



2023 Long Course Senior Zone Championships

August 3 - 6, 2023

Held Under the Sanction of USA Swimming

Only open to Eastern Zone Swimmers

Sanction # NI-2223-043 & NI 2223-043 TT



The Long Course Senior Zone Championship Meet is open to any registered Eastern Zone USA Swimming athlete with a meet qualifying time. Qualifying times must have been achieved in USA Swimming sanctioned, approved, observed competition from January 1, 2022 through the meet entry deadline

<p>MEET DIRECTOR Phil Aronica starentries@gmail.com (716) 997-0658</p>	<p>ENTRY COORDINATOR Fernando Medellin starentries@gmail.com</p>	<p>CLUB OFFICIALS CHAIR Leo Gibbons lcgjr1953@gmail.com</p>
<p>MEET REFEREE Jorge Zamora zamjr4@gmail.com (703) 863-7867</p>	<p>ADMIN REFEREE Patrick Johnstone pjohnstone@gmail.com (413) 636-5928</p>	<p>NI OFFICIALS CHAIR Bob Nicita officials@niagaraswim.org</p>

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Niagara Swimming: NI 2223-043 & NI-2223-043TT In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, STAR Swimming, and Erie Community College 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.
FACILITY	<p style="text-align: center;">Erie Community College Burt Flickinger Center 21 Oak Street Buffalo, NY 14203</p> <ul style="list-style-type: none"> 50 meter pool with continuous flow through gutters and Kiefer-McNeil lane dividers. Separate 25 yard, six lane pool for continuous warm-up and warm-down. Colorado Electronic Timing system with flat wall touch pads, horn starts, and scoreboard readouts. From the start end, the pool depth is 7 feet at 1 meter and 7 feet and 5 meters. From the turn end, the pool depth is 13 feet 6 inches at 1 meter and 13 feet 6 inches at 5 meters. Balcony seating is for 1200 spectators. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).

Schedule (tentative):

	Warm-Up	Prelims	Warm-Up	Finals
Wednesday	General Meeting 4:00 PM		General Warm-Up 3:00 PM to 7:00 PM	
Thursday	7:00 AM to 8:50 AM	9:00 AM	3:30 PM to 4:50 PM	5:00 PM
Friday	7:00 AM to 8:50 AM	9:00 AM	3:30 PM to 4:50 PM	5:00 PM
Saturday	7:00 AM to 8:50 AM	9:00 AM	3:30 PM to 4:50 PM	5:00 PM
Sunday	7:00 AM to 8:50 AM	9:00 AM	4:00 PM to 4:50 PM	5:00 PM
<p>The Pool will stay open for 30 minutes after the last event on each day for warmup/warmdown. Time Trial events will begin 15-30 minutes after the conclusion of Prelims sessions, time permitting.</p>				

SPECTATORS & LIVESTREAM	<ul style="list-style-type: none"> Spectators will be allowed for this event. The meet will be accessible to all parents by a live stream provided by STAR Swimming using this YouTube link https://www.youtube.com/channel/UC0JtD68fNRG-6r3FneEdkng.
TIMERS	<ul style="list-style-type: none"> Visiting teams will be required to provide timers for all prelim sessions. STAR Swimming will be providing timers for all finals sessions.
ADMISSIONS	<p style="text-align: center;">\$30.00 - All Sessions Pass \$5.00 - Single Session Pass</p>
DECK ADMITTANCE	<ul style="list-style-type: none"> All participating swimmers, coaches, and working officials will be issued deck credentials. These must be worn at all times. Only working USA Swimming Registered Officials, Coaches, Swimmers, and meet volunteers will be permitted on the pool deck. Please use designated pool entry areas. Credentials will be provided and must be shown to gain access and should be visible while on the deck. \$10 will be charged for replacement of badges
USA SWIMMING MEMBERSHIP	<ul style="list-style-type: none"> All swimmers, coaches, and officials must be current 2023 members of USA Swimming. Any team or individual entering a swimmer without a current USA Swimming Membership may be subject to a \$100 per swimmer fine. There will be NO deck registration.
OFFICIALS CERTIFICATION	<ul style="list-style-type: none"> Certified officials wishing to work the meet should submit applications to the Eastern Zone Officials Chairman by July 21, 2023 for all positions. Assigned Officials will be notified. The application form can be found here: APPLY TO OFFICIATE ** It is anticipated that the meet will be approved as an Officials Qualifying Meet for all positions under the National Officials Certification Program. Those officials desiring initial certification or re-certification evaluations above the LSC level should designate the request on the Application to Officiate. The Initial Officials' Briefing will be at 7:30am on Thursday August 3, 2023. All other Officials' Briefings will start 1 hour prior to the start of the session.

