

METROPOLITAN SWIMMING

PRESENTS THE

2006

EASTERN ZONE

**AGE GROUP ALL STAR SWIMMING
CHAMPIONSHIP**

SHORT COURSE YARDS

MARCH 30 – APRIL 1, 2006

**NASSAU COUNTY AQUATIC CENTER
EISENHOWER PARK
EAST MEADOW, LONG ISLAND, NY**

HOSTED BY METROPOLITAN SWIMMING, INC.

*SANCTIONED BY USA SWIMMING THROUGH
METROPOLITAN SWIMMING, INC
SANCTION #060308*

MEET DIRECTOR:

Mary Fleckenstein
99 Sheep Pasture Rd.
Port Jefferson, NY 11777
631-476-0673
email: mjfleck333@hotmail.com

FACILITY: The Nassau County Aquatic Center is located in East Meadow, NY on Merrick Road. The meet will be run using 2 – 25yard, 10 lane pools with a minimum depth of 2 meters. There will be a 6-lane 25-meter warm-up/down pool available throughout the meet. The pool is equipped with Colorado Timing System, a 10-lane display board used by both pools. The meet will be run using Hy-Tek Meet Manager software. There is ample spectator seating and parking. Refreshments will be available.

10 & under events and finals will be run in the east pool using 8 lanes.

INDIVIDUAL EVENTS: All 11 and over events are Prelims and Finals, except for the (13-14 and 15-18) 1000 and 1650 freestyle events and the 11-12 500 freestyle events which are timed finals. All 11 & over Prelim/Final events will have one heat (A-finals) in the evening session. All heats of the (13-14 and 15-18) 1000 and 1650 freestyle and the 11-12 500 freestyle will be swum in the morning sessions, fastest to slowest.

All 10 & under events are Timed Finals and will be swum in the afternoon session.

RELAYS: All Relays are timed finals. All heats of the 11 and over Relays will be swum with finals: all heats of the 10 & under relays will be swum at the afternoon session.

EVENT ORDER: The meet will be conducted in accordance with the published schedule of events as included in this Meet Announcement

SESSION TIMES:

Warm-up assignments will be sent to each LSC zone manager prior to arrival.

Sessions #1,2,5,6,9,10

11/over Prelims: Warm-up 7:30 am Start 9:00 am

Sessions #3,7,11

10 and under Timed Finals:

Warm-up 12:30 pm
Start 1:20 pm

Sessions # 4,8,12

11 and over Finals: Warm-up 5:00pm Start 6:00 pm

RULES: The **current USA Swimming Rules and Regulations**, and the rules of conduct will govern the meet.

ELIGIBILITY:

- Each swimmer must be a 2006 USA Swimming registered athlete in the LSC, which he/she represents.
- Each swimmer must be entered by the LSC only. Electronic entry is preferred, or must be on the official entry form provided.
- Competition is restricted to Eastern Zone LSC's.

2006 EASTERN ZONE MAXIMUM QUALIFYING TIMES FOR ZONE MEETS (individual entry QT's may not equal or exceed these times for 13 & Over swimmers)

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.39	26.59	23.89	50 FREESTYLE	21.39	23.69	20.39
58.89	57.09	51.89	100 FREESTYLE	46.49	51.29	50.39
2:06.99	2:03.09	1:51.69	200 FREESTYLE	1:41.69	1:52.49	1:50.39
4:25.59	4:14.89	4:15.49	400/500 FREESTYLE	4:34.79	3:57.79	4:00.39
9:06.69	8:51.69	10:10.99	800/1000 FREESTYLE	9:32.69	8:20.79	8:30.39
17:32.49	16:48.29	16:58.29	1500/1650 FREESTYLE	15:56.69	15:56.19	16:30.39
1:06.69	1:03.39	57.69	100 BACKSTROKE	51.79	57.59	1:00.39
2:22.79	2:16.99	2:03.59	200 BACKSTROKE	1:52.29	2:04.59	2:10.39
1:14.99	1:12.79	1:05.19	100 BREASTSTROKE	58.29	1:04.59	1:00.39
2:41.59	2:37.29	2:20.69	200 BREASTSTROKE	2:07.19	2:22.49	2:20.39
1:04.39	1:02.79	57.09	100 BUTTERFLY	50.79	55.69	50.39
2:21.19	2:17.49	2:05.09	200 BUTTERFLY	1:53.19	2:03.79	2:00.39
2:24.29	2:19.19	2:06.09	200 IM	1:53.79	2:05.69	2:10.39
5:03.69	4:55.29	4:27.79	400 IM	4:02.49	4:28.29	4:40.39

NOTES:

These times are based on the slowest of the 2006 Time Standards for the US Open, 2006 Speedo Junior National Championships, or the 2006 18/under Standards for the US Spring Championship.

