

EASTERN ZONE LONG COURSE AGE GROUP CHAMPIONSHIP

Hosted by Poseidon Swimming

AUGUST 7 - 10, 2013

Held under the Sanction of USA Swimming

Sanctioned by Virginia Swimming

Sanction # VS-13-73

LOCATION	<p>The meet will be held at the Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, Va. 23234.</p> <p>USA Swimming, Inc., Eastern Zone Swimming, Virginia Swimming, Inc., Poseidon Swimming, and Collegiate School Aquatics Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</p>
FACILITY	<p>POOL: The Collegiate School Aquatics Center houses the 2008 US Olympic Trials pool. The competition pool is an indoor 8-lane, 50-meter pool with non-turbulent lane lines swum bulkhead to bulkhead. Pool depth is 7 ft 7 in. at the ends and 8 ft 2 in. in the center.</p> <p>Omega starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. Full color LED scoreboard will be used. The competition course has been certified in accordance with USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming and the Poseidon Offices.</p> <p>A separate, 6-lane, 25-yard pool will be available for continuous warm-up/warm-down.</p> <p>PARKING: Available in parking areas around the Natatorium.</p> <p>FOOD: A limited selection of food and swimming apparel will be available for spectators and swimmers throughout the meet.</p>
MEET DIRECTOR	Bob Rustin 804-387-8736 bob.a.rustin@usa.dupont.com
LOCAL HOST COORDINATORS	Marla Shreve, 804-447-2487, Cell-804-667-6335 admin@poseidonswimming.com
MEET REFEREE	Kevin Hogan 434-962-7529 Hogan.Kevin.T@gmail.com
MEET ENTRIES	Marla Shreve, 804-447-2487 – entries@poseidonswimming.com
OFFICIALS	Certified USA Swimming officials interested in working at the meet should contact the Meet Referee, Kevin Hogan at Hogan.kevin.T@gmail.com

	An Application to Officiate will be posted on the Eastern Zone website.
VOLUNTEERS	Each LSC will be responsible to provide at least two (2) timers for EACH preliminary session. Lane assignments will be provided to the Team Manager. LSCs are encouraged to provide timers for the Finals session each night.
ELIGIBILITY	<p>Competition is restricted to swimmers registered with one of the 12 LSCs in the Eastern Zone. Each swimmer must be a 2013 USA Swimming registered athlete in the LSC which he/she represents. On-site registration will not be accepted at this meet. Each swimmer must be entered by the LSC prior to the entry deadline. Swimmer's age as of August 7, 2013, determines their age group for the entire meet.</p> <p>Each LSC may enter all swimmers who have achieved the time standard. If an LSC does not have two (2) swimmers who have achieved the time standard in an individual event, the LSC may enter no more than two (2) swimmers in that event. These swimmers shall be entered with their actual time.</p> <p>All entry times must be the swimmer's actual time achieved in LC meter only. Converted time will not be accepted. Times must have been achieved between August 5, 2012 and July 31, 2013.</p>
ATHLETE AND SPECTATOR SEATING	There are multiple bleachers around the pool deck for athlete seating. Spectator seating is in the mezzanine area which seats 700. A tent will be available around the side of the pool with seating for team meals, etc.
MAXIMUM QUALIFYING TIMES	Please see the table on page 14 for the maximum qualifying times for each Zone event, as well as more information on these times.
ENTRY LIMITATIONS	<p>All entry times must be LC Meters. NT entries will not be accepted for individual events.</p> <p>Each swimmer may enter a total of six (6) events in the meet, exclusive of relays, and may not exceed three (3) individual events per day.</p> <p>Relays must be made up of swimmers competing in the meet in individual events. 'Relay only' swimmers are NOT allowed.</p> <p>Individual swimmers MUST enter through their LSC.</p>
ADAPTED SWIMMERS / SWIMMERS WITH DISABILITIES	Each LSC may bring two (2) swimmers with disabilities age 12 & under, and two (2) swimmers age 13- 18 to the meet. These adapted swimmers are in addition to the swimmers who have qualifying times for the meet events. Each LSC may select the adapted swimmers at their own discretion. All adapted swimmers competing in the meet will receive participation medals.

