



**USA Swimming Speedo Champions Series Meet  
Region I Sectional Meet– Hosted by: STAR Swimming  
Burt Flickinger Athletic Center - Erie Community College  
21 Oak Street  
Buffalo, NY 14203  
March 21-24, 2013**

STAR Swimming would like to welcome you to the 2013 USA Swimming Speedo Champions Series meet. The 2013 Speedo Champions Series meet will be held under the Sanction of USA Swimming, through Niagara Swimming Sanction Number NI-1213-124. Time Trial Sanction Number NI-1213-125.

**Meet Director**

Karyn Bimber  
716-868-6611  
kkbimber@verizon.net

**Meet Referee**

Betsy Coe  
01andercoe@gmail.com

**Meet Officials Contact**

Katherine McCauley  
cmkmccauley@verizon.net

**LSC Officials Chairman**

Jim Stromski  
jrstromski@gmail.com

**Meet Marshals** shall be provided by STAR Swimming in accordance with the requirements of Niagara Swimming. The Head Marshal for this meet will be Lynda Blake.

**LOCATION**

Burt Flickinger Athletic Center  
Erie Community College  
21 Oak Street  
Buffalo, NY 14203

The **Burt Flickinger Center** is a venue located in downtown Buffalo, New York. It was originally constructed for the 1993 World University Games and is now used full-time by Erie Community College. Containing a gymnasium that seats 3,200 and an Olympic-sized regulation swimming pool, events hosted in the past include the World University Games, ECW shows, and professional boxing cards.



## FACILITY

Eight lane 50 meter pool with continuous flow through gutters and Kieffer-McNeil lane dividers. One 50 meter eight lane pools and separate 25 yard six lane pool for continuous warm-up and cool-down. Colorado 5000 Electronic timing System with gutter mounted touchpads, horn starts and scoreboard readouts at each end of pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 7' at turn end pool is 9'6" in depth.

## SCHEDULE (tentative)

	Warm-Up	Prelims		Warm-Up	Finals
<b>Thursday</b>	<b>General Meeting 2:00pm</b>			<b>9:00am</b>	<b>5:00pm</b>
<b>Friday</b>	<b>7:00a-8:50a</b>	<b>9:00a</b>		<b>4:30p-5:45p</b>	<b>6:00pm</b>
<b>Saturday</b>	<b>7:00a-8:50a</b>	<b>9:00a</b>		<b>4:30p-5:45p</b>	<b>6:00pm</b>
<b>Sunday</b>	<b>7:00a-8:50a</b>	<b>9:00a</b>		<b>3:30p-4:45p</b>	<b>5:00pm</b>

## RULES

USA Swimming Rules will govern this competition. This includes the current national Championship rules including scratch rules (Section 207.12.10).

In compliance with USA-Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. The practice of deck changing is prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Manager and/or Meet Referee.

## ELIGIBILITY

The Eastern Zone Northern Region Speedo Championship Series Meet is open to any registered USA Swimming athlete with a meet qualifying time. As per Eastern Zone regulations, this meet is open to any LSC, but preference will be given to those in the Eastern Zone. Qualifying times must have been achieved in USA Swimming sanctioned, approved, observed competition from 1 January 2012 through the meet entry deadline.

## TIME STANDARDS

See enclosed order of events with qualifying times included.

## ONLINE MEET ENTRY

Except for qualifying times achieved for the first time between March 12, 2013 and March 17, 2013, all entries must be submitted through USA Swimming's website using OME (Online Meet Entry). All coaches planning on attending the meet MUST be included with the entry for the confirmation of coach credentials prior to receiving coach's packet or deck credentials. Any coach not on the original entry MUST show proof of current credentials proper to receiving the coach's packet or deck credentials (no exceptions).