Order of Events

Preliminaries - 9:00 AM

Thursday, August 3

Finals - 5:00 PM

WOMEN	EVENT	MEN
1	200 meter Individual Medley	2
3	100 meter Freestyle	4
5	100 meter Breaststroke	6
7	1500 meter Freestyle	
	800 meter Freestyle	8
9	200 meter Freestyle Relay	10

Friday August 4

WOMEN	EVENT	MEN
11	200 meter Freestyle	12
13	100 meter Butterfly	14
15	400 meter Individual Medley	16
17	400 meter Freestyle Relay	18

Saturday August 5

WOMEN	EVENT	MEN
19	200 meter Butterfly	20
21	100 meter Backstroke	22
23	400 meter Freestyle	24
25	800 meter Freestyle Relay	26

Sunday August 6

WOMEN	EVENT	MEN
27	200 meter Backstroke	28
29	50 meter Freestyle	30
31	200 meter Breaststroke	32
33	800 meter Freestyle	
	1500 meter Freestyle	34
35	400 meter Medley Relay	36

NOTES 1. All events, except the 1500 and 800 Freestyle and relay events, will be conducted with preliminary and D, C, B, and A (Bonus, Bonus, Consolation, and Championship) final heats.

2. The 1500 and 800 Freestyle events and ALL relay events are positive check-in events. Swimmers/Teams must check-in with the Clerk of Course by the scratch deadline for that event in order to be seeded.

3. All RELAYS are Timed Final Events with the fastest two heats swimming in finals.

4. The 1500 and 800 DISTANCE EVENTS are Timed Final Events with the fastest heatswum in finals, and all other heats swum as indicated in the meet info. For Thursday prelims, all distance events will start after relay

<p>BONUS EVENTS</p>	<ul style="list-style-type: none"> ● 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 will not be permitted to enter bonus events. ● Limits on daily individual events three (3) and total meet events (7) will still apply. ● Bonus events shall be seeded last. <p>**FOR DISTANCE EVENTS: There shall be no bonus swims for the 800 Freestyle or the 1500 Freestyle except for the following condition: Any swimmer achieving a qualifying time in the 800 or 1500 freestyle may choose to enter the other distance event as a bonus entry, not to exceed the event limitations. <u>**There are no bonus time standards for the meet!**</u></p>
<p>REGISTRATION AND CREDENTIALS</p>	<ul style="list-style-type: none"> ● Coach packets and credentials for athletes, coaches and officials will be available at the check-in table at 2:00pm on Wednesday. Beginning Thursday, packets and credentials will be available starting at 7:15am at the check-in table. ● No swimmer will be issued a credential without a coach member present. If the athlete's home club coach is not planning to attend the event, the athlete must be assigned a supervising coach per USA Swimming Rule 202.3.2. Arriving with a 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 a supervision form before a credential can be issued.
<p>COACH'S PACKET</p>	<ul style="list-style-type: none"> ● For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$45 that will contain a general admission pass, heat sheets, a psych sheet, team roster, and a set of final results. The packet is available during regular registration hours. Contact the Meet Director to request a packet.
<p>GENERAL MEETING</p>	<p>A General Meeting will be held on Wednesday at 4:00pm either fully virtual or hybrid. The meeting will take place in the hospitality room (upstairs mini gym). If necessary, additional coaches meetings will be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coaches' meetings (Rule 207.11.1C). Coaches are responsible for all information from these meetings including changes in the meet conduct, and the decisions made at this meeting.</p>
<p>SCRATCH & POSITIVE CHECK-IN PROCEDURES</p>	<ul style="list-style-type: none"> ● The USA Swimming Scratch procedures per Rule 207.11.6 will apply through the meet. ● Scratches from finals shall be made with the Administrative Referee. All other scratches shall be made in the Scratch Box, which shall be located at the meet check-in table until the General Meeting, at the General Meeting, then at the Clerk-of-Course. ● All relays and distance events (800 Free, 1500 Free) must be checked in with the Clerk of Course. Both the Scratch Deadlines and Positive Check-In Deadlines for all events will be as follows: <ul style="list-style-type: none"> ○ Thursday Events: 15 minutes after the end of the General meeting on Wednesday, August 3rd, posted no later than 8pm. ○ Friday Events: 5:30pm Thursday Evening ○ Saturday Events: 5:30pm Friday Evening

