

# EASTERN ZONE LONG COURSE AGE GROUP CHAMPIONSHIP

Hosted by SRVA & Virginia Swimming

**AUGUST 4-8, 2021**

Held under the Sanction of USA Swimming

Sanctioned by Virginia Swimming

Sanction # VS-21-209

*We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting Collegiate School Aquatics Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.*

<b>SANCTION</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-209</li><li>• An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, DBA SwimRVA, cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li><li>• BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, INC., VIRGINIA SWIMMING, INC., GREATER RICHMOND AQUATICS PARTNERSHIP, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION THEREWITH.</li></ul>
<b>LOCATION</b>	SwimRVA-CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234
<b>FACILITY</b>	<ul style="list-style-type: none"><li>• 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</li><li>• Indoor 6-lane 25-yard pool for continuous warm-up, cool-down.</li><li>• Non-Turbulent Lane Markers in both pools</li><li>• Omega Starting Blocks with foot wedge and backstroke ledge, Colorado Timing Gen7 automatic and semiautomatic timing, backup Dolphin wireless stopwatches.</li><li>• The competition course has been certified in accordance with USA Swimming Rules &amp; Regulations, Article 104.2.2C. A copy of the certification is on file with USA Swimming.</li><li>• In participating in this meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA programs or activities comes with inherent risks. I</li></ul>

