

EASTERN ZONE LONG COURSE AGE GROUP CHAMPIONSHIP

Hosted by NOVA & Virginia Swimming

AUGUST 7 – 10, 2019

Held under the Sanction of USA Swimming

Sanctioned by Virginia Swimming

Sanction # VS-19-124

LOCATION	<p>The meet will be held at the Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234.</p> <p>USA Swimming, Inc., Eastern Zone Swimming, Virginia Swimming, Inc., NOVA of Virginia Aquatics, and Collegiate School Aquatics Center 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.</p>
FACILITY	<p>POOL: The Collegiate School Aquatics Center houses the 2008 US Olympic Trials pool. The competition pool is an indoor 8-lane, 50-meter pool with non-turbulent lane lines swum bulkhead to bulkhead. Pool depth is 7 ft 7 in. at the ends and 8 ft 2 in. in the center. Omega starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. Full color LED scoreboard will be used.</p> <p>The competition course has been certified in accordance with USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming and the Poseidon Offices.</p> <p>A separate, 6-lane, 25-yard pool is available for continuous warm-up/warm-down.</p> <p>PARKING: Available in parking areas around the Natatorium.</p> <p>FOOD: A limited selection of food and swimming apparel will be available for spectators and swimmers throughout the meet.</p>
MEET DIRECTOR	Lori Hopewell novabusinessoffice@novaswim.org 804-750-1183
MEET REFEREE	Ken Galica kennethgalica@gmail.com
MEET ENTRIES	Lori Hopewell novabusinessoffice@novaswim.org 804-750-1183
OFFICIALS	<p>Certified USA Swimming officials interested in working at the meet should submit an application by Tuesday, July 24th, for any assigned positions. An Application to Officiate is available at this link: Officials Application. All officials should register using this online application.</p> <p>This meet is approved as a National Certification Qualifying Meet for most 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 certification program can be found on the USA Swimming Website.</p>

	<p>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.</p> <p>Dress code: Clean white shoes, white polo over blue pants or skirts for all sessions, shorts or skirts allowed for prelims-finals depending on the weather.</p>
VOLUNTEERS	<p>Each LSC will be responsible to provide at least three (3) timers for any preliminary session using 'chase starts' and at least two (2) timers for other preliminary sessions. Lane assignments will be provided to the Team Manager.</p>
ELIGIBILITY	<ul style="list-style-type: none"> • Competition is restricted to swimmers registered in one of the 12 LSCs in the Eastern Zone. • Each swimmer must have a current year-round USA Swimming athlete registration in the LSC which he/she represents. • On-site registration will not be accepted at this meet. • Swimmer's age as of August 7, 2019, determines his/her age group for the entire meet. • Times must have been achieved between August 8, 2018 and July 30, 2019 the entry deadline for this meet. • Each LSC may enter all swimmers who have achieved the qualifying time standard. All entry times must be the swimmer's actual time achieved in LC meters. Converted times will not be accepted. • If an LSC does not have two (2) swimmers who have achieved the time standard in an individual event, the LSC may enter no more than two (2) swimmers in that event. These swimmers shall be entered with their actual time. If the athletes do not have a LC time of record in the event, they must be entered with a non-conforming time that has been achieved during the entry window. Converted times will not be accepted. • Eligibility of athletes with qualifying times for higher level meets: <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 AG 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 AG 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 AG Championship meet.
ENTRY LIMITATIONS	<ul style="list-style-type: none"> • Each swimmer may enter a total of six (6) individual events in the meet, not to exceed three (3) individual events per day. • Relays must be made up of swimmers competing in the meet in individual events. 'Relay only' swimmers are NOT allowed.
SWIMMERS WITH DISABILITIES	<ul style="list-style-type: none"> • Each LSC may bring two (2) 12 & under and two (2) 13 - 18-year-old swimmers with disabilities to the meet. These athletes are in addition to the swimmers who have