	<ul style="list-style-type: none"> • Swimmers with disabilities may compete without having achieved the qualifying standard for their age group; however, they must provide a time for each event they enter. Swimmers with disabilities shall be entered on the form included on page 15. This information can be e-mailed, but ALL of the information on the entry form must be included in the e-mail. The classification of swimmer with a disability is irrelevant. • Swimmers with disabilities may compete in Finals, earn awards and score points for their team in the same manner as the able-bodied swimmers. • It is the responsibility of the swimmer, or his / her coach, to inform the Meet Referee of any disability-related accommodations he /she may need in order to compete. In addition, this information must be given in advance of the meet on the entry form. The Meet Referee shall determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them. • Aside from the norm, the meet staff has the ability to seed the swimmer with a disability in a number of ways. These options include: seed the swimmer with others of the appropriate gender, allowing the swimmer to compete half the distance of their age group (swim the 100 meter. backstroke during the 200 meter. backstroke race), or swim with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 15 year old swimmer with a disability could swim the 100 meter freestyle with the 10 & U age group). The final meet result will show the swimmer with a disability listed in the correct age and event, regardless of where he / she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured and the light can not be repositioned. • It is the responsibility of the USA Swimming Adapted Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer’s responsibility to complete and submit an application for an American Record, should one be set.
ENTRY FEES	Individual events are \$8.00 per entry, and relays are \$10.00 per entry.
SWIMMER SURCHARGE	There is a \$5 per swimmer meet surcharge. This will cover the cost of renting a tent to provide shade for the swimmers around the outdoor refreshment area during the course of the meet.
HOW TO ENTER	<p>All entry times MUST be in LC Meters. Entries should be completed using Team Manager or other third party software capable of generating an SDIF file. Send the CL2, HY3, or SDIF file as an e-mail attachment to the Meet Entry officer Marla Shreve, 804-447-2487 – entries@poseidonswimming.com. A PDF of the entry report should be sent with the e-mailed file.</p> <p>Entry checks should be made payable to Virginia Swimming. Mail the entry fee</p>

	<p>check and entry certification form to - Bill Geiszler 1407 Dulles Court Richmond, VA 23235 (804) 745-1248</p> <p>Please request 'waiver of signature' if using a delivery service that provides one.</p> <p>Individual swimmers MUST enter through their LSC. No fax or phone entries will be accepted.</p> <p>The submission of an entry by an LSC represents a contract between the entering LSC and the host LSC. Entry in this meet represents the entering LSC's intention to comply with the rules and regulations of the meet as stated.</p> <p>NO DECK ENTRIES WILL BE ACCEPTED FOR THIS MEET.</p>
ENTRY DEADLINE	<p>All entries must be received by 7:00 PM, July 31, 2013. Fees must be received within seven (7) days of the entry deadline. No late entries will be accepted.</p>
PROOF OF TIME	<p>Each LSC is responsible for proof of time for its entry and must provide written certification with their entries, via a LSC Officer's signature, attesting to the accuracy of those entries. See page 16 of the meet information.</p> <p>After the meet, the Zone Championship Coordinator will conduct an audit of entry times vs. meet results; based on the results of this audit, an LSC may be required to provide proof of time for selected swims, if not already proven. Proof of time has been defined as a time included in the SWIMS database, or which can be proven by official meet results (including the cover sheet). Failure to prove a time will result in a fine of one hundred dollars (\$100) per swim and the LSC will be responsible for paying the fine. Failure to pay the fine will result in exclusion from future EZ Meets.</p>
START PROCEDURES	<p>With the exception of the evening's Finals session, 'fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.</p>
SUBSTITUTIONS	<p>Each LSC is entitled to substitutions only in the event that fewer than two (2) swimmers from that LSC would remain to compete in an event.</p> <p>Only swimmers already entered in the meet can be used as substitutes. The entry deadline for substitutions will be thirty (30) minutes prior to the start of each session. No adjustments in seeding will be made to accommodate the substitution.</p> <p>A form for making substitutions will be provided in the manager's packet.</p>
RELAYS	<p>All relays are positive check in events and will be conducted as Timed Finals in</p>

