



May 18 – May 21, 2023

**2023 Eastern Zone LC Super-Sectional Meet
Collegiate School Aquatic Center
Richmond, VA**

Hosted by Virginia Swimming Inc. & SwimRVA



Meet Sanction # VS-23-93

Time Trial Sanction # VS-23-93TT

Meet Directors:	Adam Kennedy Mary Turner	Adam.kennedy@swimrichmond.org Myturner525@gmail.com
Meet Referee:	Tim Husson	tim.husson@gmail.com
Administrative Referee:	Jamie Cahn	jemcahn@comcast.net
EZ Officials Chair:	Genny Kimbel	gennykimbel@gmail.com
Facility Manager:	Rebecca Quicke	rebecca.quicke@swimrichmond.org

USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, doing business as SwimRVA, 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.

LOCATION:

5050 Ridgedale Parkway, Richmond, VA 23234 Telephone (804) 271-8271.

FACILITY:

Indoor Facility with 50M competition pool

- The 50-meter competition pool with bulkhead offers 2 eight-lane, 25-yard competition pools with a depth of 7' 7" to 8' 1" end to end. Competition lanes are 8' 3" wide. Colorado Automatic Timing System with digital scoreboard
- Indoor 6-lane 25-yard pool for continuous warm-up, cool-down. • Non-Turbulent Lane Markers in both pools
- Omega Starting Blocks with foot wedge and backstroke ledge, Colorado Timing Gen7 automatic and semiautomatic timing, backup Dolphin wireless stopwatches.
- The competition course has been certified in accordance with USA Swimming Rules & Regulations, Article 104.2.2C. A copy of the certification is on file with USA Swimming.
- American Red Cross certified lifeguards will be on duty for the duration of the contest. The facility is also equipped with first aid supplies, 2 AEDs and emergency oxygen.
- In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with SwimRVA participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with SwimRVA program participation and that said list in no way limits operation of this Agreement.
- In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.



ELIGIBILITY:

- The Eastern Zone Speedo Long Course Championship Series Meet is open to any swimmer in the Eastern Zone who is registered with USA Swimming prior to the first day of the meet and has a qualifying time ([2023 EZ SC Sectional Qualifying Times](#)).
- 100 athletes from outside the Eastern Zone will be accepted. Contact one of the Meet Directors if interested in attending.
- The qualifying time must have been achieved between January 1, 2022 and the meet entry deadline.
- Each athlete participating in the meet must submit the Competitor Release Form, including a parent signature if under 18.

OFFICIALS:

- Certified officials wishing to work the meet should submit an application by May 6, 2023 for assigned positions. The application form can be found by clicking the following link: [Sectional Officials Signup](#).

GENERAL MEETING:

- The meeting will be held via Zoom Tuesday, May 16, 2023 at NOON (12PM).
- Zoom link: <https://us02web.zoom.us/j/5745450762>
- Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

FACILITY SCHEDULE:

- Thursday, May 18 – 9:00am until 30 minutes after the conclusion of the distance session.
- Friday, May 19 through Sunday, May 21 - 6:30am until 30 minutes after last event.

REGISTRATION SCHEDULE:

- Thursday, May 18: 9:00am – 8:00pm
- Friday, May 19: 7:00am – 11:00am
- Other times: Contact the Meet Director

MEET SCHEDULE:

- Thursday, May 18: General Warm-up: 9:00am – 3:30pm in 50m competition pool only. Distance session warm-up 3:30pm-4:50pm. Distance session start 5:00pm.
- Friday, May 19 – Sunday, May 21
 - Prelims Warm-up: 7:00am-8:20am
 - Prelims Start: 8:30am
 - Finals Warm-up: 4:00pm-4:50pm
 - Finals Start 5:00 pm

MEET FORMAT:

- The meet will be swum with circle-seeded preliminary heats in the morning session.
- If 599 or fewer swimmers are entered in an individual event are participating in the meet, the A and B Finals will be open to any age, based on that day's preliminary heat results, and the C Final will be open to 18&Under athletes only.
- If 600 or more swimmers are entered in individual events are participating, the A, B and C



Finals will be open to any age, based on that day's preliminary heat results, and the D Final will be open to 18&Under athletes only.

