



OKLAHOMA
SWIMMING



Oklahoma LSC State Long Course Championship Meet

Date: July 20-22, 2018

Location: Mitch Park YMCA/EPS Aquatic Center

Sponsored by: Oklahoma Swimming, Inc.

Hosted by: American Energy Swim Club

Held Under the Sanction of USA-Swimming and Oklahoma Swimming.

Sanctioned by Oklahoma Swimming, Inc.

Meet Sanction OK18-047

Time Trial Sanction OK18-048

Oklahoma Swimming Inc.
Oklahoma LSC State Long Course Championship Meet

Rules: 2018 USA Swimming and appropriate Oklahoma Swimming rules will govern the meet.

Age: Age as of July 20, 2018, will determine eligibility for an age group.

Eligibility / Entering Events: **Meet Dates: July 20-22, 2018**
Qualifying Date Range: September 1, 2016 - July 16, 2018
OME Entry Platform Activation date: June 16, 2018 at 5:00 PM CDST
OME Entry Deadline: July 16, 2018 at 3:00 PM CDST
Meet Psych Distributed: 6:00 PM CDST July 16, 2018
Psych correction deadline for entry deletion or time corrections that have been submitted through the OME: July 16, 2018 6:00 PM – 9:00 PM CDST. NO ADDITIONAL ENTRIES WILL BE TAKEN DURING THIS TIME PERIOD. SEE LATE ENTRY PROCEDURE.

All entries that were not submitted in the OME entry period are considered late entries and are subject to the meet late entry procedures outlined in the Meet Book.

General Meeting of the LSC with the attending Head Coaches, Officiating Team. Meet Referee, Meet Director and General Chair will be held Thursday evening July 19, 2018 beginning at 5:30 PM. Friday prelim session scratch down closes 15 minutes after the close of this meeting.

The competition pool will be open for general warm up beginning on Thursday July 19, 2018 at 5:00 PM the warm up session closes at 7:00 PM

1. The meet is open to all full time (not seasonal) swimmers. Athletes must be registered members (either attached or unattached) of Oklahoma Swimming LSC or club and must meet the stated qualifying times. All athletes must be 2018 registered athletes of USA-Swimming/OKS.
2. All swimmers must be under the direct supervision of USA Swimming member coach. 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 in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
3. No swimmer will be permitted to compete unless the athlete is a member as provided in Article 302. On deck registration for membership with USA Swimming will be permitted at this meet. Registration/ membership forms and assistance will be available at the Clerk of the Course.
4. Swimmers without a coach present: USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm up, competition and warm down. The Meet Director or Meet Referee shall assist the swimmer in making arrangements for supervision.
5. The qualifying time date range for the meet begins on September 1, 2016 and ends July 16, 2018. All entries must be submitted using USA Swimming's Online Meet Entry (OME) procedures. The system can be accessed on the USA Swimming website at www.usaswimming.org/ome. The OME is available for this meet beginning on Saturday, June 16, 2018 at 5:00 PM CDST. Entries will close on Monday, July 16, 2018 at 3:00 PM CDST. AESC will provide a Team Manager Event file on the meet website at www.aescok.org. This will allow teams to establish the qualifying profile for their swimmers prior to using OME.

6. Entry Fees are payable to the Host, American Energy Swim Club. Failure to pay the entry fees will result in the team and/or athletes being scratched from the meet, and they may not compete in the meet until entry fees including any late entry fees are paid.
7. For a swimmer to represent a USA Swimming club in a competitive event, one hundred twenty (120) days must have elapsed without a swimmer having represented any other USA Swimming club in a USA Swimming competition.
8. All RELAY ONLY swimmers must be entered into the meet using the OME. Relay only swimmers are restricted to Time Trial entries only unless they have a provable time. Relay Only swimmers must pay the facility surcharge fee in order to be entered in the meet.
9. Swimmers with a disability who have been classified and have achieved a National Disability Championship Qualifying Time may enter this meet as long as the time is within the qualifying time standards for this meet. Please contact the Meet Director with any questions. The information form for Adaptive Competitive Swimmers indicating limitations and requested modifications should be completed sent to the Meet referee and Meet Director. Please alert the Meet Director and Meet Referee to any accommodations that may be required by the entry deadline or no later than the start of the meet on the day a swimmer competes. In a meet, sanctioned or approved by the LSC, that may include one or more swimmers with visual, hearing or approved physical disabilities, the judging of such competitions shall be in strict accordance with current USA-Swimming Rules and Regulations Article 105.5.1. A disability is defined as a permanent physical or mental imperilment that substantially limits one or more major life functions. The Meet Referee will determine any modifications that may be required. The swimmer (or swim coach) is responsible for providing any equipment or assistance that is required to compete.

Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

1. USA Swimming Sanctioned competition
2. USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
3. USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines that appear in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
4. Times that occur at a qualifying event the weekend prior to the closing of the OME that are not in SWIMS will be accepted with appropriate proof at the venue beginning Thursday, July 19, 2018 at 5:00 pm CDST. See scratch rule for this meet.

