

**EASTERN ZONE  
AGE GROUP ALL STAR  
SWIMMING COMPETITION  
SHORT COURSE YARDS**

**MARCH 29-31, 2007**

also at [www.starswimming.org](http://www.starswimming.org)

**SPONSOR/HOST:** USA Swimming, Inc. and STAR Swimming, Inc.

**SANCTION:** Niagara Swimming, Inc. Sanction # NI 0701

**LOCATION:** Erie Community College Flickinger Aquatic Center  
21 Oak Street Buffalo, New York 14203

**FACILITIES:** Flickinger Aquatic Center - 2 Twenty Five (25) yard eight lane indoor courses with continuous flow through gutters and Kieffer-McNeil lane dividers. In addition, there is a separate 25 yard five lane pool for continuous warm-up and warm-down. Colorado 5000 Electronic Timing Systems, OMEGA touchpads - flat wall mounted at the bulkhead end, and gutter mounted at the start end of the pool - horn start and two separate scoreboard readouts.

**MEET DIRECTOR:** Dave Bimber  
5568 Coachman's Lane  
Hamburg, NY 14075  
(716) 649-2701  
dbimber@adelphia.net

**RULES:** This meet will be governed by USA Swimming Inc. rules .

**EVENT ORDER:** The meet will be conducted in accordance with the enclosed Schedule of Events.

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

10 & Under events are Timed Final Events 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 during the Evening Finals. All heats of the 10 & Under relays will be swum in the afternoon session.

**WARM-UPS:** Lanes for warm-ups will be assigned for each LSC. There will be no diving from the blocks or side of the pool unless the meet marshals have designated that lane as a one way sprint lane. No paddles or ancillary equipment may be used during the official warm-up period. LSC's are expected to patrol their assigned lanes to ensure a safe warm-up procedure.

**STARTING TIMES:** *All Days*

<b>11 &amp; Over Prelims:</b>	Warm-up 7:30 AM	Start 9:00 AM
<b>10 &amp; Under Timed Finals</b>	Warm-up 12:30 PM	Start 1:20 PM
<b>Evening Finals</b>	Warm-up 4:30 PM	Start 6:00 PM

**ENTRY ELIGIBILITY:**

- Each swimmer must be a 2007 USA Swimming registered athlete with the LSC which they are representing.
- Each swimmer must be entered by the LSC prior to the entry deadline.
- Competition is restricted to Eastern Zone LSCs.

**2007 EASTERN ZONE MAXIMUM QUALIFYING TIMES FOR ZONE MEETS**

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.39	26.59	23.89	50 FREESTYLE	21.39	23.69	24.79
58.89	57.09	51.89	100 FREESTYLE	46.49	51.29	53.89
2:06.99	2:03.09	1:51.69	200 FREESTYLE	1:41.69	1:52.49	1:57.29
4:25.59	4:15.49	4:55.89	400/500 FREESTYLE	4:34.79	3:57.79	4:08.59
9:06.69	8:51.69	10:10.99	800/1000 FREESTYLE	9:32.69	8:20.79	8:37.29
17:32.49	16:48.29	16:58.29	1500/1650 FREESTYLE	15:56.69	15:56.19	16:31.39
1:06.69	1:03.39	57.69	100 BACKSTROKE	51.79	57.59	1:00.59
2:22.79	2:16.99	2:03.59	200 BACKSTROKE	1:52.29	2:04.59	2:11.49
1:14.99	1:12.79	1:05.19	100 BREASTSTROKE	58.29	1:04.69	1:08.39
2:41.59	2:37.29	2:20.69	200 BREASTSTROKE	2:07.19	2:22.49	2:28.59
1:04.39	1:02.79	57.09	100 BUTTERFLY	50.79	55.69	58.19
2:21.19	2:17.49	2:05.09	200 BUTTERFLY	1:53.19	2:03.79	2:09.79
2:24.29	2:19.19	2:06.09	200 IM	1:53.79	2:05.69	2:12.39
5:03.69	4:55.29	4:27.79	400 IM	4:02.49	4:28.29	4:41.59

Notes:

**These times are based on the slowest of the 2007 Time Standards for the SC Nationals, 2007 Speedo Junior National Championships, or the 2007 18/Under Standards for the US Spring Championships**

**13 and Over Swimmers may not enter the 2007 zone meet (either SC or LC) if they have a QT in any event equal to or faster than the above times.**

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



1. 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.
2. Swimmers used for entry substitutions must be already entered in the meet.
3. No adjustment in seeding will be made to accommodate the substitution.
4. The entry deadline for substitutions will be thirty (30) minutes prior to the starting time of each session.
5. A form for making substitutions will be provided in the manager's packet.

