@amswim.org

ENTRY CHAIR:	NAME	Judy Wagner
	ADDRESS	1271 Arrowood Drive
	CITY, ST, ZIP	Pittsburgh, PA 15243
	PHONE	412-276-0145

All entries will only be accepted via e-mail or sent via U.S. mail with the proper completed coaches and master form. All entries, fees and properly completed entry forms must be postmarked no later than midnight on the: Entry Deadline Date.

The body of the e-mail shall contain the following:

Meet Name	Team Name
Number of Individual Events	
Number of Relay Events	
Team Meet Entry Person's Contact Information	

Entries using HY-TEK "Team Manager" are encouraged. There will be a charge of \$20.00 to be included with your entry for clubs with ten (10) or more swimmers not submitting mailed entries on disk. All teams submitting entries on disk should note that the disk WILL NOT BE RETURNED.

WARM-UP RULES: Due to the insurance liability issue that is in effect from USA Swimming all warm-up policies will be strictly enforced by USA Swimming Officials. Swimmers warming up or down, before, during or after this swim meet must be under the direct supervision of an USA Swimming member certified coach. The coaches have the same responsibility for supervision of their swimmers at the meet as when on deck at practice.

Each competing club's coach must register with the MEET DIRECTOR before the club may warm up. The coaches' sign-in sheet will be forwarded to the AMS registrar for verification of current coaches' certification. The coaches must present their current USS registration card at the sign in table and keep it visible on deck at all times.

In the event that a club has fewer than five (5) swimmers per session, it is the responsibility of the club to have a representative register a contact person with the MEET DIRECTOR to assure compliance of their swimmers with the rules of conduct. The contact person signing in requirement is in addition to the requirement for every swimmer to be under the supervision of a USS registered coach.

For swimmers that are unattached, it is their responsibility, prior to the day of the meet, to obtain a coach who will supervise the swimmers on deck during warm-up, warm down, before, during, or after the meet. This information should be provided with their entries to the meet entry person. Failure to do so will result in not being entered in the meet.

MEET/DECK REFEREE: The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person. The meet/deck referee has final judgment for **any** issues that arise that day during the course of the meet.

ELIGIBILITY: All entrants must be registered members of USA Swimming. Age **as of the first day of the meet** determines eligibility. This meet is open to all USA swimming registered swimmers. "No Time" entries will not be accepted. Entry times are short course yard times OR as stated in the comments on the meet structure/schedule of events page.

QUALIFYING TIMES: Qualifying Times are shown on the attached Meet Structure

AMS RULES: The 2009/2010 USS Swimming Rules will govern the meet. Details will be provided in the meet program and posted. Smoking and the use of tobacco products are prohibited in the building. Sale and use of alcoholic beverages are similarly prohibited anywhere on the grounds.

Please note that all swimmers must be under the supervision of a USA swimming coach during warm-up and competition.

No unauthorized personnel will be allowed on the pool deck. Coaches, Officials, and designated Meet personnel will only be permitted on deck if they are wearing their approved and current credentials. All other individuals, except swimmers, will be prevented from entering the deck area.

DISABLED SWIMMERS: Any swimmer with a disability should contact the Meet Director and the Meet Referee prior to the start of the meet.

SEEDING: Swimmers must follow the mandatory AMS operating procedure for check-in seeding: All swimmers must personally sign in with the Clerk of Course prior to each session for all of the events or at the first call of each event. A first call and a last call will be given. If after checking in, a swimmer decides not to swim the event, they must report back to the Clerk of Course and scratch by last call. **Failure to swim after being checked in and seeded will bar a swimmer from their next individual event.** Swimmers do not have to remain in the seeding area after checking in, but must return to pick up seeding time cards (if required).

SCRATCH RULE: Refer to AMS Operating Procedures:

(1) PRE-SEEDED MEETS. Any Swimmer or relay team failing to swim an event at a pre-seeded meet shall not be penalized for failure to show.