	<p>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.</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul>
<b>MEET DIRECTOR</b>	Adam Kennedy, <a href="mailto:adam.kennedy@swimrichmond.org">adam.kennedy@swimrichmond.org</a> , (804) Mary Turner, <a href="mailto:myturner525@gmail.com">myturner525@gmail.com</a> , (434) 352-5451
<b>MEET REFEREE</b>	Betsy Russell, <a href="mailto:betsy@byrussell.com">betsy@byrussell.com</a> , (617) 699-1033
<b>MEET ENTRIES</b>	Mary Turner, <a href="mailto:myturner525@gmail.com">myturner525@gmail.com</a> , (434) 352-5451
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Certified USA Swimming officials interested in working at the meet should submit an application by <b>Tuesday, July 20<sup>th</sup></b>, for any assigned positions. An Application to Officiate is available at this link: <a href="#">Officials Application</a>. All officials should register using this online application.</li> <li>• A request has been submitted for this meet to be a National Certification Qualifying Meet for most positions under the National Officials Certification Program. Any official interested in being evaluated should indicate intent on the Application to Officiate. Details of the certification program can be found on the USA Swimming Website.</li> <li>• There will be an officials' briefing one hour prior to the start of each session, except for the first, which will start 90 minutes prior to the session start. The briefing location to be determined.</li> </ul>
<b>VOLUNTEERS</b>	<p>Individuals may sign up to time at: <a href="https://forms.gle/RdE1rThAtepk17Dh8">https://forms.gle/RdE1rThAtepk17Dh8</a></p> <p>Depending upon the number of individuals who sign up to time, each LSC may be asked to assist with providing with timers.</p>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Competition is restricted to swimmers registered in one of the 12 LSCs in the Eastern Zone.</li> <li>• Each swimmer must have a current USA Swimming premium athlete registration in the LSC which he/she represents.</li> <li>• On-site registration will not be accepted at this meet.</li> <li>• Swimmer's age as of August 4, 2021, determines his/her age group for the entire meet.</li> <li>• Times must have been achieved between January 1, 2019, and the meet entry deadline.</li> <li>• Each LSC may determine the selection process for its athletes. However, each LSC may enter only 12 athletes per gender per age group in each preliminary or timed finals session.</li> <li>• Eligibility of athletes with qualifying times for higher level meets: <ul style="list-style-type: none"> <li>○ Athletes who have competed in an Individual Event at the USA Swimming National Championships, the USA Swimming Spring Championships, US Open, the USA Swimming Junior Championships or a USA Swimming Trials Class meet are not eligible to enter and compete at an EZ AG Championship meet.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the above meets prior to the entry deadline for the EZ meet, may not enter and compete in an EZ AG Championship meet.</li> <li>○ Athletes 12 years of age or younger who have achieved a qualifying time in an individual event for any of the above meets but have not competed in that event at the stated meet, may enter and compete in that event in an EZ AG Championship meet.</li> </ul>
<p><b>ENTRY LIMITATIONS</b></p>	<ul style="list-style-type: none"> <li>• LSCs may enter a maximum of three (3) athletes per individual event and one (1) team per relay event.</li> <li>• Each swimmer may enter a total of eight (8) individual events in the meet, not to exceed three (3) individual events per day.</li> <li>• Relays must be made up of swimmers competing in the meet in individual events. ‘Relay only’ swimmers are NOT allowed.</li> <li>• If an LSC does not have three (3) swimmers who have SCY time of record in an event, swimmers may be entered with a non-conforming time (either LCM or SCM) that has been achieved during the entry window. <b>NT (no time) entries and converted times will not be accepted.</b></li> </ul>
<p><b>SWIMMERS W/ DISABILITIES</b></p>	<ul style="list-style-type: none"> <li>• Each LSC may bring two (2) 12 &amp; under and two (2) 13 - 14-year-old swimmers with disabilities to the meet. These athletes are in addition to the swimmers who have qualifying times for the meet events. Each LSC may select the swimmers with a disability at their own discretion.</li> <li>• Swimmers with disabilities shall be entered on the form included on page 11. (Additional instructions can be found on page 10.)</li> <li>• Swimmers with disabilities may compete in Finals, earn awards and score points for their team in the same manner as the able-bodied swimmers.</li> <li>• It is the responsibility of the swimmer, or his / her coach, to inform the Meet Referee of any disability-related accommodations he /she may need in order to compete. In addition, this information must be given in advance of the meet on the entry form. The Meet Referee shall determine any modifications that may be required.</li> <li>• It is the swimmer’s responsibility to complete and submit an application for an American Record, should one be set.</li> </ul>
<p><b>FORMAT</b></p>	<ul style="list-style-type: none"> <li>• All events will be <b>pre-seeded except the 400/800/1500 freestyle and the 400 IM</b></li> <li>• 11/12 and 13/14 age groups <ul style="list-style-type: none"> <li>○ prelims/finals format in morning sessions</li> <li>○ 11/12 400 freestyle and 13/14 800 /1500 freestyle events will be timed final events with top eight (8) athletes swimming in finals.</li> <li>○ all relays will be swum in prelims.</li> </ul> </li> <li>• 10 &amp; Under athletes will swim timed final events in afternoon sessions</li> </ul>
<p><b>ENTRY PROCEDURES</b></p>	<ul style="list-style-type: none"> <li>• <b>ENTRY DEADLINE: 7:00 PM, Tuesday, July 27<sup>th</sup>.</b></li> <li>• All entries must be submitted by the LSC – entries from individuals will not be accepted.</li> <li>• <b>All entry times MUST be submitted in SCY</b> (except as noted in the Entry Limitations section above)</li> <li>• Entries should be completed using third-party software (CL2, HY3, or SDIF format) and sent to the Meet Entry officer: Mary Turner, <a href="mailto:myturner525@gmail.com">myturner525@gmail.com</a>.</li> <li>• A PDF of the entry report must be sent with the e-mailed file.</li> <li>• <b>NO DECK ENTRIES WILL BE ACCEPTED FOR THIS MEET.</b></li> <li>• <b>Entry checks should be made payable to Virginia Swimming.</b> Mail the entry fee check and entry certification form to -</li> </ul>