13 and Over Swimmers may not enter this meet if they have a QT **in any event equal to or faster than the above times.**

12 and Under Swimmers may not enter the meet if they have participated in an individual event in any of the above meets, US Swimming Nationals or a Trials Class meet.

- Each LSC may enter two (2) swimmers per individual event and one (1) team per relay event.
- Each swimmer may be entered in a maximum of six (6) individual events in the meet (exclusive of relays) and not more than three (3) individual events per day.
- Relays must be made up of swimmers entered in the meet in individual events.
- The swimmer's age on March 30, 2006 governs the entire meet.

SUBSTITUTIONS:

- Each LSC is entitled to two (2) participants in each individual event. Substitutions may be made if the entered swimmer is unable to compete in the event.
- The deadline for substitutions will be thirty (30) minutes prior to the starting time of each session. Replacement swimmers are subject to the eligibility limitations above.
- There will be no adjustment to seeding due to substitutions.
- A form for making substitutions will be provided in the manager's packet.

SCRATCHES: USA swimming Scratch Rule 207.7.9D & E will be in force throughout the meet. A copy will be distributed and reviewed at the manager's meeting.

SCORING:

Scoring shall be: Individual events: (8 places) 9-7-6-5-4-3-2-1
Relay events: (8 places) 18-14-12-10-8-6-4-2

AWARDS:

- Medals will be awarded for 1st through 8th place in Individual events; and for 1st through 3rd place in Relay events.
- A Championship Banner will be awarded to the winning Girls', Boys' and Overall Champions. The Banner is a traveling award.
- Members of the Overall Championship Team will receive a pin and a Championship Certificate.
- All participants will receive a Participation Certificate.
- Record Breakers will receive a Record Breaker Certificate.
- Awards will be presented to 10 & under swimmers at an awards ceremony during the afternoon session. All other awards will be available for pickup at the conclusion of that day's Finals Session.

MEETINGS:

- If needed, a coaches/scratch meeting will take place forty-five (45) minutes prior to the start of each session.
- An Officials meeting will take place one hour prior to the start of each session.
- There will be a meeting of all Coaches/Team Managers at 6:00 pm on Wednesday, March 29, 2006 at the Nassau County Aquatic Center.

PRACTICE TIME:

The Nassau County Aquatic Center will be available to the LSC's on Wednesday, March 29, 2006 between 5:00-9:00 pm. Practice times will be assigned based on travel distances and expected time of arrival. **Please notify the meet director by email with pool time request.**

WARM-UP PROCEDURES:

Warm-up assignments will be provided to each LSC Team manager after the entries have been received.

Metropolitan Swimming warm-up procedures and safety policies will be followed. Procedures will be provided in the Managers packet.

OFFICIALS:

- Each LSC is required to provide a minimum of two (2) timers at each session.
- Each LSC is required to provide at least one (1) stroke and turn judge at each session. Key deck officials, i.e., Referees and Starters, as endorsed by each LSC, will be assigned by the Meet Referee.
- It is expected that this meet will be run as a National Certification Meet. Officials must work at least three sessions and attend the Officials Meeting one hour before each session in order to obtain or renew their National Certification.

SWIMMERS WITH DISABILITIES:

Each LSC may bring two swimmers age 12 and under with disabilities and two swimmers 13-18 with disabilities to the meet. These swimmers with disabilities are in addition to the two (2) swimmers per event permitted each LSC. The LSC may select the swimmers with disabilities at their own discretion. Based on the recommendation of the LSC coach or Manager, the Meet staff will determine where the swimmer best fits into the meet (i.e. seeded with their peers, seeded with their peers but in a shorter distance, seeded with younger swimmers, etc.) and the swimmers will be placed accordingly. All swimmers with disabilities competing in the meet will receive participation medals.

