



2016 Speedo Championship Series Meet

March 31 – April 3, 2016
At Erie Community College
Hosted by STAR Swimming

Sanctioned by USA Swimming through Niagara Swimming
Meet Sanction # NI-1516-148
Time Trials Sanction # NI-1516-149

USA Swimming, Inc., Niagara Swimming, Inc., Erie Community College and STAR Swimming shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Meet Director
Meet Referee
Administrative Referee
Host Club Officials Chair
LSC Officials Chair
Facility Aquatic Director

Sheila Studebaker
Bryan Wallin
Bob Rustin
Lynda Blake
Jim Stromski
Vince McCarthy

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Eastern Zone Northern Region Sectional Meet

LOCATION: Erie Community College, 21 Oak Street, Buffalo, NY 14203

Indoor facility with 50M competition pool.

- Pool 1 (Competition Pool): 8 lanes, 50 meters. Start end no less than 7 feet depth.
- Pool 2 (Warm-up/Warm-down Pool): adjacent to competition pool, 6 lanes available and 25 yards.
- Colorado Automatic Timing System with large video and digital scoreboard.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool depth is 7' at the start end and the pool is 13' 0" in depth at the turn end.

- Pool 2 will be available each day for continuous warm-up, warm-down from the start of warm-up until 30 minutes after the conclusion of the last event.

OFFICIALS: Certified officials wishing to work the meet should submit applications by March 13, 2016 for all positions.

Assigned Officials will be notified. The application form can be found at:

https://docs.google.com/forms/d/1k2YLUMy9_LIQeAyML4z4nb91RLG0p_PhSSKdbf5RGN8/viewform This meet is

approved as an Officials Qualifying Meet for all positions up to N3 Final, under the National Officials Certification Program. Those officials desiring initial certification or re-certification evaluations above the LSC level should designate the request on the Application to Officiate.

GENERAL MEETING: Thursday, March 31, 2016 at 2:00pm. The General Meeting will take place on the 2nd floor in the mini gym. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

FACILITY SCHEDULE:

- Thursday, March 31: 12:00pm – 8:00pm (or 30 minutes after the last event, whichever is later)
- Friday-Saturday, April 1-2: 6:15am – 9:00pm (or 30 minutes after last event, whichever is later)
- Sunday, April 3: 6:15am-8:00pm (or 30 minutes after the last event, whichever is later)

REGISTRATION SCHEDULE:

- Thursday, March 31: 12:00 Noon – 7:00pm
- Friday, April 1: 7:00am – 11:00am
- Other times: Contact the Meet Director.

MEET SCHEDULE:

Competition Pool

- Thursday, March 31: General Warm-up: 12:00pm-4:50pm / Distance Events Start: 5:00pm
- Friday-Saturday, April 1-2: Prelim Warm-up: 7:00am-8:50am / Prelims Start: 9:00am / Finals Warm-up: 4:30pm-5:50pm / Finals Start 6:00 pm
- Sunday, April 3 / Prelim Warm-up: 7:00am-8:50am / Prelims Start: 9:00am / Finals Warm-up: 4:00pm-4:50pm / **Finals Start 5:00 pm**



WARM -UP PROCEDURES: Current Niagara Swimming and USA Swimming rules govern all aspects of the warmup. No diving and feet first entry only is required, except in designated lanes and times. Only swimmers entered in this meet may use the warmup lanes.

Warmup Format: Competition Pool (tentative)

Thursday

12:00-3:00pm	Circle swim all lanes
3:00-4:20pm	Pace: Lanes 1 and 8 Circle: Lanes 2-7
4:20-4:50pm	Pace: Lanes 1 and 8 Sprint: Lane 7 Circle: Lanes 2-6
4:50pm	Clear pool

Friday, Saturday and Sunday PRELIMS

7:00-8:00am	Circle swim all lanes
8:00-8:30am	Pace: Lanes 1 and 8 Circle: Lanes 2-7
8:30-8:50am	Pace: Lanes 1 and 8 Sprint: Lanes 2 and 7 Circle: Lanes 3-6
8:50am	Clear pool

Friday, Saturday FINALS

4:30-5:00pm	Circle swim all lanes
5:00-5:20pm	Pace: Lanes 1 and 8 Circle: Lanes 2-7
5:20-5:45pm	Pace: Lanes 1 and 8 Sprint: Lane 2 and 7 Circle: Lanes 3-6
5:45pm	Clear pool

Sunday FINALS

4:00-4:30pm	Circle swim all lanes
4:30-4:50pm	Pace: Lanes 1 and 8 Sprint: Lane 7 Circle: Lanes 2-6
4:50pm	Clear pool

RULES: Current USA Swimming rules will govern all competition.

- Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind (or directly above) the blocks is not permitted.
- Deck changes are 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.

ELIGIBILITY: The Eastern Zone Northern Region Speedo Championship Series Meet is open to any swimmer currently registered with USA Swimming with a qualifying time (Qualifying Standards are attached) **except** swimmers in the Eastern Zone Southern Region. The LSCs in the Northern Region are Adirondack, Connecticut, Maine, Metropolitan, New England, New Jersey, and Niagara. The qualifying time must have been achieved between January 1, 2015 and the meet entry deadline. **Entries from qualified USA Swimming registered athletes from other Zones or International athletes will be accepted on a first come, first served basis up to a limit of 100 athletes.**

TIMERS: Timers will be needed for time trials. STAR Swimming will try and provide timers throughout the meet. The Meet Director reserves the right to ask all visiting teams to assist with timing if needed.

MEET FORMAT: The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. **C-Final qualifiers must be 18 years old or younger.** The A and B Finals are open to any age based upon place in the morning Trials.

Only athletes who are members of the Eastern Zone can qualify for finals. International athletes or athletes from another Zone may not swim in finals.

- Thursday Distance Events (**W 800/M 1500**): The women's **800** meter Freestyle will be swum slowest-to fastest, followed by the men's **1500** meter Freestyle swum slowest-to-fastest. These events are timed finals.
- Sunday Distance Events (**W 1500/M 800**): The fastest heat of 8 in the women's **1500** meter Freestyle followed by the fastest heat of 8 in the men's **800** meter Freestyle will be swum at the beginning of the evening final session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 4:00pm. The heats will be swum alternating women and men such that the second-fastest men's heat swim last, the second fastest women's heat swims next-to-last, etc. The heat order and schedule will be published after the scratch deadline on Saturday night. These events are timed finals.
- **Relay Events:** Relays are timed-final events. The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. Relays must check in by the specified deadline in order to be seeded. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay but not both. Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event. **200 meter Medley Relay must be entered with a provable 400 Medley Relay times.**
- Sunday Relays (200 free relay, 400 medley relay): The "Sunday Relay Rule" will be in effect. Any relay that wishes to swim with preliminaries during the morning session may do so. **ALL** Sunday relays **MUST** indicate a preference for swimming with preliminaries or with finals, when that relay is positively checked-in at the Clerk of Course. The preliminaries/finals preference must be declared by the check-in deadline (Saturday at 6:30pm). The fastest 16 relays that 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, 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 Referee.



- There will be a five (5) minute break before the start of each relay, with exception of those relays at the beginning of each session. This 5 minute break will apply to both preliminary and final sessions.

ENTRY INFORMATION:

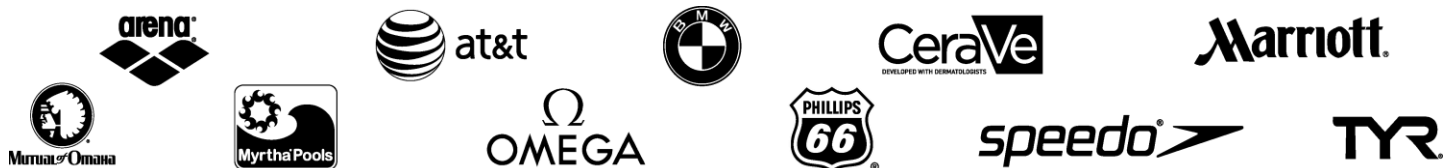
- **MEET ENTRY OFFICER:** Steve Kottakis, email to: starentries@gmail.com
- Qualification Period: January 1, 2015 through entry deadline for meet.
- Seeding Order: LCM, SCM, SCY. Bonus entries are seeded last in the same order.
- Entry Fees: \$12.50 for individual events, \$25.00 for relay events. \$5.00 per swimmer surcharge and a \$10.00 per team entry fee.
- Time Trials Fees: \$15.00 for individual events, \$30.00 for relay events.
- Regular Entry Deadline: Monday, March 21, 2016 at 11:59 pm EST. OME will open for this meet on January 25, 2016, at <http://www.usaswimming.org/ome>.

