



Central Zone AGE GROUP Championship Pleasant Prairie RecPlex

Pleasant Prairie, Wisconsin

August 6-9, 2010

Meet entries may be submitted by LSC only.

Separate entries from individuals or clubs will not be accepted.

All times are Central Daylight Time (CDT).

NOTE: This version of the Zone Meet information has been amended by Michigan Swimming to provide information needed by Michigan athletes who are planning to attend this meet. Team Michigan coaches should refer to the version of this information on the Central Zone website for their information.

- SANCTION:** Sanctioned by Wisconsin Swimming, on behalf of USA Swimming.
Sanction Number WI2010-247S for Pool Events
Sanction Number WI2010-248OW for Open Water Events
- RULES:** Current USA Swimming rules will govern the Meets.
- PARTICIPATING TEAMS:** The Teams participating in this meet represent the following LSC's: Illinois, Michigan, Minnesota, Ohio, Wisconsin
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee, Pleasant Prairie RecPlex, Travel Wisconsin and Kenosha Area Convention & Visitors Bureau
- HOSTED BY:** Barracuda Swim Team and Wisconsin LSC
- MEET DIRECTORS:** Greg Earhart, gearhart@carthage.edu , 262-551-6192
Dennis DuChene, dduchene@kenoshacvb.com , 262-620-3066
- OFFICIALS:** **Referee:** Robert Welch, 9526 Kildare, Oak Lawn, IL 60453, 630-661-3255,
rjwelch@sbcglobal.net
- MEET SITE:** **POOL EVENTS –**
Pleasant Prairie RecPlex
9900 Terwall Terrace
Pleasant Prairie, Wisconsin 53158
www.RecPlexOnline.com
262-947-0737.
OPEN WATER –
Lake Andrea which is adjacent to the Pleasant Prairie RecPlex.
- FACILITY:** The RecPlex houses a 50 meter competition pool and an indoor aquatic center that will be used throughout the championships.
- **Competition Pool-** Ten (10) lane, 50 meter indoor pool with Spectrum racing lanes (7'4" wide) and starting blocks (29.5" above the water) at both end of the pool. Minimum depth is 7'. Colorado System 6 timing equipment and video board. The minimum water depth, measured in accordance with Article 103.2.3, is a slope to 12 feet at the start end, slope from 12 feet to 4.5 feet with a slope back to 7 feet in middle and 7 feet at the turn end.
 - **Warm-up/down Pool:** Aquatic Center- Four (4) 25 yard lap lanes will be available to swimmers for warm up and cool down.
 - Pleasant Prairie RecPlex will offer a large amount of seating on deck as well as a gym for lounging. Swimmers and families will be able to enjoy a state-of-the-art facility that will offer many accommodations and extra features such as wireless internet, water park/workout day passes for purchase. Ample spectator seating is available on an

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upper level of the competition pool.

FACILITY CERTIFIED MEASUREMENT:

Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2(c). Sanction will be updated when certification process is completed.

OPEN WATER:

The open water event will be swum in Lake Andrea with all swims beginning and ending in the beach area.

- The lake course will be a triangular course consisting of a ½ mile triangle and larger 1 mile triangle.
- There is a large spectator area along the beach with ample parking nearby.
- Swimmers and spectators will have access to the adjacent Pavilion and concession area.
- A professional timing company will facilitate accurate and timely results. Swimmers will be given electronic chips in their registration packets at the site to be worn during their races.
- The following distances will be swum by age group:
 - 10 & Under: ½ mile
 - 11-12: 1 mile
 - 13-14: 1 ½ mile
- Shower facilities will be available at the RecPlex following the Open Water Swim so that swimmers can rinse off and change if they desire.

MEET SCHEDULE:

POOL EVENTS: (CDT)

Age Groups 11-12 and 13-14:

- Prelims for 11-12 and 13-14: Warm-up 7 a.m. – 8:30 a.m., Session starts 8:40 a.m.
- Finals Friday, Saturday, Sunday: Warm-up 4 p.m. - 4:50 p.m., Session starts 5 p.m.
- Warm-ups may be split for the preliminary sessions. (If split, each warm-up session shall be a minimum of 40 minutes.)
- Warm-up for finals will start as indicated or at conclusion of 10 and under session.
- Finals will start one hour after the start of warm-up.

Age Groups 10-U:

- Timed finals for 10-U: Warm-up at the conclusion of the a.m. session
- Meet start: Start one hour later.
- Warm-ups for 10 and under events may be split.
- Note: Start times for the 10 & under sessions will be posted on the CZ website by 6:00 p.m. Wednesday, August 4th and at the venue.
- The Pleasant Prairie RecPlex will have warm-up cool down lanes available during all sessions of the meet.
- At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.

