

**2012 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES MEET**  
**Central Zone Section 1 Spring Championships**  
**Co-Hosted by Lake Forest Swim Club (IL) and Pleasant Prairie Patriots (WI)**  
**Pleasant Prairie RecPlex AquaArena, Pleasant Prairie, Wisconsin**  
**March 8-11, 2012**

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**SANCTIONED BY:** Wisconsin Swimming, Inc.

**SANCTION #:** WI2012-146S

**TIME TRIALS SANCTION #:** WI2012-147TT

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**MEET HOST:** PX3 (WSI) and Lake Forest Swim Club (ISI).

Follow this link for more information: [www.swimlpsc.org](http://www.swimlpsc.org)

### GENERAL INFORMATION

**DATES:** Thursday, March 8 through Sunday, March 11, 2012

**LOCATION:** Rec Plex Aqua Arena, 9900 Terwall Terr., Pleasant Prairie, WI 53158

Entrance to the building for all Spectators, Coaches, Athletes, Officials, and Meet Personnel is located on the south side of the building - west entrance.

**FACILITY:** The competition pool is a 10-lane, 50-meter x 25-yard indoor pool ranging from 7 feet to 9 feet in depth. Lanes are 7' 4" wide with 6-inch Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. Colorado timing system and display.

The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**PARKING:** Free parking is available at the following locations:

- 1) south auxiliary lot across the street from the pool;
- 2) lot on the northeast side of building;
- 3) street parking in front of the facility.

Parking is available in the lot directly in front of the Rec Plex, \$5 per entry.

**MEET REFEREE:** Meet Referee: Bob Welch [rjwelch@sbcglobal.net](mailto:rjwelch@sbcglobal.net) (312) 339-8219  
**N-3 Observer: TBD**

**KEY CONTACTS:**

Josh Fowler, USA Swimming OME	(719) 866-3581	<a href="mailto:jfowler@usaswimming.org">jfowler@usaswimming.org</a>
Michael Lawrence	(847) 735-5372	<a href="mailto:pegasus523@gmail.com">pegasus523@gmail.com</a>
Laurel Liberty, Co-Meet Director	(847) 735-5372	<a href="mailto:coachlaurel@sbcglobal.net">coachlaurel@sbcglobal.net</a>
Dave Holecek, Co-Meet Director	(847) 735-5372	<a href="mailto:lfscentries@sbcglobal.net">lfscentries@sbcglobal.net</a>
Bob Welch, Meet Referee	(312) 339-8219	<a href="mailto:rjwelch@sbcglobal.net">rjwelch@sbcglobal.net</a>
Mo Sheehan, Coach, LFSC	(847) 735-5372	<a href="mailto:coachmosheehan@sbcglobal.net">coachmosheehan@sbcglobal.net</a>
Luke Schumm, Coach, PX3	(262) 947-3640	<a href="mailto:pp.patriotswimming@gmail.com">pp.patriotswimming@gmail.com</a>



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**ENTERING THE MEET**

**ELIGIBILITY:** All entered swimmers must be current (2012) athlete members of USA Swimming. All coaches and officials must be non-athlete members under current USA Swimming rules and policies.

All USA Swimming members who are properly registered with the following LSCs are eligible to compete in this 2012 Spring Speedo Champions Series Meet: Illinois, Iowa, Minnesota, North Dakota, South Dakota and Wisconsin.

Up to 150 USA Swimming members who are properly registered with other LSCs will be permitted entry into the meet. Each non-resident swimmer must have achieved the qualifying standard in one or more individual events. Non-resident swimmers are eligible to swim Bonus Events and Time Trials.

**ENTRY DEADLINE:** Entries may be submitted through OME beginning February 1, 2012 (9:00am Central Daylight Time) and will be accepted through **Wednesday, February 29, 2012 at 11:59pm (Central Daylight Time)**.

**OME ENTRY PROCEDURE:** All entries must be submitted using USA Swimming OME (online meet entry) at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). When signing into OME, the system will require the head coaches ID. Payment method through OME must be Visa, MasterCard, American Express or Discover.

Entries are not considered accepted until payment method is validated. A confirmation email will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Once entries are paid for, times can be modified and events can be added, but events cannot be deleted.

Please contact Josh Fowler at USA Swimming with any questions on the OME system, (719) 866-3581, [jfowler@usaswimming.org](mailto:jfowler@usaswimming.org).

Please contact Michael Lawrence with general meet and entry questions [lfscentries@sbcglobal.net](mailto:lfscentries@sbcglobal.net), (847) 735-5372, (847) 220-3940 (mobile).

