

# EASTERN ZONE LONG COURSE AGE GROUP CHAMPIONSHIP

Hosted by WAC & Virginia Swimming

**AUGUST 7-10, 2024**

Held under the Sanction of USA Swimming

Sanctioned by Virginia Swimming

Sanction # VS-24-106

<b>SANCTION</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-106</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Hampton Virginia Aquaplex, and Williamsburg Aquatic Club shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li><li>• In applying for this sanction WAC and Hampton VA Aquaplex agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and city of Hampton.</li></ul>
<b>LOCATION</b>	Hampton VA Aquaplex, 1908 Coliseum Dr, Hampton, VA 23666 Phone: (757) 369-2876
<b>FACILITY</b>	<ul style="list-style-type: none"><li>• 8-lane, 50-meter indoor pool 6 feet 8 inches deep at one end and 13 feet deep at the diving board end; lanes are 8 feet 2 inches wide; overflow gutters; non-turbulent lane markers; Colorado Timing System.</li><li>• Warm-up/Warm-down Pool: 8-lane, 25-yard indoor pool three feet six inches at one end and four feet six inches at the other end. No Diving is allowed in this pool.</li><li>• Lifeguard stations on deck. AED devices available. Hampton Fire and Rescue 1. miles to Hampton Aquaplex.</li><li>• 1500 second level seats are available for spectators. Only swimmers, coach's officials and meet staff/volunteers will be allowed on the pool deck.</li><li>• The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. (USA-S Rule change.)</li><li>• In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.</li></ul>
<b>MEET DIRECTOR</b>	Harold Baker, <a href="mailto:coachharold2@cox.net">coachharold2@cox.net</a> , (757) 229-8662 Mary Turner, <a href="mailto:myturner525@gmail.com">myturner525@gmail.com</a> , (434) 352-5451
<b>MEET REFEREE</b>	Scott Witkin, <a href="mailto:switkin1@gmail.com">switkin1@gmail.com</a> , (301) 467-1675
<b>MEET ENTRIES</b>	Mary Turner, <a href="mailto:myturner525@gmail.com">myturner525@gmail.com</a> , (434) 352-5451
<b>OFFICIALS</b>	<ul style="list-style-type: none"><li>• The Application to Officiate can be found in the meet information on the <a href="#">meet information page</a> of the Eastern Zone website.</li><li>• Deadlines to Apply:<ul style="list-style-type: none"><li>○ Tuesday, July 23, 2024: Officials requesting an assigned position or national evaluation.</li><li>○ Wednesday, July 31, 2024: Officials working other positions but not seeking national evaluation.</li></ul></li><li>• A request will be submitted for this meet to be 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.</li></ul>