	<p>qualifying times for the meet events. Each LSC may select the swimmers with a disability at their own discretion.</p> <ul style="list-style-type: none"> • 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. • Swimmers with disabilities shall be entered on the form included on page 11. (Additional instructions can be found on page 10.) • 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. 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. • It is the swimmer’s responsibility to complete and submit an application for an American Record, should one be set.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • All entries must be submitted by the LSC – entries from individuals will not be accepted. • Entries should be completed using Team Manager or other third party software capable of generating an SDIF file. • All entry times MUST be in LC Meters (except as noted in section above) • Entry files (CL2, HY3, or SDIF format) should be sent to the Meet Entry officer: Lori Hopewell at novabusinessoffice@novaswim.org • A PDF of the entry report must be sent with the e-mailed file. • No phone or fax entries will be accepted. • NO DECK ENTRIES WILL BE ACCEPTED FOR THIS MEET. • Entry checks should be made payable to Virginia Swimming. Mail the entry fee check and entry certification form to - Mary Turner PO Box 1059 Appomattox, VA 24522 434-352-5451 Please request ‘waiver of signature’ if using a delivery service that provides one. • 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.
ENTRY DEADLINE	<ul style="list-style-type: none"> • All entries must be received by 7:00 PM, Tuesday, July 30, 2019. • Late Qualifying Period: <ul style="list-style-type: none"> ○ Additional entries from newly acquired qualifying times at an EZ LSC championship meet occurring between July 30, 2019 and August 4, 2019 will be accepted until noon on Monday, August 5, 2019. ○ Late entries may not be used to improve the seed time of an earlier entry. • Fees must be received no later than the Zone Managers meeting, Tuesday August 6, 2019.
ENTRY FEES	Individual events: \$8.00 per entry

	<p>Relays: \$10.00 per entry Surcharge: \$5 per swimmer</p>
<p>PROOF OF TIME</p>	<ul style="list-style-type: none"> • 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 12 of the meet information. • After the meet, the Zone Championship Coordinator will conduct an audit of entry times vs. meet results; based on the results of this audit, an LSC 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 LSC will be responsible for paying the fine. Failure to pay the fine will result in exclusion from future EZ Meets.
<p>SEEDING</p>	<ul style="list-style-type: none"> • This is a pre-seeded meet. • The fastest eight (8) swimmers at Prelims, after scratches, will advance to the Finals in Prelim / Final Events. • A cell phone number will be requested from every team at the general meeting. It will be used to inform coaches when their swimmers are scratched into a prelims/finals event and to request confirmation of the swim. However, coaches are always responsible to check their swimmers’ statuses before leaving the facility. • The following events are positive check-in events - the 400/800/1500 freestyle and the 400 IM. • Any swimmer failing to “check-in” for a positive check-in event will not be seeded into the event, but may be seeded in the slowest heat, time permitting. • The fastest heat of the Men’s 1500 Free and Women’s 800 Free will swim in Finals. All heats of the Men’s 800 Free and Women’s 1500 Free will swim in the Preliminary session. • Positive check-in deadlines are as follows: <ul style="list-style-type: none"> ○ All morning events by 7:30 am ○ All afternoon events by 12:30 pm (subject to change depending on the number of entries received)
<p>WARM-UP PROCEDURES</p>	<ul style="list-style-type: none"> • The competition pool will be available on Tuesday evening from 4-8 pm. • The pool will open for warm-ups each morning of the meet (Wednesday through Saturday) at 6:45 am. • 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 NOVA websites. • 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. • Except for Tuesday afternoon, lanes for warm-ups will be assigned for each LSC. There will be no diving from the blocks unless the Meet Referee has designated that lane as a one-way sprint lane. • 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.