**NEW ENTRIES ACHIEVED AFTER February 29, 2012:** Entries for athletes achieving qualifying standards for the first time between March 1 and March 5, 2012, may be submitted by email to Entry Chairperson Michael Lawrence, [lfscentries@sbcglobal.net](mailto:lfscentries@sbcglobal.net). These entries must be received by 6:59pm (Central Time) on Monday, March 5, 2012, and cannot be used to improve the seed time of previously submitted entries.

Confirmation of receipt of New Entries is the sole responsibility of the sender. Payment for new entries must be received prior to the start of the meet.

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**LATE ENTRIES:** Any team or athlete missing the entry deadline will be permitted to submit a Late Entry subject to the following restrictions:

- 1) Late entries must be submitted via email to Entry Chairperson Michael Lawrence, [lfscentries@sbcglobal.net](mailto:lfscentries@sbcglobal.net) no later than Monday, March 5, 6:59pm
- 2) A one-time processing fee of \$50 *and* entry fees of \$20 per individual event; \$25 per relay event must be paid prior to start of the meet.

Confirmation of receipt of Late Entries is the sole responsibility of the sender. Payment for late entries must be received prior to the start of the meet.

**QUALIFYING PERIOD:** All submitted entry times must have been achieved after July 1, 2010, and prior to the entry deadline. Qualifying time standards are included in this packet.

**ENTRY FEES:** \$10.00 per individual event; \$20.00 per relay event. Late entry fees are \$20 per individual event, \$25 per relay event. (See section regarding Late Entries for more information.)

**CENTRAL ZONE ATHLETE SURCHARGE:** \$2.00 per athlete entered in the meet (including relay only athletes)—collected via OME at the time of entry.

**ENTRY LIMITS:** Swimmers may enter as many events as they qualify for and may compete in a maximum of three individual events per day including time trials. A team may enter no more than 2 relay teams in each relay event.

**BONUS EVENTS:** Bonus events are permitted as follows:

- 1) Swimmers entering 1 or 2 individual events are permitted to swim 1 Bonus Event at the meet.
- 2) Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event.
- 3) The 800 and 1500 freestyle are not offered as Bonus Events.
- 4) All Bonus Event entries must meet the minimum Bonus Event time standard (included).

**PROOF OF TIME:** All "Custom or Override Times" must either be

- 1) verified prior to the scratch deadline for that event; or,
- 2) "down-seeded" prior to seeding the event.

Entry times not proven prior to seeding will be "down-seeded" and the athlete may still compete. If Proof Of Time is not provided as specified AND the swimmer fails to achieve the minimum qualifying time standard, a fine of \$100 will be assessed.

All fines must be paid to the meet host(s) prior to the start of the following session. Fines not paid prior to the start of the final session of the meet shall be automatically doubled.

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**CHAMPIONSHIP PROCEDURES**

**RULES:**

Current USA Swimming Rules and Regulations will govern the conduct of the meet and will serve as the official guide for technical and procedural rules. It is the responsibility of all swimmers and coaches to acquaint themselves with the information contained in this meet information.

National Championship administrative procedures will serve as the guide for all administrative procedures at the meet.

Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**CONDUCT OF THE MEET:**

The Section 1 Speedo Champions Series Championships will be conducted in ten 50-meter lanes for both preliminary and finals sessions. Championship, Consolation and Bonus heats will be conducted in the finals session for all events EXCEPT the 800/1500 free and all relay events.

The 800 and 1500 freestyle will be conducted as timed final events. Positive check-in is required for these events. Each swimmer must provide a timer and lap counter.

All relay events will be conducted as timed final events. Positive check-in is required for these events.

The single fastest heat of the 800/1500 free will be swum in the finals. The 2 fastest seeded heats of the 4x100 free and medley relays and the single fastest seeded heat of the 4x200 free relay will be swum in the finals.

Seeding priority for the meet is Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY).

In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.

**MEET COMMITTEE:**

A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

**SCRATCH DEADLINES:**

The following are the scratch deadlines for each day's events:

Deadline for Thursday's events:	15 minutes after general meeting
Deadline for Friday's events:	Thursday 6:30pm
Deadline for Saturday's events:	Friday 6:30pm
Deadline for Sunday's events:	Saturday 6:30pm

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**READY ROOM PROCEDURE:** A Ready Room will be used at these Championships prior to the start of each "A" final heat. Each swimmer qualifying for the "A" final must report to the Ready Room 15 minutes prior to that event. Swimmers qualifying for the Consolation or Bonus event will report directly to their assigned lane.

**AWARDS CEREMONIES:** An awards ceremony will be conducted according to a schedule distributed at the meet. Swimmers should report to the awards staging area promptly.

