

**Eastern Zone
Southern Region
Short Course Speedo Champions Series
Meet Announcement**

**March 16-19, 2006
at US Naval Academy, Annapolis, MD**

<http://www.naacswim.org/sectionals/home.html>

Sanctioned by USA Swimming through Maryland Swimming Sanction # MD06-019	
Meet Director:	Chris Villa 410-293-3013 chrisjamesvilla@hotmail.com
Meet Referee:	Jim Sheehan 732-494-5416 home 908-239-9009 office james.sheehan@marshpm.com
Location:	The Unites States Naval Academy Lejeune Hall Swimming Pool 566 Brownson Rd. Annapolis, MD 21402 410-293-5001 Indoors 10 lane, 50-meter pool, divided by a bulkhead into one course of 10 lanes 25 yards; and another of 11 lanes 25 meters. The 25 yard course will be used for competition. There are non-turbulent lane lines, and it is an eight-foot constant depth facility. The Meet Referee will determine based on entries received whether to use 8 or 10 lanes for prelims and distance events. The 25-meter course will be available for continuous warm-up, warm-down from the start of warm-up everyday to the close of the last event.

<p>Security /Parking:</p>	<p>Vehicles without Department of Defense identification stickers are not allowed to drive onto the academy's grounds. You may use public parking areas and walk in thru Gate 1 or Gate 3, or park your vehicle at the Navy-Marine Corps Memorial Stadium and ride the Courtesy Shuttle. Shuttle Service will be provided throughout the day beginning one hour before warm-ups and ending one hour after the conclusion of the meet.</p> <p>The only exception will be for drivers of vehicles with valid handicap decals and/or plates – and those vehicles will be searched. The Naval Academy does not issue temporary vehicle passes to general visitors. Other precautions and information include:</p> <ul style="list-style-type: none"> • Vehicles are encouraged to park at the Navy-Marine Corps Memorial Stadium off Rowe Boulevard. NAAC will have a representative at the Stadium parking lot for directing meet visitors. Free shuttle service is provided every 15-20 minutes beginning one hour before warm-ups. Stops are at Hubbard, Luce, and Alumni Halls, as well as the Visitor's Center (across the street from the Lejeune Hall pool, where the meet will be held). • The Navy Marine Corps Memorial Stadium is located by getting onto Rowe Blvd towards Annapolis from Rte 50. Turn right from Rowe Blvd onto either Farragut Rd. or Taylor Ave, proceeding about one block on either until you turn into the stadium parking lot. It is suggested that you park near the south end (Taylor Ave entrance side) for a short walk to the shuttle bus. • Every civilian visitor, over the age of 16, entering the academy should be prepared to show a photograph identification card and have his/her bags searched.
<p>Vehicle Passes:</p>	<p>NAAC will obtain temporary vehicle passes for Coaches/Team busses and Officials who are registered to attend and planning to work the Meet. To obtain a pass, e-mail the pass registration form no later than March 7, 2006 to chrisjamesvilla@hotmail.com. Pass registration forms are available on the website in the "forms" section.</p>
<p>Attire at USNA:</p>	<p>At the request of the United States Naval Academy, swimmers are not to leave the pool deck without appropriate attire consisting of shoes, sweats (top and bottom), or shirt and pants/shorts. All rules of the U.S. Naval Academy will apply. Coaches will be responsible for the conduct of their athletes. Parents will be responsible for the conduct of their children. Failure to follow these rules or any inappropriate behavior will result in the athlete being barred from further competition in the meet.</p>