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

- **Bonus Events:** Swimmers making 1 qualifying time will be permitted to enter one bonus event. Swimmers making 2 qualifying times will be permitted to enter 2 bonus events. Swimmers making 3 qualifying times will be permitted to enter 1 bonus event. Swimmers making 4 or more qualifying times are not permitted to enter bonus events. Bonus entries are seeded last. There shall be no bonus swims for the 800 freestyle or 1500 freestyle except for the following condition: any swimmer achieving a qualifying time in the 800 freestyle or 1500 freestyle may choose to enter the other distance event as a bonus entry. See Entry Information for seeding order.
- At least one swimmer participating on each relay team must also be entered and compete in at least one, non-bonus, individual event. All relay-only swimmers must be listed on the meet entry.

ONLINE MEET ENTRY: All entries must be submitted through USA Swimming’s website using OME (Online Meet Entry). Ensure that relay only swimmers are included in the team roster entry. All coaches planning to attend the meet **MUST** be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry **MUST** show proof of current credentials prior to receiving coach’s packets or deck credentials.

- **Entry Instructions:** Payment for entries using OME is accepted using Visa, MasterCard, American Express or Discover. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial March 21, 2016 entry deadline. Once you have paid for your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database, or a custom time may be entered. All swims entered as a custom time must be proven in hard copy, at the meet. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than long course meters will be treated as “nonconforming” and will be seeded according to USA Swimming procedures. Do not convert times before entering them. Entries that have NOT used the OME entry process will not be accepted. No fax entries will be accepted at any time.
- **Questions Regarding OME?** Contact: Larry Herr, lherr@usaswimming.org, (719) 866-3562



Late Qualifying Times:

- Additional entries from meets occurring between March 22, 2016 and March 27, 2016 are due by 5:00 PM (EST) on Monday, March 28, 2016.
- OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2016 EZ Northern Region Sectional Meet – LATE ENTRIES.
- Late entries may not be used to improve the seed time of an earlier entry.

LATE ENTRIES: Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- Late entries must be submitted through OME.
- Entries must be received no later than 11:59 pm (EST) Tuesday, March 29, 2016.
- The team or athlete must pay a one-time processing fee of \$150 *and* entry fees of \$30 per individual event.

FEES:

- Emails must include reports by name and by event with proof of times.
- Payment by check for any entries must be received at or before the pre-meet general meeting on Thursday, March 31, 2016. If payment is not received by this time, the entries in question will be scratched from the meet.
- Checks for entry fees are payable To: STAR Swimming.

PROOF OF TIME: Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) must be prepared to prove the times with a copy of the official meet result. Any proof of time must be submitted prior to the Scratch/Positive Check-in deadline for the session in which the event is being swum. High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming.

WARNING: Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2016.

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

This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. Specific procedures will be explained at the General Meeting on Thursday afternoon. Scratches from finals can only be done directly with the Administrative Referee. Do not use the scratch box. **The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer initially announced in the top 24 who does not show up to compete (without properly scratching) will be subjected to a \$50 fine and will be barred from all other events that evening. Checks will be made out to the Eastern Zone.**



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

Scratch deadlines are as follows:

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

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

- Time trial fees: \$15.00 for individual events; \$30.00 for relays.
- All time trials will be randomly seeded with a NT and will start according to the following schedule:
 - 15 minutes after the conclusion of the preliminaries session on Friday, Saturday and Sunday (time permitting).
- Time trials may be seeded with mixed events and genders in heats with no open lanes between them. Events longer than 200 meters may be similarly combined regardless of distance.
- Time trials are open to all swimmers entered into the meet, including relay-only swimmers.
- Each swimmer is limited to a maximum of two time trials during the meet. Also, please be aware that time trials count towards the daily maximum of three events.
- Registration for time trials will close at 5:00 pm on Thursday, and 10:00am on Friday, Saturday and Sunday, unless otherwise announced at the General Meeting. Time trials will be conducted as long as there is time available.
- Time trials on Sunday will end 30 minutes prior to the start of the heats of the **Women's 1500 free/Men's 800 free**.
- The order of events for time trials is listed below. **Note that the 800 freestyle and 1500 freestyle are only offered on Thursday.**
 - Thursday time trials: 800 free, 1500 free events only.
 - Friday time trials: Friday/Saturday/Sunday events, in that order.
 - Saturday time trials: Saturday/Sunday/Friday events, in that order.
 - Sunday time trials: Sunday/Friday/Saturday events, in that order.

