



2016 Speedo Championship Series Meet Eastern Zone Southern Region LC Sectional Meet

March 31- April 3, 2016

At the Collegiate School Aquatics Center

Hosted by Virginia Swimming & Poseidon Swimming

Sanctioned by USA Swimming through Virginia Swimming

Meet Sanction # VS – VS-16-48

Time Trials Sanction # VS – VS-16-49TT

USA Swimming, Inc., Virginia Swimming, Inc., Poseidon Swimming, and Collegiate School Aquatics Center 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.

Meet Director:	Marla Shreve	admin@poseidonswimming.com
Meet Referee:	Katherine McCauley	kmacdigi@gmail.com
Administrative Referee:	Tim Husson	thusson@comcast.net
LSC Officials Chair:	Bryan Wallin	thewallin5@comcast.net
Facility Coordinator:	Marla Shreve	admin@poseidonswimming.com

LOCATION: Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234

Phone: 804-447-2487

- The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.
- The 50-meter competition pool with bulkhead offers a total of eight competition lanes with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center. Competition lanes are a minimum of 9 feet wide.
- Indoor 6 lane 25 yard pool for continuous warm-up, cool down.
- Non-Turbulent Lane Markers in both pools.
- Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.
- Spectator seating for 700 plus.
- The competition course has been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2C(4).



OFFICIALS: Certified officials wishing to work the meet should submit an application by March 6, 2016 for assigned positions. The application form can be found at

<https://docs.google.com/forms/d/1WHJn03no6Zgtu1eiCvn2b4CcOSraEpPMTXlafORrVXE/viewform>

This meet is approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate noting the request for evaluation. Details of the certification program can be found on the [USA Swimming Website](#).

GENERAL MEETING: Thursday, March 31, 2016 at 2:00pm. The General Meeting will take place in the community room. 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, March 31: 9:30 am – 9:00pm (or 30 minutes after the last event, whichever is later)
- Friday – Sunday, April 1-3: 6:00am – 9:00pm (or 30 minutes after last event, whichever is later)

REGISTRATION SCHEDULE:

- Thursday, March 31: 12:00 Noon – 9:00pm
- Friday, April 1: 6:00am – 11:00am
- Other times: Contact the Front Desk/Meet Director.

MEET SCHEDULE:

Competition Pool

- Thursday, March 31
 - o General Warm-up: 9:30 am -3:00pm
 - o Distance Warm-up: 3:00pm-4:20pm
 - o Distance Events Start: 4:30pm
- Friday, April 1 – Sunday, April 3
 - o Prelim Warm-up: 6:30am-8:50am
 - o Prelims Start: 9:00am
 - o Finals Warm-up: 5:00pm-5:50pm
 - o Finals Start 6:00 pm

WARM -UP PROCEDURES: The following Virginia Swimming warm-up procedures and safety policies will be followed:

- All swimmers must start warm-ups from either the start end or the turn end of the pool. Entry into the pool from the sides is prohibited. Enter feet-first, unless the lane has been designated for one-way starts.
- Swimmers must be under the supervision of a USA Swimming credentialed coach during warm-ups. All warm-up periods shall be supervised by the appointed marshals.
- During preliminary warm-ups, all but the final 30 minutes will be dedicated to general warm-up. Specific warm-ups will be conducted during the last 30 minutes.
- During finals warm-ups, periods are divided equally between general and specific programs. The first half of the warm-up will be dedicated to general warm-up and the last half of the warm-up will be dedicated to specific warm-up.
- During the general warm-up, no pace work or sprinting will be permitted.

RULES: Current USA Swimming rules will govern all competition.

- 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 (or directly above) the blocks is not permitted.



- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.
- In accordance with VSI Best Practices, swimmers should shower before entering the pool.

ELIGIBILITY: The Eastern Zone Southern Region Speedo Championship Series Meet is open to any swimmer from the southern region* of the Eastern Zone who is currently registered with USA Swimming and has achieved a qualifying time. Entries from qualified USA Swimming registered athletes from other Zones or International athletes will be accepted on a first come, first served basis up to a limit of 100 athletes. (See the Meet Format section for additional restrictions.) All athletes must have achieved a qualifying time between January 1, 2015 and the meet entry deadline. (There are no maximum qualifying time standards for this meet.)

*The LSCs in the southern region are Alleghany Mountain, Maryland, Middle Atlantic, Potomac Valley, and Virginia Swimming.

TIMERS: It may be necessary to solicit timers from the spectators attending the meet. All visiting teams/LSCs should be prepared to provide meet timers. The meet director reserves the right to assign teams with lane assignments for timer coverage depending on entries.

