

2023 Eastern Zone Short Course Age Group Championships




Hosted by FAST, WEBS, & Niagara Swimming



March 29 - April 1, 2023

Held under the sanction of USA Swimming, Sanctioned by Niagara Swimming - Sanction #NI-2223-048

AGE GROUPS: 10 & UNDER, 11-12, 13-14

SPONSOR/ HOST	USA Swimming, Niagara Swimming, Fairport Area Swim Team (FAST), & Webster BlueFins (WEBS)	
LOCATION	Webster Aquatic Center at: Webster-Schroeder High School, 875 Ridge Road (Rt. 404), Webster, New York 14580	
FACILITY	<p>POOL: The Webster Aquatic Center pool will be configured with one twenty-five (25) yard, ten-lane (10) indoor course, with continuous flow-through gutters, and non-turbulent lane dividers for this competition. Colorado Electronic Timing System, OMEGA touch pads, horn start, and 10-lane scoreboard readout will be used. One 25-yard, six lane pool for continuous warm-up and warm-down will be adjacent to the competition course.</p> <p>The competition course has been certified in accordance with 104.2.2C(4) of the USA Swimming Rules and Regulations. A copy of this certification is on file with USA Swimming. Water depth spanning 1-5 meters away from both the start and turn ends of the competition course ranges from 6'8" to 7'6".</p> <p>Meet Management and Zone leadership reserves the right to modify the course(s) in response to the number of meet entries/size of meet.</p> <p>REFRESHMENTS: Concessions will be available for purchase in the lobby of the Webster Aquatic Center. The hours of operation for concessions will be determined by the Meet hosts.</p> <p>PARKING: Parking in large lots adjacent to the Webster Aquatic Center will be available at no charge.</p>	

The Meet Personnel contact information is provided for officials, designated representatives of the participating clubs, and for Eastern Zone/USA Swimming personnel only. Any swimmer or parent seeking information about how to enter the meet should contact their club representatives.

MEET DIRECTORS

MEET REFEREE

ADMIN REFEREE

Marci Callan (FAST) mcallan@fairport.org 585-451-2100	Randy Naccarella (WEBS) meetdirector@wsabluefins.com 585-750-7505	Christine Newcamp retiredlawyer@comcast.net	Joann Faucett faucettjm@aol.com
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ENTRY CO-CHAIRS & MEET OPERATIONS

Nicholas Weiner (FAST) zoneoperations@fairportswimming.com	Linda Barbeau (WEBS) zoneoperations@fairportswimming.com
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<p>TECH SUIT BANRESTRICTION</p> <p>USA 102.8.1 F</p>	<p>No Technical Suits shall be worn by any 12 & Under USA Swimming athlete member in competition at any sanctioned, approved or observed meet. [Effective September 1, 2020]</p> <p>(1) Exceptions to the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials.</p> <p>(2) A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> a. Any suit with any bonded or taped seams regardless of its fabric or silhouette. or b. Any suit with woven fabric extending past the hips. <p>Click here for a complete list of the suits that will be allowed for athletes 12 and under. Please make sure your suit is approved before wearing it to a meet.</p>		
<p>SESSIONS</p>	<p>11–14-Year-Old Sessions:</p>	<p>Warm-up*</p>	<p>Start*</p>
	<p>Wed Evening <i>Timed Finals</i></p>	<p>4:00 – 4:50 PM</p>	<p>5:00 PM</p>
	<p>Prelims (<i>Thurs–Sat</i>)</p>	<p>7:30 -8:50 AM</p>	<p>9:00 AM</p>
	<p>Finals (<i>Thurs-Sat</i>)</p>	<p>4:00 – 4:50 PM</p>	<p>5:00 PM</p>
	<p>10 & Under Timed Finals</p>		
	<p>Thursday</p>	<p>12:15 – 1:05 PM</p>	<p>1:15 PM</p>
	<p>Friday</p>	<p>12:15 – 1:05 PM</p>	<p>1:15 PM</p>
	<p>Saturday</p>	<p>12:15 – 1:05 PM</p>	<p>1:15 PM</p>
	<p><i>*Note that Session warm-up and start times for all Timed Finals and Finals Sessions could change based on timelines. Changes will be forward to Head Coaches, posted at the venue, posted on Eastern Zone website, and announced during the meet as necessary. Warm-up sessions for 11 & Overs may be split with clubs assigned specific times and lanes if deemed appropriate by the Meet Directors.</i></p>		
<p>RULES</p>	<ul style="list-style-type: none"> • This meet will be governed by USA Swimming, Inc. rules. • All swimmers, coaches, and officials must be current members of USA Swimming. • No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Any team or individual entering a swimmer without a current USA Swimming membership may be subject to a \$100 per swimmer fine. • 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. • Swimmers without a coach need to advise the Meet Director in advance. It is the responsibility of the club to have a coach for swimmers entered in the meet. It must be a registered coach and can be assigned from another team. 		
<p>EVENTS</p>	<p>The meet will be swum in accordance with the accompanying schedule of events. Prepare for flyover starts.</p>		