	<ul style="list-style-type: none"> ○ Sunday Events: 5:30pm Saturday Evening
<p>RULES</p>	<ul style="list-style-type: none"> ● Current USA Swimming rules shall 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. ● The meet host shall establish a buffer zone around the perimeter of the pool, including the start and turn end for the safety of officials and athletes preparing to swim. Coaches are permitted to walk behind the start and turn end to pass through, but are prohibited from actively coaching from either end ● No on-deck USA-S registration is permitted. ● In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per NI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. ● Deck changes are prohibited. ● Any swimmer entered in the meet must be certified by a USA Swimming 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 this requirement. ● Operation of a drone or any other flying devices 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. ● Dive-over starts will be used.
<p>SUPERVISION</p>	<ul style="list-style-type: none"> ● Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. ● Dry locker rooms are available to coaches, officials, and all other meet staff personnel. They will be the Mens and Women's staff locker rooms. Athletes are prohibited from using these locker rooms at any time. ● Proper conduct on the part of all athletes and spectators is expected at all times, and will be enforced by coaches, meet marshals, officials, and college security. ANY ATHLETE found in the posted out of bounds areas, or using the green doors connecting the back pool to the lobby, will be barred from the remainder of the meet without recourse. Swimmers are not allowed to swim under the bulkhead. Disciplinary action will be immediate expulsion from the competition. ● The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway, balcony, and stands. Posted out-of-bounds areas include, but are not limited to: the emergency stairwells, the weight room, and the track/gymnasium areas. USE OF THE EMERGENCY DOORS BY ANYONE WITHOUT EXPRESSED PERMISSION TO USE THE CODE IS PROHIBITED. The USA Swimming Code of Conduct will be enforced. No glass containers are allowed in the pool and locker room areas. Misbehavior, vandalism, and theft will not

	be tolerated and can result in being barred from participation in the meet.
ENTRY INFORMATION	<ul style="list-style-type: none"> The Long Course Senior Zone Championship Meet is open to any registered Eastern Zone USA Swimming athlete with a meet qualifying time. Qualifying times must have been achieved in USA Swimming sanctioned, approved, observed competition from January 1, 2022 through the meet entry deadline of July 24, 2023
TIME STANDARDS	<ul style="list-style-type: none"> If you CLICK HERE, it will take you to the qualifying standards. There are NO bonus standards
ENTRY FEES	<ul style="list-style-type: none"> \$15.00 per individual event, \$30.00 per relay events, there is also a \$7.50 per swimmer Swimming Surcharge.
EVENT LIMITATIONS	<ul style="list-style-type: none"> Swimmers may enter any number of events in which he/she has qualified, but may not compete in more than three (3) Individual events per day, and a total of seven(7) for the meet. Each team is allowed to enter up to three (3) relays in each event. At least one (1) swimmer swimming on each relay must be entered in the meet in an individual event.
ENTRY DEADLINE	<ul style="list-style-type: none"> The entry deadline is July 24, 2023 at 9:00 PM
ONLINE MEET ENTRY (OME)	<ul style="list-style-type: none"> All entries for qualifying swims between January 1, 2022 and July 24, 2023 must be submitted through USA Swimming's website using OME (Online Meet Entry). Ensure that relay only swimmers are included in the team roster entry. All coaches planning to attend the meet MUST be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry MUST show proof of current credentials prior to receiving coach's packets or deck credentials. Entry Instructions: Payment for entries using OME is accepted using Visa, MasterCard, American Express or Discover. After you complete your online entry, you will be sent confirmation via email. Bring all communications with you to the meet. You can return to your entry to modify entry times through the July 24, 2023 entry deadline. Once you have paid for your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database, or a custom time from a USA sanctioned, observed, or approved meet, may be entered. All swims entered as a custom time must be proven in hard copy prior to the start of the meet. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than long course meters will be treated as "nonconforming" and will be seeded according to USA Swimming procedures. Do not convert times before entering them. Questions Regarding OME? Contact: Macie McNichols at mmcnichols@usaswimming.org