All entries must be made online using OME. OME is not an eligibility report. It is the coach's responsibility to know for which events his or her athlete is qualified. Only times found in the SWIMS database are used for seeding in this meet. All entry times must have been achieved between the qualifying time date range for the meet beginning on September 1, 2016 through July 16, 2018. Each entry time used must be from a "Sanctioned" or "Approved" meet, or from an "Observed Swim" in accordance with USA Swimming Rules and Regulations. **The OME for this event is formatted to force the use of the fastest provable entry time found during the qualifying entry period.**

The host will provide a Team Manager or suitable event file on the host web site and at the time of the distribution of the Meet Book to the club contacts. The event file can be used to assist you in completing your entries in the OME.

Coaches can update entry times until the close of the OME. By not checking-out, coaches maintain the flexibility to remove swimmers or events. Once you check out of

the OME you cannot delete existing entries. You may return to update times for existing athletes, add new swimmers and events up until the close of the OME entry period. You must check out of the OME prior to the entry deadline to have your entries placed in the meet. Times entered in the OME do not automatically update. If there have been improved times since you started the entry process the coach or person making entries must update times for this process to happen. If you do not receive a confirmation from the OME you need to contact Paul Thompson or Deanna Oliphant immediately. After an entry has been submitted, removals must be managed by the Meet Admin Staff. Once you have completed your online entry, you will receive an email confirmation. Please keep ALL electronic correspondence and bring them with you to the meet.

Coaches MUST use OME to apply for credentials. Please see credential area for more information.

Entry deadline:

1. All entries must be submitted using OME (see OME entry procedures) by Monday, July 16, 2018 at 3:00 PM CDST.
2. Psych Sheets are electronically sent no later than Monday, 6:00 PM CDST July 16, 2018, to the person on file for the club entry based on contacts from the OME. Psych Sheets will be made available to each attending team and posted on the club web site: www.aescok.org by no later than Monday, July 16, 2018 at 6:00 PM CDST. Following the distribution of the psych sheet corrections to current entries will be accepted until Monday, 9:00 PM CDST July 16, 2018. No further corrections, revisions or deletions to current entries will be accepted after this deadline. New entries will only be accepted according to the late entry procedure outlined in the Meet Book for this competition.

Problems/Questions: If you have any questions about using the OME system or entering the meet, please contact:

- Paul Thompson, the LSC General Chair at (E) auggie1@sbcglobal.net or at (M) (405) 570-6529
- Deanna Oliphant, the LSC Admin. Vice Chair at (E) deanna_okswim@att.net or at (M) (405) 204-9278

IF YOU HAVE ANY PROBLEMS WITH THE ENTRY PROCESS, YOU MUST EMAIL PAUL THOMPSON OR DEANNA OLIPHANT, THE MEET REFEREE, AND THE ADMINISTRATIVE REFEREE PRIOR TO THE CLOSE OF THE OME. We will work diligently to help resolve issues addressed prior to the close of OME.

Host:	American Energy Swim Club
Location:	Mitch Park YMCA/EPS Aquatic Center 2901 Marilyn Williams Dr Edmond, OK
Meet Director:	Deanna Oliphant (E): deanna.oliphant@aescok.org (M): 405-204-9278
Meet Referee:	Craig Hanson (E): chanson@oneok.com (M): (918) 607-4171
Admin. Referee:	Mitch Parks (E) mitch.parks@aescok.org (M) (405) 760-9056

General Meeting:

LSC General Business Meeting with the attending Head Coaches, Meet Referee, Officiating Team, and Meet Director will be held at the venue on Thursday July 19, 2018 beginning at 5:30 PM. The meeting will be chaired by the OKS General Chair. The scratch deadline for the Friday morning prelim session closes 15 minutes after the conclusion of this meeting. Coaches are accountable for ALL information discussed or distributed at this meeting whether in attendance or not.

Format:

This championship meet will be run as follows: Individual events are swum as prelims and finals. In prelims, all individual events will be swum as 11-12, 13-14, 15-19 age groups except distance events which will swim 13-19 together in prelims. The distance events for this meet are: 400 IM, 400 Freestyle, 800 Freestyle and 1500 Freestyle. All distance event athletes MUST positively check in according to each event's specific schedule in order to be seeded. These events are timed finals events with the 13-14 and 15-19-year-old fastest eight (8) times after positive check in moving to finals in the 400 Freestyle and 400 IM. Finals will consist of 1 heat each girls and boys 13-14 and 1 heat each girls and boys 15-19. These events are timed finals events with the 13-19-year-old fastest eight (8) times, regardless of age, after positive check in moving to finals in the 800 Freestyle and 1500 Freestyle. Finals will consist of 1 heat each girls and boys 13-19. In Finals, the following age groups will be broken out 11-12, 13-14, 15-19. All 10-under events will be swum as timed finals in the finals sessions. All relays except the 10-under relays are swum in prelims. All qualifying times must have been achieved since September 1, 2016 All relays will be timed finals. Prelim/ finals events will be deck seeded with "championship seeding." The USA-Swimming National Scratch Rule is in effect for this meet.

Entry Limit:

Individuals: Three individual events (3) per day for all groups, with a MAXIMUM of 8 individual events for the meet plus relays.

There is no limit on the number of relays that a club may enter as long as the qualifying time is proven. All relays except for the 10-Under relays are swum during the prelim session.