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<p>ELIGIBILITY</p>	<ul style="list-style-type: none"> • The meet is open to any 14 and Under swimmer who meets the qualifying times, and at the time of entry deadline is registered with USA Swimming in one of the twelve LSCs in the Eastern Zone. Athletes with a Seasonal or Flex membership are not eligible. • On-site registration will not be accepted at this meet. • Swimmer’s age as of March 29, 2023, determines age group for the entire meet. • Qualifying times must have been achieved between January 1, 2022, and March 21, 2023, the entry deadline for this meet. • All entry times must be the swimmer’s actual time achieved in SC yards. Converted times will not be accepted. • Exclusionary Criteria for Eligibility: <ul style="list-style-type: none"> ○ 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 Age Group Championship meet. ○ 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 Age Group Championship meet. ○ 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 Age Group Championship meet.
<p>ENTRY RULES AND LIMITATIONS</p>	<ul style="list-style-type: none"> • Each eligible swimmer may enter no more than three (3) individual events per day, and a maximum of six (6) individual events for the meet, including bonus events, plus 1 relay per day. • For all individual events, all times must have been achieved in USA Swimming Approved, Sanctioned, or Observed competition. • No deck entries will be accepted for this meet. • There are no qualifying time standards for relays for this meet. • Relays must be made up of swimmers entered in the meet in individual events. No ‘relay only’ swimmers are allowed. • Clubs are allowed to enter no more than 2 relays per relay event. <p>BONUS EVENTS: A swimmer with one (1) qualifying time may enter up to three (3) bonus swims. two (2) qualifying times may enter up to two (2) bonus swims; three (3) qualifying times may enter up to one (1) bonus swim, and swimmers with four (4) or more qualifying times receive NO bonus swims. To swim the 400 IM or 500 free as a bonus event, a swimmer must have an entry time within 4 seconds (400 IM) or 5 seconds (500 free) of the qualifying time for these events.</p> <p>There shall be no bonus swims for the 1000 or 1650 freestyle. However, swimmers may qualify for the 1000 and/or 1650 Freestyle events with the 1000/1650 Yard time standards. These events will be seeded fastest to slowest, with those entered at the alternate distance standard seeded in the last heat.</p>

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<p>SWIMMERS WITH DISABILITIES</p>	<p>USA Swimming National Disability Committee released parallel time standards to foster and promote the inclusion of athletes with a disability in their Zone Championships. The parallel times are designed to provide a fair, equitable and structured path for these athletes. Time Standards are posted on the Eastern Zone Website.</p> <p>The standards are divided up into three “P” groups. The groups are to place athletes with similar disabilities into the same grouping. The groupings are as follows:</p> <ul style="list-style-type: none"> • P1 - non-ambulatory (wheelchair bound)- limited use of all four extremities. • P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body. • P3 - single limb deficiencies, visual impairment, intellectual impairment, ambulatory without significant assistance. <p>If you have any questions please contact Courtney Christ, Niagara Disability Chair at disability@niagaraswim.org.</p> <p>Please submit all disability entry forms (page 16) and any accommodations needed to zoneoperations@fairportswimming.com for entry into the meet.</p>
<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> • All entries for qualifying swims between January 1, 2022, and March 21, 2023 Entry times must be in short course yards. Converted or non-conforming times will not be accepted. See PROOF OF TIMES (next section). • All entries must be submitted through fastentries.com. A Hy-Tek (or compatible) entry file, along with a Proof of Time report must be submitted along with your entry (see next bullet for exceptions). Click here for Entry Procedure Instructions. • If you are an unattached athlete and do not have access to Team Manager or software that is capable of producing a Hy-Tek entry file, please reference Section 2.2 in the procedure instructions, you have the ability to submit your entries manually. • Credit cards are the only accepted form of payment. Visa, MasterCard, Discover, and American Express cards are accepted. You will receive an invoice once the entry period has ended. This invoice must be paid within 48 hours of receipt. Failure to pay on time will result in your entries being deleted from the system. If you do not receive your invoice 48 hours after the entry deadline, please contact Nicholas Weiner, Entry Co-Chair at zoneoperations@fairportswimming.com. • For questions or concerns with the FAST Entry System, please contact Nicholas Weiner, Entry Co-Chair at zoneoperations@fairportswimming.com. • The submission of an entry by a Club represents a contract between the Club and Host teams. Entry in this meet represents the entering Club’s intention to comply with the rules and regulations of the meet as stated. Clubs are financially responsible for all fees associated with all entries. Clubs who enter athletes who later wish to withdraw after acceptance of entry are required to pay all associated fees unless waived by Meet Management.