<p>TIMES ACHIEVED AFTER JULY 24</p>	<ul style="list-style-type: none"> • Additional entries from meets occurring between July 25, 2023 and July 30, 2023 are due by 10:00pm (EST) on Monday July 31, 2023. These entries must be submitted to the host club via email only, using a Hy-Tek entry file. (These entries should be emailed directly to starentries@gmail.com. • This is for athletes achieving first time cuts during this specific time period. All other entries must be submitted by the initial entry deadline of July 24, 2023. For those entry times achieved between July 25, 2023 and July 30, 2023 coaches shall be required to produce official meet results to prove their entry times. • Payment for the entries must be received at the pre-meet coaches meeting (NO EXCEPTIONS) on Wednesday, August 2, 2023. If payment is not received at this time, these entries will be scratched from the meet. Please remember that this “late entry period” is for new qualifying times that occur between July 25, 2023 and July 30, 2023. Once the initial deadline of July 24, 2023 passes no time updates are permitted.
<p>LATE ENTRIES</p>	<ul style="list-style-type: none"> • Any team or athlete missing the entry deadline will be permitted to enter late if there's still room in the meet, subject to the following requirements: <ul style="list-style-type: none"> ○ Entries must be received no later than 11:59 pm (EST) Tuesday, August 1, 2023. ○ The team or athlete must pay a one-time processing fee of \$150 and entry fees of \$30 per individual event.
<p>PROOF OF TIME</p>	<ul style="list-style-type: none"> • Verification of times for all events (including relays) is required. Times submitted with the entry file shall be verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) or times achieved during the late qualifying period must be prepared to prove the times with a copy of the official meet results. • Any time listed in the Psych Sheet with an “ * “ indicates that the time has not been proven yet.
<p>QUESTION REGARDING ENTRIES</p>	<ul style="list-style-type: none"> • Please contact the entry coordinator.

A/B Flight Format: Depending on the number of entries and will be determined by the meet host, the preliminary sessions may be conducted in an “A/B Flight” format. If adopted, details of the procedure, including the number of heats of each event swum in the “A Flight” session, will be announced at the General Meeting.

<p>RELAYS AND RELAY CHECK-IN PROCEDURES</p>	<ul style="list-style-type: none"> • Relays are timed final events. The fastest two heats will swim with finals during the evening session. Teams are limited to 3 relay entries in each relay event. All relays must be positively checked-in by the appropriate scratch deadline in order to be seeded. In order to be eligible, all relays must have at least one swimmer who is entered in a non-bonus individual event. Relay participants must be declared to the Clerk of Course one hour before the relay swims but may be changed up to the time of the swim. The Sunday Relay Rule will be in effect for Sunday Relays. Relays wishing to swim in prelims on Sunday may make that selection when they check in.
	<ul style="list-style-type: none"> • Events shall be seeded in the following order:

SEEDING ORDER	<ol style="list-style-type: none"> 1. Long Course Meters; 2. Short Course Meters; 3. Short Course Yards; 4. Bonus Events
MEET SCORING	<ul style="list-style-type: none"> ● Top 16 finishers will score points per the outline below. All Individual Events: <ul style="list-style-type: none"> ○ A Final 20-17-16-15-14-13-12-11 ○ B Final 9-7-6-5-4-3-2-1 ○ All Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
TEAM AWARDS	<ul style="list-style-type: none"> ● The top 3 teams in Women's and Men's Scoring, and the first place Combined Team will receive awards.
INDIVIDUAL AND RELAY AWARDS	<ul style="list-style-type: none"> ● Medals: 1st, 2nd, 3rd place for both Individual Events and Relay Events.
DISTANCE FREESTYLE	<ul style="list-style-type: none"> ● All distance swims MUST positively check-in and declare their intent to swim by the scratch deadline for that day's events TO BE SEEDED. <ol style="list-style-type: none"> 1. Distance Entry - Any swimmer who qualifies for the 800 and/or 1500 freestyle events may enter at their fastest time or, if entered in two or more events on the days of the distance freestyle, at the time standard. 2. Distance Check-In and Seeding - Entrants in the 800 and/or 1500 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before, except for Thursday's events, which will be published by 8 PM on Wednesday. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest 3. Order of Distance Events <ul style="list-style-type: none"> ■ Thursday events (W 1500 & M 800): The fastest (single) heat of each event will swim in the finals session in numerical order. All other heats shall swim immediately following the last morning event (Men's 200 Free Relay). Morning heats will swim fastest to slowest. Morning heats swum will alternate between the Women's and the Men's events in the following pattern: <ul style="list-style-type: none"> ● Second (2nd) fastest women's heat, Second (2nd) fastest men's heat next, third (3rd) fastest women's heat next, third (3rd) fastest men's heat next, and continuing until all heats are swum. ■ Sunday events (W 800 & M 1500): The fastest (single) heat of each event will swim in the final session in numerical order. All other heats shall swim in the afternoon so that the second fastest men's heat is timed to end at 4pm. ■ Both events will swim slowest to fastest. The heats swum in the afternoon will alternate between the Women's and the Men's events <ul style="list-style-type: none"> ● Example: Second fastest men's heat last, Second fastest women's heat next to last, Third fastest men's heat third from last, Third fastest women's heat fourth from last, continuing until all heats are swum.