## ENTRY DEADLINE

Entry deadline is March 11 2013 at 11:59pm (EST). OME will open for this meet on February 1, 2013 at [www.usaswimming.org/ome](http://www.usaswimming.org/ome)

## TIMES ACHIEVED AFTER March 11, 2013

Additional entries from meets occurring between March 12, 2013 and March 17, 2013 are due by 10:00pm (EST) on Monday March 18, 2013. These entries must be submitted to the host club via email only, using a Hy-Tek entry file. These entries should be emailed directly to [kkbimber@verizon.net](mailto:kkbimber@verizon.net). This is for first time cuts achieved in this specific time period. All other entries must use the on-line entry procedure. For those entry times achieved between March 12, 2013 and March 17, 2013 coaches shall be required to produce official meet results to prove their entry times.

Payment for the entries must be received at the pre-meet coaches meeting (**no exceptions**) on Thursday, March 21, 2012. If payment is not received at this time, these entries will be scratched from the meet. Please remember that this "late entry period" is for **new** qualifying times that occur between March 12, 2013 and March 17, 2013. Once the OME deadline passes no time updates are permitted.

## QUESTIONS REGARDING OME

USA Swimming On-Line Meet Entry Questions contact:

Josh Fowler                      Office: 719-866-3581                      [jfowler@usaswimming.org](mailto:jfowler@usaswimming.org)

## 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 12, 2013 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. 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 "non-conforming" 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, except for those times achieved during the extended entry period (March 12-17, 2013). These times must be submitted using Hy-Tek Team Manager. No fax entries will be accepted at any time. No email scratches for events. Email scratch from the entire meet will be allowed- contact the Meet Referee.

NOTE: Teams using Team Unify during the extended entry period, March 12-17, 2013, must submit an entry report with their entry file. Meet Manager does not import the bonus marker from Team Unify, and entry times will be rejected.

## ENTRY FEES

\$10 per individual event, \$10 per bonus event, \$25 per relay, there is also a \$5 per swimmer Swimming Surcharge, and a \$5 per team surcharge.



## EVENT LIMITATIONS

Swimmers may enter any number of events in which he/she has qualified, but may not compete in more than three (3) individual events per day, and a total of seven (7) for the meet. Each team is allowed to enter up to two (2) relays in each event.

**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 the procedure, including the number of heats of each event swum in the "A Flight" session, will be announced at the General Meeting.**

## BONUS EVENTS

Swimmers making 1 Qualifying Time	1 Bonus Event
Swimmers making 2 Qualifying Times	2 Bonus Events
Swimmers making 3 Qualifying Times	1 Bonus Event
Swimmers making 4 or more	0 Bonus Events

Limits on daily individual events three (3) and total meet events (7) will still apply.

## FINES

**The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any Swimmer in the initially announced top 24 that does not show up to compete (without properly scratching) will be subjected to a \$50 fine. Checks will be made out to the Eastern Zone.**

## GENERAL MEETING

A General Meeting will be held on Thursday at 2:00pm. If necessary, additional coach's meetings will be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coach's meetings. Coaches are responsible for all information from these meetings including changes in the meet conduct.

## OFFICIALS CERTIFICATION

Certified officials wishing to work the meet should submit applications to the Eastern Zone Officials Chairman by March 1, 2013 for all positions. Assigned Officials will be notified. The application form can be found at: [Application to Officiate](#)

The meet is approved as an Officials Qualifying Meet for all positions 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.

## CONDUCT OF THE MEET

All events, except the 800 and 1500 Freestyle and relay events, will be conducted with preliminary and C, B, and A (Bonus, Consolation, and Championship) final heats. The 800 Free, 1500 Free and all relays are timed final events requiring positive check-in.

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



All relays MUST positively check-in and declare their intent to swim by the scratch deadline for that day's events TO BE SEEDED. **When checking in Sunday's relays, coaches shall declare whether they wish those relays to swim in prelims or finals. Those relays wishing to swim in finals (up to 16 fastest) will be so seeded. All other relays will be seeded in prelims according to their seed time. (aka "Sunday Relay Rule")**

### SEEDING ORDER

LC Meters, SC Meters, SC Yards

### DISTANCE EVENTS

Thursday-Women's 1500 Free and Men's 800 Free will be conducted as timed finals on Thursday Evening. The heats will be swum in normal order slowest to fastest; swimming all heats of the Women's 1500 freestyle followed by all heats of the Men's 800 freestyle.

