



Introduction



- ▶ USA Swimming is the national governing body for the sport of swimming in the United States.
- ▶ There are over 3,100 teams with 400,000+ members from young to older swimmers, coaches, officials, and volunteers.
- ▶ The vision of USA swimming is to inspire and enable members to achieve excellence in the sport of swimming and in life.



LSC and Zones

- ▶ Within USA swimming are LSCs (**Local Swimming Committees**) that act as representatives for swimming communities throughout the country.
- ▶ There are **59 LSCs** with defined boundaries that are unique to each area of the country.
- ▶ There are **4 zones** in the United States which comprises of multiple LSCs in that region.
- ▶ EAC participates in the **Mid-Atlantic LSC**.
- ▶ Mid-Atlantic covers Central and Eastern Pennsylvania, West to the Alleghenies, Delaware, and the Southern half of New Jersey.
- ▶ We have a large population and swimmer base in this region.
- ▶ Mid-Atlantic is part of the **Eastern Zone** for USA swimming, along with 11 other LSCs; Ranging from Virginia through New England.

Central Pennsylvania Aquatic League

CPAL



- ▶ EAC participates in the CPAL local league.
- ▶ Until 2010, there were 5 divisions with over 30 teams participating in CPAL providing a larger pool of competition for all swimmers. The Allstars meet at that time was a USA swimming sanctioned meet.
- ▶ Today, there are currently only 2 divisions within CPAL, 13 teams total.
- ▶ Some of these teams are no longer in existence and many of these teams left CPAL to focus on other swimming leagues. (Y-Series, York Local League, USA only).
- ▶ The benefit for EAC participating in CPAL is to provide more opportunities for novice & casual swimmers to compete while learning and growing in a smaller, local dual meet setting.
- ▶ EAC pays a small fee to participate in CPAL and standard dual meets are at no cost to the swimmers. There is also no separate registration or membership fee per swimmer for CPAL. Invitational meets offered by CPAL do have a per event fee.

High School Swim Teams

- ▶ More of a team environment
- ▶ Swimmers would receive more recognition in HS swimming than CPAL swimming alone.
 - ▶ Ex. A swimmer who makes it to HS States vs. a swimmer who makes it to CPAL Allstars.
- ▶ A swimmer qualifying for HS Districts or States might be recognized by local/state level collegiate swim programs.
 - ▶ Swimmers must attend a minimum of 9 HS meets to be eligible for HS Districts.
- ▶ A swimmer qualifying for USA Sectionals or Junior and Senior Nationals, might be recognized by higher level collegiate swim programs.
- ▶ No minimum meet attendance is required for USA Championship meets. Qualifications are based on time only.

Expectations

- ▶ This level of swimming is for those who are committed to the sport and want to work towards achieving time cuts for the championship meets.
- ▶ Must be able to swim all four strokes proficiently and be willing to try longer distance events.
- ▶ This program is for swimmers ages 9 and older. It is recommended that swimmers considering participating in the USA program, be in the EAC Competition Group (previously White+) or higher-level group. 8u swimmers that are interested in USA swimming can attend developmental meets with coach permission.
- ▶ Swimmers must be able to independently conduct themselves in a manner appropriate for the USA meet environment.



Registration and Fees

- ▶ USA swimming charges all swimmers a fee of **\$90** for an annual membership.
- ▶ Each swimmer must register directly through USA swimming. Parents/guardian of swimmers (if under 18) must create a parent account first. Once the parent/guardian account is created, please notify Coach Josh, he will then send you a link to your email via SportsEngine Motion (SE) to register your swimmer and affiliate with EACs club code.
- ▶ Through the email link, you will **register a new member** and complete all required profile information for your swimmer. Once completed, you will be able to go into your parent account, add your swimmer as a family member, via their swimmer ID, linking the parent and swimmer accounts.

Time Standards

- ▶ USA meets have time standards for all sanctioned meets.
- ▶ Most of the meets EAC participates in have A/BB/C time standards.
- ▶ When a C time standard is included in the meet listing, as listed above, this essentially means no time standard is required for a swimmer to enter this meet. Any swimmer, even with NT can enter this meet.
- ▶ Some meets are scored separately depending on the swimmers' time entered for each event.
 - ▶ Ex. If a swimmer enters a BB time, and they swim their event and get an A time, they could only be scored as BB. The next time the swimmer enters that same event, they will be entered as an A time.
 - ▶ Some meets are restricted to certain entry times. Ex. A only or times determined by the meet host. (championship meet cuts)

USA Events for Winter Short Course Yards (SCY)

Available events at most USA meets

- ▶ 9-12 year olds
 - ▶ 50, 100, 200- of every stroke
 - ▶ 500 freestyle
 - ▶ 100, 200, 400 IM
- ▶ 13 and over
 - ▶ 50 free
 - ▶ 100, 200 of every stroke
 - ▶ 500 Freestyle
 - ▶ 200, 400 IM
- ▶ At times, the 1000 & 1650 freestyle; 200 & 400 Free/Medley relays are offered

USA Meet Format



- ▶ Most USA meets run 2-3 days (Friday night - Sunday)
- ▶ Generally, each meet is broken into sessions by age group and events.
 - ▶ 13 + older swimmers
 - ▶ 9-12 year old swimmers
 - ▶ Distance sessions (500 free, 400 IM, etc.) are usually 9 years and over.
 - ▶ 6-8 year olds can participate in Mini/Developmental Meets
- ▶ Some venues alternate morning/afternoon sessions for the age groups each time they host a meet.
- ▶ Some distance sessions are held Friday nights, while others occur mid-day, in between morning and afternoon sessions.
- ▶ Parents/swimmers can choose which events/sessions they want to attend. Though encouraged, you do not have to attend all applicable sessions.

