



2009 Southern Zone Senior LC Championships

A LONG COURSE METERS PRELIM/FINALS MEET

Hosted By

THE WOODLANDS SWIM TEAM

August 4 - 8, 2009

Championship Sanction No. GULC 09-020

Time Trial Sanction No. GULC 09-021

- LOCATION:** CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385
- DIRECTIONS:** From I45 North exit Research Forest, From I45 South exit Research Forest/Tamina. At the intersection of I45 and Research Forest/Tamina, turn East onto Tamina road and travel to first stop light. At the stop light turn left onto David Memorial, the Natatorium will be on your right.
- POOL:** 50 Meter, 8 lane indoor competitive pool with non-turbulent lane lines. The 25 Yard diving well will be available during the meet for warm-ups/warm-down.
- TIME AND DATE:** This is a prelim-finals meet with the exception of relays and the 800/1500 freestyle events, which will be timed finals. Finals will consist of A, B, and C heats. If approved at the General Meeting, finals heats for individual events 200 meters and shorter may be extended to include and addition (D) finals heat.

Tuesday	<u>General Meeting</u>	1:00 – 2:00 PM
	<u>Scratch Deadline – 800 Freestyle</u>	2:15 PM
	<u>Timed Finals</u> - General Warm-up 2:30 – 3:45 PM	Meet Starts 4:00 PM
	<u>Scratch Deadline – Wednesdays events</u>	4:30 PM
Wednesday	<u>Prelims</u> - General Warm-up 7:00 – 8:45 AM	Meet Starts 9:00 AM
	<u>Finals</u> Warm-up 4:30 – 5:45 PM	Meet Starts 6:00 PM
	<u>Scratch Deadline – Thursdays events</u>	6:30 PM
Thursday	<u>Prelims</u> - General Warm-up 7:00 – 8:45 AM	Meet Starts 9:00 AM
	<u>Scratch Deadline - 400 IM</u>	8:30 AM
	<u>Finals</u> - Warm-up 4:30 – 5:45 PM	Meet Starts 6:00 PM
	<u>Scratch Deadline – Fridays events</u>	6:30 PM
Friday	<u>Prelims</u> - General Warm-up 7:00 – 8:45 AM	Meet Starts 9:00 AM
	<u>Scratch Deadline - 400 Free</u>	8:30 AM
	<u>Finals</u> - Warm-up 4:30 – 5:45 PM	Meet Starts 6:00 PM
	<u>Scratch Deadline – Saturdays events</u>	6:30 PM
Saturday	<u>Prelims</u> - General Warm-up 7:00 – 8:45 AM	Meet Starts 9:00 AM
	<u>Scratch Deadline – 1500 Free</u>	9:00 AM
	<u>Finals</u> - Warm-up 4:30 – 5:45 PM	Meet Starts 6:00 PM

TIME TRIAL: Time Trials will be held, time permitting, for Senior Zone Championships participants between preliminaries and finals on Thursday August 6th. Time Trial entries will be accepted from 9:00 - 11:00 AM on Thursday. There will be no time trials on Tuesday, Wednesday, Friday or Saturday. The fee is \$15.00 per event. Time trial events count toward a swimmers total number of events as outlined in the Entries section. Time Trial results will be published with the Final Results. Event order will be determined by the Time Trial Referee. Time Trial Sanction number is GULC 09-021.

GENERAL MEETING: All swimmers must be represented at a general meeting to be held August 4, 2009 at 1:00 PM in the hospitality room located in the east locker room adjacent to the meet operations center. Any changes to the conduct of the meet will be decided at his meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting.

MEET OPERATION: This meet may be run using chase starts from each end of the pool for preliminary heats in an effort to maximize the amount of time between the prelim and finals session each day.

Cut-off Times: Any swimmer who has achieved the current 2009 US Open qualifying time in any event (LCM, SCM, SCY) prior to the entry deadline is ineligible to compete in the 2009 Southern Zone Senior Championships.

Age: Swimmers 19 years of age and younger. Swimmer's age as of August 4, 2009 will determine his or her age for the entire meet.

Entry Qualification Period: April 1, 2008 to August 3, 2009

AWARDS: **Individual events:** USS medals for 1st – 8th place finishers, ribbons for 9th – 16th place

Relays: USS medals for 1st-8th place, ribbons for 9th – 16th place

Awards for Top 8 will be presented immediately following the conclusion of the Championship Final (A Final) of each event.

SCORING: Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 (1st thru 16th place for individual events). The B consolation heats score as detailed above.

Relays events: score double points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 (1st thru 16th place for relays).

**RULES &
SANCTIONS:**

The meet will be held under the sanction of USA Swimming and Gulf Swimming. The 2009 USA Swimming and Gulf Swimming rules will apply. No entries can be accepted unless the entrant is either USA Swimming registered or certified by USA Swimming.

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# Meet Format

## Southern Zone Senior Long Course Championships Hosted by The Woodlands Swim Team Tuesday, August 4<sup>th</sup> – Saturday August 8<sup>th</sup>, 2009

### Meet Schedule and Qualifying Times

Tuesday August 4<sup>th</sup>, 2009

| Women's |         |         |         | Event         | Men's   |         |         |         |
|---------|---------|---------|---------|---------------|---------|---------|---------|---------|
| Event # | LCM     | SCM     | SCY     |               | SCY     | SCM     | LCM     | Event # |
| 1       | 09:30.8 | 09:21.3 | 10:41.3 | 800/1000 Free | 10:02.2 | 08:47.0 | 08:59.3 | 2       |

All heats of the 800 Freestyle will be swum fastest to slowest alternating women's and men's heats.