	<ul style="list-style-type: none"> • The 25-yard pool will be available to swimmers throughout the meet. • LSC's are expected to monitor their assigned lanes to ensure a safe warm-up procedure.
START PROCEDURES	<ul style="list-style-type: none"> • Depending on the number of entries received, 'chase starts' may be used at the discretion of the Meet Referee. • Dive-over starts will be used in preliminary sessions where chase starts are not being utilized at the discretion of the Meet Referee.
RELAYS	<ul style="list-style-type: none"> • All will be conducted as Timed Finals in the evening Finals sessions, with the exception of 10 & U relays which will swim as Timed Finals in the afternoon session. • Each LSC is limited to two (2) relays per event.
SUBSTITUTIONS	<ul style="list-style-type: none"> • Each LSC is entitled to substitutions only in the event that fewer than two (2) swimmers from that LSC would remain to compete in an event. • 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. • Substitution Forms will be provided in the manager's packet.
RULES	<p>COMPETITION:</p> <ul style="list-style-type: none"> • This meet will be conducted according to current USA Swimming rules. USA SWIMMING / VA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. • All swimmers participating in the meet must be dive certified. Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • 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) at any time athletes, coaches, officials, and/or spectators are present. • In accordance with VSI Best Practices, swimmers should shower before entering the pool. <p>SCRATCH POLICIES:</p> <ul style="list-style-type: none"> • The scratch procedure will be done in accordance with USA Swimming rules 207.11.6.D & E. • Unless a swimmer is initially announced as qualifying for a heat in Finals (top 8 only), she/he will be not be penalized for failure to compete. • Any swimmer who does not swim in an event that is pre-seeded will not be penalized. <p>SAFETY:</p> <ul style="list-style-type: none"> • 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. <p>PHOTOGRAPHY:</p> <ul style="list-style-type: none"> • Photography will not be permitted behind the starting blocks.

	<ul style="list-style-type: none"> • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. • Individuals who violate photography restrictions may be asked by the Meet Director to leave the pool venue. • See appendix for additional information. <p>CONDUCT:</p> <ul style="list-style-type: none"> • 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. • 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.
SCORING	<p>Individual Events: 9-7-6-5-4-3-2-1 (1st through 8th) Relays: 18-14-12-10-8-6-4-2 (1st through 8th)</p>
AWARDS	<p>Individual Events – Medals 1st thru 8th place. Relays – Medals 1st thru 3rd place. Team Awards – A Championship Banner (traveling) will be awarded to: <i>The Winning Girls Team</i> <i>The Winning Boys Team</i> <i>The Winning Overall Team</i> (The current holder of the award banner should bring it to the meet) Individual Awards: Members of the overall Championship Team will receive a Championship certificate. Record Breakers: All record breakers will receive a Commemorative Certificate.</p>
TEAM MANAGER	<ul style="list-style-type: none"> • 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. • 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. • The Team Managers meeting: August 6th at 6:00 p.m. General Purpose Room at the facility • 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!
PROTESTS	<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 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.

	<ul style="list-style-type: none"> • 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.
ATHLETE AND SPECTATOR SEATING	There are multiple bleachers around the pool deck for athlete seating. Spectator seating is in the mezzanine area which seats 700. A tent will be available around the side of the pool with seating for team meals, etc.
PROGRAMS & ADMISSION	<p>Spectator 4 Day Pass, \$35: includes entry to all meet sessions, meet program and finals heat sheet.</p> <p>Spectator 1 Day Admission, \$10: includes entry to 3 meet sessions that day.</p> <p>Spectator 1 Day Finals Admission, \$5: entry to the day's finals session.</p> <p>12 and younger spectators are admitted free.</p> <p>Meet Program, \$10: includes finals heat sheets with program coupon.</p> <p>Finals Heat Sheet, \$2: per session.</p>
HOSPITALITY	Coaches and Officials hospitality areas will be located in the weight room off the pool deck.
RESULTS	Real time results will be available on Meet Mobile and the Virginia Swimming website: www.virginiaswimming.org – 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.
DIRECTIONS	Got to: http://www.swimrichmond.org/directions.htm
ACCOMODATIONS	List of hotels is included in the appendix.

