



2019 Speedo Sectional Championships

March 28 – 31, 2019
At Erie Community College Hosted by
STAR Swimming, Buffalo, NY

Sanctioned by USA Swimming through Niagara Swimming
 Meet Sanction # NI-1819-046
 Time Trials Sanction # NI-1819-046TT

USA Swimming, Inc., Niagara Swimming, Inc., Erie Community College and STAR Swimming 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.

Meet Director	Phil Aronica	716-997-0658
Meet Referee	Rich Nolan	nolanr42@yahoo.com
Administrative Referee	Bob Rustin	brustin55@gmail.com
Host Club Officials Chair	Lynda Blake	716-646-0942
LSC Officials Chair	Brooks Howard	585-943-0465
Facility Aquatic Director	Vince McCarthy	716-851-1217



Eastern Zone Northern Region Sectional Meet

LOCATION: Erie Community College, 21 Oak Street, Buffalo, NY 14203

- Indoor facility
- Pool 1 (Competition Pool): 8 lanes, 50 meters. Start end: no less than 7 feet depth.
- Pool 2 (Warm-up/Warm-down Pool): adjacent to competition pool, 6 lanes available and 25 yards.
- Colorado Automatic Timing System with large video and digital scoreboard.
- The competition course has not been certified in accordance with 104.2.2C(4).
- The pool depth is 7' at the start end and the pool is 13' 0" in depth at the turn end.
- Pool 2 will be available each day for continuous warm-up, warm-down from the start of warm-up until 30 minutes after the conclusion of the last event.

OFFICIALS: Certified officials wishing to work the meet should submit applications by March 12, 2018 for all positions . Assigned Officials will be notified. The application form can be found at:

https://docs.google.com/forms/d/e/1FAIpQLSfKATst6awxnSXCx1xs4Wst_HhEB5ATJ5MFWSXxQ2R9SSO7WQ/viewform

This meet is approved as an Officials Qualifying Meet for all positions up to N3 Final, 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.

GENERAL MEETING: Thursday, March 28, 2019 at 2:00pm. The General Meeting will take place on the 2nd floor in the mini-gym. 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 28: 12:00pm – 8:00pm (or 30 minutes after the last event, whichever is later)
- Friday-Saturday, March 29- March 30: 6:15am – 9:00pm (or 30 minutes after last event, whichever is later)
- Sunday, March 31: 6:15am-8:00pm (or 30 minutes after the last event, whichever is later)

REGISTRATION SCHEDULE:

- Thursday, March 28: 12:00 Noon – 7:00pm - Friday, March 29: 7:00am – 11:00am
- Other times: Contact the Meet Director.

MEET SCHEDULE:

Competition Pool

- **Thursday, March 28:** General Warm-up: 12:00pm-4:50pm / Distance Events Start: 5:00pm
- **Friday-Saturday, March 29 - 30:** Prelim Warm-up: 7:00am - 8:50am / Prelims Start: 9:00am / Finals Warm-up: 4:30pm - 5:50pm / Finals Start 6:00 pm
- **Sunday, March 31** / Prelim Warm-up: 7:00am - 8:50am / Prelims Start: 9:00 am / Finals Warm-up: 4:00pm - 4:50pm / **Finals Start 5:00 pm**



WARM -UP PROCEDURES: Current Niagara Swimming and USA Swimming rules govern all aspects of the warmup. No diving and feet first entry only is required, except in designated lanes and times. Only swimmers entered in this meet may use the warmup lanes.

**Warmup Format: Competition Pool (tentative)
Thursday**

12:00-3:00pm	Circle swim all lanes
3:00-4:20pm	Pace: Lanes 1 and 8 Circle: Lanes 2-7
4:20-4:50pm	Pace: Lanes 1 and 8 Sprint: Lane 7 Circle: Lanes 2-6
4:50pm	Clear pool

Friday, Saturday and Sunday PRELIMS

7:00-8:00am	Circle swim all lanes
8:00-8:30am	Pace: Lanes 1 and 8 Circle: Lanes 2-7
8:30-8:50am	Pace: Lanes 1 and 8 Sprint: Lanes 2 and 7 Circle: Lanes 3-6
8:50am	Clear pool

