

2010 MONTANA LONG COURSE STATE CHAMPIONSHIPS July 30, 31 & August 1, 2010

Sanction # 0783

Meet Director	Tami Peters	(406) 585-1299 (H) (406) 209-5639 (C)
Meet Referee	Larry Johnson	(406) 763-4697 (H)
Meet Registrar	Kris Hall	(406) 586-6996 (H)
Location	Bozeman Swim Center on the west side of Bozeman High School at 1211 W. Main	
Pool	Indoor 50 meter, 8 lanes, Colorado Automatic Timing System.	
Schedule	Preliminaries:	Warm-ups: 7:30 – 8:30 a.m. Meet Begins: 8:45 a.m.
	Finals:	The start of finals will be set after all entries have been received.
Entry Fees	An entry fee of \$18.00 plus \$2.00 per event will be charged. Make checks payable to the Missoula Aquatic Club. <i>No entries will be accepted without payment of fees. There will be no refunds.</i>	
Entry Deadline	Entries must be received by Ellen at Grizzly Pool no later than Friday, July 16, 2010 at 5:00pm.	
	<i>Entries must be made through the swimmer's club with a <u>team</u> check.</i> Unattached swimmers may make direct entries.	
Rules	2010 USA Swimming Rules and Montana Swimming Rules will govern the meet. There will be no deck seeding. This meet is sanctioned by Montana Swimming and USA Swimming #0783. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.	
Age Groups	8&U, 10&U, 11-12, 13-14, 15-16 and 17-21. 8&U swimmers must choose either the 8&U or 10&U age group for the entire meet (Relay exception: 8&U may compete on the 10&U relays regardless of which age group they choose to swim in). All combined events will be awarded and scored separately by age group. Age on July 30th shall determine the swimmer's age for the meet.	
Eligibility	All swimmers must be registered athlete members of Montana Swimming and have achieved at least one qualifying time standard between May 15, 2009, and the entry deadline. 10 & U thru 17-21 swimmers must have at least one qualifying "BB" time and may then enter any subsequent event that they have achieved a "B" time or higher. All 17-21 swimmers will use the 17 and 18 "BB" and "B" time standards. 8 & U swimmers may only enter events in which they have a qualifying time. Swimmers qualified in the 800 Free or 1500 Free may also enter the opposite event.	

Times earned in a USA Swimming sanctioned time trial or a USA Swimming sanctioned, approved, or observed meet can be used to qualify for the state meet. Times earned at a non-sanctioned time trial cannot be used to enter this meet. If a swimmer does not swim a qualifying time during the state meet and the swimmer would earn points with that swim, the time must be proven from a meet finals sheet (not from a time trial) provided by the swimmer's team. If not proven by a meet finals sheet, the points for that event will not be earned by the swimmer or by the team and the swimmer will not receive the award.