MEET FORMAT: The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. **Only athletes who are members of the Eastern Zone can qualify for finals. International athletes or athletes from another Zone may not swim in finals.** C-Final qualifiers must be 18 years old or younger. The A and B Finals are open to any age based upon place in the morning Trials. The C final will be open to 18 & Younger athletes only. All relay events, as well as the 1000 freestyle and 1650 freestyle will be swum as timed final events.

- Thursday Distance Events (W 800/M 1500): The women's 800 meter freestyle will be swum slowest-to-fastest, followed by the men's 1500 meter Freestyle swum slowest-to-fastest. These events are timed finals.
- Sunday Distance Events (W 1500/M 800): The fastest heat of 8 in the women's 1500 meter Freestyle followed by the fastest heat of 8 in the men's 800 meter Freestyle will be swum at the beginning of the evening final session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 5:00 pm. The heats will be swum alternating women and men such that the second-fastest men's heat swim last, the second-fastest women's heat swims next-to-last, etc. The heat order and schedule will be published after the scratch deadline on Saturday night. These events are timed finals.
- 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 must check in by the specified deadline in order to be seeded. 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. Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay but not both. Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event. **200 meter Medley Relay must be entered with a provable 400 meter Medley Relay times.**
- Sunday Relays (200 free relay, 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, when that relay is positively checked-in at the Clerk of Course. The preliminaries/finals preference must be declared by the check-in deadline (Saturday at 6:30pm). The fastest 16 relays that do not indicate their preference to swim in the morning session will swim during the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries.
- A/B Flight Format: Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an "A/B Flight" format. If adopted, details of this procedure,



including the number of heats of each event to be swum in the “A Flight” session, will be announced at the general meeting.

- Depending on the number of entries received, ‘chase starts’ may be used at the discretion of the meet referee. Teams will be notified seven days prior to the beginning of the meet if it is decided to utilize this format.
- If chase starts are not used, the overhead start procedure may be utilized.
- There will be a five (5) minute break between the last individual event and the start of relays, with exception of relays at the beginning of each session. This 5 minute break will apply to both preliminary and final sessions.

ENTRY INFORMATION & FEES:

- **MEET ENTRY OFFICER:** Terry Randolph, 757-887-0868, torandolph@gmail.com
- Qualification Period: January 1, 2015 through entry deadline for meet.
- Seeding Order: LCM, SCM, SCY. Bonus entries are seeded last in the same order.
- Entry Fees: \$12.50 for individual events, \$25.00 for relay events. \$5.00 per swimmer surcharge.
- Time Trials Fees: \$15.00 for individual events, \$25.00 for relay events.
- Regular Entry Deadline: Monday, March 21, 2016 at 11:59 pm EST. OME will open for this meet on February 15, Mon 2016, at <http://www.usaswimming.org/ome>.

ENTRY RULES: A swimmer may enter any number of individual events in which the qualifying time standard has been met. A swimmer may only swim a maximum of three (3) individual events per day (including time trials) and a maximum of seven (7) individual events (including time trials) for the meet. Each team is allowed to enter up to 2 relays in each event.

- **Bonus Events:** Swimmers making 1 qualifying time will be permitted to enter one bonus event. Swimmers making 2 qualifying times will be permitted to enter 2 bonus events. Swimmers making 3 qualifying times will be permitted to enter 1 bonus event. Swimmers making 4 or more qualifying times are not permitted to enter bonus events. Bonus entries are seeded last. 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 choose to enter the other distance event as a bonus entry. See Entry Information for seeding order.
- At least one swimmer participating on each relay team must also be entered and compete in at least one, non-bonus, individual event. All relay-only swimmers must be listed on the meet entry.

ONLINE MEET ENTRY: All entries must be submitted through USA Swimming’s website using OME (Online Meet 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 or check. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial March 21, 2016 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 may be entered. All swims entered as a custom time must be proven in hard copy, at 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 “non-conforming” and will be seeded according to USA Swimming procedures. Do not convert times before entering them. Entries that have NOT used the OME entry process will not be accepted. No fax entries will be accepted at any time.
- Payment by check for any entries must be received at or before the pre-meet general meeting on Thursday, March 31, 2016. If payment is not received by this time, the entries in question will be scratched from the meet.



- Checks for entry fees are payable To: Virginia Swimming, Inc., and mailed to
Virginia Swimming
PO Box 1059
Appomattox, VA 24522
- **Questions Regarding OME?** Contact: Larry Herr, lherr@usaswimming.org, (719) 866-3562
- **New Qualifying Swims:**
 - Additional entries from meets occurring between March 21, 2016 and March 27, 2016 are due by 5:00 PM (EST) on Monday, March 28, 2016.
 - OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2016 EZ Region 2 LC Championship Meet – NEW QUALIFYING SWIMS.
 - These entries may not be used to improve the seed time of an earlier entry.
- **Late Entries:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:
 - Late entries must be submitted through OME for the meet named 2016 EZ Region 2 LC Championship Meet – LATE ENTRIES..
 - Entries must be received no later than 11:59 pm (EST) Tuesday, March 29, 2016.
 - The team or athlete must pay a one-time processing fee of \$150 *and* entry fees of \$30 per individual event.