All 10-Under individual events are timed finals and swum in the finals sessions.

Time Trials:

Time Trials will be offered at the conclusion of each preliminaries session only for those athlete(s) attempting to achieve a qualifying time for appropriate USA-S Central Zone Championship meet(s), Futures, Jr. National, or any other National level meets. Time Trials will count against the daily individual event limits. No more than 8 individual event Time Trials will be allowed at this meet. Time Trials will be swum in the following order: First Day of the meet: That day's events, followed by the remaining events in the meet. Second Day: That day's events, followed by the events of the remaining days of the meet followed by the events of the previous day. Third Day: That day's events, followed by the events of the previous days. Swimmers must provide their own timers. Athletes must be entered in the meet at the time of the Time Trial (paid the athlete/facility surcharge) in order to enter Time Trials. All time trial participants must provide their own timers and their own lap counters, if needed, for each event.

Deck Entries:

Deck entries will not be accepted at this meet.

Facility Certification:

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

Facilities: Fifty (50) meter long course meter venue. Controlled temperatures. The course has been certified in accordance with USA Swimming rule 104.2.2C (4). A copy of this certification is on file with USA Swimming. Eight lanes with non-turbulent lane lines. Colorado timing system. Large Scoreboard. Large spectator area, swimmers rest area. Adjacent lap pool available for continuous warm-up and cool down.

Facility Water Depth: The pool depth at the starting blocks is 13'6". The pool depth at the turn end is 7'4" and is compliant with USA-S Rule 202.4.9C.

Schedule:

Prelims:

Friday/Saturday/ Sunday	<u>Warm –Up</u>	<u>Starts/Sprints</u>	<u>Clear Pool</u>	<u>Meet Starts</u>
	7:00-7:35 AM	8:10-8:20	8:20	8:30
	7:35-8:10 AM			

Finals Session:

Friday/Saturday/ Sunday Special Time:	<u>Warm-Up</u>	<u>Starts/Sprints</u>	<u>Clear Pool</u>	<u>Meet Starts</u>
	3:30-4:00 10-U			
	4:00-4:40 11-19	4:40-4:50 pm	4:50 pm	5:00 pm
	3:00-3:30 10-U			
	3:30-4:10 11-19	4:10-4:20 pm	4:20 pm	4:30 pm

Warm-up Procedures:

OKS warm-up procedures will be enforced. Only swimmers entered in individual events or expected to swim relays in each session may participate in that session's warm – up period.

Warm-up lane assignments will be posted on the host team's website (www.aescok.org) by no later than noon on Wednesday, July 18, 2018. The Meet Director will at the same time electronically distribute to each club's entry contact (as identified at the time of entry submission) the event warm-up document.

Finals session warm ups will be open with no lane assignments.

Warm ups for the 10 & Unders will be by assigned lanes.

All swimmers must be under the direct supervision of a USA Swimming registered coach. 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 swimmer's legal guardian to ensure compliance with this requirement. Any swimmer in attendance without a coach present: USA Swimming athlete members must be under the direct supervision of a USA Swimming member coach during warm up, competition and warm down. The Meet Director or the Meet Referee shall assist the athlete in making arrangements for such supervision.

Warm –up Guidelines:

PRE- MEET and GENERAL WARM –UP SESSIONS

- Control/Supervise: Key words for safe warm-ups.
- A designated supervisor shall be on deck during the entire warm-up period.
- An Official or Marshal will be actively supervising the warm-ups to ensure proper procedures are followed.
- Swimmers shall enter the water feet first except for starts which are limited to the specified time period for race starts.
- Meet management shall provide supervision of the warm-down pool pursuant to the safety rules at all times.
- General warm-up periods with assigned lanes for each team shall remain under the control of the assigned team's coaches at all times.
- No paddles buoys or kick boards are allowed at this meet.
- No diving in lanes other than those designated for racing starts in an unassigned warm up session.
- Starting blocks should be marked to remind swimmers that they should not dive in lanes other than the designated lanes.
- The Meet Announcer may announce lane changes and /or warm- up changes as per general and specific.
- Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
- Marshals have the authority through the Meet Referee over warm-up. A swimmer and/or coach may be removed from the deck for interfering with the Marshal.
- The Meet Referee shall have the responsibility to establish and enforce rules for safe conduct within the competitive pool area during the duration of the swimming competition.
- There shall be at least one Marshal at each end of the warm up area to ensure the warm- up procedures will be followed.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition.

Entry Fees:

\$7.00 for each individual event (\$ 3.00 goes to Oklahoma Swimming)

\$13.00 for each Relay Team (\$ 3.00 goes to Oklahoma Swimming)

\$ 25.00 facility surcharge per swimmer including relay only and time trial only swimmers.

\$14.00 for each individual Time Trial Entry (\$3.00 goes to Oklahoma Swimming)

\$26.00 for each Time Trial Relay Team Entry (\$3.00 goes to Oklahoma Swimming)

Make one team check payable to: **AESC**

Complete Entry fee payment should accompany entries but must be paid before the start of the meet. Do not submit payment through the OME. All fees will be paid directly to the host organization.

