

EASTERN ZONE LONG COURSE AGE GROUP CHAMPIONSHIP

Hosted by Middle Atlantic Swimming at Penn State University
University Park, Pennsylvania

AUGUST 12-15, 2009

Amended 8 5 09 to reflect changes in warmup/start times for afternoon sessions, including positive check-in time changes for the 11-12/10&U sessions.

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming, Inc.
Sanction # MA 09117 Z

LOCATION	The Pennsylvania State University, University Park, Pennsylvania Approximately 1-1/2 hrs. From Harrisburg; 3-1/2 hrs. From Philadelphia; and 3 hrs. from Pittsburgh ZIP Day of meet ONLY emergency phone # 814-865-1432
FACILITY	POOL: 50 meter heated outdoor 8-Lane facility. Pool depth at the starting end is 12'-6". Separate indoor pool for warm-up and swim down during meet. Non-turbulent lane markers. Colorado System 5 Timing System. PARKING: Available in parking decks near the Natatorium. Penn State University controls all parking and fees. Lots near the Bryce Jordan Center may have unrestricted parking. Please read restriction signs carefully. FOOD: A limited selection of food and swimming apparel will be available for spectators and swimmers throughout the meet.
MEET DIRECTOR	Stephanie Rozick 5249 W. Buffalo Run Rd Port Matilda, PA 16870 (814) 234-8955 e-mail bcatmeet@comcast.net
MEET REFEREE	Peter LaGow 5960 Millrace Ct #B201 Columbia, MD 21045 (443) 621-8232 e-mail PeterLaGow@gmail.com
SAFETY DIRECTOR	To be announced.
OFFICIALS	Applications to Officiate can be found on the Eastern Zone website. http://www.easternzoneswimming.org/ Applications can be sent to: Jamy Pfister 200 Pickwick Dr. or jamyjapfi@verizon.net