(2) EVENTS SEEDED ON DECK. (a) Any swimmer who has checked in for an individual event that is seeded on the deck must swim in the event unless he notifies the Referee or designated meet official of his/her wish to scratch before the seeding for the event has begun. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from his/her next individual event or relay.

(b) Any relay that has been checked in for an event that is seeded on the deck must swim in the event unless the Referee or designated meet official is notified of the wish to scratch before the seeding for that event has begun. Any relay team entered in a deck-seeded event must check in and list the swimmers' names for the event prior to the entry deadline.

(c) Events seeded on the deck shall be closed for seeding no later than 30 minutes prior to the start of the meet.

(3) SCRATCHING FROM FINALS. (a) Any swimmer qualifying for a C, B or A (bonus and consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in "Exceptions for Failure to Compete." A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

(i) Any Swimmer who qualifies for a C, B or A Final and does not compete shall be subject to a monetary fine. If such failure to compete occurs on the swimmer's last day of the meet, the swimmer shall be charged a penalty of \$25 by AMS. The \$25 penalty fee should be charged to the swimmer's club or to the swimmer themselves in the event that they are unattached. This penalty fee should be paid to AMS (Allegheny Mountain Swimming) and mailed to the Permanent Office within 14 days of the conclusion of the meet. Failure to pay this fine prevents this swimmer/team from participating in a future meet. The Meet /Deck Referee shall notify the Permanent Office of any penalties due within 1 day of the conclusion of the meet.

(ii) Any relay team that fails to appear for a consolation final or final race in which it qualified without scratching shall be charged a fine of \$25/swimmer. The \$100 penalty fee should be charged to the swimmers' club. This penalty fee should be paid to AMS (Allegheny Mountain Swimming) and mailed to the Permanent Office within 14 days of the conclusion of the meet. Failure to pay this fine prevents this team from participating in a future meet. The Meet/Deck Referee shall notify the Permanent Office of any penalties due within 1 day of the conclusion of the meet.

(b) In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the C, B, or A (bonus, consolation final or) final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

(c) Where C and B (bonus and consolation) finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the C, B and A (Bonus, consolation final and the final), if necessary to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.

(d) If the C and B (bonus and consolation) finals have already been contested, the (championship (A) final shall be swum without reseeding for the empty lane(s).

(4) THIRTY (30) MINUTE SCRATCH RULE. (a) A swimmer who qualified for a C, B or A Final (Bonus – C, Consolation – B, Championship – A) must notify the designated official of his/her intent to scratch within thirty (30) minutes after the announcement of the qualifiers.

(b) The swimmer shall further declare his/her final intention within thirty (30) minutes following his/her last individual preliminary event in the session. If the swimmer does not declare his/her intention at the end of the 30 minutes of his/her final individual event, the swimmer will be seeded into the final event. Any penalties for not swimming at finals will be upheld. Swimmers and/or coaches should re-check with the Referee to see if their swimmer has been scratched into one of the finals heats. Swimmers not intending to return for finals, regardless of the seeded position should fill out the scratch form.

(5) EXCEPTION FOR FAILURE TO SCRATCH – No Penalty shall apply: (a) The Referee is notified of illness or injury and accepts the proof thereof.

(b) A swimmer qualifying for a consolation final or final race following preliminaries notified the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following his last individual preliminary event a final intention to scratch or swim. (See 4)

(c) It is determined by the Referee that failure to scratch was caused by circumstances beyond the control of the swimmer.

(d) A swimmer who was not one of the original qualifiers and who was scratched into the qualifiers list.

(6) CHECK IN SEEDED MEET. If, after checking in with the Clerk of Course, a swimmer decides not to swim the event, they must report back to the Clerk of Course and SCRATCH by the last call. Failure to swim after being checked in and seeded will bar the swimmer from the swimmer's next individual event.