Late Entry Procedure:

Any entry received after the July 16, 2018 entry closing period at 3:00 pm CDST, regardless of circumstance, must pay an entry fee of \$13.00 per individual event (\$9.00 of this amount goes to the OKS Aquatic Fund) and \$25.00 per relay entry (\$15.00 of this entry fee goes to the OKS Aquatic Fund). There is a \$25.00 facility surcharge per swimmer including relay only swimmers required to enter the meet. In addition, a fine of \$30.00 for entries submitted by an unattached athlete and a fine of \$100.00 if submitted by a OKS member club. These fees must be paid to the Host organization for the meet at the time of entry submission. All entry information shall be sent electronically to the LSC General Chair, Admin.-Chair, Meet Referee and

Awards:

Oklahoma LC State Championship medals will be awarded as follows:

- Medals to be awarded in the following age groups: 10-Under, 11-12, 13-14, 15-19. Individual events awarded 1-8 places. (Medals provided by OKS).
- Relays 1-3 places (Medals provided by OKS).
- Team awards will be given for 1st place banners Girls/Boys team in the following age groups: 10- Under, 11-12, 13-14, and 15-19. (8 Total Team Banners provided by OKS).
- Combined Team awards will be given for 1-4 places (4 Total Team Banners provided by OKS).
- OKS Long Course State Championship Distance High Point Award is awarded in the following age groups: 13-14, 15-16, and 17-19 a Female and Male Individual High Point award for highest standing from participating in the 400/500 Freestyle, 800/1000 Freestyle, the 1500/1650 Freestyle and 400 IM. (6 Total awards, OKS provide these awards).
- OKS Long Course State Championship Individual High Point awards will be given in the following age groups: 9 & under, 10, 11, 12, 13, 14, 15-16 and 17-19. (16 total awards) The meet host organization shall provide these awards.
- **All Individual High Point, High Point Distance, Awards by Age Group, Individual Team and Combined Team awards including point totals shall be confirmed for accuracy by the current OKS Age Group Chair and the meet Administrative Referee prior to announcement and presentation.**
- **All meet scores, points and award reports shall be confirmed for accuracy by the current OKS Age Group Chair and meet Administrative Referee prior to posting and final distribution.**

All teams must make arrangements to collect their awards prior to leaving the building on Sunday night. OKS and the Host club will not provide storage or shipment of awards.

LSC Records: LSC Records may be announced in prelims or finals. Records must be confirmed and signed for as accurate by the Admin. Referee, and the OKS Records Coordinator before ANY announcement is made.

Scoring:

Individual events will be scored using the following age groups: 10 & under, 11-12, 13-14 & 15-19. Scoring of individual events for 15 – 19 events will be: 20, 17, 16, 15, 14, 13, 12, and 11 for the A Finals and scoring 9, 7, 6, 5, 4, 3, 2, and 1 for the Consolation B Finals. Scoring for 14 & Unders is the same as 15 – 19 A Finals. Relay points are double the individual event points. Only the top 8 relays in each event score points.

Relays:

Relays will be swum in the following age groups: 10 & under, 11-12, 13- 14 & 15-19. All 11 & over relays will be swum during the Prelims sessions. The 10-Under relays will be swum in the evening finals session. Names, ages and order of swimmers competing in relay events must be provided prior to the event. All swimmers must be entered in the meet in individual events or as a relay only swimmer. A swimmer may compete in only one relay of the same distance and type. Clubs may enter an unlimited number of relays. The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college, or university within the appropriate time

frame, may be used in proving relay entry times. The swimmer does not need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer. Relay entry times are proven in the entry phase of the meet. No further proof or review will be necessary.

Seeding/ Scratches:

For the Oklahoma LC State Championships, swimmers may qualify by using lcm, scm, or scy time. Swimmers should enter with the appropriate time for the course in which they have qualified. Seeding for this OKS Championship meet will be done as follows: lcm as first seeding priority, scm as second seeding priority, scy third seeding priority.

Positive check in to swim is required for the distance events for this meet: 400 IM, 400 Freestyle, 800 Freestyle and 1500 Freestyle. Swimmers not checked-in for these events will be scratched. The 400 Free and 400 IM for groups 13-14 and 15-19 are timed finals with the fastest 8 times of each gender and age group after positive check in, moving to finals. Finals for these events will consist of 1 heat each girls and boys 13-14 and 1 heat each girls and boys 15-19. The 800 and 1500 Freestyle events will be a timed final event in preliminaries swimming fastest to slowest alternating heats of women / men. 1 heat each of the top 8 seeded female and male athletes 13-19, regardless of age, will swim in the Friday Finals or Sunday Finals session. In both the 800 and 1500 Freestyle events, an athlete who may be seeded in finals must declare to down seed by the scratch deadline for that event otherwise they will be seeded in finals at their entry time. Requests for any down seeding will be seeded at the slowest non-conforming time for the meet which is SCY. All other heats will swim in prelims and will alternate women/men swimming fastest to slowest. OKS Strongly prefers that there will be full heats for all finals. All distance event athletes MUST positively check in according to each event's specific schedule in order to be seeded. Failure to check in will result in the athlete(s) being scratched from the event. Some heats may be combined. Timed final 10 and under 400 free, along with 11-12 400 free will swim fastest to slowest, alternating female and male heats as well.