**SCORING:** All events will be scored to 20 places:

Individual Scoring: 24, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1

Relay Scoring: 48, 42, 40, 38, 36, 34, 32, 30, 28, 26, 22, 18, 16, 14, 12, 10, 8, 6, 4, 2

**AWARDS:**                   Individual Events: Top 10           Relays Events:     Top 3  
                                  Women's Team:    Top 3                Men's Team:        Top 3  
                                  Combined Team: Top 3

**TIME TRIALS:** Time Trials will be conducted on a time-available basis and will be limited to approximately one hour each day. Time trial entry deadlines and schedules will be announced at the meet. Each swimmer must provide a timer and lap counter (if desired).

Time Trials shall be swum in the order listed under the meet program as follows:

Day One: that day's events followed by the remaining events in the meet

Day Two, Three and Four: that day's events followed by the remaining events in the meet

The 800 and 1500 free are typically offered on only one day of the meet. That day will be determined by the Meet Referee.

Entry fees for Time Trial events are \$12.00 per individual event; \$20.00 per relay event

**FUTURE MEET BIDS:** Questions contact Michael Lawrence, Central Zone Section 1 Contact, (847) 220-3940  
[pegasus523@gmail.com](mailto:pegasus523@gmail.com)

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WOMEN				EVENT	MEN			
LCM	SCM	SCY	Event	Thursday, March 8	Event	SCY	SCM	LCM
9:49.39	9:33.49	10:58.59	1	800/1000 Freestyle	2	10:14.09	8:57.29	9:12.09
				<b>Friday, March 9</b>				
1:11.99	1:08.79	1:02.29	3	100 Backstroke	4	56.29	1:02.69	1:05.09
1:21.49	1:19.19	1:10.49	5	100 Breaststroke	6	1:03.09	1:10.09	1:12.39
2:14.99	2:11.99	1:59.49	7	200 Freestyle	8	1:48.69	2:00.49	2:03.99
1:09.29	1:07.59	1:01.59	9	100 Butterfly	10	55.09	1:00.19	1:01.99
2:34.49	2:30.29	2:15.49	11	200 IM	12	2:03.29	2:16.29	2:21.69
9:25.99	9:16.69	8:17.99	13	800 Free Relay	14	7:31.29	8:21.69	8:36.79
				<b>Saturday, March 10</b>				
5:29.29	5:19.29	4:48.49	15	400 IM	16	4:22.99	4:51.19	5:00.99
28.89	28.49	25.49	17	50 Freestyle	18	22.79	25.29	26.09
2:54.89	2:51.09	2:32.99	19	200 Breaststroke	20	2:17.59	2:34.39	2:38.79
4:45.79	4:37.69	5:18.09	21	400/500 Freestyle	22	4:56.39	4:16.69	4:24.79
4:52.99	4:45.09	4:15.79	23	400 Medley Relay	24	3:49.09	4:15.99	4:23.89
				<b>Sunday, March 11</b>				
18:50.69	18:23.09	18:26.99	25	1500/1650 Free	26	17:12.19	17:09.09	17:41.79
2:34.79	2:29.29	2:14.69	27	200 Backstroke	28	2:01.69	2:15.19	2:20.39
1:02.49	1:00.59	54.89	29	100 Freestyle	30	49.59	54.89	56.59
2:32.89	2:28.39	2:15.09	31	200 Butterfly	32	2:01.79	2:13.39	2:18.49
4:21.89	4:17.39	3:50.09	33	400 Free Relay	34	3:24.39	3:47.19	3:55.29

**NOTES FOR THE SPRING 2012 MEET**

- Event and Award Breaks will be determined by the Meet Referee in conjunction with the meet operations leadership team. Breaks in the format will be posted at [www.swimlfc.org](http://www.swimlfc.org) and announced at the General Meeting.
- All events EXCEPT the 800 free, 1500 free and all relay events will be conducted in prelim/finals format with A-B-C Finals.
- Positive check-in is required for the 800 free, 1500 free and all relay events.
- The 1500 free will be conducted as the last event of the prelim session and the first event of the finals session.
- The 2 fastest seeded heats of the 4 x 100 free and medley relays AND the single fastest seeded heat of the 4 x 200 free relay will compete in the finals session.
- Time Trials will be offered at the discretion of the Meet Referee.
- Bonus Events are permitted; see the official meet announcement for details.
- Refer to the official meet announcement for additional meet format details.

Please contact Michael Lawrence, [pegasus523@gmail.com](mailto:pegasus523@gmail.com) or 847 220 3940 with questions.