PROOF OF TIME: Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) must be prepared to prove the times with a copy of the official meet result. Any proof of time must be submitted prior to the Scratch/Positive Check-in deadline for the session in which the event is being 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 said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2016.

SCRATCH PROCEDURES/POSITIVE CHECK IN: The scratch box and positive check in will be located at the Registration Table until the General Meeting. The scratch box and positive check in will then be at the General Meeting. Following the General Meeting, the scratch box and positive check in will be located with the Clerk of Course on deck.

This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. Specific procedures will be explained at the General Meeting on Thursday afternoon. Scratches from finals can only be done directly with the Administrative Referee. Do not use the scratch box. **The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer initially announced in the top 24 who 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.**

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which he/she has been entered and has not been scratched will be barred from further individual and relay events that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events. Relays that do not check-in by the appropriate deadline will be scratched.



Scratch deadlines are as follows:

- Thursday, 3:00pm: Thursday distance events (W 800/M 1500).
- Thursday, 5:00pm: All Friday events (including positive check-in for 800 free relay).
- Friday, 6:30pm: All Saturday events (including positive check-in for 200 medley relay and 400 free relay).
- Saturday, 6:30pm: All Sunday events (including W 1500/M 800 and positive check-in for 200 free relay and 400 medley relay).

TIME TRIALS: Time trials will be offered each day, time permitting.

- Time trial fees: \$15.00 for individual events; \$25.00 for relays.
- All time trials will be randomly seeded and will start according to the following schedule:
 - 15 minutes after the conclusion of timed finals on Thursday, and
 - 20 minutes after the conclusion of the preliminaries session on Friday, Saturday and Sunday (time permitting).
- Time trials may be seeded with mixed events and genders in heats with no open lanes between them. Events longer than 200 yards 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 two time trials during the meet. Also, please be aware that time trials count towards the daily maximum of three events.
- Registration for time trials will close at 5:00 pm on Thursday, and 10:00am on Friday, Saturday and Sunday, unless otherwise announced at the General Meeting. Time trials will be conducted as long as there is time available.
- Time trials will end no later than 4:30pm on Friday and Saturday. 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.
- The order of events for time trials is listed below. **Note that the 800 freestyle and 1500 freestyle are only offered on Thursday.**
 - Thursday time trials: 800 free, 1500 free events only.
 - Friday time trials: Friday/Saturday/Sunday events, in that order.
 - Saturday time trials: Saturday/Sunday/Friday events, in that order.
 - Sunday time trials: Sunday/Friday/Saturday events, in that order.

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. Teams will be allocated deck passes for coaches using the following formula based on the number of athletes entered into individual events:

- 1-3 swimmers in individual events or 1 relay only team with any number of alternates: 1 deck pass
- 4-8 swimmers in individual events: 2 deck passes
- 9-14 swimmers in individual events: 3 deck passes
- 15-25 swimmers in individual events: 5 deck passes
- 26 or more swimmers in individual events: 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 the Meet Registration Desk for \$35.

Coaches must request a deck pass through OME. 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.

SCORING: Scoring will be to 16 places.

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

AWARDS: Awards will be presented during the evening finals. A full sequencing of events and awards will be published with the heat sheet for each finals session. Awards for the Thursday distance events will be presented during the Friday evening finals.

- 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

CONCESSIONS: There will be a concession stand open for the duration of the meet. The concession is located in the community room.

HOSPITALITY: A hospitality area will be available for coaches and officials. Coaches and officials must have appropriate credentials to enter the hospitality area. The Hospitality Area will be hosted in the weight room located just off the competition pool deck.

SPECTATOR ADMISSION AND HEAT SHEETS: Spectators sit in the grandstand located on the upper level of Collegiate School Aquatics Center. Spectators are not allowed on the pool deck. Admission prices are as follows (admission includes appropriate heat sheets):

- Individual Prelims Session: \$5
- Individual Finals Session: \$3
- All Sessions: \$20

THE FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT TOGETHER WITH THE TOWN OF COLLEGIATE SCHOOL AQUATIC CENTER RULES:

- No glass containers of any kind are permitted in the facility.
- Lawn/deck chairs are not permitted in the grandstand.
- No spectators/parents will be allowed on deck unless working the meet.
- No smoking is allowed on the campus.
- Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the facility.
- A full set of rules is posted poolside.