- Entries** Each swimmer may compete in a maximum of seven (7) events for the meet with a maximum of three (3) individual events per day.
- All entries may be submitted by e-mail (preferred), or on a Hy-Tek formatted disk or on the enclosed master sheet. Please attach individual entry, relay and entry fees .pdf files along with the electronic entry file. For accuracy electronic entry is preferred. E-mail address is: bozemanbarracudas@yahoo.com. If sending a disk, be sure to include a printed copy. Please make copies of the Master Entry Sheet if you have more than one page of entries. Also complete and return the Accounting Sheet with your entries (enclosed in the entry packet).
- Relays** Relay times may be established by adding the individual times of the four swimmers involved. All relays must be entered with a time. The full name of those entered in a relay must appear on the master entry form or Team Manager relay report and on the relay entry cards (including alternates). Relay entry cards will be completed at the meet. Relay swimmers must swim the race in the order the swimmers are listed on the relay entry card. The 15 -21 swimmers will swim as a single age group for relays. Relay cards must be completed and turned in to the referee by deadline each day of the meet for that day's relay events. Relay scores will be added to the overall team scores. Only one (1) relay from each team per age group and sex will be eligible to score. Teams may enter an unlimited number of relays per event if so desired. **Relay swimmers do not have to be qualified and entered into an individual event, but must pay the meet surcharge fee.** Please list the relay only swimmers on the master entry form.
- Seeding** Entries may be submitted in Meters or Yards. **DO NOT CONVERT TIMES.** Submit times using the "show times unconverted" or "show actual" option. Events will be seeded in this order: LCM, SCM, SCY. ***The 800 Free and 1500 Free will be seeded fastest to slowest with heats alternating between women and men.***
- Format** **Individual:** 8 & Under age group events will be timed finals during preliminaries. All other individual age group events will be a preliminary-finals (no consoles) format with the exception of the following, which will be timed finals during preliminaries: the 800 Free, 400 IM, 400 Free and the 1500 Free. The 15 and Over swimmers will be combined for prelims but split out for finals.
- Relays:** 10 and Under Relays will be swum in preliminaries as timed final events. 11 and Over relays will be swum as timed finals as the last event in finals each day.
- Clerk of Course** There will be no Clerk of Course. Heat and Lane assignments will appear in the program. Swimmers are responsible for taking their position behind the blocks.
- Timing** A Colorado electronic timing system will be used along with backup timers. Each club will be responsible for providing at least two (2) timers at all times. A sign-up sheet will be posted at the meet. Swimmers entered in the 800 Free and 1500 Free **must** provide their own timers and counters.
- Scratches** Championship scratch procedures will be in effect for this meet.
Preliminary scratch deadline: The scratch deadline is 15 minutes prior to the start of the first preliminary race each day. Scratches shall be reported on the scratch sheet in the official's/coaches' room (preferred method) or may be given to the meet referee by the deadline.
Preliminary scratch procedures and penalties: Any swimmer who fails to compete in a preliminary heat in which they are entered and have not been correctly scratched (see exceptions for failure to compete), will be barred from all further individual and relay events that day – including any final swims. Additionally the swimmer must report to the meet referee his or her intention to compete in any individual events on succeeding days. A swimmer may also scratch from a preliminary event with a declared false start by reporting to the referee prior to the start of the race and declaring their intent not to compete. A declared false start will be charged as a false start. Swimmers who fail to report for a timed final event will be scratched without penalty.
Finals scratch deadline: All swimmers wishing to scratch from a final for which a preliminary event has been swum must report to the Meet Referee no later than 30

minutes prior to the start of the final session to declare their intention to scratch. Alternates must be on deck for each final event in case of a scratch.

Finals scratch penalties: Any swimmer qualifying for a final race in an individual event who does not properly scratch and fails to compete in that event will be barred from further competition for the remainder of the meet except as noted under the exceptions for failure to compete. In addition, fifty (50) points will be subtracted from the team score if a swimmer fails to report the scratch from finals in the correct manner, except as listed below for exceptions for failure to compete.

Exceptions for Failure to Compete: No penalty shall apply for failure to scratch or compete in an individual event in preliminaries or finals if the meet referee is notified in the event of quick-onset illness, injury, or circumstances beyond the swimmer's control. The meet referee will make the final decision.

Time Trials

Time Trials (Sanction Number 0784) will be offered on a time and demand available basis at the meet referee's discretion at the conclusion of preliminary competition on Sunday (possibly) of the meet. Only swimmers entered into at least one individual event may enter. Swimmers may compete in a maximum of seven individual events including time trials, with no more than three individual events per day. Qualified swimmers may enter seven individual events, but must properly scratch from one event to compete in one time trial event. All time trials will be deck entered. If proof of time is required, the swimmer's team will provide any necessary proof. The swimmer may also provide proof of time if available. The coach, swimmer, or parent/guardian may enter the swimmer into the time trials. The time trial entry fee is \$3.00 per event. Further information regarding the time trials will be announced during the meet.

Scoring

Individual: 9-7-6-5-4-3-2-1

Relays: 18-14-12-10-8-6-4-2 Only one relay per team will be scored.

Awards

Individual: Event medals will be awarded for 1st through 8th place and ribbons will be given for 9th through 16th place.

Relay: Event medals will be awarded for 1st through 3rd place.

Team: Team awards will be awarded to the top three women's teams, top three men's teams.

Spirit Award: The traveling Spirit Award will be given by Montana Swimming to the team demonstrating the best overall team participation, team spirit, and conduct during the meet. The meet manager, coaches, and officials will vote for the award.

Concessions

Concessions will be available. *Absolutely no glass containers are allowed in the locker rooms or deck areas. Food will be allowed only on the spectator/bleacher side of the pool deck.*

Meetings

A coach's meeting will be held in the office Friday at 8:30 a.m.

An Official's meeting will be held in the office each day at 8:00 a.m. and 30 minutes prior to the start of finals.

Final Results

Results will be sent to the teams within ten (10) days after the meet.

Coaches

All coaches must show full current credentials during the meet.

2010 Montana Long Course State Championships

Order of Events

Friday July 30, 2010

Preliminaries

Warm-ups: 7:30 – 8:30 a.m.