	<p>Details of the certification program can be found on the USA Swimming Website</p> <ul style="list-style-type: none"> <li>• There will be an officials’ briefing one hour prior to the start of each session, except for the first, which will start 90 minutes prior to the session start. The briefing location to be determined.</li> </ul>
<p><b>VOLUNTEERS</b></p>	<p>Each LSC will be responsible to provide:</p> <ul style="list-style-type: none"> <li>• <b>Four (4) timers</b> for any preliminary session using ‘chase starts’</li> <li>• At least two (2) timers for preliminary sessions where chase starts are not used.</li> <li>• At least two (2) timers for finals sessions.</li> </ul> <p>Lane assignments will be provided to the Team Manager.</p>
<p><b>ELIGIBILITY</b></p>	<ul style="list-style-type: none"> <li>• Competition is restricted to swimmers registered in one of the 12 LSCs in the Eastern Zone.</li> <li>• Each swimmer must have a current USA Swimming premium athlete registration in the LSC which he/she represents.</li> <li>• On-site registration will not be accepted at this meet.</li> <li>• Swimmer’s age as of August 7, 2024, determines his/her age group for the entire meet.</li> <li>• Times must have been achieved between August 2, 2023, and the meet entry deadline.</li> <li>• Each LSC may determine the selection process for its athletes.</li> <li>• Eligibility of athletes with qualifying times for higher level meets: <ul style="list-style-type: none"> <li>○ Athletes who have competed in an Individual Event at the USA Swimming National Championships, the USA Swimming Spring Championships, US Open, the USA Swimming Summer Junior Championships or a USA Swimming Trials Class meet are not eligible to enter and compete at an EZ AG Championship meet.</li> <li>○ Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the above meets prior to the entry deadline for the EZ meet, may not enter and compete in an EZ AG Championship meet.</li> <li>○ Athletes 14 years of age or younger who have achieved a qualifying time in an individual event for Winter Junior Nationals but have not competed in that event at Winter Junior Nationals, may enter and compete in that individual event (s) in prelims only at an EZ AG Championship meet, additionally, they may NOT swim those strokes/distances on relays.</li> </ul> </li> </ul>
<p><b>ENTRY LIMITATIONS</b></p>	<ul style="list-style-type: none"> <li>• Each swimmer may enter a total of eight (8) individual events in the meet, not to exceed three (3) individual events per day.</li> <li>• Relays must be made up of swimmers competing in the meet in individual events. ‘Relay only’ swimmers are NOT allowed.</li> <li>• If an LSC does not have two (2) swimmers who have a LCM or SCY qualifying time in an event, the LSC may enter up to two (2) swimmers in that event regardless of their qualifying time. These athletes may be entered with either LCM or SCY time that has been achieved during the entry window. <b>NT (no time) entries and converted times will not be accepted.</b> (If an LSC has 2 or more athletes with qualifying times entered in an event, <u>no athletes without a QT can be entered in that event.</u>)</li> </ul>
<p><b>SWIMMERS W/ DISABILITIES</b></p>	<ul style="list-style-type: none"> <li>• USA Swimming National Disability Committee released parallel time standards to foster and promote the inclusion of athletes with a disability in their Zone Championships. The parallel times are designed to provide a fair, equitable and structured path for these athletes. Time Standards are posted on the Eastern Zone Website.</li> <li>• The standards are divided up into three “P” groups. The groups are to place athletes with similar disabilities into the same grouping. The groupings are as follows: <ul style="list-style-type: none"> <li>○ P1 - non-ambulatory (wheelchair bound)- limited use of all four extremities.</li> <li>○ P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ P3 - single limb deficiencies, visual impairment, intellectual impairment, ambulatory without significant assistance.</li> <li>● If you have any questions please contact Jihan Minson, Virginia Swimming DEI Chair at <a href="mailto:diversitycoord@virginiawimming.org">diversitycoord@virginiawimming.org</a>.</li> <li>● Please include all disability entry forms (page 12) and any accommodations needed with the meet entry file.</li> </ul>
<p><b>ATHLETES WITH A SERIOUS MEDICAL CONDITION</b></p>	<ul style="list-style-type: none"> <li>● The swimmer (or the swimmer’s coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</li> <li>● This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</li> <li>● The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>
<p><b>FORMAT</b></p>	<ul style="list-style-type: none"> <li>● All events will be <b>pre-seeded except the 400/800/1500 freestyle and the 400 IM.</b></li> <li>● 11/12 and 13/14 age groups <ul style="list-style-type: none"> <li>○ prelims/finals format in morning sessions</li> <li>○ 11/12 400 freestyle and 13/14 800 /1500 freestyle events will be timed final events with top eight (8) athletes swimming in finals.</li> <li>○ all relays will be swum in Finals. <b>This is subject to change based on the size of the meet. IF it is decided to move relays to Prelims, LSCs will be notified NLT Friday, August 2<sup>nd</sup>.</b></li> </ul> </li> <li>● 10 &amp; Under athletes will swim timed final events in afternoon sessions</li> </ul>
<p><b>ENTRY PROCEDURES</b></p>	<ul style="list-style-type: none"> <li>● <b>ENTRY DEADLINE: 7:00 PM, Tuesday, July 30<sup>th</sup>.</b></li> <li>● All entries must be submitted by the LSC – entries from individuals will not be accepted.</li> <li>● <b>All entry times MUST be submitted in SCY or LCM</b> (except as noted in the Entry Limitations section above)</li> <li>● Entries should be completed using third-party software (CL2, HY3, or SDIF format) and sent to the Meet Entry officer: Mary Turner, <a href="mailto:myturner525@gmail.com">myturner525@gmail.com</a>.</li> <li>● A PDF of the entry report must be sent with the e-mailed file.</li> <li>● <b>NO DECK ENTRIES WILL BE ACCEPTED FOR THIS MEET.</b></li> <li>● <b>Entry checks should be made payable to Virginia Swimming.</b> Mail the entry fee check and entry certification form to - <p style="margin-left: 40px;"><b>Mary Turner</b> <b>PO Box 1059</b> <b>Appomattox, VA 24522</b> <b>434-352-5451</b></p> Please request ‘waiver of signature’ if using a delivery service that provides one. </li> <li>● 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.</li> <li>● Fees must be received no later than the Zone Managers meeting, Tuesday August 6, 2024.</li> </ul> <p><b>ENTRY FEES:</b>  Individual events: \$12.00 per entry  Relays: \$16.00 per entry  Surcharge: \$10 per swimmer</p>
<p><b>PROOF OF TIME</b></p>	<p>Each LSC is responsible for proof of time for its entry and must provide written certification with their entries, via an LSC Officer’s signature, attesting to the accuracy of those entries. See page 13 of the meet information.</p>

