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ITHACA, NY

EASTERN ZONE	2015
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July 16-19, 2015



Hosted by The Syracuse Chargers

Meet Sanction #NI1415-219
Time Trials Sanction #NI1415-220

Co-Meet Directors:

Chris Feliu
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Meet Referee:

Jim O'Neill
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Meet Administrative Referee:

Tim Husson
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Niagara LSC Officials Chairman:

Jim Stromski
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Meet Host Contact:

Syracuse Chargers Swimming. PO Box 54, DeWitt, NY 13214
(315) 446-1409 or (315) 944-SWIM Meetentry@medleyaquatics.com

Location:

Ithaca College, Athletics & Events Center, 953 Danby Road, Ithaca, NY 14850

Facility:

9 Lane, 50m pool complete with flow through lane lines and a Colorado Timing System VI. Colorado Relay take-off judging pads may be used, secondary to the officials. Ample team and spectator seating is available. The water depth at the start end is no less 2.5m at a distance of 1m/5m. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming

Officials:

Certified officials wishing to work the meet should submit an application by Sunday, July 5, 2015 for assigned positions. The application form can be found through this link: [Official's Application](#).

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 National Certification program can be found on the [USA Swimming Website](#).

All Officials' briefings will take place 1 hour prior to the start of each session.

General Meeting:

Wednesday, July 15, 2015 at 6:00pm. The General Meeting will take place in the VIP Conference room near the indoor track. All final decision will be communicated at this meeting.



Coaches and teams 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, July 16 – Sunday July 19: 6:00am-9:00pm

Team Registration Schedule:

Wednesday, July 15: 4:30pm – 5:45pm and 30 minutes following coaches meeting.

Thursday, July 16: 6:00am – 11:00am

Other times: Contact the Meet Host

Meet Schedule:

Thursday, July 16 – Sunday, July 19

Prelim Warm-up: 6:30am – 8:20am. Prelims Start: 8:30am

Finals Warm-up: 4:15pm - 5:20pm. Finals Start: 5:30pm

Prelims and Finals start times are subject to change depending on entries and timeline, at Meet Director's discretion. The pool will be open until 9:00pm or 30 minutes after the last event, whichever is later, for general warm up or warm down.

Warm-Up Procedure:

Current Niagara Swimming and USA Swimming rules govern all aspects of the warm-up. No diving, and feet first entry is required, except in designated lanes and times.

Warm-up procedures are as follows and they will be posted on deck:

General warm-up all lanes until 40 minutes prior to meet start, then only lanes 3-7 are general warm up.

Sprint lane (2) or lanes (2 & 8) as needed from 40 minutes prior to meet start

Pace lanes 1 & 9, 40 minutes prior to meet start

Clear pool 10 minutes prior to meet start

Training equipment not allowed during the last hour of each warm-up session.

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 the blocks is not permitted.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and 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.

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, 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 2015.

Eligibility:

This Meet is only open to Eastern Zone registered USA Swimming athletes who have attained a qualifying time that is equal to or faster than those published on the Eastern Zone website. The Qualifying Period is January 1, 2014 through meet entry deadline.

Timers:

Teams attending the meet should be prepared to provide timers. The meet director reserves the right to assign teams with lane assignments for timer coverage depending on entries.

All Thursday and Sunday distance events need to supply their own Timer and Counter. All athletes participating in time trials need to supply their own timers and counters (if needed).

Meet Format:

The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final (18&under only), B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. All relay events, as well as the 800 freestyle and 1500 freestyle will be swum as timed final events. Please see scoring on page 9 for additional information.

All distance swims MUST positively check-in and declare their intent to swim by the scratch deadline for that day's events to be seeded.