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OPEN WATER EVENTS: (CDT)

- 8 a.m. Registration/Check-in
- 8:30 a.m. Mandatory clinic for All Participants
- 9 a.m. Warm-up
- 10 a.m. Competition starts (may be staggered for age groups).

- TEAM REGISTRATION:**
- Registration will be held at: Pleasant Prairie RecPlex, Thursday, August 5, 2010 from 11a.m. to 4 p.m.
 - All teams should schedule their arrival to register during these hours.
 - Note: This registration period is for team managers/coaches only; swimmers do not need to register individually with the meet host.

The MS Zone Team athletes and coaches will convene near the registration area by 1:00 p.m. Thursday afternoon. Athletes will be registered, uniforms will be distributed and athletes will change into uniforms at that time so that they are ready for pictures at 2:00 p.m. followed by practice at 2:30 p.m. (see schedule below). If a family will be arriving at the meet after the first day of practice and pictures, they will need to notify Coach Cutler at CoachMCutler@Riptide.org so that their uniform package will be set aside for later pick-up.

Teams	Registration	Pictures	Practice
Wisconsin	11:00	12:00	12:30
Illinois	12:00	1:00	1:30
Michigan	1:00	2:00	2:30
Minnesota	2:00	3:00	3:30
Ohio	3:00	4:00	4:30

SAFETY/WARM-UP PROCEDURES:

Pool events: Swimmers must use feet first entry. Specific warm-up procedures will be posted and distributed at the General Meeting. Coaches must be in control of their swimmers during their warm-up periods.

Open Water events: Different colored swim caps will be issued to athletes in each age group so that Meet Management can monitor swimmers' progress through the course. The course will be patrolled by qualified personnel.

LSC REPRESENTATIVE: Each LSC must have a representative and alternate to act as a liaison between the LSC and the Meet Director. The Team Michigan liaison is Coach Mike Cutler.

ATHLETE ATTITUDE: CODE OF CONDUCT and MEDICAL RELEASE forms are included with this Meet Information (see pages 16, 17 and 18). Pages 17 and 18 must be duplicated and signed by each athlete and his/her parent(s). Each LSC's representative must have these documents available to the host at all times. 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. The Code of Conduct will be enforced.

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ELIGIBILITY:

A. Membership: All athletes must be regular (not seasonal) USA Swimming members with the LSC they represent.

B. Swimmer's Age:

a. Age of swimmer for pool competition shall be as of the first day of the pool competition, August 6, 2010

b. Age of swimmer for open water competition shall be as of the day of the Open Water competition, August 9, 2010

C. Qualifying Time/Eligibility:

a. **Pool:**

- Swimmers must have achieved a National AAA time (LCM, SCM, SCY) between the first day of the first Zone Meet of the previous year (August 7, 2009) and the entry deadline date for the present Meet (August 2, 2010 by 6p.m.).
- Swimmers who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it is short course yards (SCY) or short course meters (SCM).
- Swimmers who achieve individual event cuts for the following meets prior to their respective assigned Zone Championship entry deadline shall not be eligible to compete in that particular stroke and distance, including relay events.
 - 1) Short Course National Championships
 - 2) Short Course Junior National Championships
 - 3) Summer National Championships
 - 4) Summer US Open
 - 5) Summer Junior National Championships
- Each LSC may enter two (2) 10 & under, (2) two 11-12 and two (2) 13-14 swimmers with a disability who are not required to have achieved the qualifying time standards for their age groups/events.

b. **Open Water:**

- Qualification times shall be the National A time for the longest freestyle pool event for the age offered at the Zone Championship Meet, OR
- The Swimmer must qualify for and be entered in a pool event at the current Zone Championship Meet, whether in an individual event or relay event.

RELAY ENTRIES:

Team Michigan coaches will determine relay make-up and swimming order; however, swimmers should complete the Availability for Relays Form (Page19) to let coaches know which days they will be at the meet and available for relays.

ENTRY LIMITS:

A. 14-U swimmers may enter no more than six (6) individual events excluding the Open Water event) of which no more than three (3) may occur on any given day.

B. Each LSC may enter two (2) relays per relay event.

C. No limit exists on the number of swimmers that an LSC may enter in an individual event.

ENTRY

RESPONSIBILITY:

A. The coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are

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eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.

- B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.
- C. Proof of Time: Swimmers who fail to achieve the meet time standard in a non-bonus event, or are disqualified from an individual event, are required to prove their time with a viewable meet result or the SWIMS Database or pay a \$50 fine. Entry times submitted by the initial deadline will be verified through USA SWIMS database. Additional entries, submitted after the initial deadline, will not be verified through the USA Swimming SWIMS database. Time trials or relay leads from this meet will not be accepted for proof of time. Proof must be provided, or fine paid, before the start of the next session. All proofs must be completed by the conclusion of Sunday's events. There will be no refunds for proofs after that time. Proof of time will be accepted at the meet management office.