The Scratch Deadline for this meet shall be as follows:

Friday prelim events must scratch down no later than 15 minutes after the conclusion of the Thursday (July 19, 2018) general meeting of the LSC. Scratches for Saturday and Sunday prelim events closes 30 minutes after the start of the finals session preceding each day's competition. If a coach cannot be in attendance for the Thursday scratch closing or the general meeting prior arrangements must be made in advance to comply with this process. Coaches are responsible for being aware of any information or changes that may have been agreed to at the general meeting whether they are in attendance or not. Positive Check- In to Swim periods shall follow this schedule as well.

In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched will be barred from all further individual and relay events for that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless the swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

Championship Seeding will be used for 11-19 events in prelims.

Finals will consist of 1 heat of both women and men from the prelim sessions in the following age groups: 11-12, 13-14, but an A and B finals heat for the 15-19 age groups. For the 15-19 age group in finals the “B” Heat will swim first followed by the Championship “A” Heat.

10-Under Individual events will be swum as timed finals events during the 11-19 finals session.

Please note that a medical scratch approved by the Meet Referee, counts as an event and is regarded as a DQ, with no penalty imposed.

The meet program is not the final determinant of seeding. Late entries, corrections or scratches may impact actual heat and lane assignment. Seeding will be posted as soon as possible after the scratch and or positive check in period closes.

A swimmer qualifying for a championship final who fails to compete and who has not scratched, will be barred from further competition in the meet. A swimmer scratched into the finals after the end of each prelim session may not be penalized.

A swimmer who fails to appear for a final heat on the last day of the meet shall be fined \$100.00. Fines must be paid to OKS no later than Monday, July 30, 2018 A swimmer shall not be permitted to participate in any further meets sanctioned by OKS until all fines are paid. Fees shall be sent to the OKS Administrative Vice Chair. The Meet Referee and Administrative Referee shall notify any athlete who fails to show for a finals event and is subject to this fine prior to the conclusion of the appropriate finals session. Proper documentation shall be provided to the athlete. Notification of a Failure to Show for a Final Event report must be presented to the athlete (if in attendance) or a coach representing the athlete before the conclusion of the meet. Payment of the fine is the responsibility of the athlete and not the club or coach. A complete report detailing the positive check in, the finals seeding announcement and the failure to show for finals slip shall be electronically sent to the OKS Administrative Chair immediately after the meet.

No penalty shall apply for Failure to Compete in finals if:

1. The Meet Referee is notified in the event of injury or illness and accepts the proof.
2. A swimmer qualifying for a final heat based on the results of preliminaries notifies the Clerk of Course within 30 minutes after the announcement of qualifiers that he/she may not intend to compete and confirms his/her final intentions within 30 minutes following his/her last individual preliminary event.
3. The Meet Referee determines that failure to compete was caused by circumstances beyond the control of the swimmer.

They may not be penalized if scratched into the finals session.

Timers and Officials:

OKS through the advice of the Officials Chairperson has the responsibility of assigning the Meet Referee, and Administrative Referee. All OKS certified Officials in attendance will be expected to assist at the meet. This meet has been listed as an OQM. Requests for evaluation for N2/N3 should be sent to the Meet Referee, Craig Hanson at chanson@oneok.com

The Host may request all attending teams if they would like to provide volunteers to assist with the lane timing requirements of the meet. Regardless of volunteer assistance

the Host team shall provide all timers for each session.

**Meet
Committee:**

A meet committee will be composed of the following members; one athlete and one coach member from the east, one athlete and one coach member from the west, the OKS Age Group Chair (or an elected OKS Officer present should the OKS Age Group Chair not be in attendance), the Meet Referee, and the Meet Director. This committee will settle any technical or eligibility entry or format questions that should occur prior to or during the meet. The Meet Referee shall be the chair of the Meet Committee. The Meet Referee shall appoint the athlete and coach representatives to the committee. The Committee will be in effect once the psych sheet is distributed and shall continue for the duration of the meet. At no time, shall a majority of members of the Meet Committee be from the same club.

Deck Access:

Access to the pool / deck area will be limited to athletes, coaches, and officials, timers, and OKS representatives working the meet. Coaches and officials must wear their current USA Swimming registration cards or show valid Deck Pass in order to receive deck privileges. Parents and other non-swimmers not involved in the running of this meet are requested to remain in designated spectator areas. Non – Athlete Registration cards do NOT grant parents access to the pool deck at any time The Meet Referee and or Meet Director reserves the right to ask for coach or official credential or Deck Pass verification and or deny deck access if the coach or official does not comply or provide current or no longer valid credentials.

Heat Sheets:

A Heat Sheet for all sessions Prelim and Finals will be available for \$15.00.

**Daily Results
/Final Results:**

Results of each session shall be posted on the American Energy Swim Club website: www.aescok.org Results may also be available through the Meet Mobile app for iPhones, iPads, iTouch and smart devices.

American Energy Swim Club will post complete meet result files as prescribed in the appropriate formats within 24 hours of completion of the meet. American Energy Swim Club shall furnish results as requested for any National Meet with entry deadlines immediately following the conclusion of this LSC LC State Championship.

