

**EASTERN ZONE
AGE GROUP ALL STAR
SWIMMING COMPETITION
SHORT COURSE YARDS
April 3-5, 2008**

also at www.starswimming.org

SPONSOR/HOST: USA Swimming, Inc. and STAR Swimming, Inc.

SANCTION: Niagara Swimming, Inc. Sanction # NI 0808

LOCATION: Erie Community College Flickinger Aquatic Center
21 Oak Street Buffalo, New York 14203

FACILITIES: Flickinger Aquatic Center - 2 Twenty Five (25) yard eight lane indoor courses with continuous flow through gutters and Kieffer-McNeil lane dividers. In addition, there is a separate 25 yard five lane pool for continuous warm-up and warm-down. Colorado 5000 Electronic Timing Systems, OMEGA touchpads – flat wall mounted at the bulkhead end, and gutter mounted at the start end of the pool - horn start and two separate scoreboard readouts.

MEET DIRECTOR:
Dave Bimber
5568 Coachman's Lane
Hamburg, NY 14075
(716) 649-2701
dbimber@roadrunner.com

MEET REFEREE:
Dick Nelson
6635 Bobby Jones Court
Palmetto, FL 34221-6635
941-723-9837 (H) 336-575-8383 (Cell)
nelson@nctens.com

RULES: This meet will be governed by USA Swimming Inc. rules .

EVENT ORDER: The meet will be conducted in accordance with the enclosed Schedule of Events.

INDIVIDUAL EVENTS: All 11 and over events are Prelims and Finals (except for the 1000 and 1650 freestyle events and the 11-12 500 Free which are timed finals). All 11 & Over Prelim/Final events will have one heat (A-finals) in the evening session. All except the top heats of the 1000 and 1650 freestyle will be swum in the morning session, fastest to slowest. The 11-12 500 freestyle will be swum in the morning session as a timed final, fastest to slowest.

10 & Under events are Timed Final Events and will be swum in the afternoon session.

RELAYS: All Relays are timed finals. All heats of the 11 and over Relays will be swum during the Evening Finals. All heats of the 10 & Under relays will be swum in the afternoon session.

STARTING TIMES: *All Days*

11 & Over Prelims:	Warm-up 7:30 AM	Start 9:00 AM
10 & Under Timed Finals	Warm-up 12:30 PM	Start 1:20 PM
Evening Finals	Warm-up 4:30 PM	Start 6:00 PM

WARM-UPS: Lanes for warm-ups will be assigned for each LSC and will be distributed at the Team Managers meeting. The warm-up schedule will include which LSC is warming up and when, general warm-up lanes and times, pace and sprint lanes. There will be no diving from the blocks or side of the pool unless the meet marshals have designated that lane as a one way sprint lane. No paddles or ancillary equipment may be used during the official warm-up period. LSC's are expected to patrol their assigned lanes to ensure a safe warm-up procedure.

ENTRY ELIGIBILITY:

Each swimmer must be a 2008 USA Swimming registered athlete with the LSC which they are representing. Each swimmer must be entered by the LSC prior to the entry deadline. Competition is restricted to Eastern Zone LSCs.

2008 EASTERN ZONE MAXIMUM QUALIFYING TIMES FOR ZONE MEETS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.29	26.59	23.89	50 FREESTYLE	21.19	23.29	24.59
58.89	57.09	51.89	100 FREESTYLE	46.29	50.79	53.49
2:06.99	2:03.09	1:51.69	200 FREESTYLE	1:41.39	1:51.49	1:56.59
4:25.59	4:15.49	4:55.89	400/500 FREESTYLE	4:33.79	3:55.69	4:07.19
9:04.09	8:49.39	10:07.99	800/1000 FREESTYLE	9:29.39	8:16.49	8:32.29
17:21.39	16:47.39	16:58.29	1500/1650 FREESTYLE	15:51.49	15:30.39	16:15.49
1:06.69	1:03.39	57.69	100 BACKSTROKE	51.59	57.09	1:00.29
2:22.29	2:16.99	2:03.59	200 BACKSTROKE	1:51.79	2:03.29	2:09.99
1:14.99	1:12.79	1:05.19	100 BREASTSTROKE	57.99	1:03.99	1:07.89
2:41.59	2:37.29	2:20.69	200 BREASTSTROKE	2:06.29	2:20.19	2:27.59
1:04.39	1:02.79	57.09	100 BUTTERFLY	50.69	55.29	57.79
2:20.29	2:17.49	2:05.09	200 BUTTERFLY	1:52.29	2:02.79	2:08.69
2:23.69	2:19.19	2:06.09	200 IM	1:52.99	2:04.79	2:11.59
5:03.69	4:55.29	4:27.79	400 IM	4:01.09	4:26.79	4:40.19