	Bethel Park, PA 15102																																																																																																									
VOLUNTEERS	Each LSC will be responsible for providing a least two (2) timers for EACH preliminary session. Lane assignments will be provided to the Team Manager. LSCs are encouraged to provide timers for the finals session each night.																																																																																																									
ELIGIBILITY	Competition is restricted to swimmers registered with one of the 12 LSCs in the Eastern Zone. Each swimmer must be a 2009 USA Swimming registered athlete in the LSC which he/she represents. Each swimmer must be entered by the LSC prior to the entry deadline. Swimmer’s age as of August 12, 2009, determines age group for the entire meet. Each LSC may enter all swimmers who have achieved the time standard. 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. All entry times must be the swimmer’s actual time; only LC meter times may be used. Converted time will not be accepted. Times must have been achieved by the swimmer between August 6, 2008 and August 3, 2009. Each swimmer may be entered into a total of six (6) events in the meet, exclusive of relays, not to exceed three (3) individual events per day. Relays must be made up of swimmers competing in the meet in individual events. No ‘relay only’ swimmers are allowed.																																																																																																									
MAXIMUM QUALIFYING TIMES	Notes: 1. These times are based on the slowest of the 2007/2008 Time Standards for the 2007 Short Course Nationals, 2008 Speedo Junior National Championships, or the 2008 US Open Championships 2. 13-18 swimmers may not enter the 2009 Zone meet (either SC or LC) if they have a QT in any event equal to or faster than the times below if it was achieved prior to August 3, 2009. 3. 12&U 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 Trials Class Meet. <table><tr><th colspan="3">GIRLS</th><th>EZ MAX</th><th colspan="3">BOYS</th></tr><tr><th>SCY</th><th>LCM</th><th>SCM</th><th>Event</th><th>SCM</th><th>LCM</th><th>SCY</th></tr><tr><td>23.89</td><td>27.29</td><td>26.59</td><td>50 Free</td><td>23.29</td><td>24.59</td><td>21.19</td></tr><tr><td>51.89</td><td>58.89</td><td>57.09</td><td>100 Free</td><td>50.79</td><td>53.49</td><td>46.29</td></tr><tr><td>1:51.69</td><td>2:06.99</td><td>2:03.09</td><td>200 Free</td><td>1:51.49</td><td>1:56.59</td><td>1:41.39</td></tr><tr><td>4:55.89</td><td>4:25.59</td><td>4:15.49</td><td>400/500 Free</td><td>3:55.69</td><td>4:07.19</td><td>4:33.79</td></tr><tr><td>10:07.99</td><td>9:04.09</td><td>8:49.39</td><td>800/1000 Free</td><td>8:16.49</td><td>8:32.29</td><td>9:29.39</td></tr><tr><td>16:58.29</td><td>17:21.39</td><td>16:47.39</td><td>1500/1650 Free</td><td>15:30.39</td><td>16:15.49</td><td>15:51.49</td></tr><tr><td>57.69</td><td>1:06.69</td><td>1:03.39</td><td>100 Back</td><td>57.09</td><td>1:00.29</td><td>51.59</td></tr><tr><td>2:03.59</td><td>2:22.29</td><td>2:16.99</td><td>200 Back</td><td>2:03.29</td><td>2:09.99</td><td>1:51.79</td></tr><tr><td>1:05.19</td><td>1:14.99</td><td>1:12.79</td><td>100 Breast</td><td>1:03.99</td><td>1:07.89</td><td>57.99</td></tr><tr><td>2:20.69</td><td>2:41.59</td><td>2:37.29</td><td>200 Breast</td><td>2:20.19</td><td>2:27.59</td><td>2:06.29</td></tr><tr><td>57.09</td><td>1:04.39</td><td>1:02.79</td><td>100 Fly</td><td>55.29</td><td>57.79</td><td>50.69</td></tr><tr><td>2:05.09</td><td>2:20.29</td><td>2:17.49</td><td>200 Fly</td><td>2:02.79</td><td>2:08.69</td><td>1:52.29</td></tr><tr><td>2:06.09</td><td>2:23.69</td><td>2:19.19</td><td>200 IM</td><td>2:04.79</td><td>2:11.59</td><td>1:52.99</td></tr></table>	GIRLS			EZ MAX	BOYS			SCY	LCM	SCM	Event	SCM	LCM	SCY	23.89	27.29	26.59	50 Free	23.29	24.59	21.19	51.89	58.89	57.09	100 Free	50.79	53.49	46.29	1:51.69	2:06.99	2:03.09	200 Free	1:51.49	1:56.59	1:41.39	4:55.89	4:25.59	4:15.49	400/500 Free	3:55.69	4:07.19	4:33.79	10:07.99	9:04.09	8:49.39	800/1000 Free	8:16.49	8:32.29	9:29.39	16:58.29	17:21.39	16:47.39	1500/1650 Free	15:30.39	16:15.49	15:51.49	57.69	1:06.69	1:03.39	100 Back	57.09	1:00.29	51.59	2:03.59	2:22.29	2:16.99	200 Back	2:03.29	2:09.99	1:51.79	1:05.19	1:14.99	1:12.79	100 Breast	1:03.99	1:07.89	57.99	2:20.69	2:41.59	2:37.29	200 Breast	2:20.19	2:27.59	2:06.29	57.09	1:04.39	1:02.79	100 Fly	55.29	57.79	50.69	2:05.09	2:20.29	2:17.49	200 Fly	2:02.79	2:08.69	1:52.29	2:06.09	2:23.69	2:19.19	200 IM	2:04.79	2:11.59	1:52.99
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ENTRY LIMITATIONS	All entry times must be LC Meters. NT entries will not be accepted for individual events. Each swimmer may be entered into a total of six (6) events in the meet, exclusive of relays, not to exceed three (3) individual events per day. Relays must be made up of swimmers competing in the meet in individual events. No ‘relay only’ swimmers are allowed. Individual swimmers MUST enter through their LSC.							
ADAPTED SWIMMERS / 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. With the recommendation of the LSC Team 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 shorter distances, seeded with younger swimmers, etc.) and will place them accordingly. All adapted swimmers competing in the meet will receive participation medals. - 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 e-mail this information but, ALL of the information on the entry form must be included in the e-mail. Classification of swimmer with a disability is irrelevant. - Each LSC may select two (2) swimmers with disabilities age 12&U and two (2) 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 compete half the distance of their age group (swim the 100 meter. backstroke during the 200 meter. backstroke 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 meter freestyle with the 10 & U age group). The final meet result 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 can not 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.
ENTRY FEES	Individual events are \$8.00 per entry; Relays are \$10.00 per entry.
HOW TO ENTER	All entry times MUST be in LC Meters. Entries should be completed using Team Manager or other third party software capable of generating an SDIF file. Send the CL2, HY3 or SDIF file as an e-mail attachment to the Meet Director at bcatmeet@comcast.net. A PDF of the entry report should be sent with the e-mailed file. Entry checks should be made payable to Middle Atlantic Swimming. Mail entry fee check and entry certification form to Stephanie Rozick 5249 West Buffalo Run Rd Port Matilda PA 16870 Request waiver of signature if using service that requires one. Individual swimmers MUST enter through their LSC. No fax or phone entries will be accepted. 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	All entries must be received by 7:00 PM, August 3, 2009. Fees must be received within 7 days of the entry deadline. No late entries will be accepted.
PROOF OF TIME	Each LSC is responsible for proof of time for its entry and must provide written certification with their entries, via a LSC Officer's signature, attesting to the accuracy of those entries. See final page 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.
START PROCEDURES	'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