<p>Schedule:</p>	<p>Thursday, March 16, 2006 Coaches Meeting: 1:00 pm 2nd floor classroom in Lejeune Hall General Warm-up 12:00 Noon - 3:20 pm Distance Session Warm-up: 3:20 - 4:20 pm Events: 4:30 pm</p> <p>Friday, March 17, Saturday, March 18 and Sunday, March 19 Preliminaries Warm-up: 6:30 - 8:50 am Heats: 9:00 am Finals Warm-up: 5:00 - 5:50 pm Finals: 6:00 pm</p>
<p>Coaches Meeting:</p>	<p>A coaches meeting will take place at 1:00 PM on Thursday, March 16 in the 2nd floor classroom in Lejeune Hall.</p> <p>Coaches are accountable for the information presented.</p> <p>Accordingly, please make sure that there is at least one representative from your club in attendance.</p>
<p>Eligibility:</p>	<p>Open to all USA Swimming registered athletes.</p> <p>Contestants must have equaled or bettered the applicable cut-off times.</p> <p>Time must have been achieved no earlier than January 1, 2005.</p> <p>Entry times and USA Swimming memberships are subject to confirmation.</p>
<p>Rules:</p>	<p>Current United States Swimming rules shall govern the meet.</p> <p>Unless otherwise noted, all events will be conducted as prelims and finals with C, B, and A finals (swum in this order).</p> <p>All relay events will conducted as timed finals with only the fastest two heats being contested during the evening sessions.</p> <p>A contestant may enter no more than three (3) individual events per day and no more than seven (7) individual events for the meet, including bonus events.</p> <p><u>Bonus Events:</u> Swimmers making 1 qualifying time will be permitted to enter one bonus events. Swimmers making 2 or more qualifying times will be permitted to enter 2 bonus events.</p> <p>At least one swimmer participating on each relay team must also be entered and compete in at least one individual event.</p> <p>Entry times for the 200 Medley Relay will be provable times for the 400 Medley Relay.</p>

<p>Distance Events:</p>	<p>The Women's 1650yd freestyle and Men's 1000yd freestyle will be conducted as timed finals on Thursday evening. All heats of the Women's 1650 will be swum first, followed by the Men's 1000.</p> <p>The Women's 1000yd freestyle and Men's 1650yd freestyle will be conducted as timed finals and swum on Sunday afternoon. The Heats will be swum from slowest to fastest; alternating a heat of Women's 1000 and the Men's 1650 with the second fastest heat of Men's 1650 scheduled to finish 60 minutes prior to the start of finals. The fastest heat of these two events will be swum in the Sunday evening finals session.</p> <p>All events will be swum slowest to fastest.</p> <p>In Sunday's Finals, the events will be swum in numerical order</p>
<p>Warm-Up:</p>	<p>The following Maryland Swimming warm-up procedures and safety policies will be followed.</p> <ul style="list-style-type: none"> • Enter the pool only at the start end of the pool. Enter feet-first, unless the lane has been designated for one-way starts. • Swimmers must be under the supervision of a coach during warm-ups. All warm-up periods shall be supervised by the appointed marshals. • During warm-ups, periods are divided equally between general and specific programs. The first half of the warm-up will be dedicated to general warm-up and the last half of the warm-up will be dedicated to specific warm-up. • During the general warm-up, no pace work or sprinting will be permitted. • During the specific warm-up, the outside lanes (1 & 10) will be designated as pace lanes and lanes 2 & 9 will be opened for sprinting in accordance with the procedures outlined above. Additional sprint and/or pace lanes may be opened as needed by the officials monitoring the warm-up session.

<p>Seeding:</p>	<p>Positive check-in for Thursday's distance events is required by 3:00 PM Thursday and for Sunday's distance events by 6:30 PM Saturday. Positive check-in for relays is the evening prior by 6:30 pm. Scratch deadline for other events is the evening prior by 6:30 PM.</p> <p>Verification of time for all timed final events (including relays) is required with entry.</p> <p>Times will be verified through the USA Swimming SWIMS data base. Coaches entering with times not in the database should be prepared to prove the time with a copy of official meet results. High school, college and YMCA Swims must be from a swim officially observed by USA Swimming.</p> <p>The USA Swimming Scratch Policy Rule 207.7.9 (with the exception of the first day scratch deadline) will apply throughout the meet.</p> <p>Times will be seeded in the following order: SCY, LCM, SCM</p>
<p>Scratch Procedures</p>	<p>The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting. The scratch box will then be at the General Meeting.</p> <p>Following the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.</p> <p>Positive Check-in Sheets for the 1000 Freestyle, 1650 Freestyle, and all Relays will be located with the scratch box. The 1000 Free, 1650 Free & Relays are timed final events. Entries must be checked in by the scratch deadline for that event in order to be seeded.</p> <p>Scratches from finals can only be done directly with the administrative referee. Do not use the scratch box. A \$50.00 fine will be given for No Shows in Sunday's finals.</p>