	<p>the evening Finals sessions, with the exception of 10 & U relays which will swim as Timed Finals in the afternoon session. Each LSC is limited to two (2) relays per event.</p>
<p>TEAM MANAGER</p>	<p>Each LSC must provide the name of an individual to serve as the official Team Manager. An alternate may also be named. Team Managers or alternates must represent the LSC at any meeting called by the Meet Director to discuss matters concerning the meet. Only the Team Manager or alternate is permitted to represent the LSC. Protests will not be accepted from anyone other than the Team Manager or alternate.</p> <p>The Team Managers meeting will take place at the general purpose room in the swim center on August 6th at 6:00 p.m. Team Managers or the official Alternate Team Manager from each LSC MUST be present at the meeting. All participants are responsible for information covered at this meeting!</p>
<p>WARM-UP PROCEDURES</p>	<p>Lanes for warm-ups will be assigned for each LSC. There will be no diving from the blocks unless the Meet Referee has designated that lane as a one way sprint lane. No paddles or ancillary equipment may be used during the official warm-up period. LSC's are expected to monitor their assigned lanes to ensure a safe warm-up procedure. The competition pool will be available on Tuesday evening from 4-8 pm.</p> <p>The pool will open for warm-ups each morning of the meet (Wednesday through Saturday) at 6:45 am. We will announce warm-up and session start times for each session once all entries are received and we have run a preliminary timeline. This information will be emailed to all LSCs and will be posted on the Virginia Swimming and Poseidon Club websites.</p> <p>Based on the number of meet entries, warm-up and start times are subject to change. The 25 yard pool will be available to swimmers throughout the meet.</p>
<p>SEEDING</p>	<p>This is a pre-seeded meet. The fastest eight (8) swimmers at Prelims, after scratches, will advance to the Finals in Prelim / Final Events. The following events are positive check-in events - the 400/800/1500 freestyle, the 400 IM, and all relays. Any swimmer or relay team failing to "check-in" for a positive check-in event will NOT be seeded into the event (scratched from the event). Any swimmer who "checks-in" for an individual positive check-in event and fails to compete in said event shall be barred from competing in his/her next individual event. The fastest heat of the Men's 1500 Free and Women's 800 Free will be swum with Finals. All heats of the Men's 800 Free and Women's</p>

	<p>1500 Free will be swum in the Preliminary session.</p> <p>Positive check-in deadlines are as follows:</p> <p>All morning events by 7:30 am All afternoon events by 12:30 pm All Finals relays must be checked in prior to the conclusion of the afternoon Prelims.</p>
<p>RULES</p>	<p>COMPETITION: This meet will be conducted according to current USA Swimming rules. USA SWIMMING / VA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</p> <p>All swimmers participating in the meet must be dive certified. Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. The overhead start procedure will be used for all sessions.</p> <p>Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.</p> <p>SCRATCH: The scratch procedure will be done in accordance with USA Swimming rules 207.11.6.D & E.</p> <p>There is no penalty for missing a Prelims or Timed Finals event. Any swimmer who qualifies for Finals in a Prelims/Finals event and does not swim that event at Finals will be barred from the rest of the Meet (including relays) unless the swimmer has scratched, or indicated their possible intention to scratch, within thirty (30) minutes of the announcement of the Prelims results of that event. All scratches must be declared to the Admin Referee. Swimmers indicating a possible intention to scratch must confirm such intention within thirty minutes of the swimmer's last individual event at the Prelims session; a swimmer who does not confirm their intention will not be scratched and will be seeded into the event and expected to swim. Swimmers initially announced as Alternates for the Finals heats will not be so penalized</p> <p>SAFETY: Only currently credentialed coaches, USA Swimming registered athletes, and essential meet personnel will be permitted on deck and in the athlete area. Deck credentials will be issued.</p> <p>PHOTOGRAPHY: Photography will not be permitted behind the starting blocks. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. Individuals who violate</p>

