



**Long Course Senior Zone Championship
 Meet Hosted by: STAR Swimming Erie
 Community College
 121 Ellicott Street Buffalo, NY 14203
 August 6-9, 2015**

ONLY open to Eastern Zone Swimmers

Held under the Sanction of USA Swimming, through Niagara
 Swimming, Sanction Number **NI 1415-224**
 Time Trial Sanction Numbers **NI 1415-225**

Preliminaries- 9:00am Women's Events		Finals- 5:00pm Men's Events
Day 1- Thursday, August 6		
1	200 meter Individual Medley	2
3	100 meter Freestyle	4
5	100 meter Breaststroke	6
7	1500 meter Freestyle	
	800 meter Freestyle	8
9	200 meter Freestyle Relay	10
Day 2- Friday, August 7		
11	200 meter Freestyle	12
13	100 meter Butterfly	14
15	400 meter Individual Medley	16
17	400 meter Freestyle Relay	18
Day 3- Saturday, August 8		
19	200 meter Butterfly	20
21	100 meter Backstroke	22
23	400 meter Freestyle	24
25	800 meter Freestyle Relay	26
Day 4- Sunday, August 9		
27	200 meter Backstroke	28
29	50 meter Freestyle	30
31	200 meter Breaststroke	32
33	800 meter Freestyle	
	1500 meter Freestyle	34
35	400 meter Medley Relay	36

Notes:

1. The 800 and 1500 Freestyle events and ALL relay events are positive check-in events. Swimmers/Teams must check-in with the Clerk of Course by the scratch deadline for that event in order to be seeded.
2. RELAYS are Timed Final Events with the fastest two heats swimming in finals.
3. The 800 and 1500 DISTANCE EVENTS are Timed Final Events with the fastest heat swum in finals, and all other heats swum as indicated in the meet info. In prelims distance events on Thursday will start after relays.

Administrative Information:

Meet Referee: Bob Rustin Bob.A.Rustin@USA.dupont.com
 Meet Directors: Sheila Studebaker ssstudebaker@msn.com 585-205-0558
 Steve Kottakis starentries@gmail.com
 Admin Referees: TBD
 Niagara Officials Chair: Jim Stromski jrstromski@gmail.com
 STAR Officials Contact: Lynda Blake LJBlake2000@yahoo.com

Meet Marshals shall be provided by STAR Swimming in accordance with the requirements of Niagara Swimming. The Head Marshal for this meet will be Lynda Blake.

Facility Information:

Eight-lane 50-meter pool with continuous flow through gutters and Kieffer-McNeil lane dividers. One 50 meter eight lane pool and separate 25 yard six lane pool for continuous warm-up and cool-down. Colorado 5000 Electronic timing System with gutter mounted touchpads, horn starts and scoreboard readouts at each end of pool. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 7' at turn end pool is 9'6" in depth.

FACILITY SCHEDULE (tentative)

	Warm-Up	Prelims	Warm-Up	Finals
Wednesday	General Meeting 4:00pm		General Warm-up 2:00pm to 7:00pm	
Thursday	7:00a-8:50a	9:00a	3:30p-4:45p	5:00pm
Friday	7:00a-8:50a	9:00a	3:30p-4:45p	5:00pm
Saturday	7:00a-8:50a	9:00a	3:30p-4:45p	5:00pm
Sunday	7:00a-8:50a	9:00a	4:00-4:45p	5:00pm

The Pool will tentatively be open until 9:00pm to allow for cool down, or 30 minutes after the last event, whichever is later.

DECK ADMITTANCE

All participating swimmers, coaches, and working officials will be issued deck credentials. These must be worn at all times. Please use designated pool entry areas.

REGISTRATION AND CREDENTIALS

Coach packets and credentials for athletes, coaches and officials will be available in the entrance area on the lower pool level. Credentials must be visible at all times when on deck. \$10 will be charged for replacement of badges.

USA Swimming Membership

All swimmers, coaches, and officials must be current 2015 members of USA Swimming. Any team or individual entering a swimmer without a current USA Swimming membership may be subject to a \$100 per swimmer fine. There will be NO deck registration.

ADMISSIONS AND HEAT SHEETS

Admission is \$5.00 per person per session. Heat sheets are \$5.00 prelims and \$2.00 finals per session.