<b>SEEDING</b>	<ul style="list-style-type: none"> <li>• Unless otherwise noted, all events will be seeded slow to fast with non-conforming (SCY) times swimming first.</li> <li>• The fastest eight (8) swimmers will advance to finals in each prelim/final event.</li> <li>• The following events are positive check-in events - the 400/800/1500 freestyle and the 400 IM. Positive check-in deadlines are as follows: <ul style="list-style-type: none"> <li>○ Wednesday 7:30 am: 800 freestyle</li> <li>○ Thursday 7:30 am: 400 IM</li> <li>○ Friday 30 minutes after start of session warmups: 400 freestyle</li> <li>○ Saturday 7:30 am: 1500 freestyle</li> </ul> </li> <li>• Any swimmer failing to “check-in” for a positive check-in event will not be seeded into the event.</li> <li>• The fastest eight (8) swimmers per event in the 800 and 1500 Freestyles will swim in finals with the remaining heats being swum in prelims.</li> <li>• The fastest eight (8) swimmers per event in the 400 freestyle for 11/12 age group will be swum in finals with the remaining heats being swum prelims.</li> </ul>
<b>WARM-UP PROCEDURES</b>	<ul style="list-style-type: none"> <li>• The competition pool will be available on Tuesday from 2-8 pm.</li> <li>• The pool will open for warm-ups each morning of the meet (Wednesday through Saturday) at 7:00 am.</li> <li>• The warmup assignments will be determined after all entries are received. This information will be emailed to all LSCs and will be posted on the Virginia Swimming and Eastern Zone websites.</li> <li>• Tentative start times for each session are provided on the Order of Events and will be finalized once all entries are received. Based on the number of meet entries, start times are subject to change.</li> <li>• Except for Tuesday afternoon, lanes for warm-ups will be assigned for each LSC.</li> <li>• Use of training equipment, which may include but is not limited to kick boards, pull buoys, paddles, bungee cords, and snorkels, is prohibited during the official warm-up period.</li> <li>• The 25-yard pool will be available to swimmers throughout the meet.</li> <li>• LSC’s are expected to monitor their assigned lanes to ensure a safe warm-up procedure.</li> </ul>
<b>SAFETY</b>	<p><b>Meet Safety Officer:</b> Harold Baker  <b>Email:</b> <a href="mailto:coachharold2@cox.net">coachharold2@cox.net</a></p> <ul style="list-style-type: none"> <li>• Virginia Swimming Meet Safety and Warm-Up Procedures will be in effect.</li> </ul>
<b>START PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Depending on the number of entries received, ‘chase starts’ may be used at the discretion of the Meet Referee in consultation with the Meet Director. <b>IF</b> it is decided to use chase starts, LSCs will be notified NLT Friday, August 2<sup>nd</sup>.</li> <li>• Dive-over starts will be used in preliminary sessions when chase starts are not being utilized.</li> </ul>
<b>RELAYS</b>	<ul style="list-style-type: none"> <li>• <b>All relays will be conducted as timed finals.</b></li> <li>• <b>Each LSC is limited to one (1) relay per event.</b></li> </ul>
<b>SUBSTITUTIONS</b>	<ul style="list-style-type: none"> <li>• Each LSC is entitled to make substitutions to allow two (2) swimmers to participate in each event.</li> <li>• Only swimmers already entered in the meet can be used as substitutes. The deadline for submitting substitutions is thirty (30) minutes prior to the anticipated start of the event in which the substitution is to be made. No adjustments in seeding will be made to accommodate the substitution.</li> <li>• Substitution Forms will be provided in the manager’s packet.</li> </ul>