UPDATED

Notes:

These times are based on the slowest of the 2007 Time Standards for the SC Nationals, 2008 Speedo Junior National Championships, and the 2008 US Open Championships

13 and Over Swimmers may not enter the 2007 zone meet (either SC or LC) if they have a QT in any event equal to or faster than the above times.

12 and Under Swimmers may not enter the zone meet if they have participated in an individual event in any of the above meets, USA Swimming Nationals, or a Trials Class Meet. .

Each LSC may enter two (2) swimmers per individual event and one (1) team per relay event.

- Each swimmer may be entered in a maximum of six (6) individual events in the meet and not more than three (3) individual events per day.
- Relays must be made up of swimmers entered in the meet in individual events.
- The swimmer's age on April 3, 2008 shall be the age that they swim at for the entire meet.

ENTRY SUBSTITUTIONS:

1. Each LSC is entitled to two (2) participants in each individual event. Substitutions may be made if the entered swimmer is unable to compete in the event.
2. Swimmers used for entry substitutions must be already entered in the meet.
3. No adjustment in seeding will be made to accommodate the substitution.

4. The entry deadline for substitutions will be thirty (30) minutes prior to the starting time of each session.
5. A form for making substitutions will be provided in the manager's packet.

SCRATCHES: The scratch procedure will be done in accordance with USA Swimming rules 207.12.10. D & E

Scratches from Finals should be turned in on the prescribed form to the computer table no later than 30 minutes following the announcement of the preliminary results. No scratching is necessary for preliminary swims.

SCORING: Individual Events: 9-7-6-5-4-3-2-1 (1st thru 8th)
Relays: 18-14-12-10-8-6-4-2 (1st thru 8th)

AWARDS: Individual events: Medals through 8th place.
Relays: Medals through 3rd place.
Individual Awards: Members of the overall Championships Team will receive a pin and Championship Certificate.
Participants: All participants will receive a Participation Certificate
Record Breakers: All record breakers will receive a Commemorative Certificate.

Awards will be presented to 10 & Under swimmers at an awards ceremony during the afternoon session. All other awards will be available for pickup at the conclusion of that day's Finals Session.

ENTRY OF TIMES:

All swimmers must be entered with their actual time. This time must have been achieved by the swimmer between March 30, 2007 and March 28, 2008. **No converted times are allowed for entry to this meet.**

SEEDING: This is a pre-seeded meet. Eight (8) swimmers will advance to the finals for Prelim-Final Events.

The Zone's Substitution rules will apply for this meet.

MEETINGS:

If needed a coaches/scratch meeting will take place forty five (45) minutes prior to the start of each session. Officials meeting will take place one hour prior to the start of each session. There will be a meeting of all Team Managers at 6:00 PM on Wednesday, April 2, 2008 at the ECC Aquatic Center.

PRACTICE TIME:

The Flickinger Aquatic Center will be open from 3:00 PM to 9:00 PM on Wednesday, April 2, 2008 for warm-up. Team Managers should email the Meet Director by March 29th requesting lane assignments for the warmup session. (Please note that 5 – 7 PM is very popular. Lane availability will be more limited in that timeframe).

OFFICIALS:

Each LSC will provide a minimum of one (1) stroke and turn judge at each pool (for each session). Additional officials are always welcome. Key officials, referees, starters, as endorsed by each LSC, will be assigned where possible. Final assignment and schedule of personnel will be established by the Meet Referee.

