

USA Swimming Speedo Champions Series Meet
Eastern Zone North Region
Hosted by Syracuse Chargers Swim Team
Ithaca College, Ithaca, NY March 20-23, 2014
(updated 3-1-2014)

The Syracuse Chargers Swim Team welcomes you to the 2014 USA Swimming Speedo Champions Series Meet. The meet format is Short Course Yards. Time Trials will also be conducted in Short Course Yards.

Meet Sanction #NI-1314-108
Time Trials Sanction #NI-1314-109

Meet Director: Adam Zaczkowski Adam@medleyaquatics.com
(315)446-1409 EXT 102

Meet Referee: James Cahn Jemcahn@comcast.net

Meet Admin Official: Tim Husson thusson@comcast.net

LSC Officials Chairman: Jim Stromski jrstromski@gmail.com

MEET HOST CONTACT:

Syracuse Chargers Swimming, PO Box 54, DeWitt, NY 13214
315-446-1409 EXT. 101 or EXT 102.
Meetentry@medleyaquatics.com

LOCATION:

Athletics & Events Center, Ithaca College, 953 Danby Road, Ithaca, NY 14850

MEET VENDOR:

Official Speedo Championship Merchandise will be sold at the meet:
The Deep End, 1225 W Jefferson Rd, Rochester, NY 14623

FACILITY:

21 Lane pool with Paddock continuous flow through lane lines. Ithaca College uses a Colorado VI Timing System and Hy-Tek computer scoring. Colorado Relay take-off judging pads may be used, secondary to the officials. Ample seating is available. The water depth at the start end is no less 2.5m at a distance of 1m/5m. The competition course has been certified in accordance with §104.2.2C(4).



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OFFICIALS:

- Certified officials wishing to work the meet should submit an application by Sunday, March 9, 2014 for assigned positions. The application form can be found through this link: [Officials Application](#).

This meet is approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate noting the request for evaluation. Details of the certification program can be found on the [USA Swimming Website](#).

GENERAL MEETING:

Thursday, March 20, 2014 at 2:00pm. The General Meeting will take place in the coaches/officials hospitality room next to the pool. All final decision will be communicated at this meeting. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

FACILITY SCHEDULE:

-Thursday, March 20: 1:00pm - 9:00pm
-Friday March 21 – Sunday March 23: 6:00am - 9:00pm

REGISTRATION SCHEDULE:

-Thursday: 1:00pm-9:00pm
-Friday: 6:00am – 11:00am
-Other times: Contact the Meet Director

MEET SCHEDULE:

Competition Pool

Thursday, March 20

-General Warm-up: 2:00pm - 3:20pm
-Distance Warm-up: 3:20pm - 4:20pm
-Meet Starts: 4:30 PM

Friday, March 21 – Sunday, March 23

-Prelim Warm-up: 6:30am – 8:15am
-Prelims Start: 8:30am
-Finals Warm-up: 4:15pm - 5:20pm
-Finals Start: 5:30pm



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*The pool will tentatively be open until 9:00pm each night to allow for cool down, or 30 minutes after the last event, whichever is later.

**Prelims and Finals start times are subject to change depending on entries and timeline, at Meet Directors discretion.

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 procedures are as follows and they will be posted on deck:

If 10 Lanes are used:(to be determined by Meet Director)

-General warm-up all lanes until 40 minutes prior to meet start, then only lanes 3-8 are general warm -up.

-Sprint lane (2) or lanes (2 & 9) as needed from 40 minutes prior to meet start

-Pace lanes 1 & 10, 40 minutes prior to meet start

-Clear pool 10 minutes prior to meet start

***Training equipment not allowed during the last hour of each warm-up session.

RULES:

Current USA Swimming rules will govern all competition.

-Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted.

-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.

-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.

ELIGIBILITY:

The Eastern Zone North Region Speedo Championship Series is open to any registered USA swimmer with a qualifying time shown is the attached qualifying standards. Swimmers from the Southern Region of the Eastern Zone must attend the



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Southern Section Meet. The Qualifying period is January 1, 2013 through meet entry deadline. Teams will be accepted until the limit of 800 athletes has been reached.

TIMERS:

It may be necessary to solicit timers from the spectators attending the meet. All visiting teams/LSCs should be prepared to provide meet timers. The meet director reserves the right to assign teams or LSCs with lane assignments for timer coverage depending on entries.

All Thursday Events need to supply their own Timers. All Time trials swims need to supply their own timers.

MEET FORMAT:

The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. Top 30 swimmers will make it back for finals. All relay events, as well as the 1000 freestyle and 1650 freestyle will be swum as timed final events.