Friday, Saturday FINALS

4:30-5:00pm	Circle swim all lanes
5:00-5:20pm	Pace: Lanes 1 and 8 Circle: Lanes 2-7
5:20-5:45pm	Pace: Lanes 1 and 8 Sprint: Lane 2 and 7 Circle: Lanes 3-6
5:45pm	Clear pool

Sunday FINALS

4:00-4:30pm	Circle swim all lanes
4:30-4:50pm	Pace: Lanes 1 and 8 Sprint: Lane 7 Circle: Lanes 2-6
4:50pm	Clear pool



RULES: Current USA Swimming rules will govern all competition.

- Proper conduct on the part of all swimmer and spectators is expected at all times, and will be enforced by coaches, meet marshals, college officials and college security. ANY SWIMMER found in the posted out of bounds areas will be barred from the remainder of the meet without recourse.
- The meet area is restricted to the pool and adjoining locker rooms, the adjacent hall way, balcony and stands. Any swimmers competing that are found in an area designated out-of-bounds will be barred from participating in the remainder of the meet. Posted out-of-bounds areas include, but are not limited to: the emergency stairwells, the weight room, and the track and gym areas. USE OF THE EMERGENCY DOORS BY ANYONE WITHOUT EXPRESS PERMISSION TO USE THE CODE IS PROHIBITED.
- The USA Swimming Code of Conduct will be enforced. No glass containers are allowed in the pool and locker room areas. Misbehavior, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.
- 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.
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
- Deck changes are prohibited.
- Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.
- It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request." Deck Pass is an appropriate form of credentials.

ELIGIBILITY: The Eastern Zone Long Course Speedo Championship Series Meet is open to any swimmer currently registered with USA Swimming with a qualifying time (Qualifying Standards are attached).

TIMERS: Timers will be needed for time trials. STAR Swimming will try and provide timers throughout the meet. The Meet Director reserves the right to ask all visiting teams to assist with timing if needed.



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. **C-Final qualifiers must be 18 years old or younger.** The A and B Finals are open to any age based upon place in the morning Trials. If there are 600 or more athletes entered in individual events, a D-Final (18 & Under) will be added. In that case, the C-Final would not be 18 & Under.

- Thursday Distance Events (**W 1500/M 800**): The women's 1500 meter Freestyle will be swum slowest-to-fastest, followed by the men's 800 meter Freestyle swum slowest-to-fastest. These events are timed finals.
- Saturday Distance Events (**W 800**): The fastest heat of 8 in the Women's 800 meter Freestyle will be swum at the beginning of the evening final session. The remaining heats will swim on Saturday afternoon, such that the last heat finishes at 4:30pm. The heat order and schedule will be published after the scratch deadline on Friday night. These events are timed finals.
- Sunday Distance Events (**M 1500**): The fastest heat of 8 in the Men's 1500 meter Freestyle will be swum at the beginning of the evening final session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 4:00pm. The heat order and schedule will be published after the scratch deadline on Saturday night. These events are timed finals.
- There is also a Saturday & Sunday Early Distance option. During the positive check in process for Saturday & Sunday distance events, coaches will have the option of declaring for an early afternoon or regular option. Swimmers can also ensure an early distance swim by entering with a non-conforming, qualifying time.
- **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 must check in by the specified deadline in order to 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, 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 meter Medley Relay must be entered with a 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 **MUST** 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 16 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.
- Flyover starts may be used at the discretion of the Referee.
- There will be a ten (10) minute break after the 200 medley relay and 200 free relay and before the last relay on each day. This 10 minute break will apply to both preliminary and final sessions.

ENTRY INFORMATION:

- **MEET ENTRY OFFICER:** Phil Aronica: starentries@gmail.com
- Qualification Period: January 1, 2018 through entry deadline for meet
- Seeding Order: LCM, SCM, SCY. Bonus entries are seeded last in the same order.
- Entry Fees: \$12.50 for individual events, \$25.00 for relay events, \$7.00 per swimmer surcharge and a \$10.00 per team entry fee.
- Time Trials Fees: \$15.00 for individual events, \$30.00 for relay events.
- **Regular Entry Deadline has been extended to Monday, March 25, 2019 at 5:00 pm EST.**



- Entries for swims qualified before March 18, 2019 should be emailed to Meet Director Phil Aronica at starentries@gmail.com by 5:00 pm on March 25, 2019.