OFFICIALS CERTIFICATION

Certified officials wishing to work the meet should submit applications to the Eastern Zone Officials Chairman by July 24, 2015 for all positions. Assigned Officials will be notified. The application form can be found at:

[Application to Officiate](#)

**The meet is approved as an Officials Qualifying Meet for all positions under the National Officials Certification Program. Those officials desiring initial certification or re-certification evaluations above the LSC level should designate the request on the Application to Officiate.

GENERAL MEETING

A General Meeting will be held on Wednesday at 4:00pm. If necessary, additional coach's meetings will be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coach's meetings (Rule 207.11.1C). Coaches are responsible for all information from these meetings including changes in the meet conduct, and the decisions made at this meeting.

OFFICIALS BRIEFINGS

The Initial Officials Briefing will be at 7:30am on Thursday August 6, 2015. All other Officials Briefings will start 1 hour prior to the start of the session.

Meet Information:

Prelims Events	Aug 7, 8 & 9	9:00 am
Finals Events	Aug 6, 7, 8 & 9	5:00 pm
Time Trial Events	Aug 6, 7, 8 & 9	½ Hour after conclusion of prelims, time permitting

SCRATCH AND POSITIVE CHECK-IN PROCEDURES

The USA Swimming Scratch Policy Rule 207.11.6 A-E will apply through the meet.

Scratches from finals shall be made with the Administrative Referee. All other scratches shall be made in the Scratch Box, which shall be located at the meet check-in table until the General Meeting, at the General Meeting, then at the Clerk-of-Course.

All relays and distance events (800 Free, 1500 Free) **must** be checked in with the Clerk of Course. Both the Scratch Deadlines and Positive Check-In Deadlines for all events will be as follows:

Thursday Events:	15 minutes after the General meeting ends on Wednesday August 5th - to be posted no later than 8pm.
Friday Events:	5:30pm Thursday Evening
Saturday Events:	5:30pm Friday Evening
Sunday Events:	5:30pm Saturday Evening

RULES

USA Swimming Rules will govern this competition. This includes the current national Championship rules including scratch rules (Section 207.11).

In compliance with USA-Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms.

The practice of deck changing is prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being Proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Manager and/or Meet Referee.

ELIGIBILITY

The Long Course Senior Zone Championship Meet is open to any registered USA Swimming athlete with a meet qualifying time. Qualifying times must have been achieved in USA Swimming sanctioned, approved, observed competition from January 1, 2014 through the meet entry deadline.

SEEDING ORDER

LC Meters, SC Meters, SC Yards

Entry Information:

TIME STANDARDS

See the attached qualifying times and bonus qualifying times.

ONLINE MEET ENTRY

All entries must be submitted through USA Swimming's website using OME (Online Meet Entry). All coaches planning on attending the meet MUST be included with the entry for the confirmation of coach credentials prior to receiving coach's packet or deck credentials. Any coach not on the original entry MUST show proof of current credentials proper to receiving the coach's packet or deck credentials (no exceptions).

ENTRY DEADLINE

Entry deadline July 28, 2015 at 11:59pm (EST). OME will open for this meet on May 31, 2015 at www.usaswimming.org/ome

TIMES ACHIEVED AFTER July 28, 2015

Additional entries from meets occurring between July 29, 2015 and August 2, 2015 are due by 10:00pm (EST) on Monday August 4, 2015. These entries must be submitted to the host club via email only, using a Hy-Tek entry file. These entries should be emailed directly to STARentries@gmail.com. This is for athletes achieving first time cuts during this specific time period. All other entries must use the on-line entry procedure. For those entry times achieved between July 29, 2015 and August 2, 2015 coaches shall be required to produce official meet results to prove their entry times.

Payment for the entries must be received at the pre-meet coaches meeting (NO EXCEPTIONS) on Wednesday, August 5, 2015. If payment is not received at this time, these entries will be scratched from the meet. Please remember that this "late entry period" is for **new** qualifying times that occur between July 29, 2015 and August 2, 2015. Once the OME deadline passes no time updates are permitted.

PROOF OF TIME:

Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) or times achieved during the late qualifying period must be prepared to prove the times with a copy of the official meet results.

Any time listed in the Psych Sheet with an “ * ” indicates that the time has not been proven yet.