Distance Freestyle:

- A. Distance Entry - Any swimmer who qualifies for the 800m and/or 1500m freestyle events may enter at their fastest time or at the time standard, if entered in two or more events on the days of the distance freestyle
- B. Distance Check-In and Seeding - Entrants in the 800 and/or 1500 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before, except for Thursday's events, which will be published by 8 PM on Wednesday. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest time.
- C. Order of Distance Events

Thursday events (W-1500 & M-800) will swim, with only the fastest (single) heat for each event swum in the finals session. All other heats are to swim immediately following the last morning event (Men's 100 Breaststroke). Both events will swim **fastest to slowest**. The heats swum in the morning will alternate between the Women's and the Men's events.

---In Finals the events will swim in numerical order.



Sunday events (W-800 & M-1500) will swim, with only the fastest (single) heat swum in the final's session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end at 4:30 pm. Both events will swim **slowest to fastest**. The heats swum in the afternoon will alternate between the Women's and the Men's events in the following pattern:

Second fastest men's heat last, Second fastest women's heat next to last, Third fastest men's heat third from last, Third fastest women's heat fourth from last, continuing until all heats are swum
---In Finals the events will swim in numerical order.

Relay Events: The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. Relays that do not check-in by the appropriate deadline will not 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.

Sunday Relays (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 will be asked to 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 6:00pm). The fastest two heats of relays that wish to swim during the evening finals 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 and Director, 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.

Flyover starts may be used at the discretion of the Meet Referee during all preliminary sessions.

Entry Information & Contact:

Will Chidsey, (315) 944-SWIM. Meetentry@medleyaquatics.com

Qualification Period: January 1, 2014 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, \$10.00 per swimmer surcharge.

Time Trial Fees: \$15.00 for individual events, \$30.00 for relay events.

Regular Entry Deadline: Monday, July 6, 2015 at 11:59 PM EST.

OME will open for this meet on May 21, 2015 at www.usaswimming.org/ome.



Entry Rules:

A swimmer may enter any number of events in which he/she has met the qualifying time standard, but may not compete in more than three (3) individual events per day, and a total of seven (7) individual events for the meet.

Each team is allowed to enter up to 2 relays in each event. 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.

Bonus Events:

Swimmers making one (1) qualifying time will be permitted to enter one (1) bonus event.
Swimmers making two (2) qualifying times will be permitted to enter two (2) bonus events.
Swimmers making three (3) qualifying times will be permitted to enter one (1) bonus event.
Swimmers making four (4) or more qualifying times will not be permitted to enter bonus events.

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. Please contact entry chair for this circumstance to manually enter the distance event.

Online Meet Entry:

All entries must be submitted through USA Swimming's website using OME (Online Meet Entry).

Payment for entries using OME is accepted using Checks (preferred; payable to: Syracuse Chargers Inc). 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 entry deadline if you do not check out. Best times will not be automatically updated, the coach has to go in and update prior to the entry deadline. **Once checked out, you may add events to your entry but you cannot delete or edit events.** Entries will not be considered accepted until entry fees are received. Times must be entered in the proper course in which achieved; converted times will not be accepted. Entries that have NOT used the OME entry process will not be accepted.

Questions Regarding OME? Contact Anthony Buhr, USA Swimming. Office: 719-866-3581

Fees:

Payment by check for any entries must be received at or before the pre-meet general meeting on Wednesday, July 15, 2015. If payment is not received by this time, the entries in question will be scratched from the meet.

Late Qualifying Period:

Additional entries from meets occurring between July 7, 2015 and July 12, 2015 are due by 5:00 PM (EDT) on Monday, July 13 2015 via OME. Follow instructions given in the section above for the meet named 2015 Speedo Super Sectionals at Ithaca Late Entry.



Late entries may not be used to improve the seed time of an earlier entry.

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 results. 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.

Scratch Procedure & 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 Wednesday 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 that qualified for Finals 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.

Scratch deadlines are as follows:

Wednesday, 15 Minutes after the conclusion of the General Meeting: All Thursday events (Including positive check in for W1500/M800).

Thursday, 6:00pm: All Friday events (including positive check-in for 400FR).

Friday, 6:00pm: All Saturday events (including positive check-in for 800FR).

Saturday, 6:00pm: All Sunday events (including W800/M1500 and positive check-in for 400MR).