ENTRY RULES: A swimmer may enter any number of individual events in which the qualifying time standard has been met. A swimmer may only swim a maximum of three (3) individual events per day (including time trials) and a maximum of seven (7) individual events for the meet. Each team is allowed to enter up to 2 relays in each event.

- **Bonus Events:** Relay only athletes will be permitted to enter up to 4 bonus events. Swimmers making 1 qualifying time will be permitted to enter 3 bonus events. Swimmers making 2 qualifying times will be permitted to enter 2 bonus events. Swimmers making 3 qualifying times will be permitted to enter 1 bonus event. Swimmers making 4 or more qualifying times are not permitted to enter bonus events. Bonus entries are seeded last. There shall be no bonus swims for the 800 freestyle or 1500 freestyle except for the following condition: any swimmer achieving a qualifying time in the 800 freestyle or 1500 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 for qualifying swims between March 18 and March 24 must be submitted through USA Swimming's website using OME (Online Meet Entry). Ensure that relay only swimmers are included in the team roster 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 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, 2019 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 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 long course meters will be treated as "nonconforming" and will be seeded according to USA Swimming procedures. Do not convert times before entering them.
- **For those entering Relay Only bonus events/ additional entries (after the previous entry deadline) through the new entry deadline, please email Phil Aronica at starentries@gmail.com with athlete(s) name, USA ID, events, times, and proof of time.**
- **Questions Regarding OME?** Contact: Jaime Lewis, jlewis@usaswimming.org, 719-866-3581

Late Qualifying Times:

- Additional entries from qualifying swims occurring between March 19, 2019 and March 24, 2019 are due by 5:00 PM (EST) on Monday, March 25, 2019.
- OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2019 EZ LC Sectional Meet – LATE QUALIFIERS.
- Late entries may not be used to improve the seed time of an earlier entry.



LATE ENTRIES: Any team or athlete missing the entry deadline of Monday, March 25 at 5:00 PM will be permitted to enter late, subject to the following requirements:

- Late entries must be submitted through OME.
- Entries must be received no later than 11:59 pm (EST) Tuesday, March 26, 2019.
- The team or athlete must pay a one-time processing fee of \$150 *and* entry fees of \$30 per individual event.

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 28, 2019. 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: STAR Swimming.

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 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 2019.

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 207.11.6. 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 24 who does not show up to compete (without properly scratching) will be subjected to a \$50 fine and will be barred from all other events that evening. Checks will be made out to the Eastern Zone.**

Any swimmer who fails to compete in a preliminary event 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 be scratched.

Scratch deadlines are as follows:

- Thursday, 3:00pm: All Thursday events (**W 1500/M 800**) (including positive check-in for 800 free relay).
- Thursday, 5:30pm: All Friday events (including positive check-in for 200 medley relay).
- Friday, 6:30pm: All Saturday events (including positive check-in and 400 free relay and **W 800**).
- Saturday, 6:30pm: All Sunday events (including **M 1500** 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: \$15.00 for individual events; \$30.00 for relays.

All time trials will be randomly seeded with a NT and will start according to the following schedule:

15 minutes after the conclusion of the preliminaries session on Friday, 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 meters 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 three time trials during the meet. Also, please be aware that time trials count towards the daily maximum of three events but not the total of seven maximum individual events for the meet.

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 on Sunday will end 30 minutes prior to the start of the heats of the **Men's 1500 free**.

The order of events for time trials is listed below. **Note that the 1500 freestyle and 800 freestyle are only offered on Thursday.** The meet referee has the option of changing the order if necessary.

- Thursday time trials: 1500 free, 800 free events only. (Thursday's time trials may be seeded into empty lanes in the scheduled events.
- 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 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 a 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, swimmer must be assigned a supervising coach (per USA Swimming rule 202.5.2). 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.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.



SCORING: Scoring will be to 16 places.