QUESTIONS REGARDING OME

USA Swimming On-Line Meet Entry Questions contact:

Anthony Buhr

Office: 719-866-3581

www.usaswimming.org/ome

ENTRY INSTRUCTIONS

Payment for entries using OME is accepted using Visa, MasterCard, American Express, or Discover. After you complete your online entry, you will be sent confirmation via e-mail. Please verify that this confirmation e-mail includes all swimmers and entries (inc. relay-only swimmers). Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial July 28, 2015 entry deadline. Once you have paid for your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database. Times must be entered in the proper course in which achieved, converted times will not be accepted. Times other than Long Course Meters will be treated as “non-conforming” and will be seeded according to USA Swimming procedures. *Do not convert times before entering them.* Entries that have NOT used the OME entry process will not be accepted, except for those times achieved during the extended entry period (July 29, 2015 – August 2, 2015). These times must be submitted using Hy-Tek Team Manager. No fax entries will be accepted at any time. Email scratch from the entire meet and for individual events will be allowed- please contact the Admin Referee and Meet Director.

***NOTE: Teams using Team Unify during the extended entry period, July 29, 2015 – August 2, 2015, must submit an entry report with their entry file.

Meet Manager does not import the bonus marker from Team Unify, and entry times will be rejected

ENTRY FEES

\$12.50 per individual event, \$12.50 per bonus event, \$25 per relay, there is also a \$10.00 per swimmer Swimming Surcharge.

EVENT LIMITATIONS

Swimmers may enter any number of events in which he/she has qualified, but may not compete in more than three (3) individual events per day, and a total of seven (7) for the meet. Each team is allowed to enter up to two (2) relays in each event. At least one (1) swimmer swimming on each relay must be entered in the meet in an individual event.

A/B Flight Format: Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an “A/B Flight” format. If adopted, details of the procedure, including the number of heats of each event swum in the “A Flight” session, will be announced at the General Meeting.

Final Results and Live results

Complete meet results (including the meet manager results for TM and backup files) will be available on both the Eastern Zone and Niagara websites after the meet. Live results will be available at www.starswimming.org

BONUS EVENTS

Swimmers making 1 Qualifying Time	3 Bonus Event
Swimmers making 2 Qualifying Times	2 Bonus Events
Swimmers making 3 Qualifying Times	1 Bonus Event
Swimmers making 4 or more Qualifying times	0 Bonus events

Limits on daily individual events three (3) and total meet events (7) will still apply. Bonus events are seeded last. ****FOR DISTANCE EVENTS:** There shall be no bonus swims for the 800 Freestyle or the 1500 Freestyle except for the following condition: Any swimmer achieving a qualifying time in the 800 or 1500 freestyle may choose to enter the other distance event as a bonus entry, not to exceed the event limitations. ******

MEET CONDUCT:

All events, except the 800 and 1500 Freestyle and relay events, will be conducted with preliminary and C, B, and A (Bonus, Consolation, and Championship) final heats. The 800 Free, 1500 Free and all relays are timed final events requiring positive check-in.

All distance swims **MUST** positively check-in and declare their intent to swim by the scratch deadline for that day's events **TO BE SEEDED**.

RELAYS AND RELAY CHECK-IN PROCEDURES:

Relays are timed final events. The fastest two heats will swim with finals during the evening session. Teams are limited to 2 relay entries in each relay event. All relays must be positively checked-in by the appropriate scratch deadline in order to be seeded. In order to be eligible, all relays must have at least one swimmer who is entered in a non- bonus individual event. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. The Sunday Relay Rule will be in effect for Sunday Relays. Remaining heats will swim with preliminaries during the morning sessions.

MEET SCORING:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual Scores	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay Scores	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Distance Freestyle:

A. Distance Entry - Any swimmer who qualifies for the 800 and/or 1500 freestyle events may enter at their fastest time or at the time standard, if entered in two or more events on the days of the distance freestyle

B. Distance Check-In and Seeding - Entrants in the 800 and/or 1500 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before, except for Thursday's events, which will be published by 8 PM on Wednesday. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest

C. Order of Distance Events

Thursday events (W 1500 & M 800) will swim, with only the fastest (single) heat swum in the final session. All other heats are to swim immediately following the last morning event (Men's 100 Free Relay). Both events will swim **fastest to slowest**. The heats swum in the morning will alternate between the Women's and the Men's events in the following pattern:

Second fastest women's heat 1st, Second fastest men's heat next, Third fastest women's heat 3rd, Third fastest men's heat 4th and continuing until all heats are swum

---In Finals the events will swim in numerical order.