Meet and Event Selection

- ▶ Once the meet is posted on EACs website, parents/swimmers must declare their attendance through **SportsEngine Motion** and select the events they choose to swim.
- ▶ When selecting events, best times for each event will automatically be listed, please check the appropriate box for your selected event. (see next slide)
- ▶ If a swimmer does not have a USA time in that specific event, NT will appear.
- ▶ All meets have a maximum events per session. Typically, the max allowed is 3-4 events per session. Please reference each meet flyer for details.
- ▶ Once events are selected, coaches will approve the events and send the meet file to the host team.
- ▶ Event fees are charged for each event selected. Typically, **\$10/event**
- ▶ **Please be sure events are selected by the due date listed on the EAC website**, not the date listed on the host team flyer. EAC must submit all entries in a single file. Meets/ events can fill up and the Meet Director can choose to close a meet early and not allow anymore entries/teams.

Team Events

Day 2 Session 2

Max Entries this Session **IE = 4 | Rel = 1 | Comb = 4**

	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
☐	<u>2:27.30Y</u>	2:27.30Y	☐	☐		7	G	Open 200 Back	
☐	<u>1:17.26Y</u>	1:17.26Y	☐	☐		11	G	Open 100 Breast	
☐	NT	NT	☐	☐		15	G	Open 200 Fly	
☐	<u>1:00.56Y</u>	1:00.56Y	☐	☐		19	G	Open 100 Free	
☐	<u>2:28.75Y</u>	2:28.75Y	☐	☐		23	G	Open 200 Medley	

Day 2 Session 3

Max Entries this Session **IE = 4 | Rel = 1 | Comb = 4**

	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Gen	Event	Qualify Time
☐	<u>2:14.52Y</u>	2:14.52Y	☐	☐		25	G	12 & Under 200 Free	
☒	<u>1:07.62Y</u>	1:07.62Y	☐	☐	Approved ☒	29	G	11-12 100 Medley	
☐	<u>31.67Y</u>	31.67Y	☐	☐		33	G	11-12 50 Back	
☐	NT	NT	☐	☐		35	G	12 & Under 200 Fly	
☐	<u>1:00.56Y</u>	1:00.56Y	☐	☐		39	G	11-12 100 Free	
☒	<u>36.24Y</u>	36.24Y	☐	☐	Approved ☒	43	G	11-12 50 Breast	
☒	<u>1:06.94Y</u>	1:06.94Y	☐	☐	Approved ☒	47	G	11-12 100 Fly	

Day 3 Session 4

Max Entries this Session **IE = 4 | Rel = 1 | Comb = 4**

USA Meet Safety (SafeSport)

- ▶ Arriving at the meet, parents/spectators will enter through a separate location from the swimmers, coaches, and officials.
- ▶ Swimmers will usually enter through the locker room area, coaches and officials enter directly onto the main pool deck area, and spectators enter directly into a seating gallery.
- ▶ During the meet, designated safety marshals are stationed at all entry and exit points including swimmer locker rooms and spectator restrooms. This ensures no adults are using the swimmer locker rooms, nor swimmers are using the designated spectator restrooms.
- ▶ Only coaches and officials with proper USA credentials are allowed on deck. All other spectators, except for volunteers, will not be allowed on deck.



USA Meet Safety (SafeSport)

- ▶ At most venues during the meet, swimmers are not allowed in the spectator gallery. Safety marshals are positioned to enforce this.
- ▶ If you need to communicate with your swimmer during the meet, most venues allow swimmers to meet spectators in the lobby area.
- ▶ At the end of the meet, swimmers will exit through locker rooms and meet their parents outside of the pool area (lobby, or outside of building).



Winter SCY Championship Meets



- ▶ Mid-Atlantic 10 and Under Championships
- ▶ Mid-Atlantic Silver Championships
 - ▶ For those who have qualifying times, but do not have Junior or Senior time cuts in those specific events. Ages 11-18
- ▶ Mid-Atlantic Junior Championships (formerly know as JOs)
 - ▶ For those who have qualifying times. Ages 11-14
- ▶ Mid-Atlantic Senior Championships
 - ▶ For those who have qualifying times. Any age
- ▶ Eastern Zone Age Group Championships
 - ▶ For those who have qualifying times, in addition to Mid-Atlantic there are 11 other LSCs in attendance at this meet. ages 9-14
- ▶ Eastern Zone Speedo Sectionals
 - ▶ For those who have qualifying times. Any age



Summer Long Course Season (LCM)

- ▶ Regular meets starting in May, running thru championship meets in late July, early August
- ▶ Summer 2025, EAC attended 4 regular USA LCM meets, Junior Champs, and Zones.
- ▶ This past season EAC offered spring and summer training, please be on the lookout for further details for this spring.
- ▶ Please let your summer coaches know if you plan to attend summer long course meets with your EAC coaches.

USA Events for Summer Long Course Meters (LCM)

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- ▶ 9-12 year olds
 - ▶ 50, 100, 200- of every stroke
 - ▶ 400, 800, 1500- Freestyle
 - ▶ 200, 400 IM
- ▶ 13 and over
 - ▶ 50 free
 - ▶ 100, 200 of every stroke
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