SUBSTITUTIONS	Each LSC is entitled to substitutions only in the event that fewer than two (2) swimmers from that LSC would be available to compete in an event. Only swimmers already entered in the meet can be used as substitutes. The entry deadline for substitutions will be thirty (30) minutes prior to the start of each session. No adjustments in seeding will be made to accommodate the substitution. A form for making substitutions will be provided in the manager’s packet.												
RELAYS	All relays are positive check in events and 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 Preliminary session. Each LSC is limited to two (2) relays per event.												
TEAM MANAGER	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 will take place at the outdoor pool in the Officials’ tent on August 11th at 6:00 p.m. Team Managers or the official Alternate Team Manager from each LSC MUST be present at the meeting. All participants are responsible for information covered at this meeting!												
WARM-UP PROCEDURES	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. No paddles or ancillary equipment may be used during the official warm-up period. LSC’s are expected to monitor their assigned lanes to ensure a safe warm-up procedure. The competition pool will be available on Tuesday evening from 4-8 pm. <table><tr><td>Session (all days)</td><td>WarmUp</td><td>Start</td></tr><tr><td>13 & Over</td><td>6:45 am</td><td>8:15 am</td></tr><tr><td>12 & Under</td><td>11:30 pm</td><td>12:30 pm</td></tr><tr><td>Finals</td><td>4:30 pm</td><td>5:30 pm</td></tr></table> Based on the number of meet entries, warmup and start times are subject to change. At least one indoor pool will be available to swimmers throughout the meet.	Session (all days)	WarmUp	Start	13 & Over	6:45 am	8:15 am	12 & Under	11:30 pm	12:30 pm	Finals	4:30 pm	5:30 pm
Session (all days)	WarmUp	Start											
13 & Over	6:45 am	8:15 am											
12 & Under	11:30 pm	12:30 pm											
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SEEDING	This is a pre-seeded meet. The fastest eight (8) swimmers after scratches will advance to the finals for Prelim / Final Events. The following events are required to positively check in. The 400/800/1500 freestyle, the 400 IM, and all relays. Any swimmer who fails to “check in” for a positive check-in event will NOT be seeded into the event (scratched from the event). Any swimmer who “checks in” for a positive check-in event and fails to compete in said event shall be barred from competing in his/her next individual event. Positive check in deadlines are as follows: All morning events by 7:30 am All afternoon events by 12:30 pm All Finals relays must be checked in prior to the conclusion of the afternoon prelims The Meet Director/ Referee reserves the right to combine heats or otherwise adjust the order of events.
RULES	COMPETITION: This meet will be conducted according to current USA Swimming rules. Middle Atlantic Swimming rules shall also apply. USA SWIMMING / MA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. SCRATCH: The scratch procedure will be done in accordance with USA Swimming rules 207.12.6.D & E. Scratches from Finals should be turned in on the prescribed form to the Admin. Referee no later than 30 minutes following the announcement of the preliminary results. Please turn in scratches for Prelims and Timed Finals events to the Admin. Referee prior to the start of each session. There is no penalty for missing a Prelims or Timed Finals event. SAFETY: Only currently credentialed coaches, USA Swimming registered athletes and essential meet personnel will be permitted on deck and in the athlete area. CONDUCT: The Eastern Zone Rules of Conduct will apply. Proper conduct at all times will be enforced 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.