Officials meetings will be held one hour prior to the start of each session (preliminaries and finals).

This meet will be a Qualifying Meet for N2 and N3. The application to officiate at this meet is on the Eastern Zone website (<http://www.pvswim.org/eastzone/index.html>). Certification forms are available on the USA Swimming website. Any official interested in being evaluated should contact Dave Bimber for more information and an application to be evaluated. **Any official wanting to be evaluated just contact the meet referee – Dick Nelson.** Details of the certification can be found on the USA Swimming website at <http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=98&Alias=Rainbow&Lang=en>

TIMERS:

Each LSC will be responsible for providing at least 2 timers for each preliminary session, and for each afternoon session with the 10 & Unders. Lane assignments will be provided to the Team Manager. The host will provide timers for evening finals (volunteers from other LSC's are always welcome).

Adapted Swimmers:

Each LSC may bring two swimmers with disabilities age 12 & under, and two 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. With the recommendation of the LSC coach or Manager, the meet staff will determine where the swimmer best fits into the meet (seeded with their peers, seeded with their peers but in a shorter distance, seeded with younger swimmers, etc.) and will place them accordingly. All adapted swimmers competing in the meet will receive participation medals.

Procedures for Inclusion of Swimmers with Disabilities

- < 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 the next page. You can email this information – but all of the information on the entry form must be included in the email! Classification of a swimmer with a disability is irrelevant.
- < Each LSC may select two swimmers with disabilities age 12 and under and two swimmers age 13-18 in any manner deemed appropriate.
- < 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. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
- < Aside from the norm, the meet staff has the ability to seed the swimmer with a disability in a number of ways. These options include: seed the swimmer with others of the appropriate gender, allowing the swimmer to complete half the distance of their age group (swim the 100 yard backstroke during the 200 yard race), or swim 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 freestyle with the 10 & under age group). The final meet results should show the swimmer with a disability listed in the correct age and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.
- < It is the responsibility of the USA Swimming Adapted Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.

PROGRAM & ADMISSION:

- Meet Prelim Programs will be on sale for \$15.00.
- Final heat sheets will be \$2.00 each night.
- Spectator admission fee is \$5.00 Prelims/ \$3.00 Finals.
- Children under 12 admitted free of charge.

TEAM SEATING

Team seating will be determined at the Team Managers Meeting
Each LSC will receive eight (*) all session admission passes for chaperones.

DECK CREDENTIALS

Credentials will be provided only for working officials, the Meet Coordination Committee and designated LSC team representatives who are listed on the LSC team roster. Credentials will be required to be on deck. Everyone receiving a Credential will be required to show current USA Swimming Membership. In addition, all coaches will be required to show Coaching Credentials.

Up to eight (8) team coaches plus the Team manager or alternate will be provided with deck credentials.

TEAM MANAGER:

Each LSC must provide the name of an individual to serve as 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.

A Team Managers meeting will be held on Wednesday, April 2, 2008 at 6:00 PM at the ECC Aquatic Center. Information packets and credentials will be distributed at this meeting. Each LSC is responsible for the information discussed at this meeting.

PROTESTS: A Meet Jury will adjudicate eligibility and issues of conduct only which may occur in the meet venue. All protests must be in writing. Protests regarding eligibility as stated in Rule 102.11 will not be accepted from anyone other than the Team Manager or his/her designee. The Meet Jury will consist of the Meet Director, the Meet Referee and depending on the session in which the protest originated, an Athlete, a Coach and a Team Manager appointed by their LSC when a Meet jury is called according to the following:

Session:	1	2	3	4	5	6	7	8	9	10	11	12
Athlete:	AD	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA
Coach:	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD
Team Mgr:	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD	AM

If the designated LSC is an interested party to the protest, Meet Jury representation will be made by the next disinterested LSC in the rotation. Any member of the Meet Coordination Committee may provide support to the Meet Jury as an Ex-officio member at the Meet Director's discretion.