ENTRY FEES:

\$6.00 per individual pool event

\$20.00 per open water event

\$50.00 participation fee per athlete. This will be used to defray the cost of coach travel, the athlete party, relays and additional necessary expenses.

Make check payable to: **MICHIGAN SWIMMING**

ENTRY CHAIRMAN:

Send entries to: Jan Cartmill

231 690 5847 (cell)

989 631 4977 (fax)

jbcartmill@hughes.net

If using US Mail, waive the signature requirement and send to Jan at:

PO Box 1784

Midland, MI 48641-1784

If using another courier, waive the signature requirement and send to Jan at:

1222 N 5 Mile Rd

Midland, MI 48640-8621

ENTRY DEADLINE:

Entries may be submitted to the MS Zone Meet entry chair by your club meet entry coordinator beginning July 9, 2010. All entries for cuts earned prior to the LC State Meet must be received (either by mail or email) no later than Tuesday, July 27, 2010, 6:00 p.m., (EST). No fax or telephone entries will be accepted. Any entries submitted will not be considered as officially received until such time as the entry chair has received (a) a hard copy of your entry (both pool and open water), (b) the Swimmer with a Disability Entry Form, if applicable (see page 15), (c) each swimmer's signed Permission & Release Form (see page 16), (d) each swimmer's signed Code of Conduct form (see page 18), (e) each swimmer's Availability for Relays form, if applicable (see page 19) and (f) a check for the entry fee made payable to MICHIGAN SWIMMING.

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ENTRY PROCEDURES:

- A. The order of events and event numbers may be imported from the Michigan Swimming website (<http://www.miswim.org>). All entries are subject to the following conditions: 1) the entry is in Hy-Tek format and is received by email on or before Tuesday, July 27, 2010, 6:00 pm (EST) and 2) (a) through (f) in Paragraph A under ENTRY DEADLINE is received by Thursday, July 29, 2010, 6:00 PM (EST). Send all email entries to JBCartmill@hughes.net. All risks in delay of the receipt of the email by the entry chair by the entry date cutoff due to network problems fall on the risk of the sender.
- B. If the entry must be submitted on paper, you may use the spreadsheet of your choice; however, it must be logically formatted and contain all pertinent entry information and supporting documents as in (b) through (f) above, and it must be received on or before Tuesday, July 27, 2010, 6:00 PM (EST).
- C. Each swimmer entry must include legal first and last name; age as of the first day of the meet and complete USA Swimming registration number.
- D. Entries for swimmers with a disability should be sent on separate entry form (see page15) indicating preference for seeding.
- E. A table will be set up at the Long Course State Championship Meet on Sunday afternoon and evening, August 1, 2010 to receive entries for any new Zone Meet qualifiers. All forms will be available at the meet for swimmers and parents to sign. **WE WILL NOT BE TAKING TIME UPDATES AT THE STATE MEET – ONLY NEW ENTRIES.** State Championship Meet Results will be used to update times.
- F. Team Entries will be posted on the CZ website (www.WisconsinCentralZone.com) by **6 p.m. Tuesday August 3rd, 2010.**

ELIGIBILITY PROTESTS:

- Eligibility protests pertaining to the eligibility of any swimmer to compete or to represent an organization shall be submitted to the Eligibility Jury.
- A. All protests made prior to or during the championship shall be submitted to the Eligibility Jury on a form proscribed by the Zone and accompanied by a \$50 fee, which shall be returned if the protest is upheld. The \$50 fee shall not be required for protests submitted by the Meet Referee or the host LSC Entry Chairperson(s).
 - B. Protests shall be heard by the jury, and, if possible, decisions rendered before the start of events on the day in which the protested swimmer competes, but no later than the last night of the championships. The opportunity to be heard shall be given to both the party lodging the protest and the party or parties charged.
 - C. Until the Eligibility Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.
 - D. The decision of the jury may be appealed by either party to the National Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.

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SEEDING/CONDUCT:

A. **Conduct:** Pool Events:

- 11-12, 13-14 – Preliminary/Finals format except 800, 1500 Free, 200s of (backstroke, breaststroke, butterfly) for the 11-12 and relays which will be timed finals. In finals the consolation heat shall precede the championship heat.
- 10 & Under – Timed Finals.
- Fly-over starts will be used for the prelim sessions.
- Fly-over starts for 10 & under will be determined by meet referee and coaches will be informed of this decision at general meeting.

B. **Seeding Order:**

First – Conforming times (LCM)

Second – Non-conforming times (SCM then SCY)

Third – Non-qualifying times (NT)

C. **Distance Freestyle:**

- 800, 1500 Free, and 200s of stroke for the 11-12 shall be timed finals with the fastest seeded heat of women and fastest seeded heat of men swimming in finals.
- All other 800, 1500 free and 200s of stroke for the 11-12 heats shall be swum in the preliminary session, swimming fastest to slowest, alternating women and men.