- Finals will be swum D-Final, C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted.
- Thursday Distance Events (W 1500/M 800):
 - The women's 1500 meter Freestyle will alternate with the men's 800 meter Freestyle and will be swum fastest to slowest.
- Sunday Distance Events (W 800/M 1500):
 - The women's **800** meter Freestyle and men's **1500** meter Freestyle are timed final events and will be swum slowest-to-fastest.
 - The fastest heat of each event will swim at the beginning of the evening final session.
 - The remaining heats will swim on Sunday afternoon, alternating women and men, such that the last heat finishes just prior to the start of finals warm-up.
- Sunday Early Distance option: Athletes will have the option of declaring a preference for early afternoon or regular seeding for these events. This preference must be indicated prior to the scratch deadline for the day on which the event will be swum. Swimmers can also ensure an early distance swim by entering with a non-conforming, qualifying time.
- Relay Events:
 - Relays are timed-final events.
 - The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session.
 - Relays follow the same scratch procedures as individual events.
 - Relay cards are due to the Clerk of Course table one hour before the relay is scheduled to swim and will be determined when the session report is created for that day's events. Names/order may be changed up to the time of the swim.
 - Relay participants may only compete on one relay team per relay event, either the 'A' relay or the 'B' relay but not both.
- Sunday Relays (400 medley relay)
 - The "Sunday Relay Rule" will be in effect.
 - Any relay that wishes to swim with preliminaries during the morning session may do so.
 - **ALL** Sunday relays **MUST** indicate a preference for swimming with preliminaries or with finals, by the scratch deadline for Sunday's events.
 - The fastest 16 relays that wish to swim during the evening finals will swim during the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries.
- Flight Format: Dependent on the number of entries, the Meet Referee in coordination with the Meet Director reserves the right to flight the preliminary sessions. If adopted, details of the flighting will be announced NLT the General Meeting.
- Dependent upon the number of entries, the Meet Referee in coordination with the Meet Director reserves right to utilize chase starts during preliminary sessions. If adopted, details of the chase starts will be announced NLT the General Meeting

ENTRY INFORMATION:

- **MEET ENTRY OFFICER:** Mary Turner, (434-352-5451) – mail to: myturner525@gmail.com.
- Qualification Period: January 1, 2022 through entry deadline for meet.
- Seeding Order: LCM, SCM, SCY. Bonus entries are seeded last in the same order.



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- **Entry Fees:**
 - \$20.00 for individual events
 - \$30.00 for relay events
 - \$10.00 per swimmer surcharge
 - Time Trials Fees: \$25.00 for individual events, \$35 for relay events
- The Meet Director reserves the right to utilize OME if it is available.
- If OME is not used, teams must submit all entries in Hy-tek format. A printout of entries including proof of time must be included with the name, email address, and phone number of the person to contact in case of questions.
- The process for submitting entries, either by OME or Hy-tek entry file, will be posted on the EZ website NLT Monday, April 10, 2023.
- For teams outside the Eastern Zone, entry into the meet will be based upon the date and time that entries are checked out if OME is used or the date and time of the email with the entry file if OME is not used.
- **Entries will be accepted beginning Friday, April 14, 2023.**
- **Regular Entry Deadline: Tuesday, May 9, 2023 at 11:59 pm EST.**
- Payment for entry fees must be submitted by credit card prior to the beginning of the meet (Thursday, May 18, 2023). If payment is not received by this time, the entries in question may be scratched from the meet. A link for submitting payment will be included with final information on submitting entries.