LOCKER ROOMS: Day lockers may be available for athletes, coaches and officials. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Collegiate School Aquatic Center and Virginia Swimming are NOT responsible for lost or stolen property.

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 will be available at the Collegiate School Aquatic Center with overflow parking available at the Martin's behind the aquatic center.

DIRECTIONS TO COLLEGIATE SCHOOL AQUATIC CENTER

Go to: www.poseidonswimming.com for directions.



2016 Speedo Championship Series Meet

Eastern Zone Southern Region LC Sectional Meet

March 31-April 3, 2016

Order of Events

Thursday, March 31, 2016

Timed Finals: 4:30pm start

Women				Men				
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM
9:34.99	9:19.99	10:39.79	1	800 M Freestyle	2	16:43.99	16:35.19	17:21.99
				1500 M Freestyle				

Friday, April 1, 2016

Prelims: 9:00am start

Finals: 6:00pm start

Women				Men				
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM
2:11.09	2:07.89	1:55.19	3	200 M Freestyle	4	1:46.49	1:58.09	2:01.49
1:18.29	1:15.89	1:08.59	5	100 M Breaststroke	6	1:02.19	1:09.19	1:10.39
1:06.69	1:05.19	58.79	7	100 M Butterfly	8	53.79	59.59	1:00.89
5:20.49	5:07.29	4:38.39	9	400 M IM	10	4:15.09	4:43.19	4:49.89
9:06.29	8:58.89	8:05.39	11	800 M Free Relay	12	7:22.39	8:06.69	8:14.79

Saturday, April 2, 2016

Prelims: 9:00am start

Finals: 6:00pm start

Women				Men				
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM
4:44.09	4:40.29	4:12.29	13	200 M Medley Relay	14	3:46.99	4:15.59	4:19.69
2:29.49	2:25.99	2:12.49	15	200 M Butterfly	16	2:01.19	2:14.19	2:16.29
28.49	27.29	24.99	17	50 M Freestyle	18	22.49	24.79	25.59
2:49.39	2:44.79	2:29.39	19	200 M Breaststroke	20	2:15.39	2:30.29	2:32.99
1:07.89	1:06.09	59.49	21	100 M Backstroke	22	54.89	1:00.39	1:01.99
4:37.69	4:29.29	5:08.79	23	400 M Freestyle	24	4:48.39	4:10.89	4:18.59
4:14.99	4:10.89	3:45.79	25	400 Free Relay	26	3:21.89	3:44.09	3:48.69

Sunday, April 3, 2016

Prelims: 9:00am start

Finals: 6:00pm start

Women				Men				
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM
1:57.79	1:56.19	1:44.59	27	200 M Free Relay	28	1:32.69	1:42.19	1:45.49
18:16.79	17:43.29	17:54.39	29	1500 M Freestyle				
				800 M Freestyle	30	10:02.49	8:43.49	9:06.39
2:26.99	2:23.39	2:09.49	31	200 M Backstroke	32	1:59.39	2:12.59	2:15.39
1:00.69	59.09	53.19	33	100 M Freestyle	34	48.69	54.09	55.69
2:28.99	2:25.09	2:11.29	35	200 M IM	36	1:59.79	2:12.99	2:16.59
4:44.09	4:40.29	4:12.29	37	400 M Medley Relay	38	3:46.99	4:15.59	4:19.69

There are no maximum qualifying times for this meet.

Scratch deadlines:

- Thursday, 3:00pm: Thursday distance events (W 800 & M 1500)
- Thursday, 5:00pm: All Friday events (including positive check-in for 800 free relay).
- Friday, 6:30pm: All Saturday events (including positive check-in for 200 medley relay and 400 free relay).
- Saturday, 6:30pm: All Sunday events (including W 1500 & M 800 and positive check-in for 200 free relay and 400 medley relay).

Relay Events: Relays are timed-final events. The fastest two heats will swim the finals during the evening session. The Sunday Relay Rule will be in effect for Sunday relays. Remaining heats will swim with preliminaries during the morning session. All relays must be positively checked-in by the appropriate scratch deadline. 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. 200 Medley Relay entry times must be provable 400 Medley Relay times.



Thursday Distance Events: The Women's 800 meter freestyle will be swum slowest-to-fastest, followed by the Men's 1500 meter freestyle swum slowest-to-fastest. These events are timed finals.

Sunday Distance Events: The fastest heat of the Women's 1500 meter freestyle and the fastest heat of the Men's 800 meter freestyle will be swum at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 4:30pm. The heats will be swum alternating women and men such that the second-fastest men's heat swims last, the second-fastest women's heat swims next-to-last, etc. The heat order will be published after the scratch deadline. These events are timed finals.

