Flow Chart of USA/Zone/LSC 10.30.14

# **USA Swimming**

Hosts Meets such as: US Olympic Trials, US Nationals (Senior/Junior), Grand Prix's

\*High lovel requires qualifying times

#### **Western Zone**

Hosts meets such as: IMX
Zone Meet, Zone Short
Course Champs, Zone Long
Course Champs, Speedo
Championship

### **Central Zone**

Hosts meets such as: IMX Zone Meet, Zone Short Course Champs, Zone Long Course Champs, Speedo Championship

## \* Eastern Zone \*

Hosts meets such as: IMX Zone Meet, Zone Short Course Champs, Zone Long Course Champs, Speedo Championship

#### **Southern Zone**

Hosts meets such as: IMX
Zone Meet, Zone Short
Course Champs, Zone Long
Course Champs, Speedo
Championship

New Jersey (NJ): Newark, Princeton, Trenton Connecticut (CT): Entire state of Connecticut

Metropolitan (MR): NYC, Newburgh, Poughkeepsie

Potomac Valley (PV):

Bethesda, College Park,

Germantown, Rockville (MD)

Niagara (NI): Buffalo,

Maryland (MD): Annapolis, Baltimore, Cumberland, Frederick, Hagerstown Maine (ME): Entire state of Maine

Allegheny Mountain (AM):

Altoona, East Palestine, Erie, Johnstown, New Castle, Pittsburg, Steubenville, Weirton, Wheeling New England (NE): States of NH, Vermont, Mass, RI

Adirondack (AD): Albany, Lake Placid, Schenectady, Utica, Watertown

Binghamton, Ithaca,
Rochester, Syracuse
(and now Canada)

#### Middle Atlantic (MA):

Allentown, Atlantic City, Camden, Harrisburg, Lakewood, Lancaster, Philadelphia, Rading, Scranton, State College, Vineland, Williamsport, York Virginia (VA): Charlottesville, Elizabeth City, Fredericksburg, Lynchburg, Manassas, Newport News, Norfolk, Richmond, Roanoke, Virginia Beach

Team hosted Invitational's are Niagara and USA Sanctioned meets.

Participants of any USA Swim Club can compete – no matter what zone!

## **Genesee Valley Swim League (GVSL)**

Hosts meets such as: GVSL Junior/Senior/Combo Meets, GVSL Invites, GVSL Rising Star, GVSL Champs

Participants include: FAST, GCOM, GRSC, HAST, IRON, PACK. RRST. SDSC. SEAS. VICT. WEBS

## **NIAGARA LSC (NI)**

Hosts meets such as: Niagara LSC Championships, Niagara LSC Regional Qualifiers, Niagara Classic, Etc.

There are currently 80 teams registered within Niagara