	<p><b>Mary Turner</b>  <b>PO Box 1059</b>  <b>Appomattox, VA 24522</b>  <b>434-352-5451</b></p> <p><b>Please request ‘waiver of signature’ if using a delivery service that provides one.</b></p> <ul style="list-style-type: none"> <li>The submission of an entry by an LSC represents a contract between the entering LSC and the host LSC. Entry in this meet represents the entering LSC’s intention to comply with the rules and regulations of the meet as stated.</li> <li>Fees must be received no later than the Zone Managers meeting, Tuesday August 3, 2021.</li> </ul> <p><b>ENTRY FEES:</b>  Individual events: \$12.00 per entry  Relays: \$16.00 per entry  Surcharge: \$10 per swimmer</p>
<b>PROOF OF TIME</b>	<p>Each LSC is responsible for proof of time for its entry and must provide written certification with their entries, via an LSC Officer’s signature, attesting to the accuracy of those entries. See page 11 of the meet information.</p>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>The fastest eight (8) swimmers will advance to finals in each prelim/final event.</li> <li>The following events are positive check-in events - the 400/800/1500 freestyle and the 400 IM. Positive check-in deadlines are as follows: <ul style="list-style-type: none"> <li>Wednesday 7:30 am: 800 freestyle</li> <li>Thursday 7:30 am: 400 IM</li> <li>Friday 30 minutes after start of session warmups: 400 freestyle</li> <li>Saturday 7:30 am: 1500 freestyle</li> </ul> </li> <li>Any swimmer failing to “check-in” for a positive check-in event will not be seeded into the event.</li> <li>The fastest eight (8) swimmers per event in the 800 and 1500 Freestyles will swim in finals with the remaining heats being swum in prelims.</li> <li>The fastest eight (8) swimmers per event in the 400 freestyle for 11/12 age group will be swum in finals with the remaining heats being swum prelims.</li> </ul>
<b>WARM-UP PROCEDURES</b>	<ul style="list-style-type: none"> <li>The competition pool will be available on Tuesday from 2-8 pm.</li> <li>The pool will open for warm-ups each morning of the meet (Wednesday through Saturday) at 7:00 am.</li> <li>The warmup assignments will be determined after all entries are received. This information will be emailed to all LSCs and will be posted on the Virginia Swimming and Eastern Zone websites.</li> <li>Tentative start times for each session are provided on the Order of Events and will be finalized once all entries are received. Based on the number of meet entries, start times are subject to change.</li> <li>Except for Tuesday afternoon, lanes for warm-ups will be assigned for each LSC.</li> <li>Use of training equipment, which may include but is not limited to kick boards, pull buoys, paddles, bungee cords, and snorkels, is prohibited during the official warm-up period.</li> <li>The 25-yard pool will be available to swimmers throughout the meet.</li> <li>LSC’s are expected to monitor their assigned lanes to ensure a safe warm-up procedure.</li> </ul>
<b>START PROCEDURES</b>	<ul style="list-style-type: none"> <li>Depending on the number of entries received, ‘chase starts’ may be used at the discretion of the Meet Referee in consultation with the Meet Director. <b>IF</b> it is decided to use chase starts, LSCs will be notified NLT Friday, July 30<sup>th</sup>.</li> </ul>

	<ul style="list-style-type: none"> <li>• Dive-over starts will be used in preliminary sessions when chase starts are not being utilized at the discretion of the Meet Referee.</li> </ul>
<b>RELAYS</b>	<ul style="list-style-type: none"> <li>• <b>All relays will be conducted as timed finals in the prelims/time final sessions.</b></li> <li>• <b>Each LSC is limited to one (1) relay per event.</b></li> </ul>
<b>SUBSTITUTIONS</b>	<ul style="list-style-type: none"> <li>• Each LSC is entitled to make substitutions to allow three (3) swimmers to participate in each event.</li> <li>• 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. No adjustments in seeding will be made to accommodate the substitution.</li> <li>• Substitution Forms will be provided in the manager’s packet.</li> </ul>
<b>RULES</b>	<p><b>COMPETITION:</b></p> <ul style="list-style-type: none"> <li>• USA SWIMMING / VA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</li> <li>• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>• All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• 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 this requirement.</li> <li>• 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.</li> <li>• 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 <u>not permitted</u>.</li> <li>• 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.</li> <li>• An 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.</li> <li>• In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> <li>• Only currently credentialed coaches, USA Swimming registered athletes, and essential meet personnel will be permitted on deck and in the athlete area. Deck credentials will be issued.</li> </ul> <p><b>SCRATCH POLICIES:</b></p> <ul style="list-style-type: none"> <li>• The scratch procedure will be done in accordance with USA Swimming rules 207.11.6.D &amp; E.</li> <li>• Unless a swimmer is initially announced as qualifying for a heat in Finals, she/he will not be penalized for failure to compete.</li> <li>• There is no penalty for failing to swim in a pre-seeded event.</li> </ul> <p><b>CONDUCT:</b></p>