- 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.
- Thursday Distance Events (W 1000/M 1650):** The women's 1000 yard Freestyle will be swum slowest-to-fastest, followed by the men's 1650 yard Freestyle swum slowest-to-fastest. These events are timed finals.
Need to Supply own Timers and counters people.
- Sunday Distance Events (W 1650/M 1000):** The fastest heat(10 Swimmers) in the women's 1650 yard Freestyle followed by the fastest heat(10 swimmers) in the men's 1000 yard Freestyle will be swum at the beginning of the evening final session. The remaining heats will swim on Sunday afternoon, So that the 2nd fastest heat of Men's 1000 Free will end at 4:30pm and the 2nd fastest heat of the women's 1650 Free will swim in the heat prior to the 2nd fastest heat of the Men's 1000 Free. The heats will be swum alternating women and men. The heat order and schedule will be published after the scratch deadline on Saturday night. These events are timed finals.
Need to Supply own Timers and Counters people.
- Relay Events:** Relays are timed-final events. The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. Relays that do not check-in by the appropriate deadline will not be seeded. 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.
- Relay participants may only compete on one relay team per relay event,



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either the 'A' relay or 'B' relay but not both.

- Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event.
- 200 yard Medley Relay entry times must be provable 400 Medley Relay times.
- **Sunday Relays (200 free relay, 400 medley relay):** The "Sunday Relay Rule" will be in effect. Any relay that wishes to swim with preliminaries during the morning session may do so. All Sunday relays will be asked to indicate a preference for swimming with preliminaries or with finals, when that relay is positively checked-in at the Clerk of Course. The preliminaries/finals preference must be declared by the check-in deadline (Saturday at 6:30pm). The fastest 20 relays that wish to swim during the evening finals will swim during the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries.
- **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 this procedure, including the number of heats of each event to be swum in the "A Flight" session, will be announced at the general meeting.

The overhead start procedure may be used at the discretion of the Referee

ENTRY INFORMATION:

MEET ENTRY OFFICER: Will Chidsey, (315)446-1409 EXT 101
Meetentry@medleyaquatics.com

- Qualification Period: January 1, 2013 through entry deadline for meet.
- Seeding Order: SCY, LCM, SCM. Bonus entries are seeded last in the same order.
- Entry Fees: \$12.50 for individual events, \$25.00 for relay events, \$5.00 per swimmer surcharge.
- Time Trial Fees: \$12.50 for individual events, \$25.00 for relay events.
- Cash or check payable at the TT Table.
- Regular Entry Deadline: Tuesday, March, 11, 2014 at 11:59 PM EST. OME will open for this meet on February 1, 2014 at www.usaswimming.org/ome.

ENTRY RULES:

A Swimmers may enter any number of events in which he/she has met the qualifying time standard, but may not compete in more than three (3) individual events per day,



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and a total of seven (7) for the meet. Each team is allowed to enter up to 2 relays in each event.

-Bonus Events:

- Swimmers making one (1) qualifying time will be permitted to enter one (1) bonus event.
- Swimmers making two (2) qualifying times will be permitted to enter two (2) bonus events.
- Swimmers making three (3) qualifying times will be permitted to enter one (1) bonus event.
- Swimmers making four (4) or more qualifying times will not be permitted to enter bonus events.
- The limit on daily individual events is three (3) and total events allowed for the meet is seven (7) will still apply.
- There shall be no bonus swims for the 1000 freestyle or 1650 freestyle except for the following conditions: any swimmer achieving a qualifying time in the 1000 freestyle or 1650 freestyle may choose to enter the other distance event as a bonus entry. See Entry Information for seeding order.
- At least one swimmer participating on each relay team must also be entered and compete in at least one, non-bonus, individual event. All relay-only swimmers must be listed on the meet entry.

ONLINE MEET ENTRY:

All entries must be submitted through USA Swimming's website using OME (Online Meet Entry). All coaches planning to attend the meet MUST be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry MUST show proof of current credentials prior to receiving coach's packets or deck credentials.

- **Entry Instructions:** Payment for entries using OME is accepted using Checks (preferred), Visa, MasterCard, American Express, Discover, or by check (made payable to: Syracuse Chargers Inc). 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 11, 2014 entry deadline. Best times will not be automatically updated, the coach has to go in and update prior to the 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, or a custom time may be entered. All swims



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entered as a custom time must be proven in hard copy, at the meet. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than short course yards 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. No fax entries will be accepted at any time.

-Questions Regarding OME: Contact: Anthony Buhr, Office: 719-866-3581

-Late Qualifying Times:

-Additional entries from meets occurring between March 12, 2014 and March 16, 2014 are due by 5:00 PM (EST) on Monday, March 17, 2014.

-Only those teams who have been accepted into the meet may submit additional entries.

-OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2014 Eastern Zone Northern Sectionals Late Entry.

-Late entries may not be used to improve the seed time of an earlier entry.

FEES:

Emails must include reports by name and by event with proof of times.