Sunday-The fastest heat of the Women's 800 Free, and the fastest heat of the Men's 1500 Free will be swum at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 3:30pm. The heats will be swum alternating women and men such that the second fastest men's heat swims last, the second fastest women's heat swims next-to-last, etc. The heat order will be published after the scratch deadline. These events are timed finals.

### RELAYS

**Relays** are timed final events. The fastest two heats will swim with finals during the evening session. The Sunday Relay Rule will be in effect for Sunday Relays. Remaining heats will swim with preliminaries during the morning sessions. All relays must be positively checked-in by the appropriate scratch deadline. In order to be eligible, all relays must have at least one swimmer who is entered in a non-bonus individual event. 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. 200 meter Medley Relay entry times must be provable 400 Medley Relay times.

### **SCRATCH AND POSITIVE CHECK-IN PROCEDURES**

The USA Swimming Scratch Policy Rule 207.12.6 A-E will apply through the meet.

Scratches from finals shall be made with the Administrative Referee. All other scratches shall be made in the Scratch Box, which shall be located at the meet check-in table until the General Meeting, at the General Meeting, then at the Clerk-of-Course.

All relays and distance events (800 Free, 1500 Free) **must** be checked in with the Clerk of Course.

Both the Scratch Deadlines and Positive Check-In Deadlines for all events will be as follows:

Thursday Events: 15 minutes following the conclusion of the General Meeting.  
Friday Events: 5:30pm Thursday Evening  
Saturday Events: 6:30pm Friday Evening  
Sunday Events: 6:30pm Saturday Evening



## SCORING

### Place

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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### Individual Scores

20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
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### Relay Scores

40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2
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## TEAM AWARDS

The top 3 teams in Combined scoring, and the top 3 teams in Women's and Men's Scoring will receive awards.

## INDIVIDUAL AND RELAY AWARDS

Medals: Individual 1<sup>st</sup>-3<sup>rd</sup>, Relays 1<sup>st</sup>-3<sup>rd</sup>

## AWARDS CEREMONIES AND READY ROOM

Swimmers competing in the A final events are expected to report to the Ready Room area no more than 10 minutes prior to their event. The A finalists are expected to remain in the Ready Room until the march-out for their event. Awards will be presented during the evening finals. A full sequencing of awards will be published with the heat sheet for each finals session. Awards for the Thursday distance events will be presented during the Friday evening finals.

## WARM-UP PROCEDURE

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

### Warm-up Format: Competition Pool (tentative)

#### Thursday Timed Finals

9:00am-3:00pm	Circle Swim all lanes	
3:00pm-4:15pm	Pace: Lanes 1 & 8	Circle Swim: Lanes 2-7
4:15pm-4:45pm	Pace: Lanes 1 & 8	Sprint: Lane 7
4:45pm	Clear Pool	Circle Swim: Lanes 2-6

#### Friday, Saturday, Sunday Prelims

7:00am-8:00am	Circle Swim all lanes	
8:00am-8:30am	Pace: Lanes 1 & 8	Circle Swim: Lanes 2-7
8:30am-8:50am	Pace: Lanes 1 & 8	Sprint: Lanes 2 & 7
8:50am	Clear Pool	Circle Swim: Lanes 3-6

#### Friday, Saturday, Sunday\* Finals

4:30pm-5:00pm	Circle Swim all lanes	
5:00pm-5:20pm	Pace: Lanes 1 & 8	
5:20pm-5:45pm	Pace: Lanes 1 & 8	Sprint: Lanes 2 & 7
5:45pm	Clear Pool	Circle Swim: Lanes 3-6

*The Small pool will be available for continuous warm-up/cool-down.*

*\*Sunday Warm-ups for finals will begin one hour earlier (3:30-4:45)*



## USA Swimming Membership

All swimmers, coaches, and officials must be current 2013 members of USA Swimming. Any team or individual entering a swimmer without a current USA Swimming membership may be subject to a \$100 per swimmer fine. There will be NO deck registration.