(7) RELAYS. Each coach shall pick up relay cards from the Clerk of Course, on which he shall list the competing swimmers (Last, First, Middle Initial - NAME) and ages and order of swimming for each relay event. Completed relay cards must be returned to the Clerk of Course. Those returned as "scratched" will not be entered and no penalty will be incurred. All others will be seeded. Failure of a relay member or relay team to subsequently pick up their seeded card and participate in the event when it is called is subject to the scratch rule penalties outlined above. NOTE: Names of relay participants may be changed, without penalty, only until their first relay swimmer steps up to the starting block.

AWARDS: **Individual awards:** Medals 1st through 3rd and Ribbons 4th through 8th place

Relay awards: Ribbons 1st through 8th place

Team awards: None

SCORING: This meet will not be scored

DIRECTIONS: North Park Pool, Allegheny County

From the Pennsylvania Turnpike: Exit No. 4, Butler Valley, and proceed south on Route 8 approximately 1 mile to the intersection of Wildwood Road (Yellow Belt). Turn right on Wildwood Road and proceed approximately 2.5 miles to the stoplight at the intersection of Wildwood Road and Babcock Boulevard (main intersection in North Park). Turn left on Babcock and follow the signs to the pool

From Interstate 79: Exit No. 22, Wexford, and follow Route 910 (Orange Belt) approximately 2.5 miles to Route 19 South (turn right at the stop sign at the Wexford Post Office Deli to access Route 19 South). Follow Route 19 South approximately 3 miles to the intersection of Ingomar Road (Yellow Belt). Before reaching Ingomar Road, stay in the left lane of Route 19 as the right lane feeds onto McKnight Road. There is no exit to Ingomar Road from McKnight Road South. At the light at the intersection of Route 19 South and Ingomar Road, turn left onto Ingomar Road and proceed approximately 2 miles to the light at the intersection with Babcock Boulevard (main intersection in North Park). Turn right on Babcock and follow the signs to the pool.

From Route 19 North or McKnight Road North follow Route 19 North to the intersection of Ingomar Road (Yellow Belt). Turn right on Ingomar Road and proceed approximately 2.2 miles to the intersection with Babcock Boulevard (main intersection in North Park). Likewise, from McKnight Road North, exit on to Ingomar Road East (Yellow Belt) and proceed approximately 2 miles to the intersection with Babcock Boulevard. Turn right on Babcock and follow the signs to the pool

CONCESSION: There will be a full concession stand available during the entire meet.

COMMENTS: Updated entry files with late qualifiers from the B Champs meet must be received by 5:00 pm Monday, July 19th.

BB Championships

July 22 – 25, 2010

	Slower Than	Faster Than or Equal to	Slower Than	Faster Than or Equal to	Thursday	Faster Than or Equal to	Slower Than	Faster Than or Equal to	Slower Than	
Girls	LCM		SCY		Senior	SCY		LCM		Boys
1	10:37.09	11:30.19	11:55.89	12:55.49	800 Freestyle	12:08.19	11:12.19	10:52.09	10:01.89	2
3	5:50.59	6:19.79	5:09.89	5:35.69	400 Individual	5:11.79	4:47.79	5:54.39	5:27.09	4
7	20:28.39	22:10.69	19:58.89	21:38.89	1500 Freestyle	20:21.89	18:47.99	20:49.49	19:13.39	8
					13-14					
5	6:00.99	6:31.09	5:17.79	5:44.29	400 Individual	5:25.49	5:00.49	6:13.19	5:44.49	6
					12 & Under					
5	6:23.99	6:55.89	5:36.09	6:04.19	400 Individual	5:56.29	5:28.89	6:51.79	6:20.19	6

1. All events are prelims & finals except for the following
 - a. All 1500's and 800's shall be swum as timed finals
 - b. 12 & Under and 13-14 400 IM shall be swum as timed finals
 - c. Events swum on Thursday will be swum fastest to slowest, alternating girls and boys.

