

**EASTERN ZONE SWIMMING
TECHNICAL PLANNING MEETING**

Friday, April 12, 2019
Bethlehem, PA

Report

1. Reports of 2019 EZ Winter Championship Meet Host have all been submitted.
2. 2019 Summer LC Age Group Champs Standards have been approved by TP and are attached
3. 2019 Summer LC Zone Sr Champs Standards – have been approved and are attached
4. Age Group Championships discussion and proposals
5. Meet Announcement Summer 2019 Summer LC Sectional Meet at Rutgers has been reviewed and approved by TP

The following are proposals are put forth with a recommendation from Technical Planning that the Eastern Zone pass:

Regarding the Winter EZ Short Course Age Group Meet:

- The following wording shall be placed in the meet announcement regarding qualifying times: “: **All times for individual events must have been achieved in USA Swimming Approved, Sanctioned or Observed competition**”
- Event awards shall equal the number of lanes the finals course is run.
- The Winter SC Age Group meet shall be limited to 14-Under swimmers
- Bonus swim policy shall be implemented guaranteeing qualified swimmers an opportunity of at least 4 swims: 1 cut/3 bonus swims, 2 cuts/2 bonus swims, 3 cuts/1 bonus swim – with the following restrictions:
 - 400 IM/500 freestyle will have bonus qualifying times set at 1 second per 50 slower than the qualifying time.
 - Swimmer may swim 1000 free as bonus if they have qualified in the 1650
 - Swimmer may swim 1650 free as bonus if they have qualified in the 1000
- Excluding timed final events, all 11-12 and 13-14 individual events shall have a consolation final followed by a championship final

Regarding the EZ Sectional Meets:

- The attached event order will be used at the EZ Sectional Meets
- Relay events will change from a check-in event to a scratch event.

Proposed Meet Order for EZ Sectionals

Thursday

1650 Free
1000 Free
800 Free Relay

Friday

200 Free
100 Breast
100 Fly
400 IM
400 Medley Relay

Saturday

200 Medley Relay
200 Fly
50 Free
200 Breast
100 Back
500 Free
200 Free Relay

Sunday

200 Back
100 Free
200 IM
400 Free Relay

1650 Free
1000 Free

Q-times for 2019 LC Eastern Zone Sr Champs

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.69	27.89	25.09	50 Free	22.49	24.99	25.79
1:01.79	1:00.19	54.19	100 Free	49.29	54.39	55.99
2:12.59	2:09.39	1:56.49	200 Free	1:46.49	1:58.29	2:01.49
4:41.59	4:35.19	5:10.39	400/500 Free	4:48.99	4:15.29	4:20.89
9:42.59	9:29.79	10:43.79	800/1000 Free	10:04.49	8:55.09	9:07.89
18:36.29	18:12.29	18:00.99	1500/1650 Free	16:47.49	16:58.49	17:22.49
1:08.39	1:07.19	1:00.49	100 Back	54.99	1:00.99	1:02.29
2:27.99	2:25.59	2:11.09	200 Back	1:59.19	2:13.49	2:15.89
1:18.59	1:16.59	1:08.99	100 Breast	1:02.39	1:09.29	1:11.29
2:50.79	2:46.79	2:30.19	200 Breast	2:16.19	2:31.19	2:35.19
1:07.39	1:05.99	59.39	100 Fly	53.99	59.99	1:01.39
2:29.99	2:27.69	2:13.69	200 Fly	2:01.39	2:14.89	2:17.69
2:29.69	2:26.49	2:11.89	200 IM	2:00.59	2:13.89	2:17.09
5:22.09	5:10.79	4:39.99	400 IM	4:16.89	4:44.99	4:51.39
1:57.79	1:56.19	1:44.59	4 x 50 Free Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 x 100 Free Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 x 200 Free Relay	7:22.39	8:06.69	8:14.79
4:44.09	4:40.29	4:12.29	4 x 100 Medley Relay	3:46.99	4:15.59	4:19.69

Times achieved in sanctioned, approved or observed competition since January 1, 2018