	ADVERSE WEATHER : In case of adverse weather, the outdoor pool will close for at least 30 minutes; all spectators and swimmers MUST leave the outdoor pool deck. Spectators are asked to wait in the stands of the indoor Natatorium; swimmers, coaches and officials should proceed to the indoor pool area																																																				
PROTESTS	A Meet Jury will adjudicate any protests, including issues of conduct, which may occur in the meet venue. All protests must be in writing to the Meet Referee. 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: <table><tr><td>Sess.</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>Athl.</td><td>AD</td><td>AM</td><td>CT</td><td>ME</td><td>MD</td><td>MR</td><td>MA</td><td>NE</td><td>NJ</td><td>NI</td><td>PV</td><td>VA</td></tr><tr><td>Coach</td><td>AM</td><td>CT</td><td>ME</td><td>MD</td><td>MR</td><td>MA</td><td>NE</td><td>NJ</td><td>NI</td><td>PV</td><td>VA</td><td>AD</td></tr><tr><td>T.Mgr</td><td>CT</td><td>ME</td><td>MD</td><td>MR</td><td>MA</td><td>NE</td><td>NJ</td><td>NI</td><td>PV</td><td>VA</td><td>AD</td><td>AM</td></tr></table> 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.	Sess.	1	2	3	4	5	6	7	8	9	10	11	12	Athl.	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	T.Mgr	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD	AM
Sess.	1	2	3	4	5	6	7	8	9	10	11	12																																									
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SCORING	Individual Events: 9-7-6-5-4-3-2-1 (1 st through 8 th) Relays: 18-14-12-10-8-6-4-2 (1 st through 8 th)																																																				
AWARDS	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 must bring it to the meet) <u>Individual Awards:</u> Members of the overall Championship Team will receive a pin and Championship certificate. <u>Participants:</u> All participants will receive a Participation Certificate. <u>Record Breakers:</u> All record breakers will receive a Commemorative Certificate.																																																				
PROGRAMS & ADMISSION	Meet programs will be on sale for \$15.00 Finals heat sheets will be \$2.00 each night. Spectator Admission fee is \$2.00 per session for both Prelims and Finals. All session passes will be available for \$12.00.																																																				