Procedures for Inclusion of swimmers with Disabilities:

1. This meet does not use Time Standards; swimmers with disabilities may compete without having achieved any qualifying standard for their age group. However, an entry time must be provided for each event entered. Swimmers with disabilities should be highlighted on the hard copy of the LSC's meet entry. Classification of a swimmer with a disability is not required. Each LSC should use the attached form to enter a swimmer with a disability.
2. Each LSC may select two swimmers of age 12 and under with disabilities, and two swimmers age 13-18 with disabilities according to their LSC policy.
3. Swimmers with disabilities will be eligible to compete in Finals, earn awards and score points for their team in the same manner as the able bodied swimmers.
4. It is the responsibility of each swimmer with a disability, or their coach, to inform the Meet Referee of any disability-related accommodations needed for the swimmer to compete. This information must be given in advance of each session. The Meet Referee shall inquire about the swimmer's needs and shall determine what

- modifications may be required. The information shall be relayed to the Starter and the Stroke and Turn Judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
5. The Meet Referee shall seed the swimmer with disability in a number of ways, as deemed appropriate. These include: seed the swimmer with others of the appropriate age and gender; allow the swimmer to compete at a shorter distance of an event (i.e., swim the 100 yard backstroke during the 200 yard race); or swim with a younger age group where the entry time is similar to the able-bodied swimmers for the same distances (i.e., a 15 year old swimmer could swim the 100 freestyle with the 9-10 age group). The final meet results will show the swimmer with disability listed in the correct age group and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe is obscured, and the light cannot be repositioned.
 6. Metropolitan Swimming will obtain current American Records for swimmers with disabilities from USA Swimming. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.

PROGRAMS/ADMISSION:

Admissions: \$5.00 prelims/ \$3.00 finals
Programs: Three (3) day program – \$15.00
Finals Program: \$1.00

TEAM SEATING:

- Team seating will be determined at the Team Managers Meeting
- Each LSC will receive eight (8) complimentary passes for chaperones and two (2) for bus drivers.

DECK CREDENTIALS:

- Credentials will be provided only for working officials, the Meet Coordination Committee, chaperones, and designated LSC team representatives who are listed on the LSC team roster. **Credentials will be required to be on deck.**
- Up to eight (8) team coaches plus the Team Manager or alternate will be provided with credentials.

TEAM MANAGER

- Each LSC must provide the name an individual to serve as their official Team Manager. An alternate may also be named. Team Managers, or alternates, may vote (one per LSC) at any meetings called by the Meet Director or Meet Referee to discuss matters concerning the meet. Only the designated Team manager or alternate is permitted to represent the LSC. Protests will not be accepted from anyone other than the Team Manager or alternate.
- A Team Managers meeting will be held on Wednesday, March 29, 2006 at 6:00 pm at the Nassau Aquatic Center. Information packets and credentials will be distributed at this meeting.

PROTESTS

- A Meet Jury will adjudicate any protests, including issues of conduct which may occur in the meet venue.
- All protests must be made in writing and submitted in a timely manner.
- Protests regarding eligibility (as stated on Rule 102.11) will not be accepted from anyone other than the Team Manager or alternate.
- The Meet Jury will consist of the Meet Director, Meet Referee, an Athlete, a Coach and a Team Manager appointed by their LSC when a Meet Jury is called according to the following:

Session	1	2	3	4	5	6	7	8	9	10	11	12
Athlete	AD	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA
Coach	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD
Team Mng	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD	AM

- **MISCONDUCT**

Any issues of conduct which occur within the meet venue will be adjudicated by the Meet Jury. Misconduct includes, but not limited to: Violation of the safety guidelines outlined in the meet announcement, disrespect to the meet management personnel, officials, or fellow athletes; stealing, destroying, vandalizing, or possessing the property of others, including Championship Banners or trophies; possession or use of alcoholic beverages, tobacco products or illegal drugs.

ENTRY PROCEDURES:

Meet Entry Fee is \$800.00 per LSC payable to Metropolitan Swimming.

- Summary forms will be provided; all sections must be completed. Entries should be submitted using Hy-Tek Team Manager or other Meet Manager-compatible software. Attach entry report to e-mail or include with disk submission.
- Relay cards will be prepared from Meet Manager and provided prior to each session.
- Entry times must be in short course yards. Converted times or non-conforming times will not be accepted.
- Entries must be received by Wednesday, March 22, 2006 at 5pm.