Meet Begins: 8:45 a.m.

Girls			Boys
1	11-21	200 Fly	2
3	12&U	50 Back	4
5	13-21	50 Back	6
7	12&U	200 Free	8
9	13-21	200 Free	10
11	12&U	100 Breast	12
13	13-21	100 Breast	14
15	12&U	200 IM	16
17	13-21	200 IM	18
19 TF	10&U	400 Free Relay	TF 20
15 Minute warm-up period			
21 TF	11-21	800 Free	TF 22

(Events 21 and 22 will swim fastest to slowest, alternating heats between girls and boys)

Finals

Finals will swim in the same order as they were swum in prelims plus the following relays as the last finals events.

23 TF	11-12	400 Free Relay	TF 24
25 TF	13-14	400 Free Relay	TF 26
27 TF	15-21	400 Free Relay	TF 28

Saturday July 31, 2010

Preliminaries

Warm-ups: 7:30 – 8:30 a.m.

Meet Begins: 8:45 a.m.

29 TF	11-21	400 IM	TF 30
31 TF	8&U	100 Free	TF 32
33	11-21	200 Back	34
35	12&U	50 Free	36
37	13-21	50 Free	38
39 TF	8&U	50 Breast	TF 40
41	12&U	50 Breast	42
43	13-21	50 Breast	44
45 TF	8&U	50 Fly	TF 46
47	12&U	100 Fly	48
49	13-21	100 Fly	50
51 TF	10&U	200 Medley Relay	TF 52

15 Minute warm-up period

53 TF	10&U-21	400 Free	TF 54
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Finals

Finals will swim in the same order as they were swum in prelims plus the following relays as the last finals events.

55 TF	11-12	200 Medley Relay	TF 56
57 TF	13-14	200 Medley Relay	TF 58
59 TF	15-21	200 Medley Relay	TF 60

Sunday August 1, 2010

Preliminaries

Warm-up: 7:30 – 8:30 a.m.

Meet Begins: 8:45 a.m.

61	11-21	200 Breast	62
63	12&U	50 Fly	64
65	13-21	50 Fly	66
67 TF	8&U	50 Free	TF 68
69	12&U	100 Free	70
71	13-21	100 Free	72
73 TF	8&U	50 Back	TF 74
75	12&U	100 Back	76
77	13-21	100 Back	78
79 TF	10&U	200 Free Relay	TF 80

15 Minute warm-up period

81TF 11-21 1500 Free TF82
(Events 81 and 82 will swim fastest to slowest, alternating heats between girls and boys)

Finals

Finals will swim in the same order as they were swum in prelims plus the following relays as the last finals events.