	Children under 12 admitted free of charge.
HOSPITALITY	Coaches and Officials hospitality areas will be located directly inside the gate of the outdoor pool.
RESULTS	Real time results will be available on the Middle Atlantic website www.maswim.org – see the front page for a link. At the conclusion of the meet, results will be posted on the Middle Atlantic and the Eastern Zone websites
DIRECTIONS	322 to the Penn State Exit (Park Ave). Turn onto Park Ave, follow to third light past stadium at Bigler Rd. Turn left onto Bigler Rd. Pool is past first stop sign, on the left
ACCOMODATIONS	Toftrees Golf Resort and Conference Center One Country Club Lane State College, PA 16803 814-234-8000 www.toftrees.com Ramada Conference Center 1450 South Atherton Street State College, PA 16801 814.238.3001 Atherton Hotel 125 S. Atherton Street State College, PA 16801 814-231-2100 Courtyard by Marriott - State College 1730 University Dr. State College, PA 16801 814-238-1881 Hampton Inn & Suites at Williamsburg Square 1955 Waddle Road State College, PA 16803 814-231-1899 Hilton Garden Inn 1221 E. College Ave. State College, PA 16801 814-272-1221

Comfort Suites
132 Village Drive
State College, PA 16803
814-235-1900

Fairfield Inn & Suites State College
2215 North Atherton St.
State College, PA 16803
814-238-3871

Hampton Inn - State College
1101 E. College Ave.
State College, PA 16801
814-231-1590

Happy Valley Motor Inn
1245 S. Atherton St.
State College, PA 16801
814-234-1111

Holiday Inn Express at Williamsburg Square
1925 Waddle Road
State College, PA 16803
814-867-1800

Marriott SpringHill Suites
1935 Waddle Rd.
State College, PA 16803
814-867-1807

Residence Inn by Marriott - State College
1555 University Drive
State College, PA 16801
814-235-6960

Sleep Inn
111 Village Drive
State College, PA 16803
814-235-1020

Super 8 - State College Inn
1663 S. Atherton St., Bus. Rt. 322
State College, PA 16801
814-237-8005

Please see State College information at <http://www.happyvalley.com/>

ORDER OF EVENTS & QUALIFYING TIMES

WEDNESDAY

Session 1 Wednesday

13 & O Prelims
Starts at 8:15 AM

Session 2 Wednesday

12& U Prelims
Starts at **12:30** PM

LCM	Girls	Event	Boys	LCM		LCM	Girls	Event	Boys	LCM
1:04.09	7	13-14 100 Freestyle	8	1:00.09		2:44.09	1	11-12 200 Backstroke	2	2:44.29
1:04.09	9	15-18 100 Freestyle	10	58.29		1:14.39	31	10 & Under 100 Freestyle	32	1:15.29
1:24.19	15	13-14 100 Breaststroke	16	1:18.59		1:06.29	5	11-12 100 Freestyle	6	1:06.19
1:22.59	17	15-18 100 Breaststroke	18	1:14.09		45.59	33	10 & Under 50 Breaststroke	34	45.59
2:37.39	21	13-14 200 Butterfly	22	2:30.69		39.49	11	11-12 50 Breaststroke	12	39.69
2:31.59	23	15-18 200 Butterfly	24	2:21.29		1:28.89	35	10 & Under 100 Butterfly	36	1:30.49
9:54.59	3	13-14 800 Freestyle	4	9:42.79		1:13.79	19	11-12 100 Butterfly	20	1:14.89
9:48.39	13	15-18 800 Freestyle	14	9:14.29		x	37	10 & Under 400 Freestyle Relay	38	x