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<p>PROOF OF TIMES</p>	<ul style="list-style-type: none"> • Verification of times for all events (including relays) is required. • Proof of times including the date and name of the meet where their time was achieved must be included with the entry file. • Any additional requested proof of times must be submitted prior to the session being swum. The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event and time swum. • Times must have been swum in a USA-Swimming sanctioned, observed, or approved meet. • After the meet, the meet host will conduct an audit of entry times vs. meet results. Based on the results of this audit, a team may be required to provide proof of time for selected swims, if not already proven. Proof of time has been defined as a time included in the SWIMS database, or which can be proven by official meet results (including the cover sheet). • Failure to prove a time will result in a fine of one hundred dollars (\$100) per swim and the club will be responsible for paying the fine. Failure to pay the fine will result in exclusion from future Eastern Zone Meets <p>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 fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2023.</p>
<p>ENTRY DEADLINE</p>	<p>Entries will close on Tuesday, March 21, 2023, at 10 PM.</p> <p>No Fax, Email, or Telephone entries will be accepted, except as noted on pages 15-16.</p>
<p>ENTRY FEES</p>	<p>Individual events: \$12.00 per entry Relays: \$16.00 per entry Surcharge: \$10.00 per swimmer</p>
<p>FORMAT</p>	<p>INDIVIDUAL EVENTS:</p> <ul style="list-style-type: none"> • All 11 & Over events are Prelims and Finals (except for 11-12 500 Freestyle and 13-14 1000 & 1650-yard Freestyle events, which are Timed Finals.) • Excluding Timed Final events, all 11-12 and 13-14 individual events shall have a Consolation Final followed by a Championship Final, each with 10 swimmers. • Timed final Freestyle events on Wednesday evening will be swum fastest to slowest, alternating female/male heats. • The 10 top seeded swimmers after positive check-in for the 13-14 Men’s and Women’s 1000 Freestyle will swim in the Saturday Finals session. The other heats will swim fastest to slowest, alternating female/male heats, in the Saturday morning session. • All 10 & Under events are Timed Finals and will be swum in the afternoon sessions.

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	<p>RELAYS:</p> <ul style="list-style-type: none"> • All Relays are Timed Finals. • All heats of the 11–14-year-old Relays will be swum during the Morning Prelim sessions, with the exception of the 400 Free Relay, which will be in session 1 Wednesday evening. • All heats of the 10 & Under Relays will be swum in the afternoon sessions. • Relay cards must be returned to the scorer’s table by the event start time.
<p>SEEDING</p>	<ul style="list-style-type: none"> • The meet will be pre-seeded except for all events on Wednesday (including relays) and other individual events 400 yards and longer (400 IM, 500 free 1000 free). • Traditional seeding (circle seeding for prelims, by time for T/F events). • Positive check-in events: 500 free, 1650 free, 400 Free Relays, 400 IM, and 1000 free. • Positive check-in deadlines: <ul style="list-style-type: none"> ○ Wednesday events by 3:30 pm ○ Other events: 45 minutes prior to the session’s start time for each event. • Any swimmer who positively checks in but fails to swim will be barred from their immediate next individual event. • Swimmers who fail to report for a preliminary or timed-final event that does not require positive check-in will remain eligible to compete in all remaining events in which he/she was properly entered, except as stated elsewhere in this announcement regarding finals or positive check-in events. • The fastest 20 swimmers at Prelims, after scratches, will advance to Finals (10 in each Consolation and Championship heat) in Prelim / Final Events. • Coaches are always responsible to check the status of their swimmers before leaving the facility.