ENTRY RULES:

- **Entry Limits:**
 - A swimmer may enter any number of individual events in which the qualifying time standard has been met.
 - Maximum per day: three (3) individual events, including time trials.
 - Maximum for the meet: seven (7) individual events (does not include time trials).
 - Each team may enter up to 2 relays in each event.
- **Bonus Events:**
 - Swimmers making one (1) qualifying time will be permitted to enter three (3) bonus events.
 - Swimmers making two (2) qualifying times will be permitted to enter two (2) bonus events.
 - Swimmers making three (3) qualifying times will be permitted to enter one (1) bonus event.
 - Swimmers making four (4) or more qualifying times are not permitted to enter bonus events.
 - There shall be no bonus swims for the 800 freestyle or 1500 freestyle except for the following condition: any swimmer achieving a qualifying time in the 800 freestyle or 1500 freestyle may select the other distance event as one of his/her allowable bonus events.
 - See Entry Information for seeding order.
- **New Qualifying Swims:**
 - Additional entries from meets occurring between the regular entry deadline and May 14, 2023.
 - These entries are due by 3:00pm (EST) on Monday, May 15, 2023.
 - These entries **may not** be used to improve the seed time of an earlier entry except in the case of a bonus entry upgrading to a qualifying time.
- **Late Entries:** Any such entries are subject to the following requirements:



- Entries must be received no later than 5:00pm (EST) Friday, May 15, 2023.
- The team or athlete must pay a one-time processing fee of \$150 and entry fees of \$30 per individual event.
- Late entries **may not** be used to improve the seed time of an earlier entry.
- **Questions Regarding Entries?** Contact: Mary Turner, myturner525@gmail.com, (434)352-5451

PROOF OF TIME:

- Verification of times for all events is required.
- If OME is used for entries, coaches entering athletes with custom times (those not in the SWIMS database) must be prepared to prove the times with a copy of the official meet result.
- In the event that entries must be submitted by Hy-tek entry files, a printout of entries including proof of times must accompany the file.
- Any proof of time must be submitted prior to the Scratch deadline for the session in which the event is being swum. The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event, and time swum.
- High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming.
- **Warning:** Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2023.

SCRATCH PROCEDURES:

- Information about submitting scratches from prelims and finals will be provided at the General Meeting.
- This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6 with exception of 207.11.6B and 207.11.6E.4. Specific procedures will be explained at the General Meeting.
- **The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer who is initially announced as qualifying for a final event, excluding alternates, and does not show up to compete (without properly scratching or without being excused by the Referee) will be subjected to a \$50 fine.**
- **Scratch deadlines:**
 - Thursday distance events - Thursday, May 18, 4:00pm.
 - Friday events – Thursday, 5:30pm.
 - Saturday events – Friday, 5:30pm.
 - Sunday events **including W 800 and M 1500** and am/pm preference – Saturday, 5:30pm.

TIME TRIALS:

Time trials will be offered each day, **time permitting**.

- Time trial fees: \$25.00 for individual events and \$35 for relay events
- All time trials will start no earlier than 15 minutes after the conclusion of the preliminaries session.
- Time trials are open to all swimmers entered into the meet.



- All time trials will be randomly seeded and may be seeded with mixed events and genders in heats with no open lanes between them.
- Each swimmer is limited to a maximum of three (3) time trials swims during the meet. Also, please be aware that time trials count towards the daily maximum of three events, but not towards the seven (7) swims maximum for the meet.
- Registration for time trials will close at 10:00am each day, unless otherwise announced at the General Meeting.
- Entry for Time Trials must be paid by CREDIT CARD.
- **The 800 freestyle and 1500 freestyle will only be offered on Thursday.**

RULES:

- The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.
- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.
- Any swimmer entered in the meet must be certified by a USA-S 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 the requirement.
- Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted.
- Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.
- In accordance with Virginia Swimming Best Practices, all athletes should shower before entered the pool.
- Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.
- In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.

DECK ACCESS:

- Please use designated pool entry areas.
- Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck.
- **Coaches must request a deck pass. Details for requesting one will be distributed once it is determined how entries will be submitted.** Deck passes will only be issued to individuals registered with USA Swimming.



