



Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
Pool Meet – August 5-8, 2010

- SANCTION:** Sanctioned by North Dakota LSC Swimming, on behalf of USA Swimming. Sanction Number ND1039 for Pool Events.
- RULES:** Current 2010 USA Swimming and Central Zone rules will govern the Meet.
- PARTICIPATING LSCS:** Arkansas, Iowa, Illinois, Indiana, Lake Erie, Michigan, Minnesota, Midwestern, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, And Wisconsin
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee.
- HOSTED BY:** North Dakota Swimming and Aquastorm Swim Club.
- MEET DIRECTOR:** Charlie Jeske Email: cdj3311@gmail.com Phone: (701) 751-1504
3311 Daytona Drive
Bismarck, North Dakota 58503
- OFFICIALS:** **Referee:** John Witzel witzwim@mac.com **Safety Marshal:** Sue Artz ssba@bis.midco.net
- MEET SITE:** BSC Aquatic and Wellness Center
1601 Canary Ave.
Bismarck, North Dakota 58503
- FACILITY:** The Bismarck Aquatic and Wellness Center is an indoor eight-lane 50-meter pool.
- The competition pool conforms to USA Swimming Rules and Regulations – 2010 Article 103.3. The pool is certified in accordance with USA Swimming requirements 104.2 C (3).
 - Competition Pool: Eight-lane, 50-meter pool, 5 ft depth at the start end, and 7 ft depth at the turn end.
 - Continuous warm-up will be available in the other pools varying in depth from 3.5 feet to 4 feet. Use of the warm-up pool will be restricted to swimmers warming-up and cooling down.
 - Coaches are responsible for their swimmers conduct. Failure of coaches to control their swimmer’s actions may result in permanent expulsion from the warm-up pool.
 - **Timing:** DakTronics electronic timing system with backup buttons and watches, horn start, and touch pads at the start and turn ends of the pool and relay take-off pads at the start end will be used. Relay take-off pads will only be used to confirm an early exchange violation.
- MEET SCHEDULE:** **POOL EVENTS:** (Central Daylight Savings Time)

	PRELIMS		FINALS	
	Warm-ups	Start	Warm-ups	Start
Thursday	7:00 am	9:00 am	4:00 pm	5:30 pm
Friday	7:00 am	9:00 am	4:00 pm	5:30 pm
Saturday	7:00 am	9:00 am	4:00 pm	5:30 pm
Sunday	7:00 am	9:00 am	4:00 pm	5:30 pm

- The main competition pool will be reserved for the last 60 minutes for swimmers competing in that day’s events.
- 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.

Central Zone Senior Championships
Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
Pool Meet – August 5-8, 2010

- REGISTRATION:**
- The registration period on Wednesday, August 4 from 1-6 pm is for unattached athletes/club managers/coaches only; swimmers do not need to register individually with the meet host. Clubs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue.
- SAFETY/WARM-UP PROCEDURES:**
- USA Swimming warm-up procedures will be followed.
 - Coaches must be in control of their swimmers during their warm-up periods.
 - Feet-first, slip-in entry will be enforced.
 - The main competition pool will be reserved for the last 60 minutes for swimmers competing in that day's events.
 - A schedule of Warm-up procedures and times will be distributed at registration, posted throughout the venue and regularly announced. Warm-ups will be monitored by the Meet Referee or his special designees.
 - Flagrant violation of these announced procedures may result in disqualification for unsportsmanlike conduct.
- CLUB/UNATTACHED ATHLETE REPRESENTATIVE:**
- All athletes must have a representative at the General Meeting. Further all athletes must have a USA Swimming member coach supervising them while on the deck. This includes warm ups. If an athlete is unable to secure a coach, then the meet host will work with the athlete to have a coach assigned. This coach will also be the liaison between the athlete and the meet host.
- ATHLETE CONDUCT:**
- CODE OF CONDUCT and MEDICAL RELEASE sample forms are included with this Meet Information. If the Club does not have its own form(s), these may be duplicated and signed by each athlete and his/her parent(s).
 - Each club must have a RELEASE and INDEMNIFICATION FORM signed by each athlete and his/her parent(s).
 - Each Club's representative must have these documents available to the host at all times.
 - The Code of Conduct will be enforced.
- ELIGIBILITY:**
- A. **Membership:** All athletes (unattached or attached) and clubs must be regular (not seasonal) USA Swimming members and must be *registered* in an LSC within the Central Zone.
- B. **Swimmer's Age:** Swimmer must be 15 years or older on the first day of the pool competition.
- C. **Qualifying Time/Eligibility:**
- Swimmers must have achieved a 15-16 National AAA time (LCM, SCM, SCY) between July 1, 2008 and Sunday, August 1, 2010.
 - 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 are 15-18 years old and have achieved an individual event qualifying time for the USA Swimming Summer Junior Nationals, USA Swimming Summer Nationals or US Open shall not be eligible to compete in that particular stroke and distance, including relay events.
 - Swimmers who are 19 & over and have achieved an individual event qualifying time for the USA Summer Nationals or US Open shall not be eligible to compete in that particular stroke and distance, including relay events.
- RELAY ENTRIES:**
- A. Each entering club is responsible for relay entries.
- B. Include relay-only swimmers in the On-Line Meet Entry (OME).
- ENTRY LIMITS:**
- A. Swimmers may enter no more than three (3) individual events per day.
- B. Each Club is limited two (2) relays per relay event. Include relay-only swimmers in OME.
- C. No limit exists on the number of swimmers that a Club may enter in an individual event.