Wednesday Finals

Starts at 5:30 PM

Event

1	Girls 11-12 200 Backstroke	
	Boys 11-12 200 Backstroke	2
3	Girls 13-14 800 Freestyle	
	Boys 13-14 800 Freestyle	4
5	Girls 11-12 100 Freestyle	
	Boys 11-12 100 Freestyle	6
7	Girls 13-14 100 Freestyle	
	Boys 13-14 100 Freestyle	8
9	Girls 15-18 100 Freestyle	
	Boys 15-18 100 Freestyle	10
11	Girls 11-12 50 Breaststroke	
	Boys 11-12 50 Breaststroke	12
13	Girls 15-18 800 Freestyle	
	Boys 15-18 800 Freestyle	14
15	Girls 13-14 100 Breaststroke	
	Boys 13-14 100 Breaststroke	16
17	Girls 15-18 100 Breaststroke	
	Boys 15-18 100 Breaststroke	18
19	Girls 11-12 100 Butterfly	
	Boys 11-12 100 Butterfly	20
21	Girls 13-14 200 Butterfly	
	Boys 13-14 200 Butterfly	22
23	Girls 15-18 200 Butterfly	
	Boys 15-18 200 Butterfly	24
25	Girls 11-12 200 Freestyle Relay	
	Boys 11-12 200 Freestyle Relay	26
27	Girls 13-14 400 Freestyle Relay	
	Boys 13-14 400 Freestyle Relay	28
29	Girls 15-18 400 Freestyle Relay	
	Boys 15-18 400 Freestyle Relay	30

ORDER OF EVENTS & QUALIFYING TIMES

THURSDAY

Session 4 Thursday

13 & O Prelims

Starts at 8:15 AM

LCM	Girls	Event	Boys	LCM	LCM	Girls
2:37.09	41	13-14 200 Backstroke	42	2:30.79	1:16.59	39
2:35.49	45	15-18 200 Backstroke	46	2:21.99	1:26.69	65
2:18.69	49	13-14 200 Freestyle	50	2:11.89	3:06.99	43
2:16.99	51	15-18 200 Freestyle	52	2:07.69	2:41.79	67
5:33.69	55	13-14 400 IM	56	5:16.69	2:23.89	47
5:30.49	57	15-18 400 IM	58	5:07.09	37.49	69
					33.19	53
					x	71

Session 5 Thursday

12& U Prelims

Starts at **12:30** PM

Event	Boys	LCM
11-12 100 Backstroke	40	1:16.29
10 & Under 100 Backstroke	66	1:26.39
11-12 200 Breaststroke	44	3:08.19
10 & Under 200 Freestyle	68	2:41.39
11-12 200 Freestyle	48	2:23.79
10 & Under 50 Butterfly	70	38.19
11-12 50 Butterfly	54	33.29
10 & Under 200 Medley Relay	72	x

Thursday Finals

Starts at 5:30 PM

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

ORDER OF EVENTS & QUALIFYING TIMES

FRIDAY

Session 7 Friday

13 & O Prelims

Starts at 8:15 AM

LCM	Girls	Event	Boys	LCM
1:13.59	73	13-14 100 Backstroke	74	1:09.69
1:12.69	75	15-18 100 Backstroke	76	1:06.69
4:50.49	79	13-14 400 Freestyle	80	4:38.39
4:46.99	81	15-18 400 Freestyle	82	4:28.89
3:00.79	85	13-14 200 Breaststroke	86	2:51.49
2:56.29	87	15-18 200 Breaststroke	88	2:40.79
1:11.49	91	13-14 100 Butterfly	92	1:07.09
1:09.89	93	15-18 100 Butterfly	94	1:03.69

Session 8 Friday

12& U Prelims

Starts at **12:30** PM

LCM	Girls	Event	Boys	LCM
		11-12 50 Backstroke	78	35.39
		10 & Under 50 Backstroke	102	40.29
		11-12 400 Freestyle	84	5:04.69
		10 & Under 400 Freestyle	104	5:40.89
		10 & Under 100 Breaststroke	106	1:38.79
		11-12 100 Breaststroke	90	1:27.29
		10 & U 200 Freestyle Relay	108	x