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

AWARDS: Awards will not be presented during the evening finals. The coach of each event’s winning competitor should pick up their awards by the end of each night. A full sequencing of events will be published with the heat sheet for each finals session.

- 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 on the lower level of the pool, near the small pool.

HOSPITALITY: A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the upstairs mini gym located across from the elevators.

SPECTATOR ADMISSION AND HEAT SHEETS: The spectator seating area will open one hour before the start of each session. The spectator entrance is on the upper level of the Erie Community College Athletic Center. Prices are as follows: - Admission Charge includes appropriate heat sheets:

- Individual Prelims Session: \$5
- Individual Finals Session: \$3
- All Sessions: \$20

LOCKER ROOMS: All competitors are to use the general locker room only. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Erie Community College and STAR Swimming is NOT responsible for lost or stolen property. There will be dry locker rooms available for coaches, officials, and volunteers. Coaches, officials, and volunteers are NOT permitted in the general locker room.

PARKING: Parking is available at Mike’s parking at the corner of Elm and 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 hour 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.



Order of Events

Thursday, March 28, 2019

Timed Finals: 5:00pm start

LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM
18:16.79	17:43.29	17:54.39	1	1500 Meter Free				
				800 Meter Free	2	10:02.49	8:43.49	9:06.39
9:06.29	8:58.89	8:05.39	3	800 Meter Free Relay	4	7:22.39	8:06.69	8:14.79

Friday March 29, 2019

Prelims: 9:00am / Finals 6:00pm

4:42.09	4:28.29	4:10.29	5	200 Meter Medley Relay	6	3:45.99	4:14.59	4:18.69
2:11.09	2:07.89	1:55.19	7	200 Meter Free	8	1:46.29	1:57.99	2:01.29
1:17.89	1:15.49	1:08.19	9	100 Meter Breast	10	1:01.49	1:08.99	1:09.69
1:06.49	1:04.99	58.59	11	100 Meter Fly	12	53.29	58.99	1:00.29
1:07.89	1:05.79	59.29	13	100 Meter Back	14	54.49	59.99	1:01.99
4:37.69	4:29.29	5:08.79	15	400 Meter Free	16	4:47.39	4:09.89	4:17.59

Saturday March 30, 2019

Prelims: 9:00am / Finals 6:00pm

2:29.09	2:25.59	2:12.09	17	200 Meter Fly	18	2:01.19	2:14.19	2:16.29
28.29	27.09	24.79	19	50 Meter Free	20	22.39	24.69	25.49
2:49.39	2:44.79	2:29.39	21	200 Meter Breast	22	2:14.99	2:29.89	2:32.59
5:20.49	5:07.29	4:38.39	23	400 Meter IM	24	4:15.09	4:43.19	4:49.89
4:14.99	4:10.89	3:45.79	25	400 Meter Free Relay	26	3:21.89	3:44.09	3:48.69
9:34.99	9:19.99	10:39.79	27	800 Meter Free				

Sunday March 31, 2019

Prelims: 9:00am / Finals 5:00pm

1:57.79	1:56.19	1:44.59	29	200 Meter Free Relay	30	1:32.69	1:42.19	1:45.49
2:26.99	2:23.29	2:09.09	31	200 Meter Back	32	1:58.59	2:11.79	2:14.79
1:00.69	58.89	53.09	33	100 Meter Free	34	48.49	53.89	55.49
2:28.69	2:24.79	2:10.99	35	200 Meter IM	36	1:59.39	2:12.59	2:16.19
4:42.09	4:28.29	4:10.29	37	400 Meter Medley Relay	38	3:45.99	4:14.59	4:18.69
				1500 Meter Free	28	16:43.99	16:35.19	17:21.99





Courtyard by Marriott Buffalo Downtown/ Canalside 125 Main St.
Buffalo, NY 14203

“Proud Sponsor of USA Swimming”
Distance from pool: 0.5 miles



Millennium Hotel Buffalo
2040 Walden Ave
Buffalo, NY 14225

Distance from pool: 8.1 miles (10 minutes)
Discounted hot breakfast for STAR Swimming Guests

Call and mention STAR Swimming
(716) 206-8325 - Tracey Szwajda