Sunday events (W 800 & M 1500) will swim, with only the fastest (single) heat swum in the final session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end at 4pm. Both events will swim **slowest to fastest**. The heats swum in the afternoon will alternate between the Women's and the Men's events in the following pattern:

Second fastest men's heat last, Second fastest women's heat next to last, Third fastest men's heat third from last, Third fastest women's heat fourth from last, continuing until all heats are swum
---In Finals the events will swim in numerical order.

FINALS EVENT ORDER

There will be a bonus final in each Prelim - Final event. The order of the final events shall be C, B, and A (bonus, consolation, and championship). Finals Scratch Rules applies to C, B and A Finals (207.12.6.D)

Bios will be used for the A Finals. Finals will be swum D C B A. The D heat is reserved to the next fastest 18 and younger athletes. We shall only swim a D heat if the athlete count is above 600 in individual events, relay only swimmers do not count towards the athlete count.

FINES

The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any Swimmer in the initially announced top 26 (top 24 plus 2 alternates) that does not show up to compete (without properly scratching) will be subjected to a \$50 fine. Checks will be made out to the Eastern Zone.

TIME TRIALS

Time trials will be offered each day, time permitting.

All time trials will be seeded by time and will start approximately 30 minutes after the conclusion of the preliminaries session on Thursday, Friday, Saturday and Sunday (time permitting each day).

Time trials may be seeded with mixed events and genders in heats with no open lanes. Events longer than 200 meters may be similarly combined regardless of distance.

Time trials are open to all swimmers entered into the meet, including relay only swimmers.

Each swimmer is limited to a maximum of two time trials during the meet. ***Athletes may be permitted to participate in more than two time trials, at the discretion of the Meet Referee, based upon the size of the meet. This will be announced at the General Meeting.*** Also, please be aware that time trials count towards the daily maximum of three events.

Registration for time trials will close at 10:00 am on Thursday, Friday, Saturday and Sunday, unless otherwise announced at the General Meeting.

Time trials will end no later than 4:00pm on each day. Time trials on Sunday will end 30 minutes prior to the start of the heats of the Women's 800 Free/Men's 1500 Free. Swimmers must supply own timers and counters (if needed). The 800/1500M Free will only be swim only one day (TBD)

Entry Fee for Time Trials

\$15 per individual event entry

\$25 per relay event entry

TEAM AWARDS

The top 3 teams in Women's and Men's Scoring, and the 1st, place Combined Team will receive awards.

INDIVIDUAL AND RELAY AWARDS

Medals: 1st, 2nd, 3rd place for both Individual Events and Relay Events

AWARDS CEREMONIES AND READY ROOM

Swimmers competing in the A final events are expected to report to the Ready Room area no more than 10 minutes prior to their event. The A finalists are expected to remain in the Ready Room until the march-out for their event. Awards will be presented during the evening finals. A full sequencing of awards will be published with the heat sheet for each finals session.

POOL ACCESS

Only working USA Swimming Registered Officials, Coaches, Swimmers, and meet volunteers will be permitted on the pool deck. Credentials will be provided and must be shown to gain access and should be visible while on the deck. \$10 will be charged for the replacement of these credentials. No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the athlete must be assigned a supervising coach per USA Swimming Rule 202.3.2. Arriving with a fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a supervision form before a credential can be issued.

CHECK-IN

Plan to arrive in time for the General Meeting. **You are responsible for all business conducted at this meeting.** If for any reason, you cannot attend, make arrangements to find out what occurred.

COACH'S PACKET

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$45 that will contain a general admission pass, heat sheets, a psych sheet, team roster, and a set of final results. The packet is available during regular registration hours. Contact the Meet Director to request a packet.

WARM-UP PROCEDURE

Current Niagara Swimming and USA Swimming rules govern all aspects of the warm-up. No diving, and feet first entry is required, except in designated lanes and times.

Warm-up procedures are as follows and they will be posted on deck:

- General warm-up all lanes until 40 minutes prior to meet start, then lanes 3-6
- Sprint lane (2) or lanes (2 & 7) as needed from 40 minutes prior to meet start
- Pace lanes 1 & 8, 40 minutes prior to meet start
- Clear pool 10 minutes prior to meet start
- ***Training equipment not allowed during the last hour of each warm-up session.