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**Time Standards**

Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.89	28.49	25.49	50 Freestyle	22.79	25.29	26.09
1:02.49	1:00.59	54.89	100 Freestyle	49.59	54.89	56.59
2:14.99	2:11.99	1:59.49	200 Freestyle	1:48.69	2:00.49	2:03.99
4:45.79	4:37.69	5:18.09	400/500 Freestyle	4:56.39	4:16.69	4:24.79
9:49.39	9:33.49	10:58.59	800/1000 Freestyle	10:14.09	8:57.29	9:12.09
18:50.69	18:23.09	18:26.99	1500/1650 Freestyle	17:12.19	17:09.09	17:41.79
1:11.99	1:08.79	1:02.29	100 Backstroke	56.29	1:02.69	1:05.09
2:34.79	2:29.29	2:14.69	200 Backstroke	2:01.69	2:15.19	2:20.39
1:21.49	1:19.19	1:10.49	100 Breaststroke	1:03.09	1:10.09	1:12.39
2:54.89	2:51.09	2:32.99	200 Breaststroke	2:17.59	2:34.39	2:38.79
1:09.29	1:07.59	1:01.59	100 Butterfly	55.09	1:00.19	1:01.99
2:32.89	2:28.39	2:15.09	200 Butterfly	2:01.79	2:13.39	2:18.49
2:34.49	2:30.29	2:15.49	200 Individual Medley	2:03.29	2:16.29	2:21.69
5:29.29	5:19.29	4:48.49	400 Individual Medley	4:22.99	4:51.19	5:00.99
4:21.89	4:17.39	3:50.09	400 Freestyle Relay	3:24.39	3:47.19	3:55.29
9:25.99	9:16.69	8:17.99	800 Freestyle Relay	7:31.29	8:21.69	8:36.79
4:52.99	4:45.09	4:15.79	400 Medley Relay	3:49.09	4:15.99	4:23.89

**NOTES FOR THE SHORT COURSE 2012 MEET**

The 2012 Speedo Championship Meets (both Short and Long Course seasons) will be conducted in Long Course formats. The Spring meet will be conducted in 10 lanes unless timeline management is required. This meet will be open to teams and athletes from outside Section 1 according to stipulations and restrictions found in the meet information and posted at [www.swimlfsc.org](http://www.swimlfsc.org).

**BONUS EVENTS** - Swimmers entering 1 or 2 individual events are permitted to swim 1 Bonus Event at the meet. Swimmers entering 3 or more individual events are no permitted to swim a Bonus Event. The 800 and 1500 freestyle are not offered as Bonus Events. All Bonus Event entries must meet the minimum time standard below. Once an event is marked "bonus", it cannot be changed to a qualified event.

Please contact Michael Lawrence, [pegasus523@gmail.com](mailto:pegasus523@gmail.com) or 847 220 3940 with questions.

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**Bonus Event Time Standards**

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<b>Women</b>			<b>EVENT</b>	<b>Men</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
29.19	28.79	25.79	50 Freestyle	23.09	25.59	26.39
1:03.09	1:01.09	55.49	100 Freestyle	50.19	55.49	57.19
2:16.19	2:13.19	2:00.69	200 Freestyle	1:49.89	2:01.69	2:05.19
4:48.19	4:40.09	5:21.09	400/500 Freestyle	4:59.39	4:19.09	4:27.19
<b>Not Offered</b>			800/1000 Freestyle	<b>Not Offered</b>		
<b>Not Offered</b>			1500/1650 Freestyle	<b>Not Offered</b>		
1:12.59	1:09.39	1:02.89	100 Backstroke	56.89	1:03.29	1:05.69
2:35.99	2:30.49	2:15.89	200 Backstroke	2:02.89	2:16.39	2:21.59
1:22.09	1:19.79	1:11.09	100 Breaststroke	1:03.69	1:10.69	1:12.99
2:56.09	2:52.29	2:34.19	200 Breaststroke	2:18.79	2:35.59	2:39.99
1:09.89	1:08.19	1:02.19	100 Butterfly	55.69	1:00.79	1:02.59
2:34.09	2:29.59	2:15.69	200 Butterfly	2:02.99	2:14.59	2:19.69
2:35.69	2:31.49	2:16.09	200 Individual Medley	2:04.49	2:17.49	2:22.89
5:31.69	5:21.69	4:50.89	400 Individual Medley	4:25.39	4:53.59	5:02.39
<b>Not Offered</b>			400 Freestyle Relay	<b>Not Offered</b>		
<b>Not Offered</b>			800 Freestyle Relay	<b>Not Offered</b>		
<b>Not Offered</b>			400 Medley Relay	<b>Not Offered</b>		

**NOTE: There are NO bonus events at the 2012 Summer Speedo Championship Series Meet**