



# Central Zone Senior Championships August 5 - 8, 2010

Bismarck State College Aquatic and Wellness Center  
1601 Canary Avenue, Bismarck, North Dakota 58503

## Sanctioned By:

North Dakota Swimming, on behalf of USA  
Swimming  
Sanction Number pending for pool and open  
water events

## Hosted By:

Aquastorm Swim Team

## The Facility

This year's Central Zone Senior Championships will be held at the new Bismarck State College Aquatic and Wellness Center. The facility features:

- 50 meter/25 yard eight-lane competition pool
- Diving bay with two (2) one meter and two (2) three meter diving boards
- Water depths of seven feet at the start and 13.5 feet at the turn
- A state-of-the-art integrated video scoring system
- Spectator seating for 750
- 25 yard six-lane recreational pool
- Lane lines divide each lane

## Entry Procedure

Current USA Swimming and Central Zone rules will govern the Meet. All entries must be submitted using USA Swimming OME (online meet entry) at [usaswimming.org/ome](http://usaswimming.org/ome). Online entries must be paid with Visa, MasterCard, American Express, or Discover. To pay by check please contact Charlie Jeske at [c.jeske@hotmail.com](mailto:c.jeske@hotmail.com) for payment instructions. Entries are not considered accepted until payment method is validated.

## Entry Dates

12:01 a.m., CDT., June 7 - 11:59 p.m. CDT.,  
Sunday, August 1.

A confirmation email will acknowledge posting of entries. Entrants are responsible for following up if acknowledgement is not received. The Club may update their OME entry at any time prior to the deadline. Once entries are paid for, times can be modified and events can be added, but events cannot be deleted.

Updates for improved seed times will be allowed on the OME system through Monday, August 2, 6 a.m. CDT to 6 p.m. CDT.

## Hotels

Ramkota Hotel and Conference Center  
800 South Third Street  
(701) 258-7700

Radisson Hotel Bismarck  
6th & Broadway  
(701) 255-6000  
(800) 395-7046

For your convenience, a block of rooms has been reserved under the name "Central Zone Swimming." For information on overflow hotels, please contact Lori Schneider at the Bismarck Mandan Convention and Visitor's Bureau at (701) 222-4308 or (800) 767-3555.

**Contact Information:** Complete meet information will be available at [www.bismarckaquatics.com](http://www.bismarckaquatics.com). If you have questions or concerns regarding the 2010 Central Zone Senior Championships, please contact Loic Joseph at (701) 751-4272 or [loicjoseph@hotmail.com](mailto:loicjoseph@hotmail.com).