	<ul style="list-style-type: none"> <li>The Eastern Zone Rules of Conduct will apply. Proper conduct will be enforced at all times by coaches, chaperones, parents, meet marshals, and meet directors.</li> <li>Any issues of conduct which occur within the meet venue will be adjudicated by the meet jury. Misconduct includes but is not limited to: violations of safety guidelines outlined in the meet announcement; disrespect to meet management personnel, officials or fellow athletes; stealing, destroying, vandalizing or possessing the property of others; possession or use of alcoholic beverages, tobacco products or illegal drugs. More serious violations may result in legal action by the host LSC's and local authorities.</li> </ul>
<b>SCORING</b>	Individual Events: 9-7-6-5-4-3-2-1 (1 <sup>st</sup> through 8 <sup>th</sup> ) Relays: 18-14-12-10-8-6-4-2 (1 <sup>st</sup> through 8 <sup>th</sup> )
<b>AWARDS</b>	Individual Events – Medals 1st thru 8th place. Relays – Medals 1st thru 3rd place. Team Awards – A Championship Banner (traveling) will be awarded to the winning overall team. <b><u>Record Breakers:</u></b> All record breakers will receive a Commemorative Certificate.
<b>TEAM MANAGER</b>	<ul style="list-style-type: none"> <li>Each LSC must provide the name of an individual to serve as the official Team Manager. An alternate may also be named. Team Managers or alternates must represent the LSC at any meeting called by the Meet Director to discuss matters concerning the meet.</li> <li>Only the Team Manager or alternate is permitted to represent the LSC. Protests will not be accepted from anyone other than the Team Manager or alternate.</li> <li><b>The Team Managers meeting will be held through Zoom on Monday, August 2<sup>nd</sup> at 7:00 p.m. The Zoom link will be sent to Team Managers once entries have been received.</b></li> <li><b>Team Managers or the official Alternate Team Manager from each LSC MUST be present at the meeting. All teams are responsible for information covered at this meeting!</b></li> </ul>
<b>PROTESTS</b>	<p>Any protest must be presented to the Meet Referee and will be managed in accordance with USA Swimming Rules 102.23. It is suggested that in addition to a swimmer and coach an official also be a participant in the meet jury.</p> <ul style="list-style-type: none"> <li>Protests, eligibility or otherwise, must be submitted in writing by the Zone Team Manager and must be accompanied by a \$50 protest fee made payable to the Eastern Zone. This fee shall be returned if the protest is upheld.</li> <li>A Meet Jury will adjudicate any protests, including issues of conduct that may occur in the meet venue.</li> <li>The Meet Jury shall refer to Rule 102.23 of the USA Swimming Rules and Regulations regarding all protests.</li> <li>The Meet Jury may not change any of the rules of eligibility, substitution, or scoring.</li> <li>Any member involved in a formal pre-protest meeting/ discussion may not be a representative of the meet jury.</li> <li>Should there be a protest prior to the start of the meet, the Meet Referee shall convene a Meet Jury consisting of the Coach Director, the Non-Coach Director, the Technical Chair, the Zone Championship Chair, and the Zone Athlete Representative. Each member of the Meet Jury may designate a proxy, but at least one member of the jury shall be an athlete.</li> </ul>
<b>ATHLETE AND SPECTATOR SEATING</b>	<ul style="list-style-type: none"> <li>There are multiple bleachers around the pool deck for athlete seating.</li> <li>Spectator seating is in the mezzanine area. <ul style="list-style-type: none"> <li><b>Spectator 4 Day Pass, \$35:</b> includes entry to all meet sessions.</li> <li><b>Spectator Day Admission, \$15:</b> includes entry to 3 meet sessions that day.</li> <li>10 and younger spectators are admitted free.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Tickets may be purchased in advance at: <a href="https://www.eventbee.com/v/usa-swimming-lc-eastern-zones/event?eid=178290402">https://www.eventbee.com/v/usa-swimming-lc-eastern-zones/event?eid=178290402</a></li> </ul>
<b>PROGRAMS</b>	Heat Sheet/Meet Program will be available for download at no charge from the Virginia Swimming and Eastern Zone websites.
<b>HOSPITALITY</b>	A hospitality area (credentials required) will be available for coaches and meet staff.
<b>RESULTS</b>	Real time results will be available on Meet Mobile and at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> – see the front page of the website for a link. At the conclusion of the meet, results will be posted on the Virginia Swimming and the Eastern Zone websites.
<b>DIRECTIONS</b>	Got to: <a href="http://www.swimrichmond.org/directions.htm">http://www.swimrichmond.org/directions.htm</a>