	<p>photography restrictions may be asked by the Meet Director to leave the pool venue. See appendix for additional information.</p> <p>CONDUCT: The Eastern Zone Rules of Conduct will apply. Proper conduct at all times will be enforced by coaches, chaperones, parents, meet marshals, and meet directors.</p> <p>Any issues of conduct which occur within the meet venue will be adjudicated by the meet jury. Misconduct includes, but is not limited to: violations of safety guidelines outlined in the meet announcement; disrespect to meet management personnel, officials or fellow athletes; stealing, destroying, vandalizing or possessing the property of others; possession or use of alcoholic beverages, tobacco products or illegal drugs. More serious violations may result in legal action by the host LSC's and local authorities.</p>																																																				
<p>SCRATCH POLICY</p>	<p>Any swimmer who does not swim a pre-seeded preliminary or timed-final event will not be penalized.</p> <p>Any swimmer who positively checks-in for an individual deck-seeded event and does not swim that event will be barred from their next Individual event, either on the same or next meet day.</p> <p>A swimmer may take a Declared False Start in a Preliminary or Timed Final event, including positive check-in events</p>																																																				
<p>PROTESTS</p>	<p>A Meet Jury will adjudicate any protests, including issues of conduct, which may occur in the meet venue. All protests must be in writing to the Meet Referee. Protests regarding eligibility as stated in Rule 102.11 will not be accepted from anyone other than the Team Manager or his / her designee. The Meet Jury will consist of the Meet Director, the Meet Referee and, depending on the session in which the protest originated, an Athlete, a Coach and a Team Manager appointed by their LSC when a Meet Jury is called according to the following:</p> <table data-bbox="516 1493 1523 1646"> <tr> <td>Sess.</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>Athl.</td> <td>AD</td> <td>AM</td> <td>CT</td> <td>ME</td> <td>MD</td> <td>MR</td> <td>MA</td> <td>NE</td> <td>NJ</td> <td>NI</td> <td>PV</td> <td>VA</td> </tr> <tr> <td>Coach</td> <td>AM</td> <td>CT</td> <td>ME</td> <td>MD</td> <td>MR</td> <td>MA</td> <td>NE</td> <td>NJ</td> <td>NI</td> <td>PV</td> <td>VA</td> <td>AD</td> </tr> <tr> <td>T.Mgr</td> <td>CT</td> <td>ME</td> <td>MD</td> <td>MR</td> <td>MA</td> <td>NE</td> <td>NJ</td> <td>NI</td> <td>PV</td> <td>VA</td> <td>AD</td> <td>AM</td> </tr> </table> <p>If the designated LSC is an interested party to the protest, Meet Jury representation will be made by the next disinterested LSC in the rotation. Any member of the Meet Coordination Committee may provide support to the Meet Jury as an Ex-officio member at the Meet Director's discretion.</p>	Sess.	1	2	3	4	5	6	7	8	9	10	11	12	Athl.	AD	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	Coach	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD	T.Mgr	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD	AM
Sess.	1	2	3	4	5	6	7	8	9	10	11	12																																									
Athl.	AD	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA																																									
Coach	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD																																									
T.Mgr	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD	AM																																									

SCORING	Individual Events: 9-7-6-5-4-3-2-1 (1 st through 8 th) Relays: 18-14-12-10-8-6-4-2 (1 st through 8 th)
AWARDS	Individual Events – Medals 1st thru 8th place. Relays – Medals 1st thru 3rd place. Team Awards – A Championship Banner (traveling) will be awarded to: <i>The Winning Girls Team</i> <i>The Winning Boys Team</i> <i>The Winning Overall Team</i> (The current holder of the award banner should bring it to the meet) <u>Individual Awards:</u> Members of the overall Championship Team will receive a pin and Championship certificate. <u>Participants:</u> All participants will receive a Participation Certificate. <u>Record Breakers:</u> All record breakers will receive a Commemorative Certificate.
PROGRAMS & ADMISSION	Spectator 4 day admission including meet program which will include free finals heat sheet with coupon will be \$35. Spectator 1 day admission \$10. 12 and younger spectators admitted free Meet Program which includes free finals heat sheet with coupon \$10. Finals heat sheet \$2 per day.
HOSPITALITY	Coaches and Officials hospitality areas will be located in the weight room off the pool deck.
RESULTS	Real time results will be available on Meet Mobile and the Virginia swimming website www.virginiawimming.org – see the front page of the website for a link. At the conclusion of the meet, results will be posted on the Virginia Swimming and the Eastern Zone websites.
DIRECTIONS	Go to www.poseidonswimming.com for directions.
ACCOMODATIONS	List of hotels is included in the appendix.