2019 Summer Zone Bonus Qualifying Times

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.19	28.39	25.59	50 Free	23.19	25.69	26.49
1:02.89	1:01.29	55.29	100 Free	50.19	55.59	57.29
2:14.89	2:11.69	1:58.79	200 Free	1:49.29	2:01.09	2:04.29
4:47.19	4:40.79	5:15.99	400/500 Free	4:54.59	4:22.09	4:27.69
9:42.59	9:29.79	10:43.79	800/1000 Free	10:04.49	8:55.09	9:07.89
18:36.29	18:12.29	18:00.99	1500/1650 Free	16:47.49	16:58.49	17:22.49
1:09.79	1:08.59	1:01.89	100 Back	56.39	1:02.39	1:03.69
2:30.79	2:28.39	2:13.89	200 Back	2:01.99	2:16.29	2:18.69
1:19.99	1:17.99	1:10.59	100 Breast	1:03.79	1:10.69	1:12.69
2:53.59	2:49.59	2:32.99	200 Breast	2:18.99	2:33.99	2:37.99
1:08.79	1:07.39	1:00.79	100 Fly	55.39	1:01.39	1:03.79
2:34.09	2:31.59	2:17.59	200 Fly	2:04.99	2:18.49	2:21.29
2:33.09	2:29.89	2:15.29	200 IM	2:04.19	2:17.49	2:20.69
5:25.09	5:16.39	4:45.59	400 IM	4:22.49	4:50.59	4:56.69

Times achieved in sanctioned, approved or observed competition since January 1, 2018

**2019 Eastern Zone Long Course
All Star Championship Qualifying Times**

GIRLS	10 and Under	BOYS
33.49	50 Meter Freestyle	33.39
1:12.99	100 Meter Freestyle	1:12.09
2:36.29	200 Meter Freestyle	2:34.09
5:31.49	400 Meter Freestyle	5:29.89
39.39	50 Meter Backstroke	39.49
1:24.39	100 Meter Backstroke	1:24.09
44.79	50 Meter Breaststroke	45.29
1:36.39	100 Meter Breaststroke	1:37.59
36.99	50 Meter Butterfly	36.89
1:25.69	100 Meter Butterfly	1:24.59
2:57.29	200 Meter Individual Medley	2:56.29
GIRLS	11 and 12	BOYS
29.69	50 Meter Freestyle	29.19
1:04.69	100 Meter Freestyle	1:03.99
2:19.29	200 Meter Freestyle	2:17.19
4:55.89	400 Meter Freestyle	4:51.99
34.59	50 Meter Backstroke	34.59
1:13.59	100 Meter Backstroke	1:13.09
2:36.69	200 Meter Backstroke	2:35.59
38.99	50 Meter Breaststroke	38.59
1:24.59	100 Meter Breaststroke	1:24.39
2:59.69	200 Meter Breaststroke	2:57.39
32.09	50 Meter Butterfly	31.89
1:11.99	100 Meter Butterfly	1:11.39
2:43.59	200 Meter Butterfly	2:40.89
2:38.19	200 Meter Individual Medley	2:35.59

**2019 Eastern Zone Long Course
All Star Championship Qualifying Times**

GIRLS	13 and 14	BOYS
29.09	50 Meter Freestyle	27.39
1:03.29	100 Meter Freestyle	58.89
2:15.39	200 Meter Freestyle	2:07.09
4:45.69	400 Meter Freestyle	4:32.49
9:48.19	800 Meter Freestyle	9:25.19
19:05.49	1500 Meter Freestyle	18:05.39
1:11.99	100 Meter Backstroke	1:07.99
2:33.89	200 Meter Backstroke	2:24.29
1:21.79	100 Meter Breaststroke	1:17.19
2:56.39	200 Meter Breaststroke	2:44.79
1:09.99	100 Meter Butterfly	1:05.19
2:36.59	200 Meter Butterfly	2:24.79
2:34.59	200 Meter Individual Medley	2:23.19
5:26.99	400 Meter Individual Medley	5:06.69
WOMEN	15 to 18	MEN
28.89	50 Meter Freestyle	26.99
1:03.29	100 Meter Freestyle	58.29
2:15.39	200 Meter Freestyle	2:06.89
4:45.69	400 Meter Freestyle	4:28.89
9:48.19	800 Meter Freestyle	9:14.29
18:46.09	1500 Meter Freestyle	17:46.09
1:11.99	100 Meter Backstroke	1:06.69
2:33.89	200 Meter Backstroke	2:21.99
1:21.79	100 Meter Breaststroke	1:14.09
2:56.29	200 Meter Breaststroke	2:40.79
1:09.89	100 Meter Butterfly	1:03.69
2:31.59	200 Meter Butterfly	2:21.29
2:34.59	200 Meter Individual Medley	2:23.19
5:26.99	400 Meter Individual Medley	5:06.69