



Swimming

18 & Over US Masters

Session 1

Thursday, June 20, 2013

Warm-up: 8:00 AM Start: 9:00 AM

Session 2

Friday, June 21, 2013

Warm-up: 8:00 AM Start: 9:00 AM

Session 3

Saturday, June 22, 2013

Warm-up: 8:00 AM Start: 9:00 AM

Age Group (18 & Younger)

Session 1

Thursday, June 20, 2013

Warm-up: 12:30 PM Start: 1:00 PM

Session 2

Friday, June 21, 2013

Warm-up: 12:30 PM Start: 1:00 PM

Session 3

Saturday, June 22, 2013

Warm-up: 12:30 PM Start: 1:00 PM

Location: Southern Utah University Campus
J.L. Sorenson Physical Education Building
351 West Center Street
Cedar City, Utah
(435) 586-5431

Course: Seven (7) lane 50 meter indoor pool with non-turbulent lane lines – plus one (1) lane for continuous warm up/warm down. Colorado timing system and touch pads will be used. Pool has bleacher seating for spectators.

Start End Depth: Minimum 7.0 feet @ 1 meter from wall; minimum 7.0 feet @ 5 meters from wall. Turn End Depth: 4.0 feet @ 1 meter from wall; 4.0 feet @ 5 meters from wall. The pool has not been certified in accordance with 104.2.2C(4).

Meet Director: Adam Caldwell (801) 699-3735 adam@binghamsnow.com

Check in & Scratches: A positive check-in is required for the 400 Free, 400 IM, and 1500 meter events – which are due within the first 15 minutes of warm ups of that session – by signing in at the computer table. Swimmers who fail to check in will not be allowed to swim. Swimmers in the 1500 are required to provide their own timer and counter – although some limited help will be available for those that cannot do so. The 1500 will be mixed, and swam fastest to slowest. The 1500 will be limited to 3 heats – with priority being given to the swimmers' entry date into the meet (first come, first served). A Negative check-in for all other events. Scratches should be declared 30 minutes prior to the start of the meet. If a swimmer misses their event they will not be allowed to swim that event. However, they will not be scratched from their subsequent event(s).

Age: Determined by age as of first day of meet.

Age Group: 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18

Masters: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-over

Entries: Each swimmer is limited to competing in five (5) events per day. All entries must go through the USG office to Sports Coordinator. No Deck entries will be accepted. No swimming up into a higher age group will be allowed. There will be no changes made to entry times at the pool.

Although swimmers must register through the Utah Summer Games website, coaches are encouraged to send their electronic entries to the Meet Director. The Event File can be downloaded at www.swimutah.com. In the event there is a discrepancy between the entries, the coaches' entries will be presumed to be the correct entries – likely to the dismay of some of their swimmers.

Rules: All 2013 USA swimming rules will be enforced for age group swimming, Masters rules will be enforced per the 2013 USMS rulebook.

Entry Fees: \$3.50 per event plus the Utah Summer Games entry fee. Swimmers must register through www.utahsummergames.com.

Liability: Utah Summer Games requires a waiver of liability (found online when registering) before any swimmer participates in any event.

Awards: Medals 1st through 3rd will be awarded per event.

Warm-up: All warm-ups must be done under the supervision of the officials. Coaches and/or Parents have the responsibility of insuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all safety procedures. All swimmers will enter the pool from a 3 point sitting position. There will be no pushing, splashing, running, or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool. All lanes of the pool will be circle swimming only. During the last (20) minutes of warm-up, three (3) lanes will be open to practice starts.

Other: No food or drink will be allowed in the Natatorium.

Split Requests: Any request for split times must be requested before the end of warm ups of that session.

USA & USMS Time Recognition: This meet is considered an “observed” meet by USA Swimming – thus times will “count” for USA swimmers. USA Swimmers, for their times to be reported to USA Swimming, must either (1) enter their USA Swimming ID’s when registering, or (2) have their coach send their entries electronically to the Meet Director.

This meet is considered a “recognized” event by U.S. Masters Swimming – thus times will “count” for USMS swimmers. Masters Swimmers must submit their USMS membership number when registering to have times counted.