D. **Relays:**

- 11-12 and 13-14 relays will be timed finals, 200's will be swum during the finals on Friday and Saturday and the 400's in the preliminary session on Saturday and Sunday.
- 10 and Under relays will be timed finals, swum during the afternoon sessions.
- Michigan coaches will determine relay make-up and swimming order; however, swimmers should complete the enclosed form (Page19) to let the coaches know which days they will be at the meet and available for relays.

SCRATCHES/CHECK-IN:

A. **Scratch Guidelines:** All individual events will conform to USA Swimming National Scratch Procedure Guidelines (207.12.6 A-E). There is no penalty for failure to compete in a timed final event. A coach or a swimmer may declare a false start in prelims or timed finals. No false start may be declared in Finals.

B. **Scratch Deadline:** A scratch box will be available at registration, the General Meeting, and throughout all meet sessions. All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed final, preliminary and relays.

- Scratch deadline for **Friday's events** shall be 15 minutes after the conclusion of the General Meeting.
- Scratch deadline for Saturday's events shall be 5:30p.m. Friday evening.
- Scratch deadline for Sunday's events shall be 5:30p.m. Saturday Evening.

C. **Positive Check-in:** Entrants in the 800 and 1500 free must check in and confirm their intention to compete prior to the scratch deadline for that day's events in order to be seeded. Swimmers will be placed in the slowest heat if they do not check-in.

D. **Relay cards** designating the swimmers' names shall be submitted to meet management on the day of the relay. Names and order of swimmers may be changed up to the time of

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the swim. Only coaches may make changes to 11-12 and 10 & Under relays.

E. Scratching from Finals.

- USA Swimming National Scratch Procedure Guidelines (207.12.6 D) will be followed.
- LSCs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 penalty per swim.
- All funds shall remain with the meet host.
- d. Failure on the part of the LSC to pay imposed penalties shall result in barring from future zone championships.

SCORING:

A. Individual Pool, and Open Water events:

20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

B. Relay events:

40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

C. Open Water events will be scored separately from the Pool events.

SWIMMER

INTRODUCTIONS:

A. Consolation Finals swimmers' names will be announced while the swimmers are competing in water.

B. Championship Finals swimmers' names will be announced prior to the start of the race while swimmers are behind the blocks.

C. 10 & U Final heat swimmers' names will be announced prior to the start of the race while swimmers are behind the blocks.

AWARDS:

A. Individual Pool and Open Water events:

1-8 place: medals with neck ribbons

9-16 place: ribbons

B. Relay events: 1-3 place: medals with neck ribbons

4-8 place: ribbons

C. High Point Award: 1-3 for boys and girls in each age group for pool events only.

D. Team Awards:

Pool events: 1-3 combined points.

Open Water events: 1st place combined points.

E. Awards ceremony: Swimmers finishing places 1-8 and relays finishing 1-3 will be

recognized on the awards platform located on the north wall under the video board.

Swimmers will need to report to a staging area in the waterpark area and will be paraded in and presented their awards.

Note:

* 10 and under: Will be awarded at the end of each stroke series.

* 11 – 14: Will be presented at the end of each stroke series (11-12, 13-14)

OPEN WATER

AWARDS:

The awards ceremony for the open water events shall be conducted immediately after the conclusion of the final open water event.

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DECK PASSES: Deck Passes for LSC coaches and team managers will be issued to the representative of each LSC according to the list submitted with the entry form, not to exceed one (1) per ten (10) swimmers, with a minimum of five (5) passes and a maximum of fifteen (15). Deck passes must be displayed at all times.

GENERAL ADMISSION TICKETS: **All Session pass:** \$30 (this includes meet program, heat sheets for all meet sessions).
General Admission: \$6 Daily (includes all three sessions)
Finals only: \$4
Children 12 and under will be admitted free of charge
Cost for parking is \$5 per day. Free parking within walking distance or shuttle transportation will be available.

MEET PROGRAM \$10.00 meet program (includes psych sheet)
 \$4.00 daily heat sheets.
 \$1.00 Finals Heat Sheets each Session.

GENERAL MEETING: A pre-meet General Meeting is scheduled for **Thursday August 5th, 2010 at 5:45 p.m.**, at Pleasant Prairie RecPlex for all coaches and LSC representatives.

- Meet procedures and meet information will be discussed.
- Members of the Technical Jury and Eligibility Jury will be identified.
- No deviation from the published Meet Information may occur without unanimous agreement by all designated LSC representatives.
- Warm-up lanes and times will be assigned at this meeting.
- Scratch box for Friday events closes 15 minutes after the conclusion of the general meeting.