Central Zone Senior Championships
Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
Pool Meet – August 5-8, 2010

- ENTRY RESPONSIBILITY:**
- A. The coach, swimmer, or swimmer representative who enters any Central Zone Championship Senior 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 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.
- ENTRY FEES:**
- \$8.00 per individual pool event
\$16.00 per relay
- ENTRY CHAIRMAN:**
- Gerry Pfau
Email: ndlsc@bis.midco.net
Phone: (701) 224-1776
- ENTRY DEADLINE:**
- A. This meet will be using USA Swimming On-Line Meet Entry (OME) at:
- All entries may be submitted on-line beginning June 7, 2010 (12:01 CDT AM) and must be completed by Monday, August 2, 2010 at 11:59 AM CDT using USA Swimming's On Line Meet Entry (OME) system. The system can be accessed on the USA-S website at www.usaswimming.org/ome. You will be required to create a free account with the web site to submit your entry.
 - The Club/Unattached Athlete will be required to pay for online entries with Visa, MasterCard, American Express, or Discover.
 - Aquastorm Swim Club will provide a Team Manager event file on the host website at: www.bismarckaquatics.com/cz2010 This will allow teams to establish the qualifying profile for their athletes prior to using OME. OME is not an eligibility report. It is necessary to know what events are going to be entered before starting the entry in OME.
 - Pay by check please contact Charlie Jeske for payment instructions.
 - The Club/Unattached Athlete will be sent a confirmation email at the completion of the online meet entry.
 - A Club/ Unattached Athlete may update their OME entry at any time prior to the deadline.
 - Once an entry has been completed and paid for, the entries may not be deleted or changed. Additional entries will be accepted until the entry deadline.
 - Bring all communications to the meet in case of problems with your entries.
- B. There will be no deck entries at this meet.
- ENTRY PROCEDURES:**
- A. Relay only swimmers must be included on OME.
B. Entries for swimmers with a disability should be sent on separate entry form indicating preference for seeding.
- PROTESTS:**
- All protests shall be handled in accordance with Articles 207.12.4 A-F and 207.12.5 of the USA Swimming Rule Book.
- SEEDING/CONDUCT:**
- A. Conduct:**
- Preliminary/Finals format except 800, 1500 Freestyle and relay events which shall be timed finals with only the fastest heat at finals.
- B. Seeding Order:**
- First – Conforming times (LCM)

Central Zone Senior Championships
 Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
 Pool Meet – August 5-8, 2010

- Second – Non-conforming times (SCM then SCY)
- C. **Finals:**
- There will be 3 heats in finals.
 - The top 8 fastest swimmers from the preliminary heats shall advance to the A final; the next 8 fastest from the preliminary heats shall advance to the B final; and the remaining 8 fastest swimmers from the preliminary heats who are 15-18 years old shall compete in the C final.
- D. **Distance Freestyle:**
- The fastest heat of 800 and 1500 Free shall be swum in finals.
 - All remaining heats of the 800 and 1500 shall be swum in the preliminary session, swimming fastest to slowest, alternating women and men.
- E. **Relays:**
- The top two heats of relays will swim at finals. All remaining heats shall swim at the end of the preliminary session fastest to slowest.
 - Exception: For the 800 Free Relay, only the fastest heat for women and men shall swim at finals.