<p><b>RULES</b></p>	<p><b>COMPETITION:</b></p> <ul style="list-style-type: none"> <li>• USA SWIMMING / VA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</li> <li>• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet.</li> <li>• All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</li> <li>• Any swimmer entered in the meet must be certified by a USA-S 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.</li> <li>• Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>• 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 <u>not permitted</u>.</li> <li>• Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>• An athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>• In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> <li>• Only currently credentialed coaches, USA Swimming registered athletes, and essential meet personnel will be permitted on deck and in the athlete area. Deck credentials will be issued.</li> </ul> <p><b>SCRATCH POLICIES:</b></p> <ul style="list-style-type: none"> <li>• The scratch procedure will be done in accordance with USA Swimming rules 207.11.6.D &amp; E1-3.</li> <li>• Unless a swimmer is initially announced as qualifying for a heat in Finals, she/he will not be penalized for failure to compete.</li> <li>• There is no penalty for failing to swim in a pre-seeded event.</li> </ul> <p><b>CONDUCT:</b></p> <ul style="list-style-type: none"> <li>• The Eastern Zone Rules of Conduct will apply. Proper conduct will be enforced at all times by coaches, chaperones, parents, meet marshals, and meet directors.</li> <li>• 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.</li> </ul>
<p><b>SCORING</b></p>	<p>Individual Events: 9-7-6-5-4-3-2-1 (1<sup>st</sup> through 8<sup>th</sup>)  Relays: 18-14-12-10-8-6-4-2 (1<sup>st</sup> through 8<sup>th</sup>)</p>
<p><b>AWARDS</b></p>	<p>Individual Events – Medals 1st thru 8th place.  Relays – Medals 1st thru 3rd place.  Team Awards – A Championship Banner (traveling) will be awarded to the winning overall team.  <b>Record Breakers:</b> All record breakers will receive a Commemorative Certificate.</p>

<p><b>TEAM MANAGER</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• <b>The Team Managers meeting will be held Tuesday, August 6<sup>th</sup> at 6:00 p.m.</b></li> <li>• <b>Team Managers or the official Alternate Team Manager from each LSC MUST be present at the meeting. All teams are responsible for information covered at this meeting!</b></li> </ul>
<p><b>PROTESTS</b></p>	<p>Any protest must be presented to the Meet Referee and will be managed in accordance with USA Swimming Rules 102.22. It is suggested that in addition to a swimmer and coach an official also be a participant in the meet jury.</p> <ul style="list-style-type: none"> <li>• Protests, eligibility or otherwise, must be submitted in writing by the Zone Team Manager and must be accompanied by a \$50 protest fee made payable to the Eastern Zone. This fee shall be returned if the protest is upheld.</li> <li>• A Meet Jury will adjudicate any protests, including issues of conduct that may occur in the meet venue.</li> <li>• The Meet Jury shall refer to Rule 102.22 of the USA Swimming Rules and Regulations regarding all protests.</li> <li>• The Meet Jury may not change any of the rules of eligibility, substitution, or scoring.</li> <li>• Any member involved in a formal pre-protest meeting/ discussion may not be a representative of the meet jury.</li> <li>• Should there be a protest prior to the start of the meet, the Meet Referee shall convene a Meet Jury consisting of the Coach Director, the Non-Coach Director, the Technical Chair, the Zone Championship Chair, and the Zone Athlete Director. Each member of the Meet Jury may designate a proxy, but at least one member of the jury shall be an athlete.</li> </ul>
<p><b>ATHLETE AND SPECTATOR SEATING</b></p>	<ul style="list-style-type: none"> <li>• There are multiple bleachers around the pool deck for athlete seating.</li> <li>• Spectator seating is in designated areas in the mezzanine area. <ul style="list-style-type: none"> <li>○ <b>Spectator 4 Day Pass, \$35:</b> includes entry to all meet sessions.</li> <li>○ <b>Spectator Day Admission, \$15:</b> includes entry to 3 meet sessions that day.</li> <li>○ 10 and younger spectators are admitted free.</li> </ul> </li> </ul>
<p><b>PROGRAMS</b></p>	<p>Heat Sheet/Meet Program will be available for download at no charge from the Virginia Swimming and Eastern Zone websites.</p>
<p><b>HOSPITALITY</b></p>	<p>A hospitality area (credentials required) will be available for coaches and meet staff.</p>
<p><b>RESULTS</b></p>	<p>Real time results will be available on Meet Mobile and at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> – see the front page of the website for a link. At the conclusion of the meet, results will be posted on the Virginia Swimming and the Eastern Zone websites.</p>

# Order of Events

\*Competition start times are approximate and subject to change once entries are received.