CONDUCT:

Proper conduct at all times will be enforced by coaches, chaperones, parents, meet marshals, meet directors. ANY SWIMMER FOUND IN OUT-OF-BOUNDS AREAS WILL BE BARRED FROM THE REMAINDER OF THE MEET.

Any issues of Misconduct (as defined by the Eastern Zone) which occur within the meet venue will be adjudicated by the meet jury. The zone manual defines misconduct as follows:

“Misconduct includes but is not necessarily limited to: 1/ Violation of safety guidelines outlined in the meet announcement. 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.”

HOTELS: Hotel information is available on the Star Swimming website at:
<http://www.starswimming.org> **PLEASE RESERVE EARLY.**

PARKING: Parking in large municipal lots adjacent to the Flickinger Aquatic Center.

MEET MARSHALS:

Marshals have the authority through the Meet Referee over warm-ups. A swimmer and/or coach may be removed from the deck for non-compliance with warm-up procedures.

REFRESHMENTS:

Large refreshment concessions located in lobby of the Alumni Arena Pool and Flickinger Aquatic Center. Coaches and officials hospitality located in separate area.

ENTRY PROCEDURES:

The submission of an entry by an LSC represents a contract between the LSC and the host team. Entry in this meet represents the entering LSC's intention to comply with the rules and regulations of the meet as stated.

Entries should be submitted using Hy-Tek Team Manager or other Meet Manager compatible software.

Entry times must be in short course yards. Converted times or non-conforming times will not be accepted.

The Meet Entry Fee is \$800 per LSC payable to Star Swimming.

Entries must be received by March 28, 2008 at 5 PM.

Completed entries from each LSC should be sent by e-mail, backup documentation and the check for entry fees may be mailed to:

Dave Bimber
5568 Coachman's Lane
Hamburg, NY 14075
(716) 649-2701
dbimber@roadrunner.com

ENTRY DEADLINE: March 28, 2008 at 5:00 PM. This is an absolute deadline that has been set as late as possible while still allowing time to print the meet programs!

Entry disks and fees must be received by the Meet Entry Director no later than the above date and **NO FAX OR TELEPHONE ENTRIES WILL BE ACCEPTED!**

**Thursday Events
11 & Older**

**Friday Events
11 & Older**

<u>FEMALE</u>	<u>EVENTS</u>	<u>MALE</u>
1	11-12 200 Back	2
3	15-18 100 Breast	4
5	13-14 100 Breast	6
7	11-12 50 Breast	8
9	15-18 200 Free	10
11	13-14 200 Free	12
13	11-12 100 Free	14
15	15-18 100 Fly	16
17	13-14 100 Fly	18
19	11-12 50 Fly	20
21	15-18 400 IM	22
23	13-14 400 IM	24
25	11-12 200 IM	26
27	15-18 1000 Free	28
29	13-14 1000 Free	30
31	15-18 400 Free-R	32
33	13-14 400 Free-R	34
35	11-12 400 Free-R	36

<u>FEMALE</u>	<u>EVENTS</u>	<u>MALE</u>
48	11-12 200 Free-R	49
50	15-18 200 Free-R	51
52	13-14 200 Free-R	53
54	11-12 200 Fly	55
56	15-18 200 IM	57
58	13-14 200 IM	59
60	11-12 100 IM	61
62	15-18 50 Free	63
64	13-14 50 Free	65
66	15-18 200 Breast	67
68	13-14 200 Breast	69
70	11-12 100 Breast	71
72	15-18 100 Back	73
74	13-14 100 Back	75
76	11-12 50 Back	77
78	15-18 500 Free	79
80	13-14 500 Free	81
82	11-12 200 Free	83
84	15-18 200 Med-R	85
86	13-14 200 Med-R	87

* All Relays swim in Finals

** 1000 Free - Fastest Heat Swims in Finals, all others in the morning session.

* All Relays Swim in Finals.