- Payment by check for any entries must be received at or before the pre-meet general meeting on Thursday, March 20, 2014. If payment is not received by this time, the entries in question will be scratched from the meet.
- Checks for entry fees are payable To: Syracuse Chargers Inc.

PROOF OF TIME:

Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) must be prepared to prove the times with a copy of the official meet result. Any proof of time must be submitted prior to the Scratch/Positive Check-in deadline for the session in which the event is being swum. High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming.

WARNING: Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further



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entries will be accepted from the club until the said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2014.

SCRATCH PROCEDURES/POSITIVE CHECK IN:

The scratch box and positive check in will be located at the Registration Table until the General Meeting. The scratch box and positive check in will then be at the General Meeting. Following the General Meeting, the scratch box and positive check in will be located with the Clerk of Course on deck.

This meet will follow the National Championship Scratch Rules as specified in rule 207.12.6. Specific procedures will be explained at the General Meeting on Thursday afternoon. Scratches from finals can only be done directly with the Administrative Referee. Do not use the scratch box. **The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer initially announced in the top 30 who 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**

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which he/she has been entered and has not been scratched will be barred from further individual and relay events that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events. Relays that do not check-in by the appropriate deadline will not be seeded.

Scratch deadlines are as follows:

- Thursday, 3:00pm: Thursday distance events (W 1000/M 1650).
- Thursday, 5:30pm: All Friday events (including positive check-in for 800 free relay).
- Friday, 6:00pm: All Saturday events (including positive check-in for 200 medley relay and 400 free relay).
- Saturday, 6:00pm: All Sunday events (including W 1650/M 1000 and positive check-in for 200 free relay and 400 medley relay).

TIME TRIALS:

Time trials will be offered each day, time permitting.

- Time trial fees: \$12.50 for individual events; \$25.00 for relays.
- All time trials will be seeded by time and will start according to the following schedule:
 - Time trials on Thursday at discretion of Meet Director and Meet Referee.
 - 30 minutes after the conclusion of the preliminaries session on Friday,



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Saturday and Sunday (time permitting).

- Time trials may be seeded with mixed events and genders in heats with no open lanes between them. Events longer than 200 yards may be similarly combined regardless of distance.
- Time trials are open to all swimmers entered into the meet, including relay only swimmers.
- Each swimmer is limited to a maximum of two time trials during the meet. Also, please be aware that time trials count towards the daily maximum of three events.
 - Registration for time trials will close at 5:00 pm on Thursday, and 10:00am on Friday, Saturday and Sunday, unless otherwise announced at the General Meeting. Time trials will be conducted as long as there is time available.
 - Time trials will end no later than 4:00pm on Friday and Saturday. Time trials on Sunday will end 30 minutes prior to the start of the heats of the Women's 1000 free/Men's 1650 free.

-Need to Supply own timers and Counters people.

- The order of events for time trials is listed below. **Note that the 1000 freestyle and 1650 freestyle are only offered on Thursday.**

- Thursday time trials: 1000 free, 1650 free events only.
- Friday time trials: Friday/Saturday/Sunday events, in that order.
- Saturday time trials: Saturday/Sunday/Friday events, in that order.
- Sunday time trials: Sunday/Friday/Saturday events, in that order.

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 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
- Unattached swimmers entered without a team: 1 deck pass.



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- Unattached swimmers with a team will be counted in the numbers for the team
- Additional deck passes can be purchased at the Meet Registration Desk for \$35.

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 a current USA Swimming registration card at the registration table to receive their deck pass. Replacements for lost credentials will cost \$10.00.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

SCORING:

Scoring will be to 20 places.

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Individual:	24	21	20	19	18	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1
Relay	48	42	40	38	36	34	32	30	28	26	22	18	16	14	12	10	8	6	4	2

AWARDS:

Awards will be presented during the evening finals time permitting. A full sequencing of events and 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 time permitting.

- Individual events: Top 3 finishers
- Relay events: Top 3 relay teams
- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 female and top 3 male

CONCESSIONS:

There will be a concession stand open for the duration of the meet. The concession area is in the front lobby area of the athletics complex.

HOSPITALITY:



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A hospitality area will be available for officials, coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the Wet Classroom located just off the Competition Pool deck.

SPECTATOR ADMISSION AND HEAT SHEETS:

The spectator seating area will open one hour before the start of each session. Prices are as follows:

Admission Charge includes appropriate heat sheets:
Thursday Timed Finals Session: \$5
Friday, Saturday or Sunday (prelim/final) Day pass: \$10
All Sessions: \$25

LOCKER ROOMS:

Locker Rooms will be available for athletes, coaches, and officials. Do not leave locks on locker overnight. Locks may be cut off if left overnight. Ithaca College and Syracuse Chargers Swimming are NOT responsible for lost or stolen property.