**SCRATCHES:** The scratch procedure will be done in accordance with USA Swimming rules 207.12.10. D & E

Scratches from Finals should be turned in on the prescribed form to the computer table no later than 30 minutes following the announcement of the preliminary results. No scratching is necessary for preliminary swims.

**SCORING:** Individual Events: 9-7-6-5-4-3-2-1 (1st thru 8th)  
Relays: 18-14-12-10-8-6-4-2 (1st thru 8th)

**AWARDS:** Individual events: Medals through 8th place.  
Relays: Medals through 3rd place.  
Individual Awards: Members of the overall Championships Team will receive a pin and Championship Certificate.  
Participants: All participants will receive a Participation Certificate  
Record Breakers: All record breakers will receive a Commemorative 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.

**ENTRY OF TIMES:**

All swimmers must be entered with their actual time. This time must have been achieved by the swimmer between March 23, 2006 and March 22, 2007. **No converted times are allowed for entry to this meet.**

**SEEDING:** This is a pre-seeded meet. Eight (8) swimmers will advance to the finals for

Prelim-Final Events.

The Zone's Substitution rules will apply for this meet.

**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 Team Managers at 6:00 PM on Wednesday, Marcy 28, 2007 at the ECC Aquatic Center.

**PRACTICE TIME:**

The Flickinger Aquatic Center will be open from 3:00 PM to 9:00 PM on Wednesday, March 28, 2007 for warm-up. Team Managers should email the Meet Director by March 23rd requesting lane assignments for the warmup session. (Please note that 5 – 7 PM is very popular. Lane availability will be more limited in that timeframe).

## **OFFICIALS:**

Each LSC will provide a minimum of one (1) stroke and turn judge at each pool (for each session). Additional officials are always welcome. Key officials, referees, starters, as endorsed by each LSC, will be assigned where possible. Final assignment and schedule of personnel will be established by the Meet Referee.

Officials meetings will be held one hour prior to the start of each session (preliminaries and finals).

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 Dave Bimber for more information and an application to be evaluated. Details of the certification can be found on the USA Swimming website at

**<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=98&Alias=Rainbow&Lang=en>**

## **TIMERS:**

Each LSC will be responsible for providing at least 2 timers for each preliminary session, and for each afternoon session with the 10 & Unders. Lane assignments will be provided to the Team Manager. The host will provide timers for evening finals (volunteers from other LSC’s are always welcome).

## **Adapted Swimmers:**

Each LSC may bring two swimmers with disabilities age 12 & under, and two swimmers age 13-18 to the meet. These adapted swimmers are in addition to the swimmers who have qualifying times for the meet events. Each LSC may select the adapted swimmers at their own discretion. With the recommendation of the LSC coach or Manager, the meet staff will determine where the swimmer best fits into the meet (seeded with their peers, seeded with their peers but in a shorter distance, seeded with younger swimmers, etc.) and will place them accordingly. All adapted swimmers competing in the meet will receive participation medals.

## **Procedures for Inclusion of Swimmers with Disabilities**

- ▶ Swimmers with disabilities may compete without having achieved the qualifying standard for their age group. However, they must provide a time for each event they enter. Swimmers with disabilities shall be entered on the form included on the next page. You can email this information – but all of the information on the entry form must be included in the email! Classification of a swimmer with a disability is irrelevant.
- ▶ Each LSC may select two swimmers with disabilities age 12 and under and two swimmers age 13-18 in any manner deemed appropriate.
- ▶ 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 of any disability-related accommodations he/she may need in order to compete. In addition 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. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
- ▶ Aside from the norm, the meet staff has the ability to seed the swimmer with a disability in a number of ways. These options include: seed the swimmer with others of the appropriate gender, allowing the swimmer to complete half the distance of their age group (swim the 100 yard backstroke during the 200 yard race), or swim 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 freestyle with the 10 & under age group). The final meet results should show the swimmer

with a disability listed in the correct age 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 light is obscured, and the light cannot be repositioned.

- ▶ It is the responsibility of the USA Swimming Adapted Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.

### **PROGRAM & ADMISSION:**

Meet Prelim Programs will be on sale for \$15.00.  
Final heat sheets will be \$2.00 each night.  
Spectator admission fee is \$5.00 Prelims/ \$3.00 Finals.  
Children under 12 admitted free of charge.

### **TEAM SEATING**

Team seating will be determined at the Team Managers Meeting  
Each LSC will receive eight (\*) all session admission passes for chaperones.