## Wednesday

Session 1		
Wednesday 11 & Over Prelims		
Starts at 8:15am		
Girls	Event	Boys
1	11-12 200 IM	2
3	13-14 200 IM	4
7	11-12 100 Freestyle	8
9	13-14 100 Freestyle	10
11	11-12 100 Breaststroke	12
13	13-14 100 Breaststroke	14
15	11-12 200 Butterfly	16
5	13-14 800 Freestyle	
	13-14 1500 Freestyle	6

Session 2		
Wednesday 10 & Under Timed Finals		
Starts at 1:00pm		
Girls	Event	Boys
101	10 & Under 100 Freestyle	102
103	10 & Under 50 Breaststroke	104
105	10 & under 100 Butterfly	106
107	10 & Under 200 Freestyle Relay	108

Session 3		
Wednesday 11 & Over Finals		
Starts at 5:00pm		
Girls	Event	Boys
1	11-12 200 IM	2
3	13-14 200 IM	4
5	13-14 800 Freestyle	
	13-14 1500 Freestyle	6
7	11-12 100 Freestyle	8
9	13-14 100 Freestyle	10
11	11-12 100 Breaststroke	12
13	13-14 100 Breaststroke	14
15	11-12 200 Butterfly	16
17	13-14 200 Freestyle Relay	18
19	11-12 200 Freestyle Relay	20

# Thursday

<b>Session 4</b>		
Thursday 11 & Over Prelims		
Starts at 8:15am		
Girls	Event	Boys
21	11-12 200 Freestyle	22
23	13-14 200 Freestyle	24
25	11-12 100 Butterfly	26
27	13-14 100 Butterfly	28
29	11-12 200 Backstroke	30
31	13-14 200 Backstroke	32
33	13-14 400 IM	34

<b>Session 5</b>		
Thursday 10 & Under Timed Finals		
Starts at 1:00pm		
Girls	Event	Boys
109	10 & Under 200 Freestyle	110
111	10 & Under 50 Butterfly	112
113	10 & Under 100 Backstroke	114
115	10 & Under 400 Medley Relay	116

<b>Session 6</b>		
Thursday 11 & Over Finals		
Starts at 5:00pm		
Girls	Event	Boys
21	11-12 200 Freestyle	22
23	13-14 200 Freestyle	24
25	11-12 100 Butterfly	26
27	13-14 100 Butterfly	28
29	11-12 200 Backstroke	30
31	13-14 200 Backstroke	32
33	13-14 400 IM	34
35	11-12 400 Medley Relay	36
37	13-14 400 Medley Relay	38



# Friday

<b>Session 7</b>		
Friday 11 & Over Prelims		
Starts at 8:15am		
Girls	Event	Boys
39	11-12 50 Butterfly	40
41	13-14 200 Butterfly	42
43	11-12 100 Backstroke	44
45	13-14 100 Backstroke	46
47	11-12 400 Freestyle	48
49	13-14 400 Freestyle	50
51	11-12 50 Breaststroke	52

<b>Session 8</b>		
Friday 10 & Under Timed Finals		
Starts at 1:00pm		
Girls	Event	Boys
117	10 & Under 50 Backstroke	118
119	10 & Under 400 Freestyle	120
121	10 & Under 100 Breaststroke	122
123	10 & Under 400 Freestyle Relay	124

<b>Session 9</b>		
Friday 11 & Over Finals		
Starts at 5:00pm		
Girls	Event	Boys
39	11-12 50 Butterfly	40
41	13-14 200 Butterfly	42
43	11-12 100 Backstroke	44
45	13-14 100 Backstroke	46
47	11-12 400 Freestyle	48
49	13-14 400 Freestyle	50
51	11-12 50 Breaststroke	52
53	13-14 400 Freestyle Relay	54
55	11-12 400 Freestyle Relay	56

# Saturday

<b>Session 10</b>		
Saturday 11 & Over Prelims		
Starts at 8:15am		
Girls	Event	Boys
59	11-12 50 Backstroke	60
61	13-14 50 Freestyle	62
63	11-12 50 Freestyle	64
65	13-14 200 Breaststroke	66
67	11-12 200 Breaststroke	68
57	13-14 1500 Freestyle	
	13-14 800 Freestyle	58

