



March 1, 2, 3, 4, 2012

Location: Texas A & M University, Student Recreation Center Natatorium, Olsen Boulevard, College Station, TX 77843.

Facilities: **Prelims:** Two eight lanes indoor 25 yard pool with non-turbulent lane lanes. Warm-up and warm-down will be available throughout the meet in the Diving well.

Finals & Timed Finals: One eight lanes 50 meter indoor pool with non-turbulent lane lanes. Warm-up and warm-down will be available throughout the meet in the Diving well.

Rules:

1. All USA registered swimmers within the LSC's of Colorado who have met the qualifying standards either cut time (criterion listed below) standards are eligible to participate.
This is a prelim/finals meet with A, B, C, and D finals (All relays, 800-1500 Freestyle will be swum as timed finals events).
2. Age of the swimmer on the first day of competition shall govern the entire meet.
3. Qualifying times must have been achieved within two (2) years of the first day of the meet, March 1, 2010
4. Each swimmer may participate in up to seven (7) individual events and up to five (5) relays for the meet. No swimmer may participate in more than three (3) individual events plus one relay per day.
5. Bonus Events: Swimmers entered in at least one (1) individual event, may swim up to two (2) bonus events that are 200 yards or less during the championships. Provided they have achieved the "Sectionals Bonus Standards".
6. There will be no Time Trials conducted at this meet.
7. The 400 IM, 500-800-1500 Free events must check in with the Clerk of Course and confirm their intention to compete in these events. Check-In:
 - Thursday, March 1, Women's 1500 Free and Men's 800 Free must check in by 1:30 PM.
 - Friday, March 2, Women's 500 Free and Men's 500 Free must check in by 9:00 AM.
 - Saturday, March 3, Women's 400 IM and Men's 400 IM must check in by 9:00 AM
 - Sunday, March 4, Women's 800 Free and Men's 1500 Free must check in by 7:00 PM on Saturday, March 3.
8. The 400 IM, 500-800-1500 Free will be deck seeded. The 400 IM and 500 Free will be swum as prelims/finals events with prelims heats swum in the order of fast to slowest. The 800 and 1500 Free will be swum as timed final events. On Thursday, the women's 1500 and men's 800 Free will swum, fastest to slowest, alternating women's and men's heats.
9. At Check-In for Sunday Women's 800 Free and Men's 1500 Free swimmers must determine their preference to swim AM or PM, and the fastest eight (8) women and the fastest eight (8) men that elect to swim PM will swim in finals. All other women's 800 Free and Men's 1500 Free heats will be swum slowest to fastest, alternating women's and men's heats, with the last heat (2nd fastest overall) of the Men's 1500 Free starting 20 minutes before the finals warm-up start time.
10. 800 and 1500 Free swimmers must provide their own timers and counters.

| | | | |
|----------------|----------------------------|---------------|--|
| Awards: | Individual Awards | Custom Medals | 1 st - 8 th Place |
| | Relay Awards | Custom Medals | 1 st - 8 th Place |
| | Combined Team Awards | | 1 st - 10 th Place |
| | Women's & Men's High Point | Awards | 1 st & 2 nd Place |

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|-------------------|-------------------------------|----------------------------|
| Entry Fee: | Individual Events | \$ 15.00 per event |
| | Swimmer Surcharge | \$ 20.00 per swimmer |
| | Coaches Travel Expense | \$50.00 per swimmer |

Please make all checks payable to: ACES Swim Club

Entry Deadline: Entries must be received by **Wednesday, February 15th, 2012, by 5:30 PM.** If you can get this information in as soon as possible it would be appreciated. This meet will absolutely not accept late entries no matter what the problem is. The meet entry deadline is strictly enforced.

Hotel: The ACES Swim Club has a block of twelve (12) rooms with two Queen beds in each room non-smoking at the Holiday Inn Express. The rate per room is \$99.00 per room + tax, this does include breakfast. Holiday Inn Express College Station, 1203 University Drive, College Station, TX. 77840.