83 TF	11-12	200 Free Relay	TF 84
85 TF	13-14	200 Free Relay	TF 86
87 TF	15-21	200 Free Relay	TF 88

2010 Long Course Qualifying Time Standards "BB" Meter Times

Girls 8 & Under		Boys 8 & Under		Girls 13-14		Boys 13-14	
2:04.79	100 Free	2:01.99					
54.10	50 Free	53.14		35.19	50 Free	32.79	
1:07.18	50 Back	1:07.66		1:16.19	100 Free	1:11.49	
1:13.90	50 Breast	1:13.90		2:44.39	200 Free	2:35.19	
1:06.10	50 Fly	1:03.46		5:42.99	400 Free	5:27.99	
				11:41.99	800 Free	11:21.79	
				22:23.09	1500 Free	21:35.29	
Girls 10 & Under		Boys 10 & Under		Girls 13-14		Boys 13-14	
40.79	50 Free	40.19		1:24.29	100 Back	1:20.59	
1:32.99	100 Free	1:31.09		3:01.29	200 Back	2:54.09	
3:23.59	200 Free	3:13.99		1:36.39	100 Breast	1:28.09	
6:51.59	400 Free	6:52.69		3:27.99	200 Breast	3:17.19	
49.89	50 Back	50.09		1:22.89	100 Fly	1:16.99	
1:48.89	100 Back	1:45.69		3:02.29	200 Fly	2:51.99	
54.89	50 Breast	55.09		3:05.69	200 IM	2:55.99	
2:02.29	100 Breast	1:59.79		6:31.09	400 IM	6:13.19	
48.59	50 Fly	46.89					
1:55.19	100 Fly	1:53.19		Girls 15-16		Boys 15-16	
3:46.49	200 IM	3:44.79		34.49	50 Free	31.19	
				1:14.39	100 Free	1:08.39	
				2:39.49	200 Free	2:28.59	
				5:34.69	400 Free	5:14.39	
Girls 11-12		Boys 11-12		11:30.19	800 Free	10:52.09	
36.39	50 Free	35.29		22:10.69	1500 Free	20:49.49	
1:19.59	100 Free	1:17.39		1:22.69	100 Back	1:16.49	
2:50.79	200 Free	2:47.79		2:57.99	200 Back	2:43.89	
6:00.09	400 Free	5:54.39		1:33.89	100 Breast	1:26.39	
12:33.69	800 Free	12:28.59		3:21.19	200 Breast	3:08.79	
24:12.39	1500 Free	24:05.29		1:20.39	100 Fly	1:13.39	
42.29	50 Back	42.19		2:56.19	200 Fly	2:43.19	
1:31.09	100 Back	1:31.39		3:01.19	200 IM	2:48.89	
3:15.29	200 Back	3:11.09		6:19.79	400 IM	5:54.39	
45.59	50 Breast	47.09					
1:41.89	100 Breast	1:40.89		Girls 17 + 0		Boys 17 + 0	
3:40.59	200 Breast	3:37.49		34.09	50 Free	30.29	
39.39	50 Fly	39.59		1:14.09	100 Free	1:06.89	
1:30.79	100 Fly	1:29.49		2:38.89	200 Free	2:26.09	
3:14.19	200 Fly	3:13.39		5:35.19	400 Free	5:11.09	
3:14.79	200 IM	3:13.89		11:26.79	800 Free	10:48.99	
6:55.89	400 IM	6:51.79		21:58.49	1500 Free	20:35.79	
				1:23.09	100 Back	1:14.89	
				2:58.19	200 Back	2:43.59	
				1:32.49	100 Breast	1:24.99	
				3:20.79	200 Breast	3:04.19	
				1:19.49	100 Fly	1:12.19	
				2:55.09	200 Fly	2:38.89	
				2:59.69	200 IM	2:43.89	
				6:21.29	400 IM	5:48.69	

Montana Swimming Long Course State Championships

13 and Over Qualifying Times

For the

50 Back, 50 Breast, 50 Butterfly

LCM	Girls		EVENT	Boys		LCM
	SCM	YARD		YARD	SCM	
43.01	42.16	37.99	50 Back	35.99	39.94	40.74
47.54	46.60	41.99	50 Breast	38.99	43.27	44.14
39.61	38.83	34.99	50 Fly	33.99	37.72	38.48

The above times are the “BB” qualifying time standards for each event for swimmers in the 13-14, 15-16, and 17-21 age groups for the Montana State Swim meets. All qualifying times must be swum in the correct time period for the meet entered.

Discounts at Bozeman Hotels & Restaurants

Through the Rocky Mountain Gold Program, the Bozeman Barracudas have a limited number of rooms available for \$75/night at the C'mon Inn and the Holiday Inn. To reserve a room at these rates, call Heidi Dougherty (580-8019) or Michael Dougherty (580-8018).

You can also save up to 25% at over 45 Bozeman area restaurants through the Rocky Mountain Gold program. For information visit www.goldintherockies.com. Download the "Weekly Hot Sheet" at the top of the page for a list of participating restaurants, then order the cash certificates by clicking on "Bozeman Barracuda Swim Team" on the right side. These are discount gift certificates that spend like cash at the participating restaurants. There is no expiration date, so any you order and don't use can be used at a future date. Contact Heidi or Michael with any questions.

Motel Information

Bozeman

Mountain Home Vacation Rentals	406/586-4589
American Inn	406/585-7888
American Lodge & Suites	406/522-8686
Best Western, City Center	406/ 587-3158
Best Western, Grantree Inn	406/ 587-5261
Bozeman Inn	406/ 587-3176
Comfort Inn	406/587-2322
C'Mon Inn	406/ 587-3555
Continental Inn	406/ 587-9231
Fairfield Inn	406/ 587-2222
Hampton Inn	406/ 522-8000
Hilton Garden Inn	406/ 582-9900
Holiday Inn	406/ 587-4561
Imperial Inn	406/ 587-4481
Lewis & Clark Motel	406/586-3341
Microtel Inn & Suites	406/ 586-3797
Ramada Limited	406/ 585-2626
Super 8	406/ 586-1521
Wingate Inn	406/ 582-4995

Belgrade – 15 minutes away from pool

Holiday Inn Express	406/ 388-0800
La Quinta Inn	406/ 388-2222
Super 8	406/ 388-1493