Awards:	<p>Awards will be presented to Top 3 in Women's Team, Men's Team and Combined Team scores.</p> <p>Male and female Individual High Point awards will be presented to the Top 3.</p> <p>Swimmers placing in the top 8 in individual events will receive medals.</p> <p>Relay teams placing in the top 3 will receive medals.</p>
Officials:	<p>Certified officials wishing to work the meet should submit an application to Jamy Pfister (JamyJayPfi@Adelphia.net), Eastern Zone Officials Coordinator, by February 16, 2006 for assigned positions and by March 4, 2006 for other positions. Copies of the application form can be found at http://www.pvswim.org/eastzone/index.html. Certified officials who learn of their availability after February 16 should contact the Meet Referee, Jim Sheehan; 732-494-5416 home; 908-239-9009 office; or at james.sheehan@marshpm.com</p> <p>Officials meetings will be held one hour prior to the start of each session (preliminaries and finals). Attendance at the meeting is required to work the session.</p> <p>We have applied to have this meet designated as a "qualifying meet" under the new national officials certification program. Any official interested in being evaluated should contact the meet referee for more information and an application to be evaluated. Details of the certification program can be found on the USA swimming website at http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=98&Alias=Rainbow&Lang=en</p>
Scoring:	<p>Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1 Relays: 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2</p> <p>No more than 2 relay teams may score for each club in each event.</p>
Supervision:	<p>Coaches are responsible for the conduct of their swimmers, both at the meet and in the warm-up/warm-down area. Inappropriate behavior will be cause for suspension from the meet and barring from the Naval Academy facility.</p>
Admission:	<p>There is no admission charge. Programs for prelims will be \$6.00 and \$3.00 for finals. There will be no charge for heat sheets provided to credentialed coaches and working officials.</p>

<p>Pool Access:</p>	<p>Only working USA Swimming Registered Officials, Coaches and Swimmers will be permitted on the pool deck. Credentials will be provided and must be shown to gain access and should be visible while on the deck. \$10.00 will be charged for the replacement of these credentials.</p> <p>Credentials will be available to pickup at the registration desk (location to be announced) at the following times; 10AM to 6PM Thursday, 6AM to 12 noon Friday. At other times, contact the meet director.</p>
<p>Warning:</p>	<p>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.</p> <p>All swimmers, coaches and officials must be properly registered with USA Swimming for 2006. All athletes should be registered prior to the meet entry deadline of March 7, 2006. Registrations will be verified against the USA Swimming database before Deck Credentials are issued. There will be no USA Swimming registration available on site.</p>
<p>Time Trials:</p>	<p>Time Trials will be conducted as time permits between the preliminaries and finals session of the meet.</p> <p>Time trials will be open to all registered meet participants including relay-only swimmers. Each swimmer will be limited to a maximum of 2 time trials and must adhere to the daily limit of events.</p> <p>Time trials for the women's 1650yd freestyle and men's 1000yd freestyle will be conducted on Thursday evening only following the completion of those events. Time trials for the women's 1000yd freestyle and men's 1650yd freestyle will be conducted on one day only and will be scheduled last on the day with the most time available for time trials. All other events will be offered each day (time permitting) using the following formula: That day's events, followed by the events of the subsequent days, followed by the events from previous days. That is on Saturday, we will swim Saturday's events, followed by Sunday's events, followed by Friday's events.</p> <p>The entry fee for time trials will be \$10.00 per individual event and \$25.00 for relays. Swimmers must sign up for time trials by 60 minutes prior to the scheduled end of each day's preliminary session.</p>