MEDICAL ASSISTANCE:

Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff.

MEET RESULTS:

Live results will be posted via Meet Mobile and Hytek Live Results.

EVENT ORDER:



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Women's Events		Men's Events
	Day 1 Thursday, March 20	
1	1000 yard Freestyle	
	1650 yard Freestyle	2
	Day 2 Friday, March 21	
3	200 yard Freestyle	4
5	100 yard Breaststroke	6
7	100 yard Butterfly	8
9	400 yard Individual Medley	10
11	800 yard Freestyle Relay	12
	Day 3 Saturday, March 22	
13	200 yard Medley Relay	14
15	200 yard Butterfly	16
17	50 yard Freestyle	18
19	200 yard Breaststroke	20
21	100 yard Backstroke	22
23	500 yard Freestyle	24
25	400 yard Freestyle Relay	26
	Day 4 Sunday, March 23	
27	200 yard Freestyle Relay	28
29	1650 yard Freestyle	
	1000 yard Freestyle	30
31	200 yard Backstroke	32
33	100 yard Freestyle	34
35	200 yard Individual Medley	36
37	400 yard Medley Relay	38

Hotels

Ithaca, NY Marriot Hotels



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Fairfield Inn and Suites*- From \$249/night 607-277-1000
359 Elmira Road Ithaca, NY 14850
Marriott is a proud sponsor of USA Swimming
**Room block not available for this property*

Courtyard Ithaca* - From \$169/night 607-330-1000
29 Thornwood Drive Ithaca, NY 14850
Marriott is a proud sponsor of USA Swimming
**Room block not available for this property*

Ithaca, NY Hotels w/ Room blocks set up
Ask for Speedo Swim Meet rate at all properties to get best available pricing

Holiday Inn Downtown - \$144/night event rate 120 rooms 607-272-1000
222 S. Cayuga Street Ithaca, NY 14850
Must contact Shannon Heffron at [607-272-1000](tel:607-272-1000) or via email at sheffron@HartHotels.com to get the event rate.

Ramada Inn & Conference Center - \$104.95 90 rooms 607-257-3100
2310 Tripphammer Road, Ithaca, NY 14850
Contact Deanna Lockwood via email at dlockwood@inntelmgmt.com or via phone for event rate.

The Trip Hotel - \$104.95 60 rooms 607-257-2000
1 Sheraton Drive, Ithaca, NY 14850
Contact Deanna Lockwood via email at dlockwood@inntelmgmt.com or via phone for event rate.

Best Western University Inn \$119.00 240 rooms 607-272-6100
1020 Ellis Hollow Road, Ithaca, NY 14850-2808
**Rate includes Breakfast*

Comfort Inn – Ithaca \$109.00 160 rooms 607-272-0100
356 Elmira Rd., Ithaca, NY 14850
**Rate includes Breakfast*

Meadow Court Inn \$74.00 100 rooms 607-273-3885
2529 South Meadow Street,, Ithaca, NY 14850

Hampton Inn Ithaca \$154.00 Call for availability 607-277-5500
337 Elmira Road Ithaca, NY 14850
Limited availability - must call [607-277-5500](tel:607-277-5500) or email alisha.perrault@hilton.com to reserve.



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Other Ithaca Hotels, not blocked – Call for availability

Hilton Garden Inn – Ithaca www.ithaca.stayhgi.com 607-272-9507

330 E. Seneca Street Ithaca, NY 14850

Homewood Suites – Ithaca www.Homewood.Hilton.com/Ithaca 607-266-0000

36 Cinema Drive Ithaca, NY 14850

The Statler Hotel @ Cornell University www.statlerhotel.cornell.edu 607-257-2500

Cornell University Ithaca, NY 14850

Country Inn & Suites – Ithaca www.countryinns.com/ithacany 607-256-1100

1100 Danby Road Ithaca, NY 14850

Econo Lodge – Ithaca www.econolodge.com/hotel/ny127 607-257-1400

2303 Tripphammer Road Ithaca, NY 14850

Cortland, NY Hotels

Ask for Speedo Swim Meet rate at all properties to get best available pricing

Approx. 20-30 minutes from Ithaca College

Comfort Inn \$109.95 20 rooms blocked 607-753-7721

2-1/2 Locust Avenue Cortland, NY 13045

*Rate includes standard Comfort Inn breakfast

Quality Inn \$89.95 20 rooms blocked 607-756-5622

188 Clinton Avenue Cortland, NY 13045

*Rate includes standard Quality Inn breakfast

Country Inn & Suites \$119.99 25 rooms blocked 607-753-8300

3707 Route 281 Cortland, NY 13045

*Rate includes standard Country Inn & Suites breakfast

Ramada Inn \$104.00 30 rooms blocked 607-756-4431

2 River Street Cortland, NY 13045