Plane Ticket: Eric Craven has purchased his plane ticket on Southwest Airlines. You will need to make plane reservations for yourselves. This is his flight info:

| | |
|---|-------------------------|
| Southwest Airlines: \$177.40 Round Trip | |
| Flt # 1198 Feb 29 | Leaves Denver: 1:55 PM |
| | Arrives Austin: 5:00 PM |
| Flt # 365 Mar 5 | Leaves Austin: 1:30 PM |
| | Arrives Denver: 2:50 PM |

Southern Region Sectional Championships
March 1, 2, 3, 4, 2012
College Station, Texas

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| A Standards |
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| SCY | SCM | LCM | Events | SCY | SCM | LCM |
|------------|------------|------------|-------------------------|------------|------------|------------|
| 24.99 | 27.99 | 28.49 | 50 Freestyle | 22.29 | 24.89 | 25.49 |
| 53.69 | 1:00.19 | 1:01.39 | 100 Freestyle | 48.39 | 53.99 | 55.49 |
| 1:55.99 | 2:10.29 | 2:12.59 | 200 Freestyle | 1:46.19 | 1:58.79 | 2:01.69 |
| 5:12.29 | 4:33.69 | 4:39.69 | 400 Freestyle | 4:48.29 | 4:12.99 | 4:22.39 |
| 10:45.89 | 9:22.09 | 9:30.49 | 800 Freestyle | 9:56.49 | 8:42.59 | 9:00.99 |
| 18:21.59 | 18:09.79 | 18:23.29 | 1500 Freestyle | 16:46.39 | 16:37.59 | 17:05.59 |
| 59.99 | 1:08.59 | 1:10.99 | 100 Backstroke | 54.69 | 1:01.89 | 1:04.59 |
| 2:09.39 | 2:27.69 | 2:32.79 | 200 Backstroke | 1:58.39 | 2:14.49 | 2:20.89 |
| 1:09.99 | 1:18.39 | 1:20.89 | 100 Breaststroke | 1:02.49 | 1:09.99 | 1:12.69 |
| 2:29.99 | 2:48.59 | 2:54.79 | 200 Breaststroke | 2:15.89 | 2:33.39 | 2:40.59 |
| 59.09 | 1:06.79 | 1:07.99 | 100 Butterfly | 53.59 | 1:00.09 | 1:01.09 |
| 2:11.99 | 2:30.59 | 2:34.79 | 200 Butterfly | 2:01.59 | 2:17.19 | 2:21.09 |
| 2:12.09 | 2:28.79 | 2:32.89 | 200 IM | 1:59.99 | 2:14.39 | 2:19.59 |
| 4:40.69 | 5:16.19 | 5:22.89 | 400 IM | 4:17.19 | 4:48.89 | 4:59.29 |

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|------------------------|
| Bonus Standards |
|------------------------|

| SCY | SCM | LCM | Events | SCY | SCM | LCM |
|------------|------------|------------|-------------------------|------------|------------|------------|
| 25.89 | 28.99 | 29.09 | 50 Freestyle | 22.79 | 25.39 | 26.09 |
| 55.09 | 1:01.39 | 1:02.69 | 100 Freestyle | 49.29 | 54.99 | 56.49 |
| 1:58.69 | 2:12.99 | 2:14.79 | 200 Freestyle | 1:48.09 | 2:00.89 | 2:03.79 |
| 5:17.89 | 4:38.09 | 4:44.99 | 400 Freestyle | 4:52.39 | 4:18.49 | 4:25.29 |
| 10:54.89 | 9:29.89 | 9:40.29 | 800 Freestyle | 10:04.69 | 8:49.69 | 9:05.89 |
| 18:54.59 | 18:42.19 | 18:41.79 | 1500 Freestyle | 17:02.89 | 16:47.69 | 17:21.89 |
| 1:01.69 | 1:10.59 | 1:12.39 | 100 Backstroke | 56.09 | 1:03.29 | 1:05.59 |
| 2:13.69 | 2:32.39 | 2:36.69 | 200 Backstroke | 2:01.19 | 2:16.59 | 2:23.09 |
| 1:11.09 | 1:19.69 | 1:23.19 | 100 Breaststroke | 1:03.79 | 1:11.69 | 1:13.79 |
| 2:33.69 | 2:52.79 | 2:59.19 | 200 Breaststroke | 2:18.79 | 2:36.79 | 2:42.59 |
| 0.00 | 1:08.99 | 1:09.69 | 100 Butterfly | 54.89 | 1:01.69 | 1:02.19 |
| 2:15.09 | 2:33.79 | 2:38.59 | 200 Butterfly | 2:03.89 | 2:19.79 | 2:23.29 |
| 2:15.79 | 2:33.29 | 2:36.89 | 200 IM | 2:02.69 | 2:17.89 | 2:21.59 |
| 4:48.19 | 5:23.79 | 5:29.39 | 400 IM | 4:24.09 | 4:56.69 | 5:03.59 |