# Order of Events

## Wednesday

<b>13/14 Prelims</b> Competition Starts: 8:15am		
Girls	Event	Boys
1	200 IM	2
5	100 Freestyle	6
9	100 Breaststroke	10
13	800 Freestyle	14
17	200 Freestyle Relay	18

<b>11/12 Prelims</b> Competition Starts: 12:15pm*		
Girls	Event	Boys
3	200 IM	4
7	100 Freestyle	8
11	100 Breaststroke	12
15	200 Butterfly	16
19	200 Freestyle Relay	20

<b>10 &amp; U Timed Finals</b> Competition Starts: 3:45pm*		
Girls	Event	Boys
21	100 Freestyle	22
23	50 Breaststroke	24
25	100 Butterfly	26
27	200 Freestyle Relay	28

<b>11 &amp; Over Finals</b> Competition Starts: 6:00pm		
Girls	Event	Boys
1	13/14 200 IM	2
3	11/12 200 IM	4
5	13/14 100 Freestyle	6
7	11/12 100 Freestyle	8
9	13/14 100 Breaststroke	10
11	11/12 100 Breaststroke	12
13	13/14 800 Freestyle	14
15	11/12 200 Butterfly	16

## Thursday

<b>13/14 Prelims</b> Competition Starts: 8:15am		
Girls	Event	Boys
29	200 Freestyle	30
33	100 Butterfly	34
37	200 Backstroke	38
41	400 IM	42
45	400 Medley Relay	46

<b>11/12 Prelims</b> Competition Starts: 12:15pm*		
Girls	Event	Boys
31	200 Freestyle	32
35	100 Butterfly	36
39	200 Backstroke	40
43	400 Medley Relay	44

<b>10 &amp; U Timed Finals</b> Competition Starts: 3:30pm*		
Girls	Event	Boys
47	200 Freestyle	48
49	50 Butterfly	50
51	100 Backstroke	52
53	400 Medley Relay	54

<b>11 &amp; Over Finals</b> Competition Starts: 6:00pm		
Girls	Event	Boys
29	13/14 200 Freestyle	30
31	11/12 200 Freestyle	32
33	13/14 100 Butterfly	34
35	11/12 100 Butterfly	36
37	13/14 200 Backstroke	38
39	11/12 200 Backstroke	40
41	13/14 400 IM	42

\*Competition start times are approximate and subject to change once entries are received.

## Order of Events



## Friday

<b>13/14 Prelims</b> Competition Starts: 8:15am		
Girls	Event	Boys
57	200 Butterfly	58
61	100 Backstroke	62
65	400 Freestyle	66
69	400 Freestyle Relay	70

<b>11/12 Prelims</b> Competition Starts: 11:45pm*		
Girls	Event	Boys
55	50 Butterfly	56
59	100 Backstroke	60
63	400 Freestyle	64
67	50 Breaststroke	68
71	400 Freestyle Relay	72

<b>10 &amp; U Timed Finals</b> Competition Starts: 3:15pm*		
Girls	Event	Boys
73	50 Backstroke	74
75	400 Freestyle	76
77	100 Breaststroke	78
79	400 Freestyle Relay	80

<b>11 &amp; Over Finals</b> Competition Starts: 6:00pm		
Girls	Event	Boys
55	11/12 50 Butterfly	56
57	13/14 200 Butterfly	58
59	11/12 100 Backstroke	60
61	13/14 100 Backstroke	62
63	11/12 400 Freestyle*	64
65	13/14 400 Freestyle	66
67	11/12 50 Breaststroke	68

\*Fastest Heat of Timed Final Event

## Saturday

<b>13/14 Prelims</b> Competition Starts: 8:15am		
Girls	Event	Boys
83	1500 Freestyle	84
87	50 Freestyle	88
91	200 Breaststroke	92
95	200 Medley Relay	96