Time Trials:

Time trials will be offered each day, time permitting.

All time trials will be seeded by time and will start approximately 30 minutes after the conclusion of the preliminaries session on Thursday, Friday, Saturday and Sunday (time permitting each day).

Time trials may be seeded with mixed events and genders in heats with no open lanes. 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. Athletes may be permitted to participate in more than two time trials, at the discretion of the Meet Referee, based upon the size of the meet. This will be announced at the General Meeting. Registration for time trials will close at 10:00 am on Thursday, Friday, Saturday and Sunday, unless otherwise announced at the General Meeting. Time trials will end no later than 4:00pm on each day. Time trials on Sunday will end 30 minutes prior to the start of the heats of the Women's 800 Free/Men's 1500 Free. Swimmers must supply own timers and counters (if needed). The 800/1500M Free will only be offered one day (to be determined by the meet referee and announced at the general meeting.)

The order of events for time trials is:

- Thursday time trials: Thursday/Friday/Saturday/Sunday events, in that order.
- Friday time trials: Friday/Saturday/Sunday/Thursday events, in that order.
- Saturday time trials: Saturday/Sunday/Thursday/Friday events, in that order.
- Sunday time trials: Sunday/Thursday/Friday/Saturday events, in that order.

Deck Access:

Please use designated pool entry areas. 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. 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 free deck passes for coaches using the following NI LSC formula based on the number of athletes entered into individual events:

1-5 swimmers in individual events or 1 relay only team with any number of alternates:

- | | |
|---|-------------------|
| | 1 coaching pass |
| 6-12 swimmers in individual events: | 2 coaching passes |
| 13-22 swimmers in individual events: | 3 coaching passes |
| 23-30 swimmers in individual events: | 4 coaching passes |
| 31-39 swimmers in individual events: | 5 coaching passes |
| 40-49 Swimmers in individual events: | 6 coaching passes |
| 50+ swimmers in individual events: | 7 coaching passes |
| Unattached swimmers entered without a team: | 1 coaching 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 202.5.2). 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.

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.

Locker Rooms:

Locker Rooms will be available for athletes, coaches, and officials. Do not leave locks on locker overnight. Locks may be cut off if left overnight. Ithaca College and Syracuse Chargers Swimming are NOT responsible for lost or stolen property.

Hospitality:

The hospitality area is for officials, coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. Hospitality will be in the Wet Classroom located just off the Competition Pool deck.

Scoring:

Scoring will be to 18 places.

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Individual:	22	19	18	17	16	15	14	13	12	10	8	7	6	5	4	3	2	1
Relay	44	38	36	34	32	30	28	26	24	20	16	14	12	10	8	6	4	2

This meet will be scheduled to be competed in a 9-lane course. Meet Director and Meet Referee reserve the right to change the format of the course depending on entries.

Awards:

Awards will be presented during the evening Finals, time permitting. 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 area is in the front lobby area of the athletics complex.

Spectator Admissions and Heat Sheets:

The spectator seating area will open one hour before the start of each session. Admission prices are as follows and includes appropriate heat sheets:

All Sessions: \$40

Thursday, Friday, Saturday or Sunday (prelim/final) Day pass: \$12



EVENT ORDER:

Women's Events		Men's Events
	Day 1 Thursday, July 16	
1	200M Individual Medley	2
3	100M Freestyle	4
5	100M Breaststroke	6
7	1500M Freestyle	
	800M Freestyle	8
	Day 2 Friday, July 17	
9	200M Freestyle	10
11	100M Butterfly	12
13	400M Individual Medley	14
15	400M Freestyle Relay	16
	Day 3 Saturday, July 18	
17	200M Butterfly	18
19	100M Backstroke	20
21	400M Freestyle	22
23	800M Freestyle Relay	24
	Day 4 Sunday, July 19	
25	200M Backstroke	26
27	50M Freestyle	28
29	200M Breaststroke	30
31	800M Freestyle	
	1500M Freestyle	32
33	400M Medley Relay	34