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SCRATCHES	<ul style="list-style-type: none"> The scratch procedure for Finals will be in accordance with USA Swimming rules: 207.11.6. A-E. Coaches must report scratches from Finals to the Officials table no later than 30 minutes following the announcement of the preliminary results. Unless a swimmer is initially announced as qualifying for a heat in Finals (top 20 only), he/she will not be penalized for failure to compete. 	
SCORING	Individual Events (Top 20):	A Final 24-21-20-19-18-17-16-15-14-13 B Final 11-9-8-7-6-5-4-3-2-1
	Relays (Top 20):	48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2
AWARDS	Individual events:	Medals 1 st - 10th place, and High Point Awards for each age group, Men & Women
	Relays:	Medals 1 st through 3rd place
	Team:	Top three combined team score.
	Record Breakers:	All record breakers will receive a Commemorative Certificate
	Awards will be presented to 10 & Under swimmers at awards ceremonies during the afternoon sessions for individual events. All other awards will be available for pickup at the conclusion of that day's Finals Session. Awards will not be mailed, so please be sure a representative from your club is there for pick up.	
PRACTICE TIME	The Webster Aquatic Center will be open early on Wednesday, March 29 th , from 2:00 PM to 4:00 PM general warm-up for athletes properly entered into the meet. Session 1 warmups will start at 4:00 PM. Swimmers not in session 1 are requested to exit the pool.	
WARM-UP PROCEDURES	<p>All applicable Niagara LSC warm-up procedures for 10 and 6 lane facilities will apply. No equipment may be used during the official warm-up period. Clubs are expected to supervise their athletes to ensure a safe warm-up period.</p> <p>Proper and safe warm-ups are the responsibility of all athletes and coaches, and will be enforced by Meet Marshals, Officials, and Meet Management personnel. There will be absolutely NO DIVING AT ANY TIME DURING THE WARM-UP OR MEET IN THE WARM-UP/WARM-DOWN POOL (which is the diving well of this facility)!</p>	
GENERAL MEETING	A General Meeting will be held on Wednesday at 2:30pm. If necessary, additional coaches' meetings will be held as determined by the Meet Referee. It is the obligation of every swimmer entered in the meet to attend or be represented at this meeting and to become acquainted with the changes, if any, and the decisions made at this meeting. (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.	

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<p>REGISTRATION AND CREDENTIALS</p>	<p>Coach packets and credentials for athletes, coaches and officials will be available in the entrance area on the lower pool level starting at 2:00pm on Wednesday. Thursday and Friday, packets and credentials will be available starting at 7:15am. Saturday, please see the Meet Director.</p> <p>Credentials will be required for entry onto the deck. Everyone receiving a Credential will be required to show current USA Swimming Membership, and all coaches will be required to show current and valid Coaching Credentials to receive their deck passes. Credentials must be visible at all times when on deck. \$10 will be charged for replacement of badges.</p>																
<p>DECK ACCESS</p>	<p>Swimmers shall access the pool deck through the locker rooms. Coaches and Officials shall gain access through the deck entrance in the lobby. Please use designated pool entry areas only. 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:</p> <table border="1" data-bbox="643 936 1203 1234"> <thead> <tr> <th># Athletes</th> <th># Coach Deck Passes</th> </tr> </thead> <tbody> <tr> <td>1-5</td> <td>1</td> </tr> <tr> <td>6-12</td> <td>2</td> </tr> <tr> <td>13-22</td> <td>3</td> </tr> <tr> <td>23-30</td> <td>4</td> </tr> <tr> <td>31-39</td> <td>5</td> </tr> <tr> <td>40-49</td> <td>6</td> </tr> <tr> <td>50+</td> <td>7</td> </tr> </tbody> </table> <p>The procedure of how coaches' credentials will be distributed is to be determined.</p>	# Athletes	# Coach Deck Passes	1-5	1	6-12	2	13-22	3	23-30	4	31-39	5	40-49	6	50+	7
# Athletes	# Coach Deck Passes																
1-5	1																
6-12	2																
13-22	3																
23-30	4																
31-39	5																
40-49	6																
50+	7																
<p>OFFICIALS</p>	<p>Certified Officials wishing to officiate at the meet should submit an application by March 18, 2023. Officials Application Link will be located on the Eastern Zone or host website.</p> <p>This meet is approved as an Officials Qualifying Meet (OQM). Any official interested in being evaluated should submit an application to Officiate noting the request for evaluation. If you will be requesting a National Certification Program evaluation, please note the position and level of the evaluation request and submit the application by March 10, 2023. The application form can be found on the Eastern Zone website.</p> <p>Details of the National Certification program can be found on the USA Swimming Website here: National Certification Program</p> <p>Officials' briefings will take place 1 hour prior to the start of each session.</p>																
<p>HOSPITALITY</p>	<p>Coaches and Officials hospitality areas will be located in a separate area, accessible from the pool deck, provided by the Meet Host.</p> <p>We will be serving breakfast, lunch, dinner, snacks, and drinks throughout the meet.</p>																