<p>Entry Fees:</p>	<p>Individual Events: \$10.00 Relays: \$25.00</p> <p>Entry fees for other than FAX entries must be received by 5:00 PM on Monday, March 13, 2006. Entry Fees for FAX entries will be due when receiving credentials.</p> <p>Any entry for which the fees are not received by the applicable deadline will be removed from the meet.</p> <p>Each team is requested to remit one check to cover the entry fees for the entire team. Please do not send cash. Please make sure the club name is clearly indicated on all checks submitted.</p>
<p>Make checks payable to</p>	<p style="text-align: center;">Naval Academy Aquatic Club</p>
<p>Entries:</p>	<p>It is preferred that entries may be sent via e-mail.</p> <ol style="list-style-type: none"> 1. Entries must arrive by the due date and time, Tuesday, March 7th at 5:00 PM. 2. Include with your commlink file one (1) report by name and one (1) by event. Create these reports in Team Manager and save as Word for Windows files. 3. All Relay-only swimmers must be listed in the commlink file or on the Master Entry Sheet if entering by paper. 4. The Hy-tek proof of times report must be submitted with your entries. 5. In the body of your e-mail provide entry numbers (girls, boys, totals and number of relay only swimmers, girls and boys). Include contact information (e-mail and phone number). 6. Send e-mail to Chris Villa at chrisjamesvilla@hotmail.com 7. Send entry fee check separately. <u>Entry fees</u> for the initial entry deadline are due by Monday, March 13th. <p>Entries may also be sent via mail/express mail/ etc. Disk entries require one (1) meet entry report by name and one (1) by event from Team Manager. Entries may also be submitted a Master Entry Sheet.</p> <p>Note: Please ensure that mailed entries do not require signature.</p> <p>Entries that are not submitted on the required forms or proper computer format, are not complete, or are not legible, will not be accepted and will be returned. The Meet Director will not be held responsible if there is not time to properly resubmit the entry.</p>

<p>Send Entries To:</p>	<p>Chris Villa 566 Brownson Rd. Annapolis, MD 21402 email at chrisjamesvilla@hotmail.com Phone Number: 410-293-3013 Fax Number: 410-293-3811</p> <p>Note: Mail must be sent with signature waived</p>
<p>Late Entries:</p>	<p>Entries for swims occurring during the "Late Entry Period" which achieve a first time qualifying standard must be made on the appropriate FAX Entry Form and sent by FAX transmission.</p> <p>FAX entries may not be used to improve the seed time of a previously submitted entry and may not cause the swimmer to exceed the maximum number of events for the meet or for any one day.</p> <p>Late Entry Period: --- March 7 to March 13, 2006 FAX Entry Deadline: --- 2:00 PM, Tuesday, March 14, 2006 FAX Entry Phone Number: --- 410-293-3811</p>
<p>Site Information</p>	<p>Information/Lost & Found --- Information will be available at the Registration Table. The Lost & Found is located behind meet director desk located by the starting blocks.</p> <p>Lockers -- Lockers are available for use. Swimmers should bring their own locks. Locks must be removed from the lockers at the end of each day. Each individual must assume responsibility for securing their valuables. The United States Naval Academy and the meet host are not responsible for lost or stolen items. Shaving down is not allowed in the facility.</p> <p>Medical Assistance --- Lifeguards are trained for emergency situations.</p> <p>Concessions --- Concessions will be located in the classroom located on the second floor of Lejeune Hall adjacent to the bleachers.</p> <p>Hospitality --- A hospitality room for coaches and officials will be located on the second floor in the Karate room. Details available at the registration table.</p>
<p>Meet Results</p>	<p>Complete meet results will be posted for download at conclusion of the meet. Results will be posted continuously throughout the meet on the meet's website.</p>