ORDER OF EVENTS & QUALIFYING TIMES

WEDNESDAY

Session 1
Wednesday
 13 & O Prelims
 Starts at 8:15 AM

Session 2 Wednesday
 12& U Prelims
 Starts at 12:30 PM

LCM	Girls	Event	Boys	LCM	LCM	Girls	Event	Boys	LCM
1:04.09	7	13-14 100 Freestyle	8	59.99	2:41.39	1	11-12 200 Backstroke	2	2:39.99
1:04.09	9	15-18 100 Freestyle	10	58.29	1:13.69	31	10 & Under 100 Freestyle	32	1:12.49
1:23.59	15	13-14 100 Breaststroke	16	1:17.99	1:05.89	5	11-12 100 Freestyle	6	1:05.09
1:22.59	17	15-18 100 Breaststroke	18	1:14.09	45.49	33	10 & Under 50 Breaststroke	34	45.59
2:37.39	21	13-14 200 Butterfly	22	2:30.69	39.49	11	11-12 50 Breaststroke	12	39.49
2:31.59	23	15-18 200 Butterfly	24	2:21.29	1:26.89	35	10 & Under 100 Butterfly	36	1:25.29
19:11.49	3	13-14 1500 Freestyle	4	18:12.79	1:13.79	19	11-12 100 Butterfly	20	1:13.29
18:46.09	13	15-18 1500 Freestyle	14	17:46.09	x	37	10 & Under 400 Freestyle Relay	38	x

Wednesday Finals

Starts at 5:30 PM

Event

1	Girls 11-12 200 Backstroke	
	Boys 11-12 200 Backstroke	2
	Boys 13-14 1500 Freestyle	4
5	Girls 11-12 100 Freestyle	
	Boys 11-12 100 Freestyle	6
7	Girls 13-14 100 Freestyle	
	Boys 13-14 100 Freestyle	8
9	Girls 15-18 100 Freestyle	
	Boys 15-18 100 Freestyle	10
11	Girls 11-12 50 Breaststroke	
	Boys 11-12 50 Breaststroke	12
	Boys 15-18 1500 Freestyle	14
15	Girls 13-14 100 Breaststroke	
	Boys 13-14 100 Breaststroke	16
17	Girls 15-18 100 Breaststroke	
	Boys 15-18 100 Breaststroke	18
19	Girls 11-12 100 Butterfly	
	Boys 11-12 100 Butterfly	20
21	Girls 13-14 200 Butterfly	
	Boys 13-14 200 Butterfly	22
23	Girls 15-18 200 Butterfly	
	Boys 15-18 200 Butterfly	24
25	Girls 11-12 200 Freestyle Relay	
	Boys 11-12 200 Freestyle Relay	26
27	Girls 13-14 400 Freestyle Relay	
	Boys 13-14 400 Freestyle Relay	28
29	Girls 15-18 400 Freestyle Relay	
	Boys 15-18 400 Freestyle Relay	30

ORDER OF EVENTS & QUALIFYING TIMES

THURSDAY

Session 4 Thursday

13 & O Prelims
Starts at 8:15 AM

LCM	Girls	Event	Boys	LCM	LCM	Girls
2:35.49	41	13-14 200 Backstroke	42	2:27.59	1:15.29	39
2:35.49	45	15-18 200 Backstroke	46	2:21.99	1:25.29	65
2:17.59	49	13-14 200 Freestyle	50	2:10.69	3:01.69	43
2:16.99	51	15-18 200 Freestyle	52	2:07.69	2:36.29	67
5:28.59	55	13-14 400 IM	56	5:12.49	2:21.29	47
5:30.49	57	15-18 400 IM	58	5:07.09	37.49	69
					32.99	53
					x	71