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<p>TIMERS</p>	<p>It will be necessary to solicit timers from the spectators attending the meet. All visiting teams should be prepared to provide lane timers. The Meet Director reserves the right to assign teams with lane assignments for timer coverage for preliminary and timed finals sessions depending on the volume of entries. Schedules will be posted on the host website. The meet host will provide timers for Thursday-Saturday evening finals sessions.</p> <p>To sign up for lane timing assignments, please visit the hosted meet page.</p> <p>Counters are required for events 500 yards and over. In addition, swimmers must provide their own timers for the 1000 free (AM only) and 1650 free.</p>
<p>MEET MARSHALS</p>	<p>Marshals have the authority through the Meet Referee to enforce orderly and safe warm-ups and atmosphere on the pool deck. A swimmer and/or coach may be removed from the deck for noncompliance with warm-up procedures. Procedures attached.</p>
<p>CONDUCT</p>	<ul style="list-style-type: none"> • Proper conduct on the part of all swimmers and spectators is expected at all times, and will be enforced by coaches, chaperones, parents, staff, meet marshals, and meet directors. • All issues of alleged misconduct which occur within the meet venue (defined as the entire Webster Aquatic Center facility) will be evaluated by the Meet Referee and Meet Management personnel. • Any issues of misconduct that occur within the meet venue will be under the direct jurisdiction of the Meet Referee for disciplinary action. Any protest of the Referee’s decision will be considered by a Meet Jury. Coaches and/or official representatives of all clubs shall immediately report all alleged occurrences of misconduct at the Webster Aquatic Center to one of the Meet Directors who will gather details and consult with the Meet Referee for intervention. • The Zone manual defines misconduct as follows: <ul style="list-style-type: none"> ○ “Misconduct includes but is not necessarily limited to: ○ (1) Violation of safety guidelines outlined in the meet announcement or posted in the venue. ○ (2) Disrespect to meet management personnel, officials, or fellow athletes. ○ (3) Stealing, destroying, vandalizing, or possessing the property of others. ○ (4) Possession or use of alcoholic beverages, tobacco products or illegal drugs.” • Additionally, swimmers, coaches, parents, etc. are restricted to the pool area, adjoining locker rooms, the adjacent hallway and balcony area. ANY SWIMMER FOUND IN RESTRICTED AREAS WILL BE BARRED FROM THE REMAINDER OF THE MEET. • The USA Swimming Code of Conduct will be enforced. • 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 the MAAPP policy is a condition of participation in the conduct of this competition.

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	<ul style="list-style-type: none"> • 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. • Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. • Deck changes are prohibited. • 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. • Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. Non-credentialed coaches and officials not working, and parents who attempt to gain pool deck access via locker rooms, are not allowed on the pool deck. Offenders are potentially subject to a fine of \$100 from Niagara Swimming. • It is understood and agreed that USA Swimming, as well as Eastern Zone Swimming, Niagara Swimming, Fairport Area Swim Team, Webster BlueFins, Webster Aquatic Center, and Webster Central School District, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
<p>PROTESTS</p>	<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"> • Protests, eligibility or otherwise, must be submitted in writing by the coach representative 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. • A Meet Jury will adjudicate any protests, including issues of conduct that may occur in the meet venue. • The Meet Jury shall refer to Rule 102.23 of the USA Swimming Rules and Regulations regarding all protests. • The Meet Jury may not change any of the rules of eligibility, substitution, or scoring. • Any member involved in a formal pre-protest meeting/ discussion may not be a representative of the meet jury. • 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.