- SCRATCHES/CHECK-IN:**
- A. **Scratch Rules:** All individual events will conform to USA Swimming National Scratch Procedure (207.12.6 A-E).
- B. **Scratch Deadlines:** 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.

Day	Time	Scratch
Wednesday, August 4	15 min. after conclusion of General Meeting	Thursday Events
Thursday, August 5	6:00 pm	Friday Events
Friday, August 6	6:00 pm	Saturday Events
Saturday, August 7	6:00 pm	Sunday Events

- 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.
- D. **Relay cards** designating the swimmers' names shall be submitted to meet management 9:15 AM on the day of the event. Names and order of swimmers may be changed up to the time of the swim.
- E. **Scratching from Finals.**
- USA Swimming National Scratch Procedure (207.12.6 D) will be followed.
 - Clubs/Unattached Athletes 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.
 - Failure on the part of the Club/Unattached Athlete to pay imposed penalties shall result in barring from future zone championships

TIME TRIALS: Time Trials will be offered at the discretion of the meet referee, time permitting.

- Time Start: 15 minutes after the conclusion of Prelims

Sequence of Events: Thursday – Thurs-Fri-Sat-Sun
 Friday – Fri-Sat-Sun-Thurs
 Saturday – Sat-Sun-Thurs-Fri
 Sunday – Sun-Thurs-Fri-Sat

Distance events – the day swum in the meet (time permitting)

Central Zone Senior Championships
Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
Pool Meet – August 5-8, 2010

Time trial specifics:

- Time trials will count toward the three-event limit per day.
- Time trials will conclude no later than 90 minutes prior to the start of finals.
- The fee is \$10 per event payable to: Aquastorm Swim Club
- Each swimmer must provide his/her own timer.
- Sign-up deadline is 10:00 am each day.
- On the final day of the meet, time trials are at the discretion of the referee.

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

**SWIMMER
INTRODUCTIONS:**

- A. C Finals will be announced in the water.
B. B Finals will be announced before the race.
C. A Finals will be paraded and announced before the race.

AWARDS:

- A. Individual Pool Events:
1-8 place: medals with neck ribbons
- B. Relay events:
1-3 place: medals with neck ribbons
- C. Team Awards:
1-3 combined points: trophies
1-3 Women and Men: trophies
- D. Awards ceremony: Will be given after every other Men's final with relays awarded at end the of the session. Athletes will report to the staging area and be paraded out.

**GENERAL ADMISSION
TICKETS:**

Cost for General Admission is \$35.00 all session pass including heat sheets; \$6.00 daily admission only. Cost for parking is free.

**MEET PROGRAM/
FINAL RESULTS:**

Meet Program costs will be as follows:

- \$10.00 meet program
- \$4.00 daily heat sheet
- \$3.00 finals heat sheet

Final Results will be posted at www.bismarckaquatics.com/cz2010

GENERAL MEETING:

A pre-meet General Meeting is scheduled for Wednesday at 6:30 p.m., at Sidney Lee Auditorium for all coaches, unattached athletes, and team representatives. all coaches, unattached athletes, and team representatives are responsible for all business conducted at the General Meeting.

Please see map for directions at www.bismarckaquatics.com

- Meet procedures and meet information will be discussed.
- Members of the Meet Committee will be identified.
- No deviation from the published Meet Information may occur unless without 100% agreement by Club representatives in attendance.

OFFICIALS' MEETING:

- **Initial briefing:** Thursday, August 5, 2010, 7:30 am (before the initial session).
- **Further briefings:** Will begin one hour before each subsequent session.
- **Attendance:** Officials MUST attend the briefing before each session that they work.