OFFICIALS' MEETING: **This meet will be an Officials Qualifying Meet (OQM).**

- An officials' meeting will convene one hour prior to the start of each session.
- Clothing attire for officials is white shirt and navy shorts/pants/skirt. White shirt and navy pants/skirt for finals.
- Meet Referee, Robert Welsh, 9526 Kildare, Oak Lawn, IL 60453, 630-661-3255, rjwelch@sbcglobal.net

VOLUNTEERS: **Timers and officials from visiting LSCs are encouraged and welcome.**

- Please indicate the names of interested persons when entries are submitted or identify volunteers at the meet.

REFRESHMENTS: Pleasant Prairie RecPlex will have concessions available during all sessions of the meet and the open water events.

THURSDAY TEAM PHOTOS & WARMUPS

Teams	Registration	Pictures	Practice
Wisconsin	11:00	12:00	12:30
Illinois	12:00	1:00	1:30
Michigan	1:00	2:00	2:30
Minnesota	2:00	3:00	3:30
Ohio	3:00	4:00	4:30

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- TEAM SEATING:** Designated team seating will be available on the pool deck and rotated on a daily basis.
- HOTEL INFORMATION** See page 23. Room blocks have been reserved for Team Michigan at the following hotels
- Country Inn & Suites Kenosha: (262) 857-3680 until July 5, 2010—housing code TEAM MICHIGAN
 - Comfort Suites: (262) 857-3450 until July 16, 2010—housing code TEAM MICHIGAN ZONE SWIMMING.
 - The blocks reserved by MS were about 50% taken as of late May 2010.
- MEET WEBSITE:** Meet information along with live results will be posted on the internet at www.WisconsinCentralZone.com
- COACH/OFFICIAL SOCIAL:** Coaches & Officials Social: There will be a social for the coaches and officials on Friday evening, August 6th, after the evening finals session. More information will be available at the general meeting
- ZONE APPAREL:**
- Zone Apparel offered by the meet host will be available online and onsite throughout the meet.
 - Aquatics vendor will be present during all sessions of the meet.
 - Each of the Michigan Zone Team athletes may order a team uniform package from Different Strokes. Pictures of shirt and cap designs are available on pages 21 & 22.
 - **Swimmers must be entered in the meet and attend the meet in order to receive their uniform package.** This does not keep them from ordering but those that order ahead and who do not make the team will forfeit their package. Coach Cutler will work with families and kids that are ill or if some other event comes up that takes precedence over attending the meet such as a death in the family. Unclaimed orders will be sold off at the meet (barring the notice of illness, etc) on a first come, first served basis to swimmers in the meet who did not have the opportunity to order due to late cuts.
 - The MS Zone Meet Uniform colors are Green and Navy Blue. The shirts will be green, the shorts blue and the caps will be green with white and navy blue accents.
 - **Orders are due at Different Strokes by Tuesday, July 20, 2010. Note that this deadline is prior to the State Championship Meet. Orders will not be accepted after this date.** See page 20 for order form.
 - Packages may be ordered by fax (**248-477-2421**), by mail (**Different Strokes, 19651 Middlebelt Rd, Livonia, MI 48152**) or by dropping off order form to a Different Strokes representative at the BAYS Meet or at the MLA Meet the weekend of July 16-18, 2010. Also, orders may be dropped off at any of the 3 Different Strokes locations in the Metro Detroit area. Please no phone orders. Orders must be accompanied by a check or by credit card information. Orders will not be processed until paid for.

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SCHEDULE OF EVENTS

FRIDAY AUGUST 6TH, 2010

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
15	11-12 200 Individual Medley	16
29	13-14 400 Individual Medley	30
19	11-12 100 Breaststroke	20
17	13-14 100 Breaststroke.....	18
23	11-12 50 Backstroke	24
21	13-14 200 Freestyle.....	22
27	11-12 100 Freestyle.....	28
25	13-14 100 Butterfly.....	26
31	11-12 200 Butterfly timed finals.....	32
13	13-14 800 Freestyle timed finals	14
AFTERNOON TIMED FINALS		
1	10-U 50 Breaststroke	2
3	10-U 100 Freestyle	4
5	10-U 50 Butterfly.....	6
7	10-U 200 Free Relay	8
CONSOLATION & CHAMPIONSHIP FINALS		
9	13-14 200 Free Relay.....	10
11	11-12 200 Free Relay.....	12
13	13-14 800 Freestyle fastest heat.....	14
15	11-12 200 Individual Medley	16
17	13-14 100 Breaststroke.....	18
19	11-12 100 Breaststroke.....	20
21	13-14 200 Freestyle.....	22
23	11-12 50 Backstroke	24
25	13-14 100 Butterfly.....	26
27	11-12 100 Freestyle.....	28
29	13-14 400 Individual Medley	30
31	11-12 200 Butterfly fastest heat	32