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ATHLETE AND SPECTATOR SEATING	Pool deck team seating areas will be determined, if necessary, at the discretion of the Meet Director based on relative team sizes and will be announced prior to the start of the meet. Only Coaches, swimmers, Officials, timers, and meet session volunteers will be allowed on the pool deck. All spectators without admission passes must pay the noted admission fees at the door. Note that the spectator seating area may be cleared for cleaning on an as needed basis.
ADMISSION	Spectator seating is in the mezzanine area. Spectator All Sessions Pass, \$35.00: includes entry to all meet sessions. Spectator Single Day Pass: \$15: includes entry to all meet sessions in a single day. Age 12 and younger spectators are admitted free. Tickets may be purchased in advance from the link on the host meet page or at the meet.
PROGRAMS	Heat Sheets will be available for download at no charge from the host meet page .
RESULTS	Real-time results will be available on Meet Mobile. At the conclusion of the meet, results will be posted on the Niagara Swimming and the Eastern Zone websites.
ACCOMMODATIONS	Our hotel booking link is available on the host meet page .
MEDICAL SUPERVISION	The Webster Aquatic Center (WAC) has lifeguards stationed on the pool deck monitoring the competition and warmup/cooldown pool. A lifeguard office is located off the pool deck with medical supplies.

ORDER OF EVENTS

Wednesday (Day 1)

Timed Finals – Distance & Relay Events Session 1

Girls Event #	Qualifying Time	Event Description	Qualifying Time	Boys Event #
1	No Cuts	11-12 400 Free Relay	No Cuts	2
3	No Cuts	13-14 400 Free Relay	No Cuts	4
5	5:39.79	11-12 500 Free	5:35.99	6
7	18:41.29	13-14 1650 Free	17:39.69	8

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Thursday (Day 2)

Preliminary Heats, 11-14 Year Olds, Session 2

Girls Event #	Qualifying Time	Event Description	Qualifying Time	Boys Event #
9	28.99	11-12 50 Butterfly	28.79	10
11	1:01.39	13-14 100 Butterfly	57.19	12
13	34.39	11-12 50 Breast	34.49	14
15	1:11.69	13-14 100 Breast	1:06.79	16
17	57.69	11-12 100 Free	57.19	18
19	2:00.29	13-14 200 Free	1:52.89	20
21	2:22.39	11-12 200 IM	2:20.99	22
23	4:51.09	13-14 400 IM	4:33.09	24
25	2:20.39	11-12 200 Back	2:21.99	26
27	No Cuts	13-14 400 Medley Relay	No Cuts	28
29	No Cuts	11-12 200 Medley Relay	No Cuts	30

Thursday (Day 2)

Timed Finals, 10 & Under, Session 3

Girls Event #	Qualifying Time	Event Description	Qualifying Time	Boys Event #
101	1:05.79	10-Under 100 Freestyle	1:04.69	102
103	39.49	10-Under 50 Breast	39.49	104
105	1:16.29	10-Under 100 Butterfly	1:15.19	106
107	35.19	10-Under 50 Backstroke	34.89	108
109	6:30.59	Girls 10-Under 500 Free	Friday	Session 6
111	No Cuts	10-Under 200 Free Relay	No Cuts	112

Thursday (Day 2)

Finals, Session 4

Girls Event #	Event Description	Boys Event #
9	11-12 50 Butterfly	10
11	13-14 100 Butterfly	12
13	11-12 50 Breast	14
15	13-14 100 Breast	16
17	11-12 100 Free	18
19	13-14 200 Free	20
21	11-12 200 IM	22
23	13-14 400 IM	24
25	11-12 200 Back	26

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Friday, (Day 3)

Preliminary Heats, 11-14 Year Olds, Session 5

Girls Event #	Qualifying Time	Event Description	Qualifying Time	Boys Event #
31	2:41.79	11-12 200 Breast	2:39.69	32
33	2:16.69	13-14 200 IM	2:07.09	34
35	1:06.59	11-12 100 IM	1:05.69	36
37	1:02.39	13-14 100 Back	58.09	38
39	30.59	11-12 50 Back	30.59	40
41	25.99	13-14 50 Free	24.19	42
43	2:06.09	11-12 200 Free	2:04.39	44
45	5:25.29	13-14 500 Free	5:06.79	46
47	2:29.09	11-12 200 Fly	2:27.09	48
49	No Cuts	11-12 200 Free Relay	No Cuts	50
51	No Cuts	13-14 200 Free Relay	No Cuts	52