ORDER OF EVENTS – WEDNESDAY

Session 1

13 & O Prelims
Starts at 8:15 AM

Girls	Event	Boys
3	13-14 200 Ind. Medley	4
5	15-18 200 Ind. Medley	6
11	13-14 100 Freestyle	12
13	15-18 100 Freestyle	14
19	13-14 100 Breaststroke	20
21	15-18 100 Breaststroke	22
7	13-14 800 Freestyle	8
17	15-18 1500 Freestyle	18

Session 2

12 & U Prelims
Approx. Start 12:30 PM

Girls	Event	Boys
1	11-12 200 Ind. Medley	2
31	10 & Under 100 Freestyle	32
9	11-12 100 Freestyle	10
33	10 & Under 50 Breaststroke	34
15	11-12 100 Breaststroke	16
35	10 & Under 100 Butterfly	36
23	11-12 200 Butterfly	24
37	10 & U 200 Freestyle Relay	38

11 & O Finals

Starts at 5:30 PM

Girls	Event	Boys
1	11-12 200 Ind. Medley	2
3	13-14 200 Ind. Medley	4
5	15-18 200 Ind. Medley	6
7	13-14 Girls 800 Freestyle (fastest heat)	
9	11-12 100 Freestyle	10
11	13-14 100 Freestyle	12
13	15-18 100 Freestyle	14
15	11-12 100 Breaststroke	16
	15-18 Boys 1500 Freestyle (fastest heat)	18
19	13-14 100 Breaststroke	20
21	15-18 100 Breaststroke	22
23	11-12 200 Butterfly	24
25	13-14 200 Freestyle Relay	26
27	15-18 200 Freestyle Relay	28
29	11-12 200 Freestyle Relay	30

ORDER OF EVENTS – THURSDAY

Session 4

13 & O Prelims
Starts at 8:15 AM

Girls	Event	Boys
41	13-14 200 Freestyle	42
43	15-18 200 Freestyle	44
47	13-14 100 Butterfly	48
49	15-18 100 Butterfly	50
53	13-14 200 Backstroke	54
55	15-18 200 Backstroke	56
57	13-14 400 IM	58
59	15-18 400 IM	60

Session 5

12 & U Prelims
Approx. Start 12:30 PM

Girls	Event	Boys
67	10 & Under 200 Freestyle	68
39	11-12 200 Freestyle	40
69	10 & Under 50 Butterfly	70
45	11-12 100 Butterfly	46
71	10 & Under 100 Backstroke	72
51	11-12 200 Backstroke	52
73	10 & U 400 Medley Relay	74

Session 6

11 & O Finals
Starts at 5:30 PM

Girls	Event	Boys
39	11-12 200 Freestyle	40
41	13-14 200 Freestyle	42
43	15-18 200 Freestyle	44
45	11-12 100 Butterfly	46
47	13-14 100 Butterfly	48
49	15-18 100 Butterfly	50
51	11-12 200 Backstroke	52
53	13-14 200 Backstroke	54
55	15-18 200 Backstroke	56
57	13-14 400 IM	58
59	15-18 400 IM	60
61	11-12 400 Medley Relay	62
63	13-14 400 Medley Relay	64
65	15-18 400 Medley Relay	66

ORDER OF EVENTS – FRIDAY

Session 7

13 & O Prelims
Starts at 8:15 AM

Girls	Event	Boys
77	13-14 200 Butterfly	78
79	15-18 200 Butterfly	80
83	13-14 100 Backstroke	84
85	15-18 100 Backstroke	86
89	13-14 400 Freestyle	90
91	15-18 400 Freestyle	92

Session 8

12& U Prelims
Approx. Start 12:30 PM

Girls	Event	Boys
75	11-12 50 Butterfly	76
101	10 & Under 50 Backstroke	102
81	11-12 100 Backstroke	82
103	10 & Under 400 Freestyle	104
87	**11-12 400 Freestyle**	88
105	10 & Under 100 Breaststroke	106
93	11-12 50 Breaststroke	94
107	10 & U 400 Freestyle Relay	108

