

**2014 EASTERN ZONE SPRING LONG-COURSE SUPER SECTIONALS MEET**

**Hosted by: STAR Swimming**

**Burt Flickinger Athletic Center - Erie Community College**

**21 Oak Street**

**Buffalo, NY 14203**

**March 27-30, 2014**

STAR Swimming would like to welcome you to the 2014 USA Swimming Speedo Champions Series meet. The 2014 Speedo Champions Series meet will be held under the Sanction of USA Swimming, through Niagara Swimming Sanction Number NI-1314-170. Time Trial Sanction Number NI-1314-171.

**Meet Director**

Sherry Benedict

716-860-3541

[starentries@gmail.com](mailto:starentries@gmail.com)

**Meet Officials Contact**

Katherine McCauley

[cmkmccauley@verizon.net](mailto:cmkmccauley@verizon.net)

**Meet Referee**

Paul Maker

508-523-4800

[makerp@comcast.net](mailto:makerp@comcast.net)

**LSC Officials Chairman**

Jim Stromski

[jrstromski@gmail.com](mailto: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 1,200 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 Kiefer-McNeil lane dividers and a 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 2:00</b>		12:00pm	5:00pm
<b>Friday</b>	7:00-8:50am	9:00am	4:30-5:45pm	6:00pm
<b>Saturday</b>	7:00-8:50am	9:00am	4:30-5:45pm	6:00pm
<b>Sunday</b>	7:00-8:50am	9:00am	3:30-4:45pm	5:00pm

## RULES

USA Swimming Rules will govern this competition. This includes the current national Championship rules including scratch rules (Section 207.11.6). In compliance with USA-Swimming Rules and Regulations; the use of any 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 2014 Eastern Zone Spring Long-Course Super Sectionals 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 January 1, 2013 through the meet entry deadline.

## TIME STANDARDS

See enclosed order of events with qualifying times included.

## ONLINE MEET ENTRY

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 18, 2014 at 11:59pm (EST). OME will open for this meet on February 1, 2014 at [www.usaswimming.org/ome](http://www.usaswimming.org/ome)

## TIMES ACHIEVED AFTER March 18, 2014

Additional entries from meets occurring between March 19, 2014 and March 24, 2014 are due by 10:00pm (EST) on Monday March 25, 2014. 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 [starentries@gmail.com](mailto:starentries@gmail.com). 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 19, 2014 and March 24, 2014 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 28, 2014. 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 19, 2014 and March 24, 2014. Once the OME deadline passes no time updates are permitted.

## QUESTIONS REGARDING OME

USA Swimming On-Line Meet Entry Questions contact:

Anthony Buhr Office: 719-866-3581 [abuhr@usaswimming.org](mailto:abuhr@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 18, 2014 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 19-24, 2014). 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 19-24, 2014, 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

\$12.50 per individual event, \$12.50 per bonus event, \$25 per relay, there is also a \$6 per swimmer, Swimming Surcharge, and a \$10 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	3 Bonus Events*****
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 (3) and total meet events (7) will still apply.

**\*\*\*\*\* The number of bonus events for athletes with 1 qualifying time may be reduced at the discretion of the meet host and meet referee (if necessary due to meet entry numbers).**

## 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, 2014 for all positions. Assigned Officials will be notified. The application form can be found at: [www.starswimming.org](http://www.starswimming.org). This meet is approved as an Officials Qualifying Meet for all positions up to N3 Final, except for Administrative Referee which can be evaluated at the N2 level, 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 SEEDED.



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 800 Free and Men's 1500 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 800 freestyle followed by all heats of the Men's 1500 freestyle. Sunday-The fastest heat of the Women's 1500 Free, and the fastest heat of the Men's 800 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 nonbonus 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 207.11.6 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 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.

## 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 they march-out for their event.

## 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

12:00pm-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  
A warm-up in the main pool will coincide with the awards after each Men's "A" Final.  
\*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 2014 members of USA Swimming. Any team or individual entering a swimmer without a current USA Swimming membership may be subject to a \$100.00 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 and that fee is refundable if the protest is upheld.

### **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's events. Swimmers must be entered in at least one individual or relay event in order to participate in time trials. Each swimmer entered in the meet may swim a maximum of two time trials. Swimmers must sign up for time trials by 5:00pm Thursday and Friday/Saturday/Sunday sign up for time trials will be 8:30am-10:30am. The entry fee is \$12.50 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**



## DECK ACCESS

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

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

Coaches must request a deck pass through OME. Deck passes will only be issued to individuals registered with USA Swimming. All coaches must be prepared to show their current USA Swimming registration card at the registration table to receive their deck pass. Replacements for lost credentials will cost \$25.00

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the swimmer(s) must be assigned a supervising coach (per USA Swimming rule).