	Slower Than	Faster Than or Equal to	Slower Than	Faster Than or Equal to	Friday	Faster Than or Equal to	Slower Than	Faster Than or Equal to	Slower Than	
Girls	LCM		SCY		6 – 10	SCY		LCM		Boys
11	1:21.89	1:32.99	1:11.89	1:21.59	100 Freestyle	1:19.99	1:10.79	1:31.09	1:20.59	12
17	43.69	49.89	38.09	43.49	50 Backstroke	43.69	38.29	50.09	43.89	18
23	1:46.99	2:02.29	1:33.39	1:46.69	100 Breaststroke	1:43.69	1:31.79	1:59.79	1:45.99	24
29	42.09	48.59	37.29	42.99	50 Butterfly	41.99	36.69	46.89	40.99	30
Girls					11 – 12					Boys
9	1:13.49	1:19.59	1:03.09	1:08.29	100 Freestyle	1:07.89	1:02.69	1:17.39	1:11.39	10
15	2:59.29	3:14.19	2:38.59	2:51.79	200 Butterfly	2:48.29	2:35.29	3:13.39	2:58.49	16
21	38.99	42.29	33.89	36.79	50 Backstroke	36.49	33.49	42.19	38.69	22
27	1:33.79	1:41.89	1:22.19	1:29.29	100 Breaststroke	1:27.79	1:20.49	1:40.89	1:32.49	28
33	36.29	39.39	32.39	35.09	50 Butterfly	35.19	32.09	39.59	36.19	34
37	NQT	NQT	NQT	NQT	400 Freestyle Relay	NQT	NQT	NQT	NQT	38
Girls					13 & Older					Boys
13	1:08.59	1:16.19	1:00.79	1:07.39	100 Freestyle	1:02.19	55.19	1:11.49	1:03.09	14
19	2:44.29	3:01.29	2:23.89	2:39.59	200 Backstroke	2:29.79	2:12.39	2:54.09	2:31.29	20
25	1:26.69	1:36.39	1:15.69	1:24.09	100 Breaststroke	1:18.09	1:08.89	1:28.09	1:19.69	26
31	2:42.69	3:02.29	2:24.49	2:40.99	200 Butterfly	2:31.99	2:13.39	2:51.99	2:30.59	32
35	NQT	NQT	NQT	NQT	400 Freestyle Relay	NQT	NQT	NQT	NQT	36

Order of Finals **Friday: Event 9 through Event 34 consecutively**

	Slower Than	Faster Than or Equal to	Slower Than	Faster Than or Equal to	Saturday	Faster Than or Equal to	Slower Than	Faster Than or Equal to	Slower Than	
Girls	LCM		SCY		6 – 10	SCY		LCM		Boys
43	2:58.49	3:23.59	2:36.39	2:58.29	200 Freestyle	2:50.89	2:31.89	3:13.99	2:52.39	44
49	48.29	54.89	41.99	47.79	50 Breaststroke	47.89	42.19	55.09	48.49	50
55	36.39	40.79	32.19	35.99	50 Freestyle	35.19	31.59	40.19	36.09	56
Girls					11 – 12					Boys
39	2:37.69	2:50.79	2:19.89	2:31.49	200 Freestyle	2:27.49	2:16.19	2:47.79	2:34.89	40
45	3:00.19	3:15.29	2:35.89	2:48.89	200 Backstroke	2:45.89	2:32.89	3:11.09	2:56.39	46
51	42.09	45.59	37.79	40.89	50 Breaststroke	40.79	37.29	47.09	43.09	52
57	33.69	36.39	29.49	31.89	50 Freestyle	30.99	28.59	35.29	32.59	58
61	NQT	NQT	NQT	NQT	400 Medley Relay	NQT	NQT	NQT	NQT	62
Girls					13 & Older					Boys
41	2:27.19	2:44.39	5:47.39	2:24.99	200 Freestyle	2:15.69	2:00.09	2:35.19	2:17.19	42
47	3:05.69	3:27.99	2:42.79	3:00.69	200 Breaststroke	2:49.39	2:30.09	3:17.19	2:54.29	48
53	31.79	35.19	27.99	30.99	50 Freestyle	28.49	25.29	32.79	28.79	54
59	NQT	NQT	NQT	NQT	400 Medley Relay	NQT	NQT	NQT	NQT	60
63	5:08.89	5:42.99	5:47.39	6:22.39	400 Freestyle	6:03.19	5:24.29	5:27.99	4:50.19	64