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Saturday August 7th, 2010

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
41	11-12 400 Medley Relay	42
43	13-14 400 Medley Relay	44
49	11-12 50 Butterfly	50
51	13-14 200 Individual Medley	52
53	11-12 50 Freestyle	54
55	13-14 50 Freestyle	56
57	11-12 200 Breaststroke timed finals.....	58
59	13-14 200 Breaststroke.....	60
61	11-12 100 Backstroke	62
63	13-14 100 Backstroke	64
65	11-12 400 Freestyle.....	66
67	13-14 400 Freestyle.....	68
AFTERNOON TIMED FINALS		
33	10-U 200 Individual Medley.....	34
35	10-U 100 Backstroke.....	36
37	10-U 50 Freestyle	38
39	10-U 100 Breaststroke	40
CONSOLATION & CHAMPIONSHIP FINALS		
45	11-12 200 Medley Relay	46
47	13-14 200 Medley Relay	48
49	11-12 50 Butterfly.	50
51	13-14 200 Individual Medley	52
53	11-12 50 Freestyle.....	54
55	13-14 50 Freestyle.....	56
57	11-12 200 Breaststroke fastest heat.....	58
59	13-14 200 Breaststroke.....	60
61	11-12 100 Backstroke	62
63	13-14 100 Backstroke	64
65	11-12 400 Freestyle.....	66
67	13-14 400 Freestyle.....	68

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Sunday August 8th, 2010

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
77	11-12 400 Freestyle Relay	78
79	13-14 400 Freestyle Relay	80
83	11-12 200 Backstroke timed finals	84
85	13-14 200 Backstroke	86
87	11-12 50 Breaststroke.....	88
89	13-14 100 Freestyle.....	90
91	11-12 200 Freestyle.....	92
93	13-14 200 Butterfly.....	94
95	11-12 100 Butterfly.....	96
81	13-14 1500 Freestyle timed finals	82
AFTERNOON TIMED FINALS		
69	10-U 200 Medley Relay.....	70
71	10-U 200 Freestyle	72
73	10-U 50 Backstroke.....	74
75	10-U 100 Butterfly.....	76
CONSOLATION & CHAMPIONSHIP FINALS		
81	13-14 1500 Freestyle fastest heat.....	82
83	11-12 200 Backstroke fastest heat	84
85	13-14 200 Backstroke	86
87	11-12 50 Breaststroke.....	88
89	13-14 100 Freestyle.....	90
91	11-12 200 Freestyle.....	92
93	13-14 200 Butterfly.....	94
95	11-12 100 Butterfly	96

MONDAY AUGUST 9TH, 2010

OW 1	10-U ½ Mile.....	OW 2
OW 3	11-12 1 Mile	OW 4
OW 5	13-14 1 ½ Mile.....	OW 6

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CENTRAL ZONE CHAMPIONSHIP PROCEDURES
FOR
INCLUSION OF SWIMMERS WITH DISABILITIES

1. Swimmers with disabilities may compete without having achieved the qualifying standard for their age group. However, they must provide a time for each event they enter. Swimmers with disabilities shall be highlighted on the hard copy of the LSC's meet entry. Classification of a swimmer with a disability is irrelevant. LSCs must use the attached form to enter a swimmer with a disability.
2. Each LSC may select two swimmers with disabilities age 12 and under and two swimmers age 13-14 in any manner deemed appropriate. Examples of selection criteria and procedures are available from the Central Zone Director.
3. Swimmers with disabilities may compete in finals, earn awards and score points for their team in the same manner as the able bodied swimmers. No special awards are necessary.
4. It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete. This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmer's needs and determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
5. Aside from the norm, the Meet Referee has the ability to seed the swimmer with a disability in a number of ways. These options include: seed the swimmer with others of the appropriate gender, allowing the swimmer to complete half the distance of their age group (swim the 100m backstroke during the 200m race), or swim with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 15 year old swimmer with a disability could swim the 100 freestyle with the 9-10 age group). The final meet results should show the swimmer with a disability listed in the correct age and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.
6. It is the responsibility of the USA Swimming Disability Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.

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CENTRAL ZONE CHAMPIONSHIP MEET SANCTION NUMBER WI2010-247S SWIMMERS WITH A DISABILITY ENTRY FORM

Name: _____ Club: _____ LSC: _____

USA Swimming #: _____ Age first day of the meet: _____

Swimmer email address: _____

Swimmer phone #: _____

Name of person completing this form: _____

Email address: _____

Phone #: _____

Please enter events below. The maximum number of events for swimmers 12 and under is six (6) and swimmers 13-14 may enter five (5) events. Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

Disability-related accommodations: _____

EVENT #	EVENT DESCRIPTION	ENTRY TIME	SEED WITH AGE GROUP <small>(same age, same distance)</small>	SEED WITH DIFFERENT DISTANCE <small>(same age, different distance)</small>	SEED WITH COMPARABLE TIME <small>(younger age, distance depends on entry time)</small>

