

# Northwest Zone LCM Championship Meet Bid Information

## Order of Events and Format

1. Order of Events: The published order of events shall be as listed on the NW Zone Championship order of events noted in attachment A of the NW Zone Policies. The various orders of events based on quadrants shall rotate each year. Each quadrant shall be kept intact and any deviation from the quadrants must be approved in advance by a vote of the NW Zone LMSCs. If the Zone Championship and an LMSC Championship are held in conjunction, the Zone order of events shall take precedence, unless another order is approved by a vote of the NW Zone LMSCs. The required order of events for the Northwest Zone LCM Championships can be found on page 6 of the NW Zone Policies.
2. Time Considerations: Meet hosts are encouraged to consider travel time for participants when scheduling the meet. Meet hosts should consider allowing significantly slower swimmers to swim through two heats in distance events to save overall meet time.
3. Distance Freestyle Events: During a pool championship, the 800 & 1500 meter freestyles shall always be offered. At the discretion of the meet director, swimmers may be allowed to enter only one or both of the distances. Elimination of any one of these events must be approved in advance by a vote of the NW Zone LMSCs. One or both of the distance freestyle events may be offered on Friday night, if you choose.
4. Individual Medley Events: Individual medley events may be fit into any of the possible spots. The 400 individual medley may be scheduled on Friday night. Individual medleys are separated from quadrants by relays & breaks (the break or relay may be before or after the individual medley).
5. Relays: Championship pool meets shall offer all relay distances. Upon a request by the meet director and approval by vote of the NW Zone LMSCs, the 400 or 800 relays may be dropped due to time constraints and pool availability. Relays can fit into any of the spots shown. Breaks may be scheduled before and/or after relays at the option of the host.
6. Warm-ups & Breaks: A second warm-up after early morning distance freestyle may be added. Entry forms should indicate, "Event \_\_\_ to begin no earlier than \_\_\_\_\_ a.m. or \_\_\_\_\_ p.m." A break may be scheduled before distance freestyle events at the end of the day.
7. Seeding: Pre-seeding or deck seeding at NW Zone Championships is at the discretion of the meet director. If the meet is to be deck seeded, it must so state on the entry form. If the meet is deck seeded, the event and heat number for each heat in the water must be displayed in a location easily seen by the participants. If the meet is deck seeded a heat sheet should be posted for each event prior to the swimming of the event. Events may be seeded slow-to-fast or fast-to-slow; however, all events within the meet must be seeded the same way.

## Safety Marshals

Safety marshals shall be provided by the meet host. There shall be at least two marshals on deck during all warm-up sessions and one marshal observing warm-up lanes during competition. Marshals shall be familiar with warm-up and safety procedures (USMS and LSMC) and shall enforce such procedures throughout the course of the meet. Each marshal shall be easily identifiable as a safety marshal by an item of clothing or other means. Facility lifeguards may be trained to act as safety marshals.

## Awards

The host LMSC of each NW Zone Championship is responsible for distributing awards for that event. The zone shall provide awards to the championship host at no cost.

## Scoring

There shall be no LMSC, club or team scoring.

**Meet Results**

Ensure that meet results are posted and available to the Zone Chair within 10 days of its completion.  
Ensure that meet results are sent to the USMS Top Ten Recorder prior to the deadline of August 31.