**Thursday Events
10 & Under
Timed Finals**

**Friday Events
10 & Under
Timed Finals**

<u>FEMALE</u>	<u>EVENTS</u>	<u>MALE</u>
37	10&U 100 Free	
	10&U 100 IM	38
39	10&U 50 Breast	
	10&U 100 Breast	40
41	10&U 50 Fly	
	10&U 50 Back	42
43	10&U 200 IM	
	10&U 200 Free	44
45	10&U 500 Free	
	10&U 400 Free Relay	46
47	10&U 200 Free Relay	

<u>FEMALE</u>	<u>EVENTS</u>	<u>MALE</u>
	10&U 100 Free	88
89	10&U 100 IM	
	10&U 50 Breast	90
91	10&U 100 Breast	
	10&U 50 Fly	92
93	10&U 50 Back	
	10&U 200 IM	94
95	10&U 200 Free	
	10&U 500 Free	96
97	10&U 400 Free-R	
	10&U 200 Free-R	98

**Saturday Events
11 & Older**

**Saturday Events
10 & Under
Timed Finals**

<u>FEMALE</u>	<u>EVENTS</u>	<u>MALE</u>			
99	11-12 500 Free	100	131	10&U 100 Back	132
101	15-18 200 Back	102	133	10&U 50 Free	134
103	11-12 200 Breast	104	135	10&U 100 Fly	136
105	13-14 200 Back	106	137	10&U 200 Med-R	138
107	11-12 100 Back	108			
109	15-18 200 Fly	110			
111	13-14 200 Fly	112			
113	11-12 100 Fly	114			
115	15-18 100 Free	116			
117	13-14 100 Free	118			
119	11-12 50 Free	120			
121	15-18 1650 Free	122			
123	13-14 1650 Free	124			
125	15-18 400 Med-R	126			
127	13-14 400 Med-R	128			
129	11-12 200 Med-R	130			

- All Relays swim in Finals
- ** 1650 Free - Fastest Heat Swims in Finals, all others in the morning session.

Niagara Swimming Inc.

Warm-up Procedures for all Sanctioned Meets in 8 Lane Pools

- I. **Pre-Meet warm-up period**
 - A. Control/Supervise - Key words for safe warm-ups.
 - B. Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.
- II. **General warm-up period**
 - A. The first 30-45 minutes are for general warm-ups in all lanes.
 - B. There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
 - C. Outside Lanes - Kicking only.
 - D. Inside Lanes - Swimming and pulling only ; no paddles.
 - E. No sprinting or pace work.

III. Specific warm-up period

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

Important Points For Specific Warm - Up Period

1. No diving in lanes other than those designated for racing dives. The blocks should be marked to remind swimmers that they should not dive.
2. Start all swimmers in all lanes at the starting end of the pool.
3. Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.
4. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestylers or butterfly swimmers.
5. Backstrokes 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 backstroke has executed his/her start.
6. 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.
7. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
8. The Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
9. 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.
10. 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.
11. 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.
12. 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.
13. The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
14. There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed.
15. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
16. Discretion and common sense must be used when establishing procedures. The above procedures may modified by the meet Referee according to the needs of the meet

**Meet Summary Form
Eastern Zone All Star Swimming Championship
Short course Yards
April 3-5, 2008**

TEAM _____ TEAM CODE _____

COACH _____ TEL. NO. _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

CONTACT PERSON _____ TEL NO _____

TEAM HOTEL _____ TEL NO _____
(IN CASE OF EMERGENCY)

Women Individual Entries _____

Number of Women Swimmers _____

Men Individual Entries _____

Number of Men Swimmers _____

Number of Relay Entries _____

Team Fee is \$800 per LSC

MAKE CHECKS PAYABLE TO "STAR SWIMMING"

******* 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:

**Dave Bimber
5568 Coachman's Lane
HAMBURG, NEW YORK 14075**

OR FAX ENTRIES TO 716-857-6889 OR E-MAIL TO dbimber@roadrunner.com

ENTRIES CLOSE 5:00 PM, March 28, 2008

Teams will be sent confirmation of their entries once received. Please verify your entries are correct immediately after receiving confirmation!

E-MAIL ADDRESS: _____