## DECK ADMITTANCE

All participating swimmers, coaches, and working officials will be issued deck credentials. These must be worn at all times. Please use designated pool entry areas.

## REGISTRATION AND CREDENTIALS

Coach packets and credentials for athletes, coaches and officials will be available in the entrance area. Credentials must be visible at all times when on deck.

## MEET JURIES

The Meet Juries shall be announced by the Meet Referee at the General Meeting. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone other than registration personnel. The fee is refundable if the protest is upheld. (207.12.8 & 207.12.9)

## TIME TRIALS

Time trials will be offered, time permitting, and at the discretion of the Meet Referee, 15 minutes after the completion of each preliminary session and after Thursday events. Swimmers must be entered in at least one individual or relay event in order to participate in time trials. Swimmers must sign up for time trials by 5:00pm Thursday and 60 minutes prior to the scheduled end of each day's preliminary events. The entry fee is \$10 for individual events and \$25 for relays. Checks should be made payable to STAR Swimming. Time trials will be swum in the following order:

Thursday Time Trials	Only 800 Free and 1500 Free will be offered Friday
Time Trials:	Friday/Saturday/Sunday events in that order Saturday
Time Trials:	Saturday/Sunday/Friday events in that order Sunday
Time Trials (Time Permitting):	Sunday/Friday/Saturday events in that order

*The 800 and 1500 will also be offered as the last event on either Friday or Saturday (time permitting). The day will be announced at the General Meeting.*

**For every 400 athletes, there will be 1 hour of Time Trials, not to exceed 2 hours of Time Trials.  
The Meet Referee reserves the right to limit Time Trials entries based on entries.**

## **ATHLETES MUST PROVIDE THEIR OWN TIMERS AND/OR COUNTERS FOR TIME TRIALS**

## ADMISSIONS AND PROGRAMS

Meet Program	\$15 (Psych Sheet for Prelim and Timed Final events, and a heat sheet for each day's finals, with proof of purchase).
Thursday Admission	\$5
Friday-Sunday Admission	\$6 per day (prelims & finals)
All Sessions Pass	\$20 (does not include program) Finals
Heat Sheets	\$3



## CONCESSIONS

Concessions will be available throughout the meet.

## PARKING

Parking is available at Mike's parking at the corner of Elm & 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 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.

## MEET RESULTS

Printed copies of the meet results will be available for a \$10 fee. Live results will be posted on the Eastern Zone Swimming's website and at [www.starswimming.org](http://www.starswimming.org).

## CONDUCT

Misbehavior, vandalism and theft will not be tolerated and can result in being barred from participation in the meet. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. **Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.**





## 2013 Speedo Champions Series Eastern Zone Northern Sectional Order of Events

**Preliminaries- 9:00am  
Women's Events**

**Finals- 6:00pm  
Men's Events**

<b>Day 1- Thursday, March 21</b>	
1	1500 meter Freestyle
	800 meter Freestyle
	2
<b>Day 2- Friday, March 22</b>	
3	200 meter Freestyle
5	100 meter Breaststroke
7	100 meter Butterfly
9	400 meter Individual Medley
11	800 meter Freestyle Relay
	4
	6
	8
	10
	12
<b>Day 3- Saturday, March 23</b>	
13	200 meter Medley Relay
15	200 meter Butterfly
17	50 meter Freestyle
19	200 meter Breaststroke
21	100 meter Backstroke
23	400 meter Freestyle
25	400 meter Freestyle Relay
	14
	16
	18
	20
	22
	24
	26
<b>Day 4- Sunday, March 24</b>	
27	200 meter Freestyle Relay
29	800 meter Freestyle
	1500 meter Freestyle
31	200 meter Backstroke
33	100 meter Freestyle
35	200 meter Individual Medley
37	400 meter Medley Relay
	28
	30
	32
	34
	36
	38

**Notes:**

1. Fastest two heats of each relay will be swum in the final session in the order indicated. Remaining heats will be swum in prelims– with 200's at the beginning of the session and the 400/800's at the end.
2. Thursday events (W-1500 & M-800) shall be swum slowest to fastest with all heats of the Women's 1500 prior to the Men's 800.
3. Sunday events (M1500 & W-800) only the fastest (single) heat swum in the final session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end 60 minutes prior to finals.
  - a) Second fastest men's heat is last.
  - b) Second fastest women's heat is next to last.
  - c) Third fastest men's heat is third from last.
  - d) Third fastest women's heat is fourth from last. etc.
4. In Sunday's Finals, the events will swim in numerical order.
5. The meet management reserves the right to A/B flight the meet if the timeline warrants it.