ORDER OF EVENTS
Thursday, March 1, 2012
Timed Finals: 1:00 p.m. warm-up / 2:00 p.m. start

| Womens # | Event | Mens # |
|----------|------------------------|--------|
| 1 | 1500 Meter Free* | |
| | 800 Meter Free* | 2 |
| 3 | 800 Meter Free Relay** | 4 |

Fastest two heats of women, then fastest two heats of men and then alternating one heat of women and one heat of men.

Friday, March 2, 2012

| Prelims: 6:30 a.m. warm-up / 9:00 a.m. start | | | Finals: 4:00 p.m. warm-up / 5:00 p.m. start | | |
|---|-----------------------|--------|--|----------------|--------|
| Womens # | Event | Mens # | Womens # | Event | Mens # |
| 5 | 200 Yard Back | 6 | 5 | 200 Meter Back | 6 |
| 7 | 100 Yard Free | 8 | 7 | 100 Meter Free | 8 |
| 9 | 200 Yard Fly | 10 | 9 | 200 Meter Fly | 10 |
| 11 | 500 Yard Free | 12 | 11 | 500 Meter Free | 12 |
| 13 | 400 Meter Free Relay+ | 14 | | | |

Fastest two heats of women, then fastest two heats of men and then alternating one heat of women and one heat of men.

Saturday, March 3, 2012

| Prelims: 7:00 a.m. warm-up / 9:00 a.m. start | | | Finals: 4:00 p.m. warm-up / 5:00 p.m. start | | |
|---|-------------------------|--------|--|------------------|--------|
| Womens # | Event | Mens # | Womens # | Event | Mens # |
| 15 | 200 Yard Free | 16 | 15 | 200 Meter Free | 16 |
| 17 | 200 Yard Breast | 18 | 17 | 200 Meter Breast | 18 |
| 19 | 100 Yard Fly | 20 | 19 | 100 Meter Fly | 20 |
| 21 | 400 Yard I.M. | 22 | 21 | 400 Meter I.M. | 22 |
| 23 | 400 Meter Medley Relay+ | 24 | | | |

Fastest two heats of women, then fastest two heats of men and then alternating one heat of women and one heat of men.

Sunday, March 4, 2012

| Prelims: 7:00 a.m. warm-up / 9:00 a.m. start | | | Finals: 4:00 p.m. warm-up / 5:00 p.m. start | | |
|---|-----------------|--------|--|-------------------|--------|
| Womens # | Event | Mens # | Womens # | Event | Mens # |
| 25 | 100 Yard Back | 26 | 25 | 100 Meter Back | 26 |
| 27 | 100 Yard Breast | 28 | 27 | 100 Meter Breast | 28 |
| 29 | 50 Yard Free | 30 | 29 | 50 Meter Free | 30 |
| 31 | 200 Yard IM | 32 | 31 | 200 Meter IM | 32 |
| | | | 33 | 800 Meter Free++ | |
| | | | | 1500 Meter Free++ | 34 |

Note: All prelim heats swum fastest to slowest

| Womens # | Event | Mens # |
|----------|-------------------|--------|
| 33 | 800 Meter Free++ | |
| | 1500 Meter Free++ | 34 |

++Fastest 8 swim finals

++Fastest 8 swim finals. Heats will be swum slowest to fastest, Alternating women and men heats. The 2nd fastest heat of men's 1500 Free will begin 20 minutes before the start of finals warm-up.

Entry rules for individual events:

- 1) Swimmers may compete in a maximum of 3 individual events and 1 relay event per day.
- 2) Qualifying times must have been achieved within two (2) years of the first day of the meet (March 1, 2010).
- 3) All swimmers must have met the "Sectional Standards" for each event entered (except for bonus entries, see rules below).

Bonus events:

- 1) Swimmers entered in at least one individual event, may swim up to two bonus events that are 200 yards or less during the championships, provided they have achieved the "Sectional Bonus Standards".

Entry rules for relay events:

- 1) All relay members must be entered in individual events.
- 2) Teams may enter a maximum of 2 relays per event.
- 3) The time for each relay may be submitted as a composite or aggregate time.