SESSIONS 1 & 2 - 11 & OLDER - PRELIMS

GIRLS	EVENT	BOYS
1	11-12 200 BACK	2
3	15-18 100 BREAST	4
5	13-14 100 BREAST	6
7	11-12 50 BREAST	8
9	15-18 200 FREE	10
11	13-14 200 FREE	12
13	11-12 100 FREE	14
15	15-18 100 FLY	16
17	13-14 100 FLY	18
19	11-12 50 FLY	20
21	15-18 400 IM	22
23	13-14 400 IM	24
25	11-12 200 IM	26
27	15-18 1000 FREE-TIMED FINAL	28
29	13-14 1000 FREE -TIMED FINAL	30

SESSIONS 5 & 6 - 11 & OLDER PRELIMS

GIRLS	EVENT	BOYS
48	11-12 200 FLY	49
50	15-18 200 IM	51
52	13-14 200 IM	53
54	11-12 100 IM	55
56	15-18 50 FREE	57
58	13-14 50 FREE	59
60	15-18 200 BREAST	61
62	13-14 200 BREAST	63
64	11-12 100 BREAST	65
66	15-18 100 BACK	67
68	13-14 100 BACK	69
70	11-12 50 BACK	71
72	15-18 500 FREE	73
74	13-14 500 FREE	75
76	11-12 200 FREE	77

SESSION 3 - 10 & UNDER - TIMED FINALS

GIRLS	EVENT	BOYS
37	10 & UNDER 100 FREE	
	10 & UNDER 100 IM	38
39	10 & UNDER 50 BREAST	
	10 & UNDER 100 BREAST	40
41	10 & UNDER 50 FLY	
	10 & UNDER 50 BACK	42
43	10 & UNDER 200 IM	
	10 & UNDER 200 FREE	44
45	10 & UNDER 500 FREE	
	10 & UNDER 400 FREE RELAY	46
47	10 & UNDER 200 FREE RELAY	

SESSION 7 - 10 & UNDER TIMED FINALS

GIRLS	EVENT	BOYS
	10 & UNDER 100 FREE	84
85	10 & UNDER 100 IM	
	10 & UNDER 50 BREAST	86
87	10 & UNDER 100 BREAST	
	10 & UNDER 50 FLY	88
89	10 & UNDER 50 BACK	
	10 & UNDER 200 IM	90
91	10 & UNDER 200 FREE	
	10 & UNDER 500 FREE	92
93	10 & UNDER 400 FREE RELAY	
	10 & UNDER 200 FREE RELAY	94

SESSIONS 4 - 11 & OLDER -FINALS

GIRLS	EVENT	BOYS
1	11-12 200 BACK	2
3	15-18 100 BREAST	4
5	13-14 100 BREAST	6
7	11-12 50 BREAST	8
9	15-18 200 FREE	10
11	13-14 200 FREE	12
13	11-12 100 FREE	14
15	15-18 100 FLY	16
17	13-14 100 FLY	18
19	11-12 50 FLY	20
21	15-18 400 IM	22
23	13-14 400 IM	24
25	11-12 200 IM	26
31	15-18 400 FREE RELAY	32
33	13-14 400 FREE RELAY	34
35	11-12 400 FREE RELAY	36

SESSION 8 - 11 & OLDER FINALS

GIRLS	EVENT	BOYS
48	11-12 200 FLY	49
50	15-18 200 IM	51
52	13-14 200 IM	53
54	11-12 100 IM	55
56	15-18 50 FREE	57
58	13-14 50 FREE	59
60	15-18 200 BREAST	61
62	13-14 200 BREAST	63
64	11-12 100 BREAST	65
66	15-18 100 BACK	67
68	13-14 100 BACK	69
70	11-12 50 BACK	71
72	15-18 500 FREE	73
74	13-14 500 FREE	75
76	11-12 200 FREE	77
78	15-18 200 FREE RELAY	79
80	13-14 200 FREE RELAY	81
82	11-12 200 FREE RELAY	83

SESSIONS 9 & 10 - 11 & OLDER PRELIMS

95	11-12 500 FREE (TIMED FINAL)	96
97	15-18 200 BACK	98
99	11-12 200 BREAST	100
101	13-14 200 BACK	102
103	11-12 100 BACK	104
105	15-18 100 FREE	106
107	13-14 100 FREE	108
209	11-12 50 FREE	110
111	15-18 200 FLY	112
113	13-14 200 FLY	114
115	11-12 100 FLY	116
117	15-18 1650 FREE TIMED FINAL	118
119	13-14 1650 FREE TIMED FINAL	120