<b>11/12 Prelims</b> Competition Starts: 12:15pm*		
Girls	Event	Boys
81	50 Backstroke	82
85	50 Freestyle	86
89	200 Breaststroke	90
93	200 Medley Relay	94

<b>10 &amp; U Timed Finals</b> Competition Starts: 3:00pm*		
Girls	Event	Boys
97	200 IM	98
99	50 Freestyle	100
101	200 Medley Relay	102

<b>11 &amp; Over Finals</b> Competition Starts: 6:00pm		
Girls	Event	Boys
81	11/12 50 Backstroke	82
83	13/14 1500 Freestyle	84
85	11/12 50 Freestyle	86
87	13/14 50 Freestyle	88
89	11/12 200 Breaststroke	90
91	13/14 200 Breaststroke	92

**\*Competition start times are approximate and subject to change once entries are received.**

# Instructions and Guidelines for Swimmers with Disabilities

- Each LSC may bring two (2) swimmers with disabilities age 12 & under, and two (2) swimmers age 13- 18 to the meet. These adapted swimmers are in addition to the swimmers who have qualifying times for the meet events. Each LSC may select the adapted swimmers at their own discretion.
- Swimmers with disabilities may compete without having achieved the qualifying standard for their age group; however, they must provide a time for each event they enter. This information can be e-mailed, but ALL of the information on the entry form must be included in the e-mail. The classification of swimmer with a disability is irrelevant.
- Swimmers with disabilities may compete in Finals, earn awards and score points for their team in the same manner as the able-bodied swimmers.
- It is the responsibility of the swimmer, or his / her coach, to inform the Meet Referee of any disability-related accommodations he /she may need in order to compete.
  - This information must be given in advance of the meet on the entry form.
  - The Meet Referee shall determine any modifications that may be required and relay the information to the starter and stroke and turn judges. These options include:
    - seeding the swimmer with others of the appropriate gender,
    - allowing the swimmer to compete half the distance of their age group (swim the 100 meter. backstroke during the 200 meter. backstroke race),
    - allowing the swimmer to compete with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 15 year old swimmer with a disability could swim the 100 meter freestyle with the 10 & U age group), or
    - reassigning the lane of a deaf swimmer if a required view of the strobe light is obscured and the light cannot be repositioned.
  - Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
- Should a Disability Record be set, it is the swimmer's responsibility to complete and submit the application for an American Record.
- The final meet results will show the swimmer with a disability listed in the correct age and event, regardless of where s/he actually competed.



# LSC ENTRY CERTIFICATION FORM

LSC \_\_\_\_\_

I certify that all swimmers from the \_\_\_\_\_ LSC entered in the Eastern Zone Long Course Age Group Championship meet:

- are current members of the LSC and USA Swimming.
- that all entry times were achieved at sanctioned, approved or observed meets.
- that no swimmer entered in this meet by the LSC
  - has participated in an individual event at a USA Swimming Junior, National, Open or Trial class meet,
  - if 13 years of age or older, has achieved a qualifying time in an individual event for one of the above listed meets, or
  - if 12 years of age or younger, is entered in an individual event in which s/he has qualified and competed at one of the above listed meets.

I further certify that all coaches from this team who will attend this meet hold current USA Swimming coaching credentials.

LSC officer's Signature \_\_\_\_\_

LSC officer's Name (please print) \_\_\_\_\_

Current LSC office \_\_\_\_\_

# VA SWIMMING GUIDELINES FOR PHOTOGRAPHERS AT MEETS

In order to clarify the requirements for photographers, both professional and team designated, the following guidelines have been developed:

- The meet host has the prerogative to decide if photographers will be allowed on the deck of the pool.
- Any professional photographer allowed at the meet must provide proof of liability insurance to the Meet Director and must also have parental permission of any athlete he or she photographs.
- If the meet host chooses to allow team photographers, the individual serving in that capacity must
  - Be a registered, card carrying member of USA-S. Membership card must be visible at all times while on deck.
  - Present the completed Team Photographer Identification Form to the Meet Director. This form will be available from the Meet Director and must be signed by the head coach or team president. Teams should request the form from the meet director at least three days prior to the beginning of the meet.
- It is the responsibility of the Meet Director and Meet Marshals to ensure that photographers do not impede the progress of the meet in any way and follow the Virginia Swimming Policies governing photography.