Friday (Day 3)

Timed Finals, 10 & Under, Session 6

Girls Event #	Qualifying Time	Event Description	Qualifying Time	Boys Event #
113	2:41.59	10-Under 200 IM	2:40.19	114
115	33.39	10-Under 50 Butterfly	33.09	116
117	1:27.59	10-Under 100 Breast	1:27.59	118
Thursday	Session 3	Boys 10-Under 500 Free	6:22.39	110
119	No Cuts	10-Under 400 Free Relay	No Cuts	120

Friday (Day 3)

Finals, Session 7

Girls Event #	Event Description	Boys Event #
31	11-12 200 Breast	32
33	13-14 200 IM	34
35	11-12 100 IM	36
37	13-14 100 Back	38
39	11-12 50 Back	40
41	13-14 50 Free	42
43	11-12 200 Free	44
45	13-14 500 Free	46
47	11-12 200 Fly	48

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Saturday, (Day 4)

Preliminary Heats, 11-14 Year Olds, Session 8

Girls Event #	Qualifying Time	Event Description	Qualifying Time	Boys Event #
53	2:15.39	13-14 200 Back	2:06.69	54
55	1:05.29	11-12 100 Back	1:05.49	56
57	2:35.19	13-14 200 Breast	2:25.69	58
59	1:14.69	11-12 100 Breast	1:13.99	60
61	55.89	13-14 100 Free	51.99	62
63	26.69	11-12 50 Free	26.29	64
65	2:19.19	13-14 200 Fly	2:09.59	66
67	1:04.89	11-12 100 Fly	1:04.19	68
69	No Cuts	13-14 200 Medley Relay	No Cuts	70
71	11:09.69	13-14 1000 Free Timed Final, Fastest Heat of Women and Men in Finals.	10:33.69	72

Saturday (Day 4)

Timed Finals, 10 & Under, Session 9

Girls Event #	Qualifying Time	Event Description	Qualifying Time	Boys Event #
121	1:14.49	10-Under 100 IM	1:14.49	122
123	29.99	10-Under 50 Free	29.59	124
125	1:15.39	10-Under 100 Backstroke	1:15.19	126
127	2:23.29	10-Under 200 Free	2:22.49	128
129	No Cut	10-Under 200 Med Relay	No Cut	130

Saturday (Day 4)

Finals, Day 3, Session 10

Girls Event #	Event Description	Boys Event #
71	13-14 1000 Free FASTEST HEAT OF Women and Men	72
53	13-14 200 Back	54
55	11-12 100 Back	56
57	13-14 200 Breast	58
59	11-12 100 Breast	60
61	13-14 100 Free	62
63	11-12 50 Free	64
65	13-14 200 Fly	66
67	11-12 100 Fly	68

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WARM-UPS:

The warm-up period for all sessions will be as described per the included Niagara LSC procedure for warm-ups in a 10-lane course. No paddles or ancillary equipment may be used during the official warm-up period. Coaches are expected to supervise their athletes to ensure a safe warm-up period.

THE WARM-UP PROCEDURE BELOW WILL BE USED FOR THE EVENING FINALS SESSIONS ONLY!

Warm-up Procedures for the Evening 11 & Over FINALS Session.

Pre-Meet warm-up period

- Control/Supervise - Key words for safe warm-ups.
- Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.

General warm-up period

- The first 30-45 minutes are for general warm-ups in all lanes.
- There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
- Outside Lanes - Kicking only.
- Inside Lanes - Swimming and pulling only; no paddles.
- No sprinting or pace work.

Specific warm-up period

- Last 30-45 minutes of pre-meet warm-up period.
- In a ten-lane pool, each lane shall be scheduled as follows:
- Lanes 1 & 10 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
- Lanes 2 & 9 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
- Lanes 3, 4, 5, 6, 7, 8 general warm-ups only (as above) **NO DIVING**.

