

Eastern Zone Long Course Age Group Championships

*Team Managers Meeting
5 August 2025*

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Officiating Leadership Team

- Meet Referee: Michael Sizemore
- Admin Referee: Mary Turner
- Head Starter: Courtney Johnston
- Team Lead Chief Judge: John Avelis

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Format Notes

- Chase starts will not be used
- All 100+ meter events will start from the West end of the pool (adjacent to 25-yard warm-up pool).
- All 50-meter events will start from the East end of the pool.

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Timers

- Each LSC will be responsible for providing:
 - At least two (2) timers for preliminary sessions.
 - At least two (2) timers for 10 & under sessions.
 - At least two (2) timers for finals sessions.
 - Lane assignments will be provided to the Team Manager
 - Please help ensure that sessions start on time by having a full complement of timers!
 - Athletes swimming in the 800 or 1500 freestyle during the preliminary sessions will need to provide their own timers and lap counters.

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Eligibility of Athletes with Qualifying Times from Higher Level Meets

- Athletes who have competed in an individual event at the USA Swimming National Championships, USA Swimming Spring Championships, US Open, USA Swimming Junior Championships or a USA Swimming Trials Class meet are not eligible to enter and compete at an EZ AG Championship Meet.

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Eligibility of Athletes with Qualifying Times from Higher Level Meets

- Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the meets mentioned on the last slide prior to the entry deadline, may not enter and compete in an EZ AG Championship meet
- Athletes who have achieved a qualifying time in an individual event for Winter Junior Nationals but have not competed in that event at Winter Junior Nationals may enter and compete in that individual event in prelims only and may not swim those strokes/distances in relays. **Please inform Admin team of any athletes who are ineligible to swim in finals.**

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Entry Limitations

- Eight (8) individual events total, not to exceed three (3) events per day
- Each LSC may enter two (2) relays in each relay event
- Relay only swimmers are not allowed
- If an LSC does not have two (2) swimmers who have a LCM or SCY qualifying time in an event, the LSC may enter up to two (2) swimmers in that event regardless of qualifying time (with a time achieved during the entry window)
- NT entries and converted times will not be accepted
- If an LSC has 2 or more athletes with qualifying times in an event, then no athletes without a qualifying time can be entered in that event

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Athletes with Disabilities

- Please ensure that Meet Referee is aware of any swimmers with disabilities and requested accommodations and/or modifications (105.1.2A)
- Please also notify the Meet Referee of any athletes with medical conditions that are potentially life-threatening while swimming and of any requested accommodations

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Format

- All events are pre-seeded
 - Except the 400/800/1500 freestyle and the 400 individual medley
- Unless otherwise noted, all events are seeded slow to fast
- 11-12/13-14 age groups
 - Prelims/finals format with the top 16 advancing to finals
 - 11-12 400 freestyle and 13-14 800/1500 freestyle will be timed final events with top 8 athletes swimming in finals
 - All relays are swum at finals
- 10 & Under athletes swim in timed final afternoon sessions

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Positive Check-in

- The following are positive check-in events
 - 400/800/1500 freestyle and the 400 Individual Medley
- Check-in deadlines
 - Wednesday, 7:30AM: 800 freestyle
 - Thursday, 7:30AM: 400 IM
 - Friday, 30 minutes after start of session warm-ups: 400 freestyle
 - Saturday, 7:30AM: 1500 freestyle
- Any swimmer failing to check-in for a positive check-in event will not be seeded in the event

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Substitutions

- Each LSC is entitled to make substitutions to allow two (2) swimmers to participate in each event
- Only swimmers already entered in the meet can be used as substitutes.
- The deadline for submitting substitutions is thirty (30) minutes prior to the anticipated start of the event in which the substitution is to be made. There will be no seeding adjustments to accommodate the substitution
- Substitution forms are in the manager's packet

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Warm-up Procedures

- 11-12 prelims assigned in three shifts, warm-ups 7:00-7:25, 7:25-7:50, 7:50-8:15, competition 8:25AM
- 10 and under timed finals – assigned in two shifts
 - Wed: warm-ups 12:15-12:40, 12:40-1:05, competition 1:15PM
 - Thurs: warm-ups 12:00-12:25, 12:25-12:50, competition 1:00PM
 - Fri: warm-ups 11:45-12:10, 12:10-12:35, competition 12:45PM
 - Sat: warm-ups 12:00-12:25, 12:25-12:50, competition 1:00PM
- Finals
 - Wed-Fri 4:00PM, competition 5:00PM,
 - Saturday 3:00PM, competition 4:00PM
 - Pace (lanes 1,8) and sprint (lanes 2,7) for the last 25 minutes
- Refer to warm-up schedule document sent by the Meet Director for specific warm-up shift assignments

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Start Procedures

- Dive-over starts will be used during all preliminary and 10 & Under timed final events
- At finals:
 - B final heats will dive over just finished A finals heats
 - Athletes will parade for A finals as the B heats clear the pool
- Backstroke ledges will not be used during 10 & Under timed final sessions

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Scratch Policy

- Scratching will be done in accordance with 207.11.6D & 207.11.6E1-3
 - Swimmers who qualify for an individual final event and fail to compete will be barred from the remainder of the meet, except as noted in 207.11.6E1-3
- Unless a swimmer is initially announced as qualifying for a heat in finals, she/he will not be penalized for failure to compete
- There is no penalty for failing to swim in a pre-seeded event

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Relay procedures

- Admin Referee will discuss procedures for relay cards during the Team Manager's meeting

Disqualifications

- DQ slips will be delivered to coaches. Athletes will not be notified.

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Protests

- Any protest must be presented to the Meet Referee and will be managed in accordance with 102.22
- Meet Jury will be assembled onsite
 - Coach –
 - Official –
 - Athlete –

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