	<ul style="list-style-type: none"> ■ Sunday Individual Distance Events: Any athlete who wishes to swim the Sunday distance freestyle prior to the finals session may do so. Athletes entered in the distance events MUST indicate their preference prior to the scratch deadline for Sunday's events. The fastest 8 athletes who failed to indicate a preference to swim prior to the finals session will swim in the top heat.
<p>FINALS EVENT ORDER</p>	<ul style="list-style-type: none"> ● For the Senior Zone Championship Meet, a D final that is protected to 18 & Under athletes will be offered. The order of the final events shall be D, C, B, and A (18 & Under, bonus, consolation, and championship). Finals Scratch Rules apply to D, C, B and A Finals (207.12.6.D). Finals will be swum D C B A. The D heat is reserved to the next fastest 18 and younger athletes. ● The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any Swimmer in the initially announced top 32 that does not show up to compete (without properly scratching) will be subjected to a \$50 fine. Checks will be made out to the Eastern Zone.
<p>TIME TRIALS</p>	<ul style="list-style-type: none"> ● Time trials will be offered each day, time permitting. Due to the potential flighting of the meet, there may not be any time trials offered. ● All time trials will be seeded with a NT and will start approximately 30 minutes after the conclusion of the prelim session on Thursday, Friday, Saturday and Sunday. Time trials may be seeded with mixed events and genders in heats with no open lanes. Events may be similarly combined regardless of distance. ● Time trials are open to all swimmers entered into the meet, including relay only swimmers. Each swimmer is limited to a maximum of three time trials during the meet. Athletes may be permitted to participate in more than three time trials, at the discretion of the Meet Referee, based upon the size of the meet. This will be announced at the General Meeting. Also, please be aware that time trials count towards the daily maximum of three events and meet maximum of seven (7) events. ● Registration for time trials will close at 10:00 am on Thursday, Friday, Saturday and Sunday, unless otherwise announced at the General Meeting. ● Time trials will end no later than 3:30pm on each day. Time trials on Sunday will end 30 minutes prior to the start of the heats of the Women's 1500 Free/Men's 800 Free. Swimmers must supply their own timers and counters for the time trials. The 1500/800M Free will only be swum only one day which shall be announced at the general meeting. ● ENTRY FEE FOR TIME TRIALS \$20.00 per individual event entry \$35.00 per relay event entry
<p>READY ROOM</p>	<ul style="list-style-type: none"> ● Swimmers competing in the A final events are expected to report to the Ready Room area no less than 10 minutes prior to their event. The A finalists are expected to remain in the Ready Room until themarch-out for their event.
<p>WARM UP PROCEDURE</p>	<ul style="list-style-type: none"> ● The prescribed NI warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments. <ul style="list-style-type: none"> • General warm-up all lanes until 40 minutes prior to meet start, then lanes 3-6 • Sprint lane (2) orlanes(2&7) as needed from 40 minutes prior to meet start • • Pace lanes 1 & 8, 40 minutes prior to meet start • Clear pool 10 minutes prior to meetstart • Training equipment is not allowed during the last hour of each warm-up session.