Wednesday August 5<sup>th</sup>, 2009

| Women's |          |          |          | Event      | Men's    |          |          |         |
|---------|----------|----------|----------|------------|----------|----------|----------|---------|
| Event # | LCM      | SCM      | SCY      |            | SCY      | SCM      | LCM      | Event # |
| 3       | 01:01.49 | 01:00.09 | :54.49   | 100 Free   | :49.49   | :54.69   | :56.59   | 4       |
| 5       | 02:46.39 | 02:41.19 | 02:25.89 | 200 Breast | 02:14.49 | 02:28.69 | 02:36.09 | 6       |
| 7       | 02:27.29 | 02:22.39 | 02:08.89 | 200 Back   | 01:58.59 | 02:11.09 | 02:15.59 | 8       |
| 9       | 02:25.69 | 02:22.99 | 02:09.39 | 200 Fly    | 01:59.49 | 02:12.09 | 02:14.99 | 10      |

Thursday August 6<sup>th</sup>, 2009

| Women's |          |          |          | Event               | Men's    |          |          |         |
|---------|----------|----------|----------|---------------------|----------|----------|----------|---------|
| Event # | LCM      | SCM      | SCY      |                     | SCY      | SCM      | LCM      | Event # |
| 11      | 02:11.89 | 02:08.99 | 01:56.79 | 200 Free            | 01:47.59 | 01:58.89 | 02:02.89 | 12      |
| 13      | 05:14.09 | 05:06.79 | 04:37.69 | 400 IM <sup>1</sup> | 04:17.89 | 04:44.99 | 04:53.09 | 14      |
| 15      |          |          |          | 800 FR              |          |          |          | 16      |

All relays will swim in Finals. Relay heats will swim slowest to fastest and in event order. Relay check-in deadline is 5:30 PM Thursday.

<sup>1</sup>Check-in deadline for the 400 IM is 8:30 AM Thursday Morning

Friday August 7<sup>th</sup>, 2009

| Women's |          |          |          | Event                     | Men's    |          |          |         |
|---------|----------|----------|----------|---------------------------|----------|----------|----------|---------|
| Event # | LCM      | SCM      | SCY      |                           | SCY      | SCM      | LCM      | Event # |
| 17      | 01:08.39 | 01:04.99 | :59.69   | 100 Back                  | :54.79   | 01:00.49 | 01:03.29 | 18      |
| 19      | 04:36.99 | 04:32.39 | 05:11.29 | 400/500 Free <sup>1</sup> | 04:50.59 | 04:14.29 | 04:20.09 | 20      |
| 21      | 01:17.69 | 01:14.99 | 01:07.79 | 100 Breast                | 01:01.79 | 01:08.19 | 01:11.39 | 22      |
| 23      | 01:06.59 | 01:05.69 | :59.39   | 100 Fly                   | :53.89   | :59.49   | 01:00.69 | 24      |
| 25      |          |          |          | 400 FR                    |          |          |          | 26      |

All relays will swim in Finals. Relay heats will swim slowest to fastest and in event order. Relay check-in deadline is 5:30 PM Friday.

<sup>1</sup>Check in deadline for the 400 IM is 8:30 AM Friday Morning

Saturday August 8<sup>th</sup>, 2009

| Women's |          |          |          | Event          | Men's    |          |          |         |
|---------|----------|----------|----------|----------------|----------|----------|----------|---------|
| Event # | LCM      | SCM      | SCY      |                | SCY      | SCM      | LCM      | Event # |
| 27      | 02:29.89 | 02:25.59 | 02:11.79 | 200 IM         | 02:01.09 | 02:13.79 | 02:19.69 | 28      |
| 29      | :28.49   | :27.79   | :25.09   | 50 Free        | :22.69   | :25.09   | :25.79   | 30      |
| 31      | 18:20.39 | 17:47.79 | 17:54.09 | 1500/1650 Free | 16:50.49 | 16:44.59 | 17:13.29 | 32      |
| 33      |          |          |          | 400 MR         |          |          |          | 34      |

## Flight Info

### FLIGHT INFORMATION

| Day, Date    | Flight              | Class | Departure City and Time                   | Arrival City and Time                    | Aircraft | Meal  |
|--------------|---------------------|-------|-------------------------------------------|------------------------------------------|----------|-------|
| Tue, 04AUG09 | CO2242 <sup>1</sup> | V     | RALEIGH<br>(RDU) <b>7:45AM</b>            | HOUSTON BUSH INTL<br>(IAH) <b>9:28AM</b> | ERJ-145  | Snack |
| Sun, 09AUG09 | CO2446 <sup>2</sup> | V     | HOUSTON BUSH INTL<br>(IAH) <b>10:35AM</b> | RALEIGH<br>(RDU) <b>2:17PM</b>           | ERJ-145  | Snack |

## Hotel Info.



**COMFORT SUITES**  
18456 Interstate 45 South  
Shenandoah, TX 77384  
1-936-321-4900

[www.choicehotels.com](http://www.choicehotels.com)

## General Info.

Leave- From Taylor's house at 5:45am

Return- to Taylor's house about 4:00pm we will call when we leave RDU

|      |                          |                                          |
|------|--------------------------|------------------------------------------|
| Cost | Hotel                    | \$250.00                                 |
|      | Car Rentel & Gas         | \$75                                     |
|      | <u>Mis., Parking and</u> | <u>\$25</u>                              |
|      | Total                    | \$350make check to SSS/ sr zones in memo |