

2018 UTAH SWIMMING LC CHAMPIONSHIPS

JULY 25 – 28, 2018

Venue:

Kearns Oquirrh Park Fitness Center (801-966-5555)
5624 Cougar Lane
Kearns, UT 84118

Date/Time	Warm Up	Meet Start
Wednesday - Saturday		
Preliminaries	7:00 A.M.	8:15 A.M.
Finals	4:00 P.M.	5:15 P.M.

Entry Limits:

Individual swimmers may enter up to SIX (6) individual events, swimming no more than THREE (3) individual events and ONE (1) relay per day. No Times (NT's) are not accepted for individual events. Swimmers must meet the minimum qualifying times.

Entry Fees:

- **Surcharge per participating swimmer*:** \$30.00
- **Individual Event Entry:** \$6.00
- **If you are swimming relays only, you just need to pay the surcharge.**

Entry Deadline:

All entries are due by Monday, July 16th @ 6:00 P.M. No late entries will be accepted.

Meet Rules:

- All individual events, except for the 1500 free are negative check-in. Swimmers who fail to check-in for events requiring positive check-in will be automatically scratched and will not be allowed to swim those events.
- Positive Check-in for the 1500 free will close at 10:00 AM Wednesday.
- The 1500 Frees are timed finals and will be swam in the preliminary sessions.
- 13-14 and Senior 1500 frees will be combined and seeded by time but will be scored separately.
- The 1500 Freestyle will be seeded fastest to slowest and swum fastest to slowest, alternating between girls and boys. If the referee deems it necessary, the 1500s may be swum 2 per lane, in which case heat order may be changed.
- All 10 and under events including relays will be run as timed finals, swum in the finals and swum slowest to fastest.
- The 200 Backstroke, 200 Butterfly, 200 Breaststroke, 400 Free, and 400 IM for the 11-12 age group will be swum as timed final events during Prelims.
- Wednesday – Saturday sessions will run as Prelims/Finals.
- The Finals Sessions of prelim/finals events will consist of a Championship heat and a Consolation heat for the individual events. The Championship heat will be swum before the Consolation heat.
- Relay events are Positive Check-In and Timed Finals. Relay events will be swum as the first event of the evening Finals Sessions.
- Initial relay declarations must be returned to the clerk of course by 10:00 AM on the day the event will be swum. Relays that do not turn in their relay declaration form by 10:00 AM will be automatically scratched from that event, and will not be allowed to swim that event.
- Swimmers competing in the 400 IMs, the 400 and 1500 Freestyles and the 11-12 200 Backstroke, are responsible to provide their own timers and counters.
- Scratches for the Thursday, Friday and Saturday Preliminary sessions must be turned into the Clerk of Course by 6 PM on the evening prior to Preliminary session.

- All swimmers, should they intend on not returning for Finals for any reason, should properly scratch from all events without regard for placement.
- Time trials will not be offered.
- Prelims: Odd heats will start at the west end, even heats will start at the east end. Except all 50s will start at the east end.
- Finals: All events (including relays) except for the 50s, will start at the west end. All 50s will start at the east end.
- All 1500s events will start at the west end. If swimming 2 per lane, swimmers will start at both ends and must swim in the right-hand side of their lane, with respect to their starting end.

Scoring:

Individual events Championship Final: 20-17-16-15-14-13-12-11
 Individual events Consolation Final: 9-7-6-5-4-3-2-1
 Relay events: Double the points shown for individual events.

Awards*:

Individual awards: Custom medals 1st – 8th place events, Ribbons 9 – 16th place
 High Point Trophy: Custom trophies for high point boy/girl, 1st – 3rd in each age group.
 Relay awards: Custom medals for 1 – 3rd place relay teams, Ribbons for 4th – 8th place.
 Team awards: Custom trophies for 1st – 3rd place in 15 & Over, Age Group and Combined Teams.

Wednesday, July 25		
Prelims		
Warm-up 7:00 am – Start 8:30 am		
Finals		
Warm-up 4:00 pm – Start 5:00 pm		
1	13-14 400 Medley Relay **	2
3	Senior 400 Medley Relay **	4
10 Minute Break in Finals		
5	10-under 100 Freestyle **	6
7	11-12 100 Freestyle	8
9	13-14 100 Freestyle	10
11	Senior 100 Freestyle	12
13	10-under 200 IM **	14
15	11-12 200 IM	16
17	13-14 200 IM	18
19	Senior 200 IM	20
21	11-12 50 Butterfly	22
10 Minute Break		
23	11-12 200 Backstroke * +	24
25	13-14 1500 Freestyle * +	26
27	Senior 1500 Freestyle * +	28

Thursday, July 26**Prelims****Warm-up 7:00 am – Start 8:30 am****Finals****Warm-up 4:00 pm – Start 5:00 pm**