Friday Finals

Starts at 5:30 PM

Event		
73	Girls 13-14 100 Backstroke	
	Boys 13-14 100 Backstroke	74
75	Girls 15-18 100 Backstroke	
	Boys 15-18 100 Backstroke	76
77	Girls 11-12 50 Backstroke	
	Boys 11-12 50 Backstroke	78
79	Girls 13-14 400 Freestyle	
	Boys 13-14 400 Freestyle	80
81	Girls 15-18 400 Freestyle	
	Boys 15-18 400 Freestyle	82
83	Girls 11-12 400 Freestyle	
	Boys 11-12 400 Freestyle	84
85	Girls 13-14 200 Breaststroke	
	Boys 13-14 200 Breaststroke	86
87	Girls 15-18 200 Breaststroke	
	Boys 15-18 200 Breaststroke	88
89	Girls 11-12 100 Breaststroke	
	Boys 11-12 100 Breaststroke	90
91	Girls 13-14 100 Butterfly	
	Boys 13-14 100 Butterfly	92
93	Girls 15-18 100 Butterfly	
	Boys 15-18 100 Butterfly	94
95	Girls 11-12 400 Freestyle Relay	
	Boys 11-12 400 Freestyle Relay	96
97	Girls 13-14 200 Freestyle Relay	
	Boys 13-14 200 Freestyle Relay	98
99	Girls 15-18 200 Freestyle Relay	
	Boys 15-18 200 Freestyle Relay	100

ORDER OF EVENTS & QUALIFYING TIMES

SATURDAY

Session 10 Saturday

13 & O Prelims

Starts at 08:15 AM

LCM	Girls	Event	Boys	LCM	LCM	Girls	Event	Boys	LCM
2:37.89	111	13-14 200 IM	112	2:28.39	2:44.39	109	11-12 200 Butterfly	110	2:44.39
2:35.89	113	15-18 200 IM	114	2:24.59	3:03.59	133	10 & Under 200 IM	134	3:03.59
29.49	119	13-14 50 Freestyle	120	27.69	2:43.29	115	11-12 200 IM	116	2:43.49
28.89	121	15-18 50 Freestyle	122	26.99	33.69	135	10 & Under 50 Freestyle	136	33.89
19:11.49	117	13-14 1500 Freestyle	118	18:37.09	30.49	123	11-12 50 Freestyle	124	29.99
18:46.09	125	15-18 1500 Freestyle	126	17:46.09	x	137	10 & U 400 Medley Relay	138	x

Session 11 Saturday

12& U Prelims

Starts at 12:30 PM

Saturday Finals

Starts at 5:30 PM

Event		
109	Girls 11-12 200 Butterfly	
	Boys 11-12 200 Butterfly	110
111	Girls 13-14 200 IM	
	Boys 13-14 200 IM	112
113	Girls 15-18 200 IM	
	Boys 15-18 200 IM	114
115	Girls 11-12 200 IM	
	Boys 11-12 200 IM	116
117	Girls 13-14 1500 Freestyle	
	Boys 13-14 1500 Freestyle	118
119	Girls 13-14 50 Freestyle	
	Boys 13-14 50 Freestyle	120
121	Girls 15-18 50 Freestyle	
	Boys 15-18 50 Freestyle	122
123	Girls 11-12 50 Freestyle	
	Boys 11-12 50 Freestyle	124
125	Girls 15-18 1500 Freestyle	
	Boys 15-18 1500 Freestyle	126
127	Girls 11-12 200 Medley Relay	
	Boys 11-12 200 Medley Relay	128
129	Girls 13-14 400 Medley Relay	
	Boys 13-14 400 Medley Relay	130
131	Girls 15-18 400 Medley Relay	
	Boys 15-18 400 Medley Relay	132

SWIMMERS WITH A DISABILITY ENTRY FORM

Name: _____

Club: _____ LSC: _____

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

Swimmer e-mail address: _____

Swimmer phone Number: _____

Name of person completing this form: _____

E-mail address: _____ Phone #: _____

Please enter events below. The maximum number of events for any swimmer is six (6).

Indicate the swimmer's preference regarding seeding of their entry for each event.

Please note that changing age groups may change the session & location that the swimmer swims. Changing the distance may change the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The meet staff has the final decision regarding seeding procedures.

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

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 and that all entry times were achieved at sanctioned, approved or observed 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 _____