## J. MEET SAFETY

3. Photography will not be permitted behind the starting blocks. Individuals who violate of the above photography restrictions may be asked by the Meet Director to leave the pool venue.

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## TEAM PHOTOGRAPHER IDENTIFICATION

NAME: \_\_\_\_\_ TEAM: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF TEAM REPRESENTATIVE

\_\_\_\_\_  
POSITION

# EASTERN ZONE LONG COURSE CHAMPIONSHIP

## Head Coach/Team Manager Code of Conduct

I have read and understood Articles 304 and 305 of the USA Swimming Rulebook. I understand actions meant to demean or harm other athletes, coaches, officials, and spectators will not be tolerated. I understand that facility damage and theft are not acceptable actions and will not be tolerated. I will do my best to make sure my team is under direct supervision at all times while at the meet. I will do everything in my power to make sure that the team acts accordingly during the course of the meet. I understand that any infraction could lead to expulsion from the event and facility for individuals and or my team.

Team Manager	Head Coach	Date
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Print Name	Print Name
Signature	Signature

**All Codes of Conduct must be turned in by the conclusion of the Team Managers/Coaches Meeting.**

**2021 Hotel List for Eastern Zone LC Summer Championship held at CSAC Pool  
5050 Ridgedale Parkway, Richmond, Virginia, 23234**

Best Western Plus Governor's Inn 9826 Midlothian Tpk, Richmond, VA 23235 804.323.0007            9.1 miles to pool	5030 W. Village Green Drive, Midlothian, VA 23112 804.744.7303        8.2 miles to pool
Courtyard Marriott Chester (group meeting facilities) 2001 West Hundred Rd, Chester, VA 23836 804.414.1010        8.6 miles to pool	Holiday Inn Richmond South – City Gateway 4303 Commerce Road, Richmond, VA 23234 804.592.2900        7 miles to pool
Delta Hotels by Marriott (banquet facilities) 555 East Canal Street, Richmond, VA 23219 804-788-0900        8.6 miles to pool	Homewood Suites Richmond / Chester 12810 Old Stage Road, Chester, VA 23836 804.751.0010            8.7 miles to pool
Doubletree Hotel Downtown (banquet facilities) 301 West Franklin Street, Richmond, VA 23220 804.644.9871            6.9 miles to pool	Hyatt Place Richmond Arboretum (group meeting facilities) 201 Arboretum Place, Richmond, VA 23236 804.560.1566            5 miles to pool
Doubletree Midlothian (banquet facilities) 1021 Koger Center Boulevard, Richmond, VA 804.379.3800        7 miles to pool	Omni Richmond Hotel (banquet facilities) 100 South 12th Street, Richmond, VA 23219 804.344.7000            6.6 miles to pool
Fairfield Inn by Marriott-Chester (complimentary breakfast) 12400 Redwater Creek Road, Chester, VA 23831 804.778.4555            11.1 miles to pool	Richmond Marriott (banquet facilities) 500 East Broad Street, Richmond, VA 23219 804.643.3400        7 miles to pool
Hampton Inn Richmond South (close, limited dining) 4300 Commerce Rd, Richmond, VA 23234 804.743.3550            3.7 miles to pool	Sheraton Park South Hotel (banquet facilities) 9901 Midlothian Turnpike, Richmond, VA 23235 804.323.1144            5.9 miles to pool
Hampton Inn 800 Research Rd., Richmond, VA 23236 804.897.2800            7 miles to the pool	
Hampton Inn 3620 Price Club Boulevard, Midlothian, VA 23112 804.675.0000        8.2 miles to the pool	
Hilton Garden Inn at Richmond (banquet facilities) 501 East Broad St, Richmond, VA 23219 804.344.4300    7 miles to pool	
Holiday Inn Express – Chester (complimentary breakfast) 1911 West Hundred Road, Chester, VA 23831 804.7510123    8.6 miles to the pool	
Holiday Inn Express and Suites Brandermill	