29	10-under 200 Medley Relay **	30
31	11-12 200 Medley Relay **	32
33	13-14 200 Medley Relay **	34
35	Senior 200 Medley Relay **	36
	10 Minute Break in Finals	
37	10 and under 100 Backstroke **	38
39	11-12 100 Backstroke	40
41	13-14 200 Backstroke	42
43	Senior 200 Backstroke	44
45	10-Under 100 Butterfly **	46
47	11-12 100 Butterfly	48
49	13-14 100 Butterfly	50
51	Senior 100 Butterfly	52
53	11-12 100 Breaststroke	54
55	13-14 100 Breaststroke	56
57	Senior 100 Breaststroke	58
59	10-Under 400 Freestyle ** +	60
61	11-12 400 Freestyle * +	62
63	13-14 400 Freestyle +	64
65	Senior 400 Freestyle +	66

Friday, July 27**Prelims****Warm-up 7:00 am – Start 8:30 am****Finals****Warm-up 4:00 pm – Start 5:00 pm**

67	10-Under 200 Freestyle Relay**	68
69	11-12 200 Freestyle Relay**	70
71	13-14 200 Freestyle Relay **	72
73	Senior 200 Freestyle Relay **	74
	10 Minute Break in Finals	
75	10-Under 200 Freestyle **	76
77	11-12 200 Freestyle	78
79	13-14 200 Freestyle	80
81	10-Under 50 Breaststroke **	82
83	11-12 50 Breaststroke	84
85	Senior 200 Freestyle	86
87	10-Under 50 Freestyle **	88
89	11-12 50 Freestyle	90
91	13-14 50 Freestyle	92
93	Senior 50 Freestyle	94
95	11-12 400 IM * +	96
97	13-14 400 IM +	98
99	Senior 400 IM +	100

Saturday, July 28**Prelims****Warm-up 7:00 am – Start 8:30 am****Finals****Warm-up 4:00 pm – Start 5:00 pm**

101	10-Under 400 Freestyle Relay **	102
103	11-12 400 Freestyle Relay **	104
105	13-14 400 Freestyle Relay **	106
107	Senior 400 Freestyle Relay **	108
	10 Minute Break in Finals	
109	10-under 100 Breaststroke **	110
111	11-12 200 Breaststroke *	112
113	13-14 200 Breaststroke	114
115	Senior 200 Breaststroke	116
117	10-Under 50 Backstroke **	118
119	11-12 50 Backstroke	120
121	13-14 100 Backstroke	122
123	Senior 100 Backstroke	124
125	10-Under 50 Butterfly **	126
127	11-12 200 Butterfly *	128
129	13-14 200 Butterfly	130
131	Senior 200 Butterfly	132

* Timed Finals in Preliminary Session

** Timed Finals in Final Session

+ Own Timers

Utah Age Group Championships Time Standards 2018

Girls			10 & Under	Boys		
SCY	SCM	LCM		LCM	SCM	SCY
34.70	38.52	39.33	50 FR	39.07	38.28	34.49
1:17.72	1:26.27	1:29.42	100 FR	1:28.25	1:24.87	1:16.46
2:56.30	3:15.69	3:20.99	200 FR	3:12.09	3:06.47	2:47.99
7:13.99	6:27.34	6:32.79	500 FR	6:29.79	6:23.77	7:09.99
41.07	45.59	46.69	50 BK	47.49	45.21	40.73
1:30.65	1:40.62	1:43.09	100 Bk	1:42.81	1:39.56	1:29.69
46.84	51.99	53.69	50 BR	53.29	51.71	46.59
1:43.44	1:54.82	1:58.18	100 BR	1:57.69	1:53.10	1:41.89
41.79	46.39	47.29	50 FL	45.99	44.94	40.49
1:39.09	1:49.99	1:52.99	100 FL	1:51.39	1:48.77	1:37.99
1:30.48	1:40.43		100 1M		1:39.22	1:29.39
3:15.59	3:37.10	3:43.19	200 1M	3:40.79	3:34.44	3:13.19
2:24.79	2:40.72	2:43.59	200 Fr Relay	2:41.59	2:38.05	2:22.39
5:28.79	6:04.96	6:11.99	400 Fr Relay	6:04.39	5:58.30	5:22.79
2:50.69	3:09.47	3:14.29	200 Med Relay	3:14.69	3:10.35	2:51.49
			400 Med Relay			