DECK ACCESS: Please use designated pool entry areas. Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck. Teams will be allocated deck passes for coaches using the following formula based on the number of athletes entered into individual events:

1-5	Swimmers in individual events or 1 relay only team with any number of alternates	1 deck pass
6-12	Swimmers in individual events	2 deck passes
13-22	Swimmers in individual events	3 deck passes
23-30	Swimmers in individual events	4 deck passes
31-39	Swimmers in individual events	5 deck passes
40-49	Swimmers in individual events	6 deck passes
50+	Swimmers in individual events	7 deck passes



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 \$25.00.

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.

No swimmer will be permitted to complete unless the swimmer is a member as provided in Article 302.

SCORING: Scoring will be to 16 places.

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

AWARDS: Awards will not be presented during the evening finals. The coach of each event’s winning competitor should pick up their awards by the end of each night. A full sequencing of events will be published with the heat sheet for each finals session.

- 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

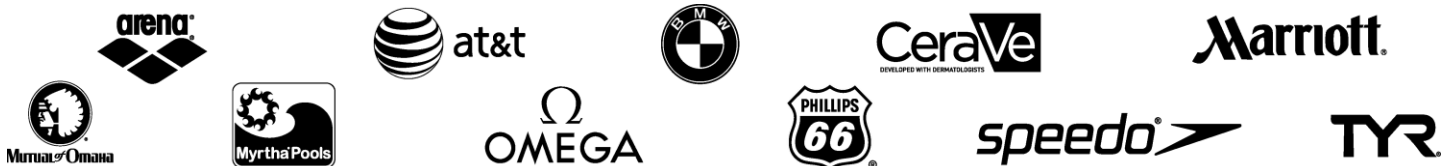
CONCESSIONS: There will be a concession stand open for the duration of the meet. The concession area is on the lower level of the pool, near the small pool.

HOSPITALITY: A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the upstairs mini gym located across from the elevators.

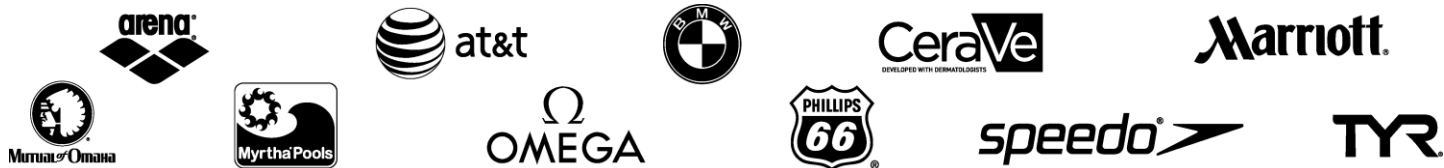
SPECTATOR ADMISSION AND HEAT SHEETS: The spectator seating area will open one hour before the start of each session. The spectator entrance is on the upper level of the Erie Community College Athletic Center. Prices are as follows: - Admission Charge includes appropriate heat sheets:

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

LOCKER ROOMS: All competitors are to use the general locker room only. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Erie Community College and STAR Swimming is NOT responsible for lost or stolen property.



PARKING: Parking is available at Mike's parking at the corner of Elm and Swan streets and at the Adam's parking Ramp at the corner of Washington and North Division. Mike's parking has attendants supervising parking from ½ hour before the start of warm-ups through the last session of the day. The Adam's Parking Ramp offers free parking on weekends, but is unsupervised.



Order of Events

Thursday, March 31, 2016

Timed Finals: 5:00pm start

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

Friday, April 1, 2016

Prelims: 9:00am start Finals: 6:00pm start

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

Saturday, April 2, 2016

Prelims: 9:00am start Finals: 6:00pm start

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

Sunday, April 3, 2016

Prelims: 9:00am start Finals: 5:00pm start

LCM	Women SCM	SCY	#	Event	#	SCY	Men SCM	LCM
1:57.79	1:56.19	1:44.59	27	200 meter Free Relay	28	1:32.69	1:42.19	1:45.49
18:16.79	17:43.29	17:54.39	29	1500 meter Freestyle	30	10:02.49	8:43.49	9:06.39
2:26.99	2:23.39	2:09.49	31	200 meter Backstroke	32	1:59.39	2:12.59	2:15.39
1:00.69	59.09	53.19	33	100 meter Freestyle	34	48.69	54.09	55.69
2:28.99	2:25.99	2:11.29	35	200 meter IM	36	1:59.79	2:12.99	2:16.59
4:44.09	4:40.29	4:12.29	37	400 meter Medley Relay	38	3:46.99	4:15.59	4:19.69