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CENTRAL ZONE CHAMPIONSHIP MEET

PERMISSION AND RELEASE FORM

LSC_MICHIGAN

I hereby give my permission for _____

(Please Print Name of Swimmer)

to accompany the _____ LSC TEAM to: _____

on the following dates: _____

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the _____, its officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention which may be required, I authorize the adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

_____ Date: _____

(Signature of Parent or Guardian)

MEDICAL INFORMATION:

List medication and dosage the swimmer is taking now _____

Pre-existing conditions (asthma, epilepsy, etc.): _____

Allergies (include medicines needed): _____

Other pertinent information the coach, and others in charge, should know about the swimmer: _____

Physician's Name: _____ (_____)

(Please Print)

Phone Number

Name of Parent or Guardian: _____

(Please Print)

Address: _____

Street

City

State

Zip

Telephone Day: (_____) _____ Evening: (_____) _____

Phone during meet competition: (_____) _____ (cell/pager/etc)

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CENTRAL ZONE CHAMPIONSHIP MEET

GUIDELINES FOR CODE OF CONDUCT VIOLATIONS

All athletes, coaches and LSC staff members must have signed a "Code of Conduct." This must be on file with the designated LSC Representative while attending the Central Zone Championship Meet.

The Meet Host shall enclose a copy of the "sample" LSC Code of Conduct with the Meet Information when it is distributed to participating teams for use if there is no LSC Code of Conduct.

Article 401.1 of Part Four (USA Swimming Rules and Regulations) states "...USA Swimming may censure, place on probation, suspend for a definite or indefinite period of time with or without terms of probation, fine, or expel any member of USA Swimming, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of USA Swimming, who has violated any of its rules or regulations, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon USA Swimming or upon the sport of swimming. USA Swimming may also conduct hearings on any matter affecting USA Swimming as the National Governing Body for swimming."

In the instance of any violations, this procedure shall be followed:

1. Report, in writing, the violation or offense to the Meet Referee and the Zone Observer.
2. The offense must be verified and the report must include:
 - A. The name and LSC of the person(s) who committed the offense;
 - B. The name and means of contacting the person(s) who were affected by the violation;
 - C. The nature and details of the violation;
 - D. The name of the LSC Representative of the person(s) who committed the offense.
3. The Zone Championship Meet Coordinator will contact the person(s) charged with the offense and their LSC Representative.
4. If the situation does not have legal implications and can be resolved to the satisfaction of all persons involved, the matter will simply be reported, in writing, to:
 - A. The Representative of the host LSC;
 - B. The person(s) who committed the offense;
 - C. The LSC General Chairman of the person(s) who committed the offense;
 - D. The LSC Representative of the person(s) who committed the offense;
 - E. The person(s) whom the violation affected;
 - F. The Zone Directors and Coordinators.
5. If the situation has legal implications and/or cannot be resolved to the satisfaction of all persons involved, the matter shall be officially reported to the LSC of the person(s) charged with the offense, with a request or recommendation from the Zone Directors and Coordinators for suitable disciplinary action.
6. Within 30 days of the official report, the LSC must advise the Zone Directors, in writing, that the review process has been initiated. The LSC must also advise the Zone Directors of the final action taken. If the consensus of the Zone Directors and Coordinators is that the LSC of the person(s) charged did not take appropriate action, the matter may be referred to the National Board of Review for hearing and decision.

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CENTRAL ZONE CHAMPIONSHIP MEET
CODE OF CONDUCT

LSC MICHIGAN _____

SAMPLE: The LSC shall use this form if there is no "Code of Conduct" form used by your LSC.

PURPOSE: The purpose of this Code is to promote the best possible LSC Team and individual impression at all times and to acknowledge each individual's responsibilities as members of our team.

PART I – GENERAL CONDUCT:

1. All participating LSC Team members shall abide by this Code of Conduct.
2. Curfews will be strictly obeyed unless participant has contacted the coach for an extension.
3. The use of alcoholic beverages is forbidden.
4. The use of drugs, other than those prescribed by your physician, is forbidden.
5. The use of tobacco products is forbidden.
6. The use of fireworks is forbidden.
7. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
8. Swimmers will treat their membership on the Team as a privilege and personally acknowledge those responsibilities associated with it.
9. 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.

PART II – VIOLATION OF THE CODE: The coach and chaperone have the power to impose penalties for violation of the Code. The penalties include, but are limited to the following:

1. The Swimmer will be scratched from the Championship Meet.
2. The Swimmer will be sent home immediately, at his/her own expense.
3. The Swimmer will forfeit his/her privilege of being a member of LSC Team.

I hereby agree to abide by the rules of conduct set forth in Part I above and acknowledge that, should I violate any provision of Part I, I will be subject to disciplinary actions as set forth in Part II, including suspension.