Girls			11 & 12	Boys		
SCY	SCM	LCM		LCM	SCM	SCY
30.11	33.42	34.11	50 FR	34.18	33.14	29.86
1:05.80	1:13.04	1:16.02	100 FR	1:15.47	1:12.58	1:05.39
2:26.24	2:42.33	2:47.70	200 FR	2:45.19	2:40.49	2:24.59
6:38.39	5:55.56	5:45.47	500 FR	5:40.00	5:45.83	6:27.49
13:44.69	12:16.04	12:29.19	1000 FR	12:15.19	12:03.09	13:30.19
23:07.29	23:35.04	23:55.39	Mile	23:25.29	23:04.64	22:37.49
35.20	39.07	40.36	50 BK	40.89	39.17	35.29
1:15.83	1:24.17	1:27.29	100 Bk	1:28.61	1:24.13	1:15.79
2:43.99	3:02.03	3:10.19	200 BK	3:06.49	2:57.92	2:40.29
39.99	44.39	45.49	50 BR	45.39	43.94	39.59
1:27.39	1:37.00	1:40.69	100 BR	1:38.49	1:34.89	1:25.49
3:08.59	3:29.33	3:35.91	200 BR	3:29.69	3:20.90	3:00.99
34.06	37.81	38.76	50 FL	38.69	37.95	34.19
1:18.29	1:26.90	1:28.49	100 FL	1:26.29	1:24.90	1:16.49
2:47.89	3:06.36	3:10.19	200 FL	3:07.69	3:02.03	2:43.99
1:16.48	1:24.89		100 1M		1:23.24	1:14.99
2:46.70	3:05.04	3:10.54	200 1M	3:09.29	3:02.25	2:44.19
5:56.79	6:36.04	6:48.29	400 1M	6:39.39	6:24.49	5:46.39
2:09.19	2:23.40	2:25.59	200 Fr Relay	2:23.19	2:18.96	2:05.19
4:42.39	5:13.45	5:21.59	400 Fr Relay	5:10.39	5:04.13	4:33.99
2:25.99	2:42.05	2:45.59	200 Med Relay	2:45.59	2:41.05	2:25.09

Girls			13 & 14	Boys		
SCY	SCM	LCM		LCM	SCM	SCY
27.64	30.68	31.83	50 FR	30.65	28.93	26.06
1:00.54	1:07.20	1:08.88	100 FR	1:06.30	1:03.34	57.06
2:12.04	2:26.56	2:33.79	200 FR	2:26.81	2:21.56	2:07.53
6:01.68	5:22.80	5:23.53	500 FR	5:23.99	5:10.97	5:48.43
13:01.79	11:37.75	11:41.99	1000 FR	11:13.99	11:03.92	12:23.89
21:42.32	22:08.37	22:23.09	Mile	21:27.39	21:08.05	20:43.19
1:07.96	1:15.44	1:20.29	100 Bk	1:18.29	1:14.25	1:06.89
2:28.77	2:45.13	2:54.36	200 BK	2:49.69	2:41.94	2:25.89
1:19.55	1:28.30	1:31.27	100 BR	1:28.09	1:23.90	1:15.59
2:53.57	3:12.66	3:17.69	200 BR	3:11.59	3:03.80	2:45.59
1:10.91	1:18.71	1:21.09	100 FL	1:15.49	1:13.69	1:06.39
2:37.89	2:56.69	2:59.49	200 FL	2:49.19	2:43.16	2:26.99
2:29.77	2:46.24	2:53.90	200 IM	2:49.59	2:41.12	2:25.15
5:26.32	6:02.22	6:17.68	400 IM	6:04.69	5:51.35	5:16.53
2:01.39	2:14.74	2:19.79	200 Fr Relay	2:12.79	2:07.86	1:55.19
4:29.19	4:58.80	5:03.19	400 Fr Relay	4:48.79	4:39.26	4:11.59
2:17.29	2:32.39	2:35.59	200 Med Relay	2:25.05	2:21.85	2:07.79
5:01.99	5:35.21	5:41.69	400 Med Relay	5:18.39	5:11.90	4:40.99

2018 LC State Championship Senior Time Standards

SCY	SCM	LCM	Senior	LCM	SCM	SCY
:26.21	:29.09	:29.89	50 FR	:27.06	:26.26	:23.66
:57.00	1:03.27	1:04.87	100 FR	:58.06	:56.46	:50.86
2:04.80	2:18.53	2:21.73	200 FR	2:08.06	2:04.86	1:52.49
5:45.54	5:01.99	5:08.39	500 Fr	4:40.99	4:34.59	5:14.83
12:17.47	10:45.39	10:58.19	1000 Fr	10:16.09	10:03.29	11:30.30
20:01.95	21:01.99	20:25.99	Mile	19:35.69	19:11.69	19:12.64
1:06.49	1:13.80	1:15.00	100 BK	1:08.51	1:07.31	1:00.64
2:26.79	2:42.94	2:45.34	200 BK	2:33.19	2:30.79	2:15.85
1:16.74	1:25.18	1:27.18	100 BR	1:19.19	1:17.19	1:09.54
2:46.77	3:05.11	3:09.11	200 BR	2:59.69	2:55.69	2:38.28
1:05.53	1:12.74	1:14.14	100 FL	1:05.97	1:04.57	:58.17
2:34.95	2:51.99	2:54.79	200 FL	2:41.29	2:38.49	2:22.78
2:23.44	2:39.22	2:42.42	200 IM	2:30.49	2:27.29	2:12.69
5:20.89	5:56.19	6:02.59	400 IM	5:32.49	5:26.09	4:53.77
1:55.69	2:08.42	2:12.29	200 Fr R	1:58.09	1:53.99	1:42.69
4:10.29	4:37.82	4:46.09	400 Fr R	4:17.89	4:08.52	3:43.89
2:08.49	2:22.62	2:26.59	200 MR	2:14.79	2:09.64	1:56.79
4:45.99	5:17.45	5:24.29	400 MR	4:53.39	4:37.82	4:10.29