Session 5 Thursday

12& U Prelims
Starts at 12:30 PM

Event	Boys	LCM
11-12 100 Backstroke	40	1:15.39
10 & Under 100 Backstroke	66	1:25.69
11-12 200 Breaststroke	44	3:01.59
10 & Under 200 Freestyle	68	2:34.09
11-12 200 Freestyle	48	2:20.49
10 & Under 50 Butterfly	70	37.69
11-12 50 Butterfly	54	32.99
10 & Under 200 Medley Relay	72	x

Thursday Finals

Starts at 5:30 PM

Event	Boys
Girls 11-12 100 Backstroke	
Boys 11-12 100 Backstroke	40
Girls 13-14 200 Backstroke	
Boys 13-14 200 Backstroke	42
Girls 11-12 200 Breaststroke	
Boys 11-12 200 Breaststroke	44
Girls 15-18 200 Backstroke	
Boys 15-18 200 Backstroke	46
Girls 11-12 200 Freestyle	
Boys 11-12 200 Freestyle	48
Girls 13-14 200 Freestyle	
Boys 13-14 200 Freestyle	50
Girls 15-18 200 Freestyle	
Boys 15-18 200 Freestyle	52
Girls 11-12 50 Butterfly	
Boys 11-12 50 Butterfly	54
Girls 13-14 400 IM	
Boys 13-14 400 IM	56
Girls 15-18 400 IM	
Boys 15-18 400 IM	58
Girls 11-12 400 Medley Relay	
Boys 11-12 400 Medley Relay	60
Girls 13-14 200 Medley Relay	
Boys 13-14 200 Medley Relay	62
Girls 15-18 200 Medley Relay	
Boys 15-18 200 Medley Relay	64

ORDER OF EVENTS & QUALIFYING TIMES

FRIDAY

Session 7 Friday

13 & O Prelims

Starts at 8:15 AM

LCM	Girls	Event	Boys	LCM
1:13.09	73	13-14 100 Backstroke	74	1:08.99
1:12.69	75	15-18 100 Backstroke	76	1:06.69
4:47.29	79	13-14 400 Freestyle	80	4:32.49
4:46.99	81	15-18 400 Freestyle	82	4:28.89
2:57.79	85	13-14 200 Breaststroke	86	2:47.59
2:56.29	87	15-18 200 Breaststroke	88	2:40.79
1:11.29	91	13-14 100 Butterfly	92	1:06.19
1:09.89	93	15-18 100 Butterfly	94	1:03.69

Session 8 Friday

12 & U Prelims

Starts at 12:30 PM

LCM	Girls	Event	Boys	LCM
35.59	77	11-12 50 Backstroke	78	35.39
40.09	101	10 & Under 50 Backstroke	102	39.99
4:58.29	83	11-12 400 Freestyle	84	4:53.99
5:33.09	103	10 & Under 400 Freestyle	104	5:31.49
1:26.19	89	11-12 100 Breaststroke	90	1:25.79
1:37.19	105	10 & Under 100 Breaststroke	106	1:38.79
x	107	10 & U 200 Freestyle Relay	108	X

Friday Finals

Starts at 5:30 PM

Event	
73	Girls 13-14 100 Backstroke
	Boys 13-14 100 Backstroke
74	
75	Girls 15-18 100 Backstroke
	Boys 15-18 100 Backstroke
76	
77	Girls 11-12 50 Backstroke
	Boys 11-12 50 Backstroke
78	
79	Girls 13-14 400 Freestyle
	Boys 13-14 400 Freestyle
80	
81	Girls 15-18 400 Freestyle
	Boys 15-18 400 Freestyle
82	
83	Girls 11-12 400 Freestyle
	Boys 11-12 400 Freestyle
84	
85	Girls 13-14 200 Breaststroke
	Boys 13-14 200 Breaststroke
86	
87	Girls 15-18 200 Breaststroke
	Boys 15-18 200 Breaststroke
88	
89	Girls 11-12 100 Breaststroke
	Boys 11-12 100 Breaststroke
90	
91	Girls 13-14 100 Butterfly
	Boys 13-14 100 Butterfly
92	
93	Girls 15-18 100 Butterfly
	Boys 15-18 100 Butterfly
94	
95	Girls 11-12 400 Freestyle Relay
	Boys 11-12 400 Freestyle Relay
96	
97	Girls 13-14 200 Freestyle Relay
	Boys 13-14 200 Freestyle Relay
98	
99	Girls 15-18 200 Freestyle Relay
	Boys 15-18 200 Freestyle Relay
100	