Session 9

Friday Finals
Starts at 5:30 PM

Girls	Event	Boys
75	11-12 50 Butterfly	76
77	13-14 200 Butterfly	78
79	15-18 200 Butterfly	80
81	11-12 100 Backstroke	82
83	13-14 100 Backstroke	84
85	15-18 100 Backstroke	86
87	11-12 400 Freestyle (fastest heat)	88
89	13-14 400 Freestyle	90
91	15-18 400 Freestyle	92
93	11-12 50 Breaststroke	94
95	13-14 400 Freestyle Relay	96
97	15-18 400 Freestyle Relay	98
99	11-12 400 Freestyle Relay	100

ORDER OF EVENTS – SATURDAY

Session 10

13 & O Prelims
Starts at 08:15 AM

Girls	Event	Boys
115	13-14 50 Freestyle	116
117	15-18 50 Freestyle	118
121	13-14 200 Breaststroke	122
123	15-18 200 Breaststroke	124
111	13-14 1500 Freestyle	112
125	15-18 800 Freestyle	126

Session 11 Saturday

12& U Prelims
Approx. Start 12:30 PM

Girls	Event	Boys
109	11-12 50 Backstroke	110
133	10 & Under 200 IM	134
113	11-12 50 Freestyle	114
135	10 & Under 50 Freestyle	136
119	11-12 200 Breaststroke	120
137	10 & U 200 Medley Relay	138

Session 12

11 & O Finals
Starts at 5:30 PM

Girls	Event	Boys
109	11-12 50 Backstroke	110
	13-14 1500 Freestyle (fastest heat)	112
113	11-12 50 Freestyle	114
115	13-14 50 Freestyle	116
117	15-18 50 Freestyle	118
119	11-12 200 Breaststroke	120
121	13-14 200 Breaststroke	122
123	15-18 200 Breaststroke	124
125	15-18 800 Freestyle (fastest heat)	
127	11-12 200 Medley Relay	128
129	13-14 200 Medley Relay	130
131	15-18 200 Medley Relay	132

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

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

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

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

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 _____ 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.

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. 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.

**2018 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

Courtyard Marriott Chester, 2001 West Hundred Rd, Chester, VA 23836
804.414.1010 8.6 miles to pool (group meeting facilities)

Delta Hotels by Marriott, 555 East Canal Street, Richmond, VA 23219
804-788-0900 8.6 miles to pool (banquet facilities)

Doubletree Hotel Downtown, 301 West Franklin Street, Richmond, VA 23220
804.644.9871 6.9 miles to pool (banquet facilities)

Doubletree Midlothian, 1021 Koger Center Boulevard, Richmond, VA
804.379.3800 7 miles to pool (banquet facilities)

Fairfield Inn by Marriott-Chester, 12400 Redwater Creek Road, Chester, VA 23831
804.778.4555 11.1 miles to pool (complimentary breakfast)

Hampton Inn Richmond South, 4300 Commerce Rd, Richmond, VA 23234
804.743.3550 3.7 miles to pool (close, limited dining)

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, 501 East Broad St, Richmond, VA 23219
804.344.4300 7 miles to pool (banquet facilities)

Holiday Inn Express – Chester. 1911 West Hundred Road, Chester, VA 23831
804.7510123 8.6 miles to the pool (complimentary breakfast)

Holiday Inn Express and Suites Brandermill, 5030 W. Village Green Drive, Midlothian, VA 23112
804.744.7303 8.2 miles to pool

Holiday Inn Richmond South – City Gateway, 4303 Commerce Road, Richmond, VA 23234
804.592.2900 7 miles to pool

Homewood Suites Richmond / Chester, 12810 Old Stage Road, Chester, VA 23836
804.751.0010 8.7 miles to pool

Hyatt Place Richmond Arboretum, 201 Arboretum Place, Richmond, VA 23236
804.560.1566 5 miles to pool (group meeting facilities)

Omni Richmond Hotel, 100 South 12th Street, Richmond, VA 23219
804.344.7000 6.6 miles to pool (banquet facilities)

Richmond Marriott, 500 East Broad Street, Richmond, VA 23219
804.643.3400 7 miles to pool (banquet facilities)

Sheraton Park South Hotel, 9901 Midlothian Turnpike, Richmond, VA 23235
804.323.1144 5.9 miles to pool (banquet facilities)