Complete Meet event results will be sent electronically to each team's representative within 24 hours after the conclusion of the meet via email. **The Meet Director will insure that a SWIMS report is submitted to the OKS Registration Coordinator no later than 24 hours after the conclusion of the completion of the meet or as necessary to meet the entry requirements for any OKS attended Zone, Futures, Juniors or a National Championship Meet.** Host will be advised by OKS prior to the start of the competition what and if there are any entry deadlines for those meets.

Concessions:

A concessions area will be available to swimmers and spectators upstairs behind the spectator seating.

NO FOOD OF ANY KIND ALLOWED ON DECK. NO TEAM COOLERS.

Hospitality:

There will be a hospitality area available for officials and coaches working the meet.

General Rules:

Repeated violations or activities that are considered to be sufficiently dangerous may result in the swimmer's ejection from the meet by the Meet Referee. USA-S rule 202.4 .9 H requires that no recording devices, including cell phones, can be used in the locker rooms, changing areas, or rest rooms. It is possible that swimmers will be photographed

at the meet. If you have any problems with pictures being taken of a swimmer, please alert the Meet Director and Meet Referee. Any individual requiring deck access for photographic purposes must notify the Meet Director before gaining access to the deck. No photography will be permitted by any individual that is not a current registered member of USA-S, completed a current BGS and APT. Certification of this compliance shall be required. Children not participating in the meet must be supervised at all times by an adult and are not allowed on the pool deck for any reason. The Meet Director and Meet Referee reserve the right to limit deck access in the event of overcrowding, inappropriate behavior or for any reason concerning the safety or the efficient operation of the meet. USA-S Rules of Conduct will be strictly enforced. Marshals will be appointed to monitor the activities of swimmers and spectators during warm ups and the meet. They are empowered by the safety rules of USA-S and Oklahoma Swimming to enforce the safety procedures governing the meet. **ONLY ATHLETES, COACHES AND VOLUNTEERS WORKING THE MEET WILL BE ALLOWED ON THE POOL DECK.**

**Image
Authorization:**

Participant's consent to be photographed/filmed by any authorized photographer(s) and or networks(s) of OKS and or the host club under conditions determined by the host club, and authorized the use of names, pictures, likenesses, and biographical information, before, during, or after the event to promote swimming.

Liability:

In granting this sanction, it is understood and agreed that USA Swimming Inc. shall be free and held harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that, Oklahoma Swimming, Inc., its Board of Directors, all Officials, American Energy Swim Club, Mitch Park Y, and Edmond Public School shall be free from and held harmless from any liabilities for damages arising by reason of injuries to anyone during the conduct of the event. Damage to the facility, when proven, will cause the offending swimmer or swimmers, if unattached, or the offending swimmer's club if attached to be accountable for repairs.

**Code of
Conduct:**

Coaches and student athletes, fans, patrons and boosters shall conduct themselves with good sportsmanship. Unacceptable behavior including tampering, vandalism or destruction of the facility, physical or verbal abuse or refusal to follow instructions given by facility, staff or Oklahoma Swimming will result in disciplinary action reimbursement for damage and/or potential suspension from the facility and event. Any individual who exhibits behavior of a threatening, abusive, or derogatory manner toward and official or member of the meet management operations committee is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective team's parents. Anyone found to be misrepresenting themselves as a certified coach will be removed from the deck. The Code of Conduct for USA-Swimming as outlined in Article 304.2 and 304.3 will be enforced at the meet.

**Oklahoma
Swimming
Mission
Statement:**

To develop excellence, character, and growth in Swimming for all.

**Oklahoma
Swimming**

To advance our core values of selflessness, excellence, leadership, integrity, inclusion, and development by increasing competitive Swimming opportunities and developing

Vision Statement:	relationships that promotes excellence and growth.
Athlete Outreach/Diversity:	OKS through its support of Athlete Outreach and Diversity initiatives provides assistance to qualified athletes. Please contact the OKS Diversity Chair and OKS Registration Chair for further information.
Swim Wear:	USA-S Rule 102.8 B. In swimming competitions, the swimmer must wear only one suit in one or two pieces, except as provided in 205.10.1
Deck Changing:	Oklahoma Swimming supports all facility policies that prohibit “deck changes” at this meet. Failure to comply with facility policy may result in the removal of the athlete(s) from the meet. The Meet Referee, Meet Director and Facility Representative shall work together should a violation occur. Deck changes are prohibited. USA-S Rule 202.4.9.I
Drone Use:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athletes/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Lodging:	Please contact hotels directly for pricing information:

2018 OKS LC State Championship Events (8 individual events Maximum per swimmer)

				Friday Prelims				
				July 20, 2018				
				8:30 am start				
SCY	SCM	LCM	WOMEN		MEN	LCM	SCM	SCY
CUT	CUT	CUT	Event #		Event #	CUT	CUT	CUT
6:17.89	5:36.09	5:39.89	3	11-12 400 Free Relay	4	5:27.79	5:23.99	6:05.39
5:48.79	5:09.89	5:13.69	5	13-14 400 Free Relay	6	5:04.69	5:00.89	5:39.69
5:54.79	5:15.29	5:19.09	7	15-19 400 Free Relay	8	4:22.99	4:19.19	4:53.19
			13	13-14 200 Breast	14			
			15	15-19 200 Breast	16			
			19	11-12 100 free	20			
			21	13-14 100 free	22			
			23	15-19 100 free	24			
			27	11-12 50 fly	28			
			29	13-14 200 fly	30			
			31	15-19 200 fly	32			
			35	11-12 50 back	36			
			37	13-14 100 back	38			
			39	15-19 100 back	40			
2:58.89	3:17.49	3:20.79	41	11-12 200 fly – Timed Finals	42	3:16.79	3:13.49	2:52.29
13:14.89	11:32.19	11:43.49	43	13-19 800 Free	44	11:13.29	11:01.99	12:30.69
13:01.99	11:20.79	11:32.09				10:49.09	10:37.79	12:03.69