OFFICIALS' UNIFORM:

Officials will wear white polo shirts and white shoes for all sessions. Navy blue trousers or skirts will be worn for all sessions. Navy blue shorts are acceptable, but it is preferred that they not be worn at Finals sessions.

Central Zone Senior Championships
Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
Pool Meet – August 5-8, 2010

- OFFICIALS' CERTIFICATION:** This meet is being submitted as an 'Officials Qualifying Meet' for National Certification of officials by USA Swimming.
- Applications to officiate the meet are available on the Central Zone website at www.centralzones.org
 - The meet is open to all officials who wish to and are eligible to be evaluated for advancement and re-certification. All officials are encouraged to work the meet.
 - All officials are requested to complete the Application to Officiate, whether they are seeking National Certification or not. Late applications and 'walk-ons' will be accepted.
- VOLUNTEERS:** Timers and officials from visiting Clubs are encouraged and welcome. Please visit www.bismarckaquatics.com to review and sign up for volunteer activities.
- REFRESHMENTS:** Athlete refreshments available on deck will follow the National protocol to insure safety.
- CONCESSIONS:** Concessions will be available upstairs at the facility. A variety of items including healthy choices will be available.
- WEDNESDAY WARM-UP:** A general warm-up time will be available on Wednesday, August 4 from 1 pm to 6 pm. Coaches are responsible for conducting the warm-up and the safety of their swimmers.
- ADDITIONAL DIRECTIONS TO THE POOL** Approaching Bismarck from the West on Highway I-94 take Exit 157. Go to the exit stop light and proceed directly through the intersection on Schafer Street until you come to Canary Avenue (approximately 2 blocks) then take a right and proceed until you arrive at the parking lot entrance which will be on your left (approximately 3 blocks). If you are coming from the East on Highway I-94 take exit 157, turn left at the exit stop light onto West Divide Avenue. Proceed to the next set of stop lights and turn right on Schafer Street, Travel to Canary Avenue (approximately 2 blocks) take a right and proceed until you arrive at the parking lot entrance which will be on your left (approximately 3 blocks). If you are coming from the North or South on US Highway 83 turn West on I-94 (Exit 159) and follow the above directions coming in from the East. Entrance to the pool on competitive days is on the SOUTHWEST corner of the building. PARKING WILL BE IN THE PARKING LOT SOUTHWEST OF THE FACILITY!!!
- HOTEL, RESTAURANT & THINGS TO DO INFORMATION** Please visit the www.bismarckaquatics.com site for all updated information pertaining to hotels, restaurants and things to do while in the Bismarck/ Mandan community. Also, located at www.bismarckaquatics.com please find a map of the Bismarck/Mandan area.
- ADDITIONAL THINGS TO DO** Please visit these sites for more things to do while you enjoy your stay in Bismarck/Mandan.
Bismarck Mandan Convention & Visitors Bureau www.discoverbismarckmandan.com
Bismarck Parks & Recreation www.bisparks.org

Central Zone Senior Championships
 Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
 Pool Meet – August 5-8, 2010

SCHEDULE OF EVENTS
THURSDAY – AUGUST 5

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
3	100 Freestyle.....	4
5	200 Breaststroke.....	6
7	200 Backstroke	8
1	800 Freestyle*	2
*All remaining heats, fastest to slowest alternating women/men.		

CONSOLATION & CHAMPIONSHIP FINALS		
1	800 Freestyle fastest heat.....	2
3	100 Freestyle.....	4
5	200 Breaststroke	6
7	200 Backstroke	8

Friday – August 6

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
9	100 Breaststroke.....	10
11	200 Freestyle.....	12
13	400 Individual Medley	14
15	100 Butterfly.....	16
17	4 x 100 Freestyle Relay*	18
*All remaining heats, fastest to slowest alternating women/men.		