Session: 1 - Masters - Thursday, June 20, 2013

Warm-up: 8:00 AM – Start: 9:00 AM

Event # Female	Event	Event # Male
1	18 & Over 400 IM	2
3	18 & Over 200 Freestyle	4
5	18 & Over 50 Breaststroke	6
7	18 & Over 200 Backstroke	8
9	18 & Over 100 Butterfly	10

Session: 2 - Masters - Friday, June 21, 2013

Warm-up: 8:00 AM - Start: 9:00 AM

Event # Female	Event	Event # Male
11	18 & Over 400 Freestyle	12
13	18 & Over 100 Breaststroke	14
15	18 & Over 50 Butterfly	16
17	18 & Over 200 IM	18
19	18 & Over 100 Freestyle	20
21	18 & Over 50 Backstroke	22

Session: 3 - Masters - Saturday, June 22, 2013

Warm-up: 8:00 AM - Start: 9:00 AM

Event # Female	Event	Event # Male
23	18 & Over 200 Butterfly	24
25	18 & Over 100 Backstroke	26
27	18 & Over 200 Breaststroke	28
29	18 & Over 50 Freestyle	30
31	18 & Over 1500 Freestyle	32

Session: 1 - Age Group - Thursday, June 20, 2013

Warm-up: 12:30 PM - Starts: 1:00 PM

Event # Female	Event	Event # Male
1	8 & Under 100 Freestyle	2
3	9-10 100 Freestyle	4
5	11-12 100 Freestyle	6
7	13-14 100 Freestyle	8
9	15-16 100 Freestyle	10
11	17-18 100 Freestyle	12
13	8 & Under 50 Breaststroke	14
15	9-10 50 Breaststroke	16
17	11-12 50 Breaststroke	18
19	13-14 50 Breaststroke	20
21	15-16 50 Breaststroke	22
23	17-18 50 Breaststroke	24
25	8 & Under 200 IM	26
27	9-10 200 IM	28
29	11-12 200 IM	30
31	13-14 200 IM	32
33	15-16 200 IM	34
35	17-18 200 IM	36
37	8 & Under 100 Butterfly	38
39	9-10 100 Butterfly	40
41	11-12 100 Butterfly	42
43	13-14 100 Butterfly	44
45	15-16 100 Butterfly	46
47	17-18 100 Butterfly	48
49	9-10 200 Backstroke	50
51	11-12 200 Backstroke	52
53	13-14 200 Backstroke	54
55	15-16 200 Backstroke	56
57	17-18 200 Backstroke	58

Session: 2 - Age Group - Friday, June 21, 2013

Warm-up: 12:30 PM – Start: 1:00 PM

Event # Female	Event	Event # Male
59	9-10 200 Breaststroke	60
61	11-12 200 Breaststroke	62
63	13-14 200 Breaststroke	64
65	15-16 200 Breaststroke	66
67	17-18 200 Breaststroke	68
69	8 & Under 100 Backstroke	70
71	9-10 100 Backstroke	72
73	11-12 100 Backstroke	74
75	13-14 100 Backstroke	76
77	15-16 100 Backstroke	78
79	17-18 100 Backstroke	80
81	8 & Under 50 Freestyle	82
83	9-10 50 Freestyle	84
85	11-12 50 Freestyle	86
87	13-14 50 Freestyle	88
89	15-16 50 Freestyle	90
91	17-18 50 Freestyle	92
93	8 & Under 50 Butterfly	94
95	9-10 50 Butterfly	96
97	11-12 50 Butterfly	98
99	13-14 50 Butterfly	100
101	15-16 50 Butterfly	102
103	17-18 50 Butterfly	104
105	9-10 1500 Freestyle	106
107	11-12 1500 Freestyle	108
109	13-14 1500 Freestyle	110
111	15-16 1500 Freestyle	112
113	17-18 1500 Freestyle	114

Session: 3 - Age Group - Saturday, June 22, 2013

Warm-up: 12:30 PM – Start: 1:00 PM

Event # Female	Event	Event # Male
115	8 & Under 100 Freestyle	116
117	9-10 100 Freestyle	118
119	11-12 100 Freestyle	120
121	13-14 100 Freestyle	122
123	15-16 100 Freestyle	124
125	17-18 100 Freestyle	126
127	8 & Under 100 Breaststroke	128
129	9-10 100 Breaststroke	130
131	11-12 100 Breaststroke	132
133	13-14 100 Breaststroke	134
135	15-16 100 Breaststroke	136
137	17-18 100 Breaststroke	138
139	8 & Under 50 Backstroke	140
141	9-10 50 Backstroke	142
143	11-12 50 Backstroke	144
145	13-14 50 Backstroke	146
147	15-16 50 Backstroke	148
149	17-18 50 Backstroke	150
151	8 & Under 400 Freestyle	152
153	9-10 400 Freestyle	154
155	11-12 400 Freestyle	156
157	13-14 400 Freestyle	158
159	15-16 400 Freestyle	160
161	17-18 400 Freestyle	162
163	9-10 200 Butterfly	164
165	11-12 200 Butterfly	166
167	13-14 200 Butterfly	168
169	15-16 200 Butterfly	170
171	17-18 200 Butterfly	172
173	9-10 400 IM	174
175	11-12 400 IM	176
177	13-14 400 IM	178
179	15-16 400 IM	180
181	17-18 400 IM	182