				Friday Finals				
				July 20, 2018				
				5:00 pm start				
SCY	SCM	LCM	WOMEN		MEN	LCM	SCM	SCY
CUT	CUT	CUT	Event #		Event #	CUT	CUT	CUT
13:14.89 13:01.99	11:32.19 11:20.79	11:43.49 11:32.09	43	13-19 800 Free Top 8	44	11:13.29 10:49.09	11:01.99 10:37.79	12:30.69 12:03.69
7:38.39	6:48.49	6:52.29	1	10 & u 400 Free Relay	2	6:45.09	6:41.29	7:31.59
3:06.59	3:26.69	3:30.19	13	13-14 200 Breast	14	3:11.99	3:08.49	2:46.59
2:57.39	3:16.29	3:19.79	15	15-19 200 Breast – 2 heats	16	2:54.39	2:50.89	2:31.29
1:19.69	1:29.29	1:30.19	17	10 & under 100 free	18	1:32.69	1:31.79	1:20.89
1:06.29	1:14.09	1:14.99	19	11-12 100 Free	20	1:18.59	1:17.69	1:08.59
1:01.49	1:08.69	1:09.59	21	13-14 100 Free	22	1:06.19	1:05.29	57.69
58:39	1:05.19	1:06.09	23	15-19 100 free – 2 heats	24	58.59	57.69	51.09
43.29	48.99	49.59	25	10 & under 50 Fly	26	53.39	52.79	46.69
33.89	38.29	38.89	27	11-12 50 Fly	28	42.69	42.09	37.29
2:49.09	3:06.49	3:09.79	29	13-14 200 Fly	30	3:01.59	2:58.29	2:38.99
2:38.29	2:54.39	2:57.69	31	15-19 200 Fly – 2 heats	32	2:44.29	2:40.99	2:23.89
41.49	47.09	47.79	33	10 & under 50 back	34	49.19	48.49	41.89
35.69	40.39	41.09	35	11-12 50 Back	36	42.79	42.09	36.39
1:12.09	1:21.19	1:22.69	37	13-14 100 Back	38	1:18.39	1:16.89	1:06.99
1:08.69	1:17.29	1:18.79	39	15-19 100 Back – 2 heats	40	1:10.29	1:08.79	1:00.09
7:27.39	6:38.59	6:42.39	45	10&U 400 free – timed finals	46	7:08.09	7:04.29	7:57.29

				Saturday Prelims				
				July 21, 2018				
				8:30 am start				
SCY	SCM	LCM	WOMEN		MEN	LCM	SCM	SCY
CUT	CUT	CUT	Event #		Event #	CUT	CUT	CUT
5:11.49	5:44.29	5:55.59	47	15-19 200 Medley Relay*	48	4:51.89	4:40.59	4:12.39
5:13.19	5:46.29	5:57.59	49	13-14 200 Medley Relay*	50	5:38.19	5:26.89	4:52.49
2:27.99	2:40.69	2:48.79	51	11-12 200 Medley Relay	52	2:55.09	2:46.99	2:31.79
			57	13-19 400 free-Timed Finals	58			
			61	11-12 100 fly	62			
			63	13-14 100 fly	64			
			65	15-19 100 fly	66			
			69	11-12 200 Free	70			
			71	13-14 200 free	72			
			73	15-19 200 free	74			
			77	11-12 50 breast	78			
			79	13-14 100 breast	80			
			81	15-19 100 breast	82			
			85	11-12 100 back	86			
			87	13-19 400 IM – Timed Finals	88			