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Thursday, March 16								
General Warm-up 12:00 Noon -3:20 PM								
Session Warm-up 3:20 -4:20 PM Events 4:30 PM								
Women				Men				
Event #	SCY	SCM	LCM		SCY	SCM	LCM	Event #
1 @	17:54.39	17:43.19	18:16.79	1650 Freestyle				
				1000 Freestyle	10:09.89	8:58.59	9:11.39	2 @
@ - Positive Check-in required by 3:00 PM on Thursday								

Friday, March 17								
Prelim Warm-up 6:30 AM Events 9:00 AM								
Finals Warm-up 5:00 PM Events 6:00 PM								
Women				Men				
Event #	SCY	SCM	LCM		SCY	SCM	LCM	Event #
3	1:57.79	2:10.79	2:12.69	200 Freestyle	1:46.49	1:58.09	2:01.49	4
5	1:08.89	1:16.49	1:18.29	100 Breaststroke	1:02.19	1:09.09	1:10.39	6
7	1:00.09	1:06.79	1:07.49	100 Butterfly	54.09	1:00.09	1:00.89	8
9	4:39.99	5:09.69	5:22.19	400 Individual Medley	4:15.09	4:43.19	4:49.89	10
11 % #	8:05.39	8:58.89	9:06.69	4 x 200 Freestyle Relay	7:22.39	8:06.69	8:14.79	12 % #
% - Fastest two heats of all relays will be swum in finals.								
# - Positive Check-in required by 6:30 PM on Thursday								
Scratch deadline for all Friday events is 6:30 PM Thursday								

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Saturday, March 18												
Prelim Warm-up 6:30 AM				Events 9:00 AM								
Finals Warm-up 5:00 PM				Events 6:00 PM								
Women									Men			
Event #	SCY	SCM	LCM					SCY	SCM	LCM	Event #	
13 % #	4:12.29	4:40.29	4:44.09	4 x 50 Medley Relay				3:46.99	4:15.59	4:19.69	14 % #	
15	2:13.49	2:28.19	2:29.49	200 Butterfly				2:01.49	2:14.89	2:16.29	16	
17	25.39	28.19	28.59	50 Freestyle				22.49	24.99	25.59	18	
19	2:30.49	2:47.09	2:49.39	200 Breaststroke				2:15.39	2:30.29	2:32.99	20	
21	1:01.09	1:07.89	1:09.39	100 Backstroke				55.09	1:01.19	1:02.89	22	
23	5:12.49	4:32.59	4:38.19	500 Freestyle				4:48.39	4:10.89	4:18.59	24	
25 % #	3:45.79	4:10.89	4:14.99	4 x 100 Freestyle Relay				3:21.89	3:44.09	3:48.69	26 % #	
% - Fastest two heats of all relays will be swum in finals.												
# - Positive Check-in required by 6:30 PM on Friday												
Scratch deadline for all Saturday events is 6:30 PM Friday												

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Sunday, March 20												
Prelim Warm-up 6:30 AM				Events 9:00 AM								
Finals Warm-up 5:00 PM				Events 6:00 PM								
Women									Men			
Event #	SCY	SCM	LCM					SCY	SCM	LCM	Event #	
27 % #	1:44.59	1:56.19	1:57.79	4 x 50 Freestyle Relay	1:32.69	1:42.19	1:45.49	28 % #				
29 #	10:40.29	9:19.99	9:34.99	1000 Freestyle								
				1650 Freestyle	16:43.99	16:35.19	17:21.99	30 #				
31	2:11.89	2:26.49	2:28.99	200 Backstroke	1:59.39	2:12.59	2:15.39	32				
33	54.79	1:00.89	1:01.89	100 Freestyle	48.99	54.39	55.69	34				
35	2:12.49	2:26.59	2:30.59	200 Individual Medley	1:59.79	2:12.99	2:16.59	36				
37 % #	4:12.29	4:40.29	4:44.09	4 x 100 Medley Relay	3:46.99	4:15.59	4:19.69	38 % #				
% - Fastest two heats of all relays will be swum in finals.												
# - Positive Check-in required by 6:30 PM on Saturday												
Scratch deadline for all other Sunday events is 6:30 PM Saturday												