Swimmer: _____ Date: _____
Signature

Please Print Name

Parent/Guardian _____ Date: _____
Signature

Please Print Name

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AVAILABILITY FOR RELAYS FORM

14 & U Central Zone Meet Participants:

The Zone Coaches will set up all of the relays; however, they would like you to provide information as to what days you will be attending, etc. Therefore, please fill out this form and submit it with your entry.

Name: _____

Gender: _____

Home Club: _____

Birth Date: _____

Age: _____

Which days will you be at the CZ Meet and available for relays? _____

2010 Michigan Zone Team Apparel Package

ORDERS FOR SWIMMERS QUALIFIED AND ENTERED IN THE MEET ONLY. Please indicate below the size suit, shirt and shorts that you are ordering and the quantity. If you have multiple sizes, please indicate the quantity of each size you are ordering, especially for items in the OPTIONAL section.

ITEM	GIRLS PACKAGE	BOYS PACKAGE	SIZES	ORDERED QTY	ORDERED SIZE	AMOUNT
<u>TEAM PACKAGE</u>	\$125	\$100				
SPEEDO LZR PRO REC/KNEE	X		22-36			
SPEEDO LZR PRO JAMMER		X	22-36			
SOFFEE SHORT PRINTED	X	X	Y-S/M/L A-XS-XL			
1 TEAM TEE SHIRT	X	X	Y-S/M/L A-XS-XXL			
2 TEAM SWIM CAPS	X	X				
PACKAGE TOTAL BEFORE TAX						
<u>OPTIONAL ITEMS OFFERED</u>						
SPEEDO SUPER PRO WARM UP JACKET W/ EMBROIDERY	\$35	\$35	A-XS-XXL			
SPEEDO MED PRO DUFFLE W/ EMBROIDERY	\$31	\$31				
DS SAMMY W/ EMBROIDERY	\$9	\$9				
ADDITIONAL CAPS	\$3 EACH	\$3 EACH				
NAME EMBROIDERY TO ANY ORDER	\$4	\$4				
ADDITIONAL SHIRTS (SWIMMER AND/OR PARENTS)	\$12	\$12	Y-S/M/L A-XS-XXL			
OPTIONAL ITEM TOTAL BEFORE TAX						
TOTAL BEFORE TAX						
PLUS 6% (*.06) STATE TAX						
ORDER TOTAL INCLUDING TAX						

All orders must be received by Different Strokes by Tuesday, July 20, 2010. Packages may be ordered by fax (248-477-2421), by mail (Different Strokes, 19651 Middlebelt Rd, Livonia, MI 48152) or by dropping off this order form to a Different Strokes representative at the BAYS Meet or at the MLA Meet the weekend of July 16-18, 2010. Also, orders may be dropped off at any of the 3 Different Strokes locations in the Metro Detroit area. Please no phone orders. Orders must be accompanied by a check payable to DIFFERENT STROKES or by credit card information. Orders will not be processed until paid for.

Swimmer NAME and Club:

(One order per Swimmer please)

Phone number (for order problems only):

Ordered by:

Signed:

Credit Card number and Exp Date:

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PLEASE NOTE:

CUSTOMER ARTWORK APPROVAL

WE CANNOT PROCEED WITH YOUR ORDER UNTIL WE RECEIVE YOUR APPROVAL!



**500 KELLY GREEN LATEX CAPS
W/MICHIGAN ZONE TEAM 2010
ORDER#: 91761
P.O.#: MICHIGAN ZONE TEAM 2010
DATE: 05/18/10**

Please check and E-MAIL back your approval to: info@bettertimestimes.org. If incorrect, please mark the changes on the e-mail and send back for corrections. Colors shown on your monitor may not be the actual color on printed caps. For specific colors, be sure to give us the PMS numbers for each color.

We are using your approval as authorization to put this order into production!!

APPROVED WITH CHANGES (Please Note Changes):

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Team Michigan Hotel Information

Michigan Swimming athletes who qualify will be eligible to represent Team Michigan at the Central Zone 14 & U Meet to be conducted August 6-8, 2010 in Kenosha, Wisconsin. Rooms have been blocked at two hotels in the Kenosha area. Parents of swimmers who plan to swim at this meet should make their own reservations. Details are as follows:

Country Inn & Suites Kenosha, 7011 122nd Ave, Kenosha, WI 53142. 50 non-smoking rooms blocked until July 5, 2010. \$89.00 per night plus 13.5% tax. These are blocked under TEAM MICHIGAN. Phone 262-857-3680.

Comfort Suites, 7206 122nd Ave, Kenosha, WI 53142. 30 rooms blocked until July 16, 2010. \$62.00 per night plus tax. These are blocked under TEAM MICHIGAN ZONE SWIMMING. Phone 262-857-3450