MEET JURIES

The Meet Juries shall be announced by the Meet Referee at the General Meeting. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone other than registration personnel. The fee is refundable if the protest is upheld. (207.11.4 & 207.11.5)

Long Course Senior Zone Championship Meet
ONLY open to Eastern Zone Swimmers

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.89	28.09	25.29	50 Freestyle	22.69	25.19	25.99
1:01.79	1:00.19	54.19	100 Freestyle	49.29	54.79	56.39
2:12.89	2:09.69	1:56.79	200 Freestyle	1:47.29	1:59.09	2:02.29
4:41.59	4:35.19	5:10.39	400/500 Freestyle	4:50.39	4:17.29	4:23.69
9:42.59	9:29.79	10:43.79	800/1000 Freestyle	10:06.49	8:57.09	9:09.89
18:36.29	18:12.29	18:00.99	1500/1650 Freestyle	16:50.59	17:01.49	17:25.49
1:08.39	1:07.19	1:00.49	100 Backstroke	55.29	1:01.39	1:02.59
2:27.99	2:25.59	2:11.09	200 Backstroke	2:00.19	2:13.49	2:15.89
1:18.59	1:16.59	1:08.99	100 Breaststroke	1:02.59	1:09.49	1:11.49
2:50.79	2:46.79	2:30.19	200 Breaststroke	2:16.19	2:31.19	2:35.19
1:07.59	1:06.19	59.59	100 Butterfly	54.39	1:00.39	1:01.79
2:30.79	2:27.99	2:13.29	200 Butterfly	2:01.99	2:15.49	2:18.29
2:30.29	2:27.09	2:12.49	200 Individual Medley	2:00.59	2:13.89	2:17.09
5:17.19	5:10.79	4:39.99	400 Individual Medley	4:16.69	4:44.99	4:51.39
1:57.79	1:56.19	1:44.59	4 X 50 Free Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 X 100 Free Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 X 200 Free Relay	7:22.39	8:06.69	8:14.79
4:44.09	4:40.29	4:12.29	4 x 100 Medley Relay	3:46.99	4:15.59	4:19.69

Times achieved in sanctioned, approved or observed competition since January 1, 2014.

Long Course Senior Zone Championship Meet Bonus Event Qualifying Times

ONLY open to Eastern Zone Swimmers

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.39	28.59	25.79	50 Freestyle	23.19	25.69	26.49
1:02.79	1:01.19	55.19	100 Freestyle	50.29	55.79	57.39
2:14.89	2:11.69	1:58.79	200 Freestyle	1:49.29	2:01.09	2:04.29
4:45.59	4:39.19	5:15.39	400/500 Freestyle	4:55.39	4:21.29	4:27.69
9:42.59	9:29.79	10:43.79	800/1000 Freestyle	10:06.49	8:57.09	9:09.89
18:36.29	18:12.29	18:00.99	1500/1650 Freestyle	16:50.59	17:01.49	17:25.49
1:09.39	1:08.19	1:01.49	100 Backstroke	56.29	1:02.39	1:03.59
2:29.99	2:27.59	2:13.09	200 Backstroke	2:02.19	2:15.49	2:17.89
1:19.59	1:17.59	1:09.99	100 Breaststroke	1:03.59	1:10.49	1:12.49
2:52.79	2:48.79	2:32.19	200 Breaststroke	2:18.19	2:33.19	2:37.19
1:08.59	1:07.19	1:00.59	100 Butterfly	55.39	1:01.39	1:02.79
2:32.79	2:29.99	2:15.29	200 Butterfly	2:03.99	2:17.49	2:20.29
2:32.29	2:29.09	2:14.49	200 Individual Medley	2:02.59	2:15.89	2:19.09
5:21.19	5:14.79	4:43.99	400 Individual Medley	4:20.69	4:48.99	4:55.39
1:57.79	1:56.19	1:44.59	4 X 50 Free Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 X 100 Free Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 X 200 Free Relay	7:22.39	8:06.69	8:14.79
4:44.09	4:40.29	4:12.29	4 x 100 Medley Relay	3:46.99	4:15.59	4:19.69

Bonus events:

Make 1 individual event receive 3 bonus event.

Make 2 individual events receive 2 bonus events.

Make 3 or more individual events receive 1 bonus event,

Make 4 or more individual events receive 0 bonus events, not to exceed daily and meet limits.

No Bonus swims for the 800M or 1500M unless you qualify for one event distance event 800M or longer you may swim the other distance event, if you so choose.