ORDER OF EVENTS & QUALIFYING TIMES

SATURDAY

Session 10 Saturday

13 & O Prelims

Starts at 08:15 AM

LCM	Girls	Event	Boys	LCM
2:36.79	111	13-14 200 IM	112	2:26.99
2:35.89	113	15-18 200 IM	114	2:24.59
29.49	119	13-14 50 Freestyle	120	27.69
28.89	121	15-18 50 Freestyle	122	26.99
9:54.59	117	13-14 800 Freestyle	118	9:25.19
9:48.39	125	15-18 800 Freestyle	126	9:14.29

Session 11 Saturday

12& U Prelims

Starts at 12:30 PM

LCM	Girls	Event	Boys	LCM	Girls	Event	Boys	LCM
						11-12 200 Butterfly	110	2:44.39
						10 & Under 200 IM	134	2:58.69
						11-12 200 IM	116	2:39.59
						10 & Under 50 Freestyle	136	33.59
						11-12 50 Freestyle	124	29.99
						10 & U 400 Medley Relay	138	x

Saturday Finals

Starts at 5:30 PM

Event

109	Girls 11-12 200 Butterfly	
	Boys 11-12 200 Butterfly	110
111	Girls 13-14 200 IM	
	Boys 13-14 200 IM	112
113	Girls 15-18 200 IM	
	Boys 15-18 200 IM	114
115	Girls 11-12 200 IM	
	Boys 11-12 200 IM	116
117	Girls 13-14 800 Freestyle	
119	Girls 13-14 50 Freestyle	
	Boys 13-14 50 Freestyle	120
121	Girls 15-18 50 Freestyle	
	Boys 15-18 50 Freestyle	122
123	Girls 11-12 50 Freestyle	
	Boys 11-12 50 Freestyle	124
125	Girls 15-18 800 Freestyle	
127	Girls 11-12 200 Medley Relay	
	Boys 11-12 200 Medley Relay	128
129	Girls 13-14 400 Medley Relay	
	Boys 13-14 400 Medley Relay	130
131	Girls 15-18 400 Medley Relay	
	Boys 15-18 400 Medley Relay	132

SWIMMERS WITH A DISABILITY ENTRY FORM

Name: _____

Club: _____ LSC: _____

USA Swimming #: _____ Age on first day of meet: _____

Swimmer e-mail address: _____

Swimmer phone Number: _____

Name of person completing this form: _____

E-mail address: _____ Phone #: _____

Please enter events below. The maximum number of events for any swimmer is six (6).

Indicate the swimmer's preference regarding seeding of their entry for each event.

Please note that changing age groups may change the session & location that the swimmer swims. Changing the distance may change the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The meet staff has the final decision regarding seeding procedures.

Event Number	Event	
Description	Entry Time	Age Group (same age, same distance)
Seed with Different Distance (same age, different distance)	Seed with Comparable Time (younger age, distance depends on entry time)	Entry Time Seeded With

LSC ENTRY CERTIFICATION FORM

LSC _____

I certify that all swimmers from the _____ LSC entered in the Eastern Zone Long Course Age Group Championship meet are current members of the _____ LSC and USA Swimming and that all entry times were achieved at sanctioned, approved or observed meets. I further certify that all coaches from this team who will attend this meet hold current USA Swimming coaching credentials.