***400 Medley cuts**

				Saturday Finals				
				July 21, 2018				
				5:00 pm start				
SCY	SCM	LCM	WOMEN		MEN	LCM	SCM	SCY
CUT	CUT	CUT	Event #		Event #	CUT	CUT	CUT
3:44.69	4:08.19	4:16.29	53	10 & u 200 Medley Relay	54	4:13.39	4:05.29	3:39.59
3:19.79	3:41.49	3:44.99	55	11-12 200 Breast – TF	56	3:39.79	3:36.29	3:10.69
6:04.69	5:24.19	5:27.99	57	13-14 400 free – Top 8	58	5:24.09	5:20.29	6:01.29
6:06.79	5:26.09	5:29.89	57	15-19 400 free – Top 8	58	4:50.79	4:46.99	5:24.19
1:48.49	2:01.09	2:02.39	59	10 & under 100 fly	60	2:07.09	2:05.79	1:51.49
1:22.39	1:31.59	1:32.89	61	11-12 100 fly	62	1:37.49	1:36.19	1:25.59
1:13.49	1:21.59	1:22.89	63	13-14 100 fly	64	1:16.89	1:15.59	1:07.49
1:08.99	1:16.49	1:17.79	65	15-19 100 fly – 2 heats	66	1:06.49	1:05.19	58.29
2:54.69	3:16.69	3:17.69	67	10 & under 200 free	68	3:25.79	3:24.79	2:59.99
2:26.49	2:44.79	2:45.79	69	11-12 200 free	70	2:56.09	2:55.09	2:33.99
2:13.79	2:30.39	2:31.39	71	13-14 200 free	72	2:27.99	2:26.99	2:09.49
2:10.99	2:27.29	2:28.29	73	15-19 200 free – 2 heats	74	2:12.39	2:11.39	1:55.79
48.09	54.59	55.39	75	10 & under 50 breast	76	58.49	57.89	50.39
41.29	46.59	47.19	77	11-12 50 breast	78	48.89	48.29	42.19
1:23.79	1:33.79	1:35.29	79	13-14 100 breast	80	1:28.59	1:27.09	1:16.69
1:21.79	1:31.49	1:32.99	81	15-19 100 breast – 2 heats	82	1:18.59	1:17.09	1:07.99
1:29.39	1:40.99	1:42.49	83	10 & under 100 back	84	1:48.39	1:46.89	1:32.59
1:14.99	1:24.49	1:25.99	85	11-12 100 back	86	1:34.09	1:32.59	1:20.39
5:40.29	6:17.19	6:28.49	87	13-14 400 IM – Top 8	88	6:07.69	5:56.39	5:17.99
5:31.99	6:07.69	6:18.99	87	15-19 400 IM – Top 8	88	5:49.09	5:37.79	5:01.89

				Sunday Prelims				
				July 22, 2018				
				8:30 am start				
SCY	SCM	LCM	WOMEN		MEN	LCM	SCM	SCY
CUT	CUT	CUT	Event #		Event #	CUT	CUT	CUT
2:16.69	2:33.69	2:34.69	91	11-12 200 Free Relay	92	2:31.09	2:30.09	2:12.19
2:08.99	2:24.99	2:25.99	93	13-14 200 Free Relay	94	2:17.49	2:16.49	2:00.29
2:10.69	2:26.89	2:27.89	95	15-19 200 Free Relay	96	1:54.19	1:53.19	1:39.89
			97	11-12 50 free	98			
			99	13-14 50 free	100			
			101	15-19 50 free	102			
			105	11-12 200 IM	106			
			107	13-14 200 IM	108			
			109	15-19 200 IM	110			
			113	11-12 100 breast	114			
			115	13-14 200 back	116			
			117	15-19 200 back	118			
6:27.79	5:44.99	5:48.79	123	11- 12 400 free – Timed finals	124	6:15.19	6:11.39	6:58.29
21:59.29	21:59.39	22:19.39	125	13-19 1500 free – Timed Finals	126	21:16.99	20:56.99	20:44.99
21:44.89	21:44.79	22:04.79				20:46.29	20:26.29	20:15.09

				Sunday Finals				
				July 22, 2018				
				4:30 pm start				
SCY	SCM	LCM	WOMEN		MEN	LCM	SCM	SCY
CUT	CUT	CUT	Event #		Event #	CUT	CUT	CUT
21:59.29	21:59.39	22:19.39	125	13-19 1500 free – Top 8	126	21:16.99	20:56.99	20:44.99
21:44.89	21:44.79	22:04.79				20:46.29	20:26.29	20:15.09
2:38.99	2:58.89	2:59.89	89	10 & under 200 free Relay	90	2:55.09	2:54.09	2:33.19
29.99	33.99	34.49	97	11-12 50 free	98	34.89	34.39	30.29
27.79	31.09	31.59	99	13-14 50 free	100	30.39	29.79	26.29
26.79	29.99	30.49	101	15-19 50 free – 2 heats	102	27.09	26.59	23.49
34.79	38.99	39.49	103	10 & under 50 free	104	40.59	40.09	35.29
2:46.09	3:01.39	3:09.49	105	11-12 200 IM	106	3:20.69	3:12.59	2:53.99
2:33.19	2:46.59	2:54.69	107	13-14 200 IM	108	2:50.69	2:42.59	2:27.89
2:27.29	2:39.89	2:47.99	109	15-19 200 IM – 2 heats	110	2:29.59	2:21.49	2:09.69
1:43.59	1:56.29	1:57.79	111	10 & under 100 breast	112	2:10.29	2:08.79	1:52.79
1:29.39	1:40.09	1:41.59	113	11-12 100 breast	114	1:48.69	1:47.19	1:34.09
2:36.09	2:55.09	2:58.09	115	13-14 200 back	116	2:48.59	2:45.59	2:26.49
2:33.79	2:52.39	2:55.39	117	15-19 200 back – 2 heats	118	2:36.99	2:33.99	2:16.39
3:15.89	3:35.29	3:43.39	119	10 & under 200 IM	120	4:11.49	4:03.39	3:37.99
2:51.79	3:12.89	3:15.89	121	11-12 200 back – Timed finals	122	3:16.89	3:13.89	2:51.09