## ADMISSIONS AND PROGRAMS

\$25.00	Admission and heat sheets for ALL Prelims and Finals sessions with proof of purchase
\$5.00	<b>Per day</b> Admission
\$5.00	Prelim Heat Sheets
\$5.00	Final Heat Sheets

## CONCESSIONS

Concessions might 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 <http://www.easternzoneswimming.org> 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.**





## 2014 Eastern Zone Spring Long-Course Super Sectionals Meet

Women's Events	Order of Events	Men's Events
<b>Timed Finals- 5:00pm</b>	<b>Day 1- Thursday, March 27</b>	
1	800 meter Freestyle	
	1500 meter Freestyle	2
<b>Preliminaries- 9:00am</b>	<b>Day 2- Friday, March 28</b>	<b>Finals-6:00pm</b>
3	200 meter Freestyle	4
5	100 meter Breaststroke	6
7	100 meter Butterfly	8
9	400 meter Individual Medley	10
11	800 meter Freestyle Relay	12
<b>Preliminaries- 9:00am</b>	<b>Day 3- Saturday, March 29</b>	<b>Finals-6:00pm</b>
13	200 meter Medley Relay	14
15	200 meter Butterfly	16
17	50 meter Freestyle	18
19	200 meter Breaststroke	20
21	100 meter Backstroke	22
23	400 meter Freestyle	24
25	400 meter Freestyle Relay	26
<b>Preliminaries- 9:00am</b>	<b>Day 4- Sunday, March 30</b>	<b>Finals-5:00pm</b>
27	200 meter Freestyle Relay	28
29	1500 meter Freestyle	
	800 meter Freestyle	30
31	200 meter Backstroke	32
33	100 meter Freestyle	34
35	200 meter Individual Medley	36
37	400 meter Medley Relay	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 start of the session and the 400/800's at the end.
2. Thursday events (W-800 & M-1500) shall be swum slowest to fastest with all heats of the Women's 800 prior to the Men's 1500.
3. Sunday events (W-1500 & M-800) only the fastest (single) heat swum in the final session. All other heats will swim in the afternoon, timed so that the second fastest men's heat ends at 3:30pm.
  - 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.



## 2014 Speedo Sectional Qualifying Times

Women				Men		
LCM	SCM	SCY	Events	SCY	SCM	LCM
28.59	27.29	25.19	50 Meter Freestyle	22.49	24.79	25.59
1:01.89	59.99	54.39	100 Meter Freestyle	48.89	54.19	55.69
2:12.69	2:08.19	1:56.79	200 Meter Freestyle	1:46.49	1:58.09	2:01.49
4:37.69	4:29.29	5:09.79	400 Meter Freestyle	4:48.39	4:10.89	4:18.59
9:34.99	9:19.99	10:39.79	800 Meter Freestyle	10:06.49	8:43.49	9:10.09
18:16.79	17:43.29	17:54.39	1500 Meter Freestyle	16:43.99	16:35.19	17:21.99
1:09.19	1:06.99	1:00.69	100 Meter Backstroke	55.09	1:01.19	1:02.89
2:28.99	2:24.79	2:11.09	200 Meter Backstroke	1:59.39	2:12.59	2:15.39
1:18.29	1:15.89	1:08.59	100 Meter Breaststroke	1:02.19	1:09.19	1:10.39
2:49.39	2:44.79	2:29.39	200 Meter Breaststroke	2:15.39	2:30.29	2:32.99
1:07.19	1:05.79	59.59	100 Meter Butterfly	53.99	59.59	1:00.89
2:29.49	2:25.99	2:12.49	200 Meter Butterfly	2:01.19	2:14.19	2:16.29
2:30.09	2:25.09	2:11.69	200 Meter IM	1:59.79	2:12.99	2:16.59
5:20.49	5:07.29	4:38.39	400 Meter IM	4:15.09	4:43.19	4:49.89
1:57.79	1:56.19	1:44.59	200 Meter Free Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	400 Meter Free Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	800 Meter Free Relay	7:22.39	8:06.69	8:14.79
4:44.09	4:40.29	4:12.29	200 Meter Medley Relay	3:46.99	4:15.59	4:19.69
4:44.09	4:40.29	4:12.29	400 Meter Medley Relay	3:46.99	4:15.59	4:19.69

\*\*For the 200 Meter Medley Relay, use must have a qualifying 400 Medley Relay time.