- All coaches must be prepared to show a current USA Swimming registration card at the registration table to receive their deck pass. Replacements for lost credentials will cost \$10.00.
- No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with 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 supervision form before a credential can be issued.
- Teams will be allocated deck passes for coaches using the following formula based on the number of athletes entered into individual events:
 - 1-8 swimmers: 2 deck passes
 - 9-14 swimmers: 3 deck passes
 - 15-25 swimmers: 5 deck passes
 - 26 or more swimmers: 6 deck passes
 - Unattached swimmers entered without a team: 1 deck pass
 - Unattached swimmers with a team will be counted in the numbers for the team
 - Additional deck passes can be purchased at Registration for \$35

TIMERS:

- Two timers per lane will be needed.
- Timers will be provided complimentary admission for the sessions they time.
- Those wishing to time prelims or finals Friday-Sunday should sign up at the following link: [2023 USA Swimming EZ Super Sectionals TIMERS](#)
- All athletes entered in distance events (800 and 1500 freestyles) need to supply their own timers and counters, except those swimming at finals on Sunday.
- All time trial athletes need to supply their own timers.

SCORING: Scoring will be handled according to USA Swimming Rules and Regulations based on the number of heats swum in finals.

AWARDS:

- Individual events: Top 3 finishers
- Relay events: Top 3 relay teams
- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 female and top 3 male
- Awards will be presented immediately following each event in finals, time permitting.
- The coach of each event's winning competitor should report to the awards area prior to awards presentations.
- A full sequencing of events and awards will be published with the heat sheet for each finals session.

CONCESSIONS: FULL concessions will be available at this meet through the SwimRVA Café.

HOSPITALITY: A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area.

HEAT SHEETS: Will be available on the Virginia Swimming website and Meet Mobile.



Spectator Admission:

- Admission charge:
 - Individual Prelim Session: \$10
 - Individual Finals Session: \$10
 - All Sessions: \$45

SwimRVA/Collegiate School Aquatics Center Rules:

- Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or at other needed volunteer positions.
- All air flow in take vents on deck are not to be blocked by chairs, benches, spectators or towels!
- VSI & CSAC requires swimmers to take a shower before entering the swim pool.
- Family rest rooms are reserved for coaches and officials use only. Individuals needing access should make arrangements with the meet director.
- No glass containers of any kind are allowed in the facility.
- No lawn/deck chairs allowed in the grandstand.
- Objects are not to be passed over the grandstand railing.
- No smoking on the campus.
- Shoes are suggested to be worn in all areas outside the pool deck including locker rooms.
- Doors are not to be propped open (HVAC).
- The front door is the only entry/exit door for the facility.
- Young children must be supervised by an adult.
- No tape of any kind is to be used inside to hang signs, banners or decorations.

LOCKER ROOMS: Locker rooms will be available for changing and bathroom use only.

MEDICAL ASSISTANCE: Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff.

PARKING:

- Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches, and officials.



May 18 – May 21, 2023

Order of Events

Thursday, May 18		
<i>Finals: 5:00pm start</i>		
Event		
1	1500 meter Freestyle	
	800 meter Freestyle	2

Friday, May 19		
<i>Prelims: 8:30am start</i>		
Event		
3	200 meter Freestyle	4
5	100 meter Breaststroke	6
7	100 meter Butterfly	8
9	400 meter Individual Medley	10
11	400 meter Free Relay	12

Saturday, May 20		
<i>Prelims: 8:30am start</i>		
Event		
13	200 meter Butterfly	14
15	50 meter Freestyle	16
17	200 meter Breaststroke	18
19	100 meter Backstroke	20
21	400 meter Freestyle	22
23	800 meter Freestyle Relay	24

Sunday, May 21		
<i>Prelims: 8:30am start</i>		
Event		
27	200 meter Backstroke	28
29	100 meter Freestyle	30
31	200 meter Individual Medley	32
33	400 Medley Relay	34
AFTERNOON		
25	800 meter Freestyle	
	1500 meter Freestyle	26

Scratch Deadlines:

- **Thursday, 4:00:** Thursday distance events (W 1500, M 800)
- **Thursday, 5:30pm:** All Friday events
- **Friday, 5:30pm:** All Saturday events
- **Saturday, 5:30pm:** All Sunday events

Time Trials close at 10am on each corresponding day. Time Trial entries must be paid by credit card. No cash payment for Time Trials.