Order of Finals Saturday: Event 39 through Event 58 consecutively

	Slower Than	Faster Than or Equal to	Slower Than	Faster Than or Equal to	Sunday	Faster Than or Equal to	Slower Than	Faster Than or Equal to	Slower Than	
Girls	LCM		SCY		6 – 10	SCY		LCM		Boys
69	1:35.29	1:48.89	1:22.19	1:33.99	100 Backstroke	1:32.09	1:21.29	1:45.69	1:33.29	70
75	3:19.89	3:46.49	2:55.99	3:19.39	200 Individual	3:18.09	2:55.29	3:44.79	3:18.89	76
81	1:37.89	1:55.19	1:26.69	1:42.09	100 Butterfly	1:40.39	1:25.59	1:53.19	1:36.49	82
89	6:05.89	6:51.59	6:48.39	7:39.49	400 Freestyle	7:35.19	6:44.59	6:52.69	6:06.79	90
Girls					11 – 12					Boys
65	1:23.29	1:31.09	1:14.19	1:21.09	100 Backstroke	1:19.09	1:12.29	1:31.39	1:23.59	66
71	2:59.79	3:14.79	2:37.59	2:50.69	200 Individual	2:49.39	2:35.59	3:13.89	2:58.09	72
77	1:22.89	1:30.79	1:13.19	1:20.19	100 Butterfly	1:18.69	1:11.69	1:29.49	1:21.49	78
83	3:23.69	3:40.59	2:56.89	3:11.69	200 Breaststroke	3:07.29	2:52.89	3:37.49	3:20.79	84
87	5:32.39	6:00.09	6:09.29	6:40.09	400 Freestyle	6:35.09	6:04.69	5:54.39	5:27.09	88
Girls					13 & Older					Boys
67	1:16.29	1:24.29	1:06.59	1:14.19	100 Backstroke	1:09.59	1:01.09	1:20.59	1:10.59	68
73	2:47.29	3:05.69	2:26.99	2:42.99	200 Individual	2:31.99	2:15.09	2:55.99	2:35.89	74
79	1:14.19	1:22.89	1:06.29	1:13.49	100 Butterfly	1:08.09	1:00.09	1:16.99	1:07.69	80
85	NQT	NQT	NQT	NQT	800 Freestyle Relay	NQT	NQT	NQT	NQT	86

Order of Finals Sunday: Event 65 through Event 84 consecutively

Comments:

1. Limit of 3 individual events per day.
2. Qualifying times are slower than National “A” per event and faster than or equal to National “BB”.
3. 13 & Older use National 15-16 “A” Time Standards for Slower Than and National 13-14 “BB” for Faster Than or Equal To.
4. Senior use National 15-16 “A” time standards for slower than and 13-14 National “BB” time.
5. Non conforming times will be seeded last.
6. In order to control the duration of the meet non-conforming times may be scratched.
7. Relays may be deck entered. Relay swimmers shall be on the master entry list.
8. Proof of times shall be required.
9. 11-12 and 6-10 400 Freestyle will be seeded and swum together but will have separate qualifying times. This event will be swum fastest to slowest, alternating girls/boys
10. 13-14 400 Freestyle will be swum fastest to slowest, alternating girls/boys.
11. Finals will be one heat for all age groups.
12. Relays will be swum as timed finals.
13. Swimmers must use their best times to enter swim meets. If a swimmer has an “A” time in Short Course event but not in Long Course they are not eligible to swim that event at BB Developmental Champs. Please enter that event at Junior Olympics.