<b>Session 11</b>		
Saturday 10 & Under Timed Finals		
Starts at 1:00pm		
Girls	Event	Boys
125	10 & Under 200 IM	126
127	10 & Under 50 Freestyle	128
129	10 & Under 200 Medley Relay	130

<b>Session 12</b>		
Saturday 11 & Over Finals		
Starts at 4:00pm		
Girls	Event	Boys
57	13-14 1500 Freestyle	
	13-14 800 Freestyle	58
59	11-12 50 Backstroke	60
61	13-14 50 Freestyle	62
63	11-12 50 Freestyle	64
65	13-14 200 Breaststroke	66
67	11-12 200 Breaststroke	68
69	13-14 200 Medley Relay	70
71	11-12 200 Medley Relay	72

# Instructions and Guidelines for Swimmers with Disabilities

- Each LSC may swimmers with disabilities that achieve their Zone Parallel Time Standard to the meet. There is no limit on the number of athlete with a disability that they can bring who have achieved the standard.
- They must provide a time for each event they enter. This information can be e-mailed, but ALL of the information on the entry form must be included in the e-mail. Please indicate the P1-3 category that you feel your swimmer should be categorized in.
- 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 and Meet Director/ Entry Chair of any disability-related accommodations he /she may need in order to compete.
  - 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 and relay the information to the starter and stroke and turn judges. These options include:
    - seeding 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),
    - allowing the swimmer to compete 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), or
    - reassigning the lane of a deaf swimmer if a required view of the strobe light is obscured and the light cannot be repositioned.
  - Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
- Should a Disability Record be set, it is the swimmer's responsibility to complete and submit the application for an American Record.
- The final meet results will show the swimmer with a disability listed in the correct age and event, regardless of where he/she competed.



# 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.
- that all entry times were achieved at sanctioned, approved or observed meets.
- that no swimmer entered in this meet by the LSC
  - has participated in an individual event at the USA Swimming National Championships, the USA Swimming Spring Championships, US Open, the USA Swimming Summer Junior Championships or a USA Swimming Trials Class meet, or
  - if 13 years of age or older, has achieved a qualifying time in an individual event for one of the above listed 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 \_\_\_\_\_

# VA SWIMMING GUIDELINES FOR PHOTOGRAPHERS AT MEETS

In order to clarify the requirements for photographers, both professional and team designated, the following guidelines have been developed:

- The meet host has the prerogative to decide if photographers will be allowed on the deck of the pool.
- Any professional photographer allowed at the meet must provide proof of liability insurance to the Meet Director and must also have parental permission of any athlete he or she photographs.
- If the meet host chooses to allow team photographers, the individual serving in that capacity must
  - Be a registered, card carrying member of USA-S. Membership card must be visible at all times while on deck.
  - Present the completed Team Photographer Identification Form to the Meet Director. This form will be available from the Meet Director and must be signed by the head coach or team president. Teams should request the form from the meet director at least three days prior to the beginning of the meet.
- It is the responsibility of the Meet Director and Meet Marshals to ensure that photographers do not impede the progress of the meet in any way and follow the Virginia Swimming Policies governing photography.

## J. MEET SAFETY

3. Photography will not be permitted behind the starting blocks. Individuals who violate of the above photography restrictions may be asked by the Meet Director to leave the pool venue.

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## TEAM PHOTOGRAPHER IDENTIFICATION

NAME: \_\_\_\_\_ TEAM: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF TEAM REPRESENTATIVE

\_\_\_\_\_  
POSITION

# EASTERN ZONE LONG COURSE CHAMPIONSHIP

## Head Coach/Team Manager Code of Conduct

I have read and understood Articles 304 and 305 of the USA Swimming Rulebook. I understand actions meant to demean or harm other athletes, coaches, officials, and spectators will not be tolerated. I understand that facility damage and theft are not acceptable actions and will not be tolerated. I will do my best to make sure my team is under direct supervision at all times while at the meet. I will do everything in my power to make sure that the team acts accordingly during the course of the meet. I understand that any infraction could lead to expulsion from the event and facility for individuals and or my team.

Team Manager	Head Coach	Date
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Print Name	Print Name
Signature	Signature

**All Codes of Conduct must be turned in by the conclusion of the Team Managers/Coaches Meeting.**