Important Points for Specific Warm-Up Period

- No diving in lanes other than those designated for racing dives. The blocks should be marked to remind swimmers that they should not dive.
- Start all swimmers in all lanes at the starting end of the pool.
- Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.
- Swimmers should be reminded by coaches that breaststrokers need more lead-time than freestylers or butterfly swimmers.
- Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroker has executed his/her start.
- The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
- Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
- The Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
- Marshals have the authority through the Meet Director over the warm-up. A swimmer and/or Coach may be removed from the deck for interfering with the Marshals.
- When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm up sessions should be split to provide a safe and adequate warm-up time for all.
- The meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competitive pool during the duration of the swimming competition.
- The meet Safety Committee shall have responsibility for safety rules in all other areas during competition and shall assist the meet Referee in the competition pool if necessary.
- The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
- There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition.
- Discretion and common sense must be used when establishing procedures. The above procedures may be modified by the meet Referee according to the needs of the meet.

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Instructions and Guidelines for Swimmers with Disabilities

- Each club may have swimmers with disabilities that achieve their Zone Parallel Time Standard to the meet. There is no limit on the number of athletes with a disability that they can bring who have achieved the standard.
- They must provide a time for each event they enter. This information can be e-mailed, but ALL the information on the entry form must be included in the e-mail. Please indicate the P1-3 category that you feel your swimmer should be categorized in.
- 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 and Meet Director/Entry Chair of any disability-related accommodations he/she may need 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:
 - Seeding the swimmer with others of the appropriate gender.
 - Allowing the swimmers to compete half the distance of their age group (swim the 100-yard backstroke during the 200-yard 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-yard freestyle with the 10 & Under age group).
 - 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's the responsibility of the swimmer 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 he/she competed.

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Swimmers with a Disability Entry Form

Name: _____

Club: _____ LSC: _____

USA Swimming #: _____ Age first day of the meet: _____

Swimmer email address: _____

Swimmer phone number: _____

Name of person completing this form: _____

Email address: _____ Phone #: _____

Please enter events below. The maximum number of events for any swimmer is six (6) events. Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session & location that the swimmer competes in. Changing the distance may change the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The meet staff has the final decision regarding seeding procedures.

MAKE CHECKS PAYABLE TO "FAIRPORT SWIMMING, INC." THIS FORM MUST BE RETURNED WITH ENTRY FORMS TO BE CONSIDERED A COMPLETE ENTRY. EXPRESS MAIL OR FED EX WITH WAIVER OF SIGNATURE REQUIREMENT TO:

Fairport Swimming, Inc., P.O. Box 81, Fairport, NY 14450

Must be received by March 21, 2023. Please email this form to zoneoperations@fairportswimming.com.

Event #	Event Description	Entry Time	Seed with Age Group (same age, same distance)	Seed with Different Distance (same age different distance)	Seed with Comparable Time (younger age, distance depends on entry time)

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Entry Summary and Waiver

Club Name:	_____	Club Code:	_____
Head Coach:	_____	Phone:	_____
		E-mail:	_____
Entry Coordinator:	_____	Phone:	_____
Address:	_____	E-mail:	_____
City, State, ZIP	_____		

Total number of individual entries	_____	x \$ 12.00 =	\$ _____
Total number of relay entries	_____	x \$ 16.00 =	\$ _____
Total number of swimmers	_____	x \$ 10.00 =	\$ _____
		Total Due	\$ _____

Deadline: Tuesday, March 21st, 2023 at 10:00 PM

In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against Fairport Swimming, Inc (FAST), Webster Swim Association (WEBS), Meet Management personnel, USA Swimming, Niagara Swimming, Inc., Eastern Zone Swimming, and the Webster Central School District for injuries and/or expenses incurred by us at this meet or during transit to and from the meet. We are bona-fide amateur athletes eligible to participate in all events entered. **YOUR SIGNATURE BELOW AFFIRMS ACCEPTANCE OF THESE CONDITIONS.**

Signature of Club Official, Parent, or Guardian

Date

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Head Coach Code of Conduct

A Coaches Code of Conduct will be required during coaches' check in. This will be completed online prior or in the lobby of the Webster Aquatic Center.

USA Swimming Competitor Waiver and Release Form

Please visit the hosted meet site for the USA Swimming Competitor Waiver and Release form. This may be completed and brought to the meet or completed online and electronically signed by a swimmer's parent/guardian.

For questions or concerns, please contact Nicholas Weiner and/or Linda Barbeau, Meet Operations at zoneoperations@fairportswimming.com.

Questions may be directed to Marci Callan (mcallan@fairport.org) and/or Randy Naccarella (meetdirector@wsabluefins.com) (Coaches & Club Reps only)

ENTRIES CLOSE 10:00 PM, March 21, 2023