LSC officer's Signature _____

LSC officer's Name (please print) _____

Current LSC office _____

VA SWIMMING GUIDELINES FOR PHOTOGRAPHERS AT MEETS

In order to clarify the requirements for photographers, both professional and team designated, the following guidelines have been developed:

- The meet host has the prerogative to decide if photographers will be allowed on the deck of the pool.
- Any professional photographer allowed at the meet must provide proof of liability insurance to the Meet Director and must also have parental permission of any athlete he or she photographs.
- If the meet host chooses to allow team photographers, the individual serving in that capacity must
 - Be a registered, card carrying member of USA-S. Membership card must be visible at all times while on deck.
 - Present the completed Team Photographer Identification Form to the Meet Director. This form will be available from the Meet Director and must be signed by the head coach or team president. Teams should request the form from the meet director at least three days prior to the beginning of the meet.
- It is the responsibility of the Meet Director and Meet Marshals to ensure that photographers do not impede the progress of the meet in any way and follow the Virginia Swimming Policies governing photography.

J. MEET SAFETY

3. Photography will not be permitted behind the starting blocks. Individuals who violate of the above photography restrictions may be asked by the Meet Director to leave the pool venue.

TEAM PHOTOGRAPHER IDENTIFICATION

NAME: _____ TEAM: _____

ADDRESS: _____

PHONE NUMBER: _____ CELL PHONE: _____

SIGNATURE OF TEAM REPRESENTATIVE

POSITION

2013 Hotel List for Eastern Zone LC Summer Championship held at CSAC Pool 5050 Ridgedale Parkway, Richmond, Virginia, 23234

Comfort Inn Corporate Gateway, 8710 Midlothian Tpk, Richmond, VA 23235
804.320.8900 4.6 miles to pool

Courtyard Marriott Chester, 2001 West Hundred Rd, Chester, VA 23836
804.414.1010 8.6 miles to pool (group meeting facilities)

Doubletree Hotel Downtown, 301 West Franklin Street, Richmond, VA 23220
804.644.9871 6.9 miles to pool (banquet facilities)

Hampton Inn Richmond South, 4300 Commerce Rd, Richmond, VA 23234
804.743.3550 3.7 miles to pool (close, limited dining)

Hampton Inn, 800 Research Rd., Richmond, VA 23236
804.897.2800 7 miles to the pool

Hampton Inn, 3620 Price Club Boulevard, Midlothian, VA 23112
804.675.0000 8.2 miles to the pool

Hilton Garden Inn at Richmond, 501 East Broad St, Richmond, VA 23219
804.344.4300 7 miles to pool (banquet facilities)

Holiday Inn Express and Suites Brandermill, 5030 W. Village Green Drive, Midlothian, VA 23112
804.744.7303 8.2 miles to pool

Holiday Inn Koger Center, 1021 Koger Center Boulevard, Richmond, VA
804.379.3800 7 miles to pool (banquet facilities)

Homewood Suites Richmond / Chester, 12810 Old Stage Road, Chester, VA 23836
804.751.0010 8.7 miles to pool

Hyatt Place Richmond Arboretum, 201 Arboretum Place, Richmond, VA 23236
804.560.1566 5 miles to pool (group meeting facilities)

Omni Richmond Hotel, 100 South 12th Street, Richmond, VA 23219
804.344.7000 6.6 miles to pool (banquet facilities)

Richmond Marriott, 500 East Broad Street, Richmond, VA 23219
804.643.3400 7 miles to pool (banquet facilities)

Sheraton Park South Hotel, 9901 Midlothian Turnpike, Richmond, VA 23235
804.323.1144 5.9 miles to pool (banquet facilities)

Eastern Zone Long Course Championship

Head Coach/Team Manager Code of Conduct

I have read and understood Articles 304 and 305 of the USA Swimming Rulebook. I understand actions meant to demean or harm other athletes, coaches, officials, and spectators will not be tolerated. I understand that facility damage and theft are not acceptable actions and will not be tolerated. I will do my best to make sure my team is under direct supervision at all times. I will do everything in my power to make sure that the team acts accordingly during the course of the meet. I understand that any infraction could lead to expulsion from the event and facility for individuals and or my team.

Team Manager	Head Coach	Date
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Print Name	Print Name
Signature	Signature

All Codes of Conduct must be turned in by the conclusion of the Team Managers/Coaches Meeting.