CONSOLATION & CHAMPIONSHIP FINALS		
9	100 Breaststroke.....	10
11	200 Freestyle.....	12
13	400 Individual Medley	14
15	100 Butterfly.....	16
17	4 x 100 Freestyle Relay fastest 2 heats.....	18

Central Zone Senior Championships
 Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
 Pool Meet – August 5-8, 2010

Saturday – August 7

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
19	400 Freestyle.....	20
21	100 Backstroke	22
23	200 Butterfly	24
25	4 x 200 Freestyle Relay*	26
*All remaining heats, fastest to slowest alternating women/men.		
CONSOLATION & CHAMPIONSHIP FINALS		
19	400 Freestyle.....	20
21	100 Backstroke	22
23	200 Butterfly	24
25	4 x 200 Freestyle Relay fastest heat	26

Sunday – August 8

GIRLS	EVENTS	BOYS
MORNING PRELIMS		
27	200 Individual Medley.....	28
31	50 Freestyle	32
33	4 x 100 Medley Relay*	34
29	1500 Freestyle**	30
*All remaining heats, fastest to slowest alternating women/men.		
**All remaining heats, fastest to slowest alternating women/men.		
CONSOLATION & CHAMPIONSHIP FINALS		
27	200 Individual Medley	28
29	1500 Freestyle fastest heat	30
31	50 Freestyle	32
33	4 x 100 Medley Relay fastest two heats.....	34

Central Zone Senior Championships
Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
Pool Meet – August 5-8, 2010

**CENTRAL ZONE CHAMPIONSHIP PROCEDURES
FOR
INCLUSION OF SWIMMERS WITH DISABILITIES**

1. Swimmers with disabilities may compete without having achieved the qualifying standard. However, they must provide a time for each event they enter. Swimmers with disabilities shall be highlighted on the hard copy of the Club's meet entry. Classification of a swimmer with a disability is irrelevant. Clubs must use the attached form to enter a swimmer with a disability.
2. 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 club 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 or allowing the swimmer to complete half the distance of their age group (swim the 100m backstroke during the 200m race). 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.

Central Zone Senior Championships
 Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
 Pool Meet – August 5-8, 2010

SANCTION NUMBER ND1039
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 is six (6). Please indicate the swimmer's preference regarding seeding of their entry for each event. 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 (same age, same distance)	SEED WITH DIFFERENT DISTANCE (same age, different distance)

Central Zone Senior Championships
Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
Pool Meet – August 5-8, 2010

PERMISSION AND RELEASE FORM

CLUB _____

I hereby give my permission for _____

(Please Print Name of Swimmer)

to accompany the _____ Club 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)

Central Zone Senior Championships
Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
Pool Meet – August 5-8, 2010

GUIDELINES FOR CODE OF CONDUCT VIOLATIONS

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

The Meet Host shall enclose a copy of the "sample" Club Code of Conduct with the Meet Information when it is distributed to participating teams for use if there is no Club 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 Club 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 Club 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 Club 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 Club;
 - B. The person(s) who committed the offense;
 - C. The Club General Chairman of the person(s) who committed the offense;
 - D. The Club 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 Club 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 Club must advise the Zone Directors, in writing, that the review process has been initiated. The Club must also advise the Zone Directors of the final action taken. If the consensus of the Zone Directors and Coordinators is that the Club 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.

Central Zone Senior Championships
Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
Pool Meet – August 5-8, 2010

CODE OF CONDUCT

CLUB _____

SAMPLE: The Team shall use this form if there is no “Code of Conduct” form used by your team.

PURPOSE: The purpose of this Code is to promote the best possible Club 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 Club 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 Club as a privilege and personally acknowledge those responsibilities associated with it.

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 Club 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

Central Zone Senior Championships
Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
Pool Meet – August 5-8, 2010

ENTRY CHAIR CHECKLIST

- Completed entry using OME at www.usaswimming.org/ome by Monday, August 2, 2010 at 11:59 AM CDT.
- Confirm all current contact information is in OME.
- Verified each swimmers' eligibility (Junior/National times not entered)
- Entered swimmers in no more than 3 individual events per day
- Entered no more than 2 relays per event
- Included Relay-Only Swimmer Entry on OME
- Emailed Swimmers with Disabilities Form to meet host
- Submitted entry fee before the start of the General Meeting
- Gave completed Permission/Release Form Code of Conduct for each swimmer to head coach