SESSION 11 - 10 & UNDER TIMED FINALS

127	10 & UNDER 100 BACK	128
129	10 & UNDER 50 FREE	130
131	10 & UNDER 100 FLY	132
133	10 & UNDER 200 MED RELAY	134

SESSION 12 - 11 & OLDER FINALS

97	15-18 200 BACK	98
99	11-12 200 BREAST	100
101	13-14 200 BACK	102
103	11-12 100 BACK	104
105	15-18 100 FREE	106
107	13-14 100 FREE	108
209	11-12 50 FREE	110
111	15-18 200 FLY	112
113	13-14 200 FLY	114
115	11-12 100 FLY	116
121	15-18 400 MEDLEY RELAY	122
123	13-14 400 MEDLEY RELAY	124
125	11-12 200 MEDLEY RELAY	126

Meet Summary Form

This Form Must Accompany All Entries

Team Name _____

Code _____ Coach _____

E-Mail _____ Phone # _____

Address _____

City _____ State _____ Zip _____

Contact Person _____ E-Mail _____

of individual entries Male _____ Female _____ TOTAL _____

of relays Male _____ Female _____ TOTAL _____

of swimmers Male _____ Female _____ TOTAL _____

Team Fee is \$800 per LSC

Please Make checks Payable to Metropolitan Swimming

All entries must be submitted for this meet no later than

Wednesday, March 22, 2006 at 5pm

Send Entries To:

**Monique G. Grayson
22 Pine Hill Court
Briarcliff Manor, New York 10510**

or e-mail entries to mggrayson@aol.com Subject: EZ entries for _____ LSC

**TEAMS WILL BE SENT CONFIRMATION OF THEIR ENTRIES ONCE RECEIVED.
PLEASE VERIFY YOUR ENTRIES ARE CORRECT ONCE YOU RECEIVE
CONFIRMATION.**

Swimmers with a Disability Entry Form

Sanction # -----

Name: _____ Club _____ LSC _____

USA Swimming #: _____ Age first day of the meet _____

Swimmer email address: _____

Swimmer Phone number: _____

Name of person completing this form: _____

Email address: _____

Phone #: _____

Please enter events below. Each swimmer is limited to three (3) individual events per day and a total of six (6) events in the Meet. Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the day on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

Event #	Event Description	Entry Time	Seed With Age Group (same age, same distance)	Seed with Different Distance (same age, different distance)	Seed with Comparable Time (younger age, distance depends on entry time)

Hotel information

Long Island Marriott Hotel and Convention Center
101 Doolittle Blvd.
Uniondale, NY 11533-3637
(516) 794-3800

Wingate Inn
Stewart Ave.
Garden City, NY 11530
(516) 705-9000

Hilton Garden Inn
1575 Privado Road
Westbury, NY 11590
(516) 683-8200

Howard Johnson - Westbury
120 Jericho Tpk.
Westbury, NY 11793
(516) 333- 9700

Best Western Hotel and Convention Center
80 Clinton Street
Hempstead, NY 11550
(516) 486-4100

Econo Lodge
429 Duffy Ave.
Hicksville, NY 11801
(516) 433-3900

Coliseum Motor Inn
Hempstead Tpk.
East Meadow, NY 11554
(516) 794-2100

DIRECTIONS TO NASSAU COUNTY AQUATIC CENTER

FROM VERRANZANO NARROWS BRIDGE AND KENNEDY AIRPORT:

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport, after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take Southern State Parkway East to Meadowbrook Parkway North (exit 22N). Follow directions to the pool.

FROM WHITESTONE AND THROGS NECK BRIDGE:

Take Cross Island Parkway South to Exit 29, Grand Central Parkway East. Follow Grand Central Parkway (changes to Northern State Parkway) to Meadowbrook Parkway southbound (Jones Beach). Follow directions to the pool.

TO THE POOL:

Take the Meadowbrook Pkwy to NY 24 Hempstead Turnpike East(exit M4)(*this exit is M5 heading south*) On Hempstead Tpk go to the left lane and make a left at the first light onto Merrick Ave. At the first light make a right into the pool parking lot.