## **CHANGES FOR THE NORTH REGION MEET AS OF FEBRUARY 27, 2013**

Due to the Southern meet reaching capacity, the following changes will be in effect for this meet:

---The North region meet is now open to all athletes that have achieved the South region qualifying times. BOTH MEETS NOW HAVE THE SAME QUALIFYING TIMES.

---The Northern meet still offer time trials- as long as time permits. Further information will be available after the entry period closes, and will be addressed at the General Meeting on March 21, 2013 at 2pm.

---The entry deadline will not be changed. All entries with qualifying times between January 1, 2012 and March 11, 2013, must be submitted through the OME by 11:59 EST on March 11, 2013. Entries for first time cuts achieved from meets occurring between March 12, 2013 and March 17, 2013 are due by 10:00pm (EST) on Monday March 18, 2013. These entries must be submitted to the host club via email only, using a Hy-Tek entry file. These entries should be emailed directly to [kkbimber@verizon.net](mailto:kkbimber@verizon.net). All other entries must use the on-line entry procedure. For those entry times achieved between March 12, 2013 and March 17, 2013 coaches shall be required to produce official meet results to prove their entry times.



## Speedo Champions Series Qualifying Times

\*\*Updated Qualifying Times- Now the same as the South Region Meet\*\*

WOMEN			Event	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	28.19	25.39	50 Freestyle	22.49	24.99	25.59
1:01.89	1:00.89	54.79	100 Freestyle	48.99	54.39	55.69
2:12.69	2:10.79	1:57.49	200 Freestyle	1:46.49	1:58.09	2:01.49
4:38.19	4:32.59	5:12.49	500 Freestyle	4:48.39	4:10.89	4:18.59
9:34.99	9:19.99	10:40.29	1000 Freestyle	10:09.89	8:58.59	9:11.39
18:16.79	17:43.19	17:54.39	1650 Freestyle	16:43.99	16:35.19	17:21.99
109:39	1:07.89	1:01.09	100 Backstroke	55.09	1:01.19	1:02.89
2:28.99	2:26.49	2:11.89	200 Backstroke	1:59.39	2:12.59	2:15.39
1:18.29	1:16.49	1:08.89	100 Breaststroke	1:02.19	1:09.19	1:10.39
2:49.39	2:47.09	2:30.49	200 Breaststroke	2:15.39	2:30.29	2:32.99
1:07.49	1:06.79	1:00.09	100 Butterfly	54.09	1:00.09	1:00.89
2:29.49	2:28.19	2:13.49	200 Butterfly	2:01.49	2:14.89	2:16.29
2:30.59	2:26.59	2:12.49	200 Individual Medley	1:59.79	2:12.99	2:16.59
5:22.19	5:09.69	4:39.99	400 Individual Medley	4:15.09	4:43.19	4:49.89
9:06.29	8:58.89	8:05.39	800 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:14.99	4:10.89	3:45.79	400 Freestyle Relay	3:21.89	3:44.09	3:48.69
1:57.79	1:56.19	1:44.59	200 Freestyle Relay	1:32.69	1:42.19	1:45.49
4:44.09	4:40.29	4:12.29	400 medley Relay	3:46.99	4:15.59	4:19.69
4:44.09	4:40.29	4:12.29	** 200 Medley Relay	3:46.99	4:15.59	4:19.69

\*\* Use the 400 Medley Relay Qualifying Time

Qualifying Period: January 1, 2012 through entry deadline for Spring Meet