### **DECK CREDENTIALS**

Credentials will be provided only for working officials, the Meet Coordination Committee and designated LSC team representatives who are listed on the LSC team roster. Credentials will be required to be on deck. Everyone receiving a Credential will be required to show current USA Swimming Membership. In addition, all coaches will be required to show Coaching Credentials.

Up to eight (8) team coaches plus the Team manager or alternate will be provided with deck credentials.

### **TEAM MANAGER:**

Each LSC must provide the name of an individual to serve as 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. 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.

A Team Managers meeting will be held on Wednesday, March 28, 2007 at 6:00 PM at the ECC Aquatic Center. Information packets and credentials will be distributed at this meeting. Each LSC is responsible for the information discussed 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 in writing. Protests regarding eligibility as stated in Rule 102.11 will not be accepted from anyone other than the Team Manager or his/her designee. The Meet Jury will consist of the Meet Director, the Meet Referee and depending on the session in which the protest originated, 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 Mgr:	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD	AM

If the designated LSC is an interested party to the protest, Meet Jury representation will be made by the next disinterested LSC in the rotation. Any member of the Meet Coordination Committee may provide support to the Meet Jury as an Ex-officio member at the Meet Director's discretion.

## **CONDUCT:**

Proper conduct at all times will be enforced by coaches, chaperones, parents, meet marshals, meet directors. **ANY SWIMMER FOUND IN OUT-OF-BOUNDS AREAS WILL BE BARRED FROM THE REMAINDER OF THE MEET.**

Any issues of Misconduct (as defined by the Eastern Zone) which occur within the meet venue will be adjudicated by the meet jury. The zone manual defines misconduct as follows:

“Misconduct includes but is not necessarily limited to: 1/ Violation of safety guidelines outlined in the meet announcement. 2/ Disrespect to meet management personnel, officials or fellow athletes. 3/ Stealing, destroying, vandalizing or possessing the property of others. 4/ Possession or use of alcoholic beverages, tobacco products or illegal drugs.”

**HOTELS:** Hotel information is available on the Star Swimming website at:  
<http://www.starswimming.org> **PLEASE RESERVE EARLY.**

**PARKING:** Parking in large municipal lots adjacent to the Flickinger Aquatic Center and college parking lots at University at Buffalo.

## **MEET MARSHALS:**

Marshals have the authority through the Meet Referee over warm-ups. A swimmer and/or coach may be removed from the deck for non-compliance with warm-up procedures.

## **REFRESHMENTS:**

Large refreshment concessions located in lobby of the Alumni Arena Pool and Flickinger Aquatic Center. Coaches and officials hospitality located in separate area.

## **ENTRY PROCEDURES:**

The submission of an entry by an LSC represents a contract between the LSC and the host team. Entry in this meet represents the entering LSC's intention to comply with the rules and regulations of the meet as stated.

Entries should be submitted using Hy-Tek Team Manager or other Meet Manager compatible software.

Entry times must be in short course yards. Converted times or non-conforming times will not be accepted.

The Meet Entry Fee is \$800 per LSC payable to Star Swimming.

Entries must be received by March 22, 2007 at 5 PM.

Completed entries from each LSC should be sent by e-mail, backup documentation and the check for entry fees may be mailed to:

Dave Bimber  
5568 Coachman's Lane  
Hamburg, NY 14075  
(716) 649-2701  
dbimber@adelphia.net

**ENTRY DEADLINE: March 22, 2007 at 5:00 PM. This is an absolute deadline that has been set as late as possible while still allowing time to print the meet programs!**

Entry disks and fees must be received by the Meet Entry Director no later than the above date and **NO FAX OR TELEPHONE ENTRIES WILL BE ACCEPTED!**



**Thursday Events  
11 & Older**

**Friday Events  
11 & Older**

<u>FEMALE</u>	<u>EVENTS</u>	<u>MALE</u>	<u>FEMALE</u>	<u>EVENTS</u>	<u>MALE</u>
1	11-12 200 Back	2	48	11-12 200 Free-R	49
3	15-18 100 Breast	4	50	15-18 200 Free-R	51
5	13-14 100 Breast	6	52	13-14 200 Free-R	53
7	11-12 50 Breast	8	54	11-12 200 Fly	55
9	15-18 200 Free	10	56	15-18 200 IM	57
11	13-14 200 Free	12	58	13-14 200 IM	59
13	11-12 100 Free	14	60	11-12 100 IM	61
15	15-18 100 Fly	16	62	15-18 50 Free	63
17	13-14 100 Fly	18	64	13-14 50 Free	65
19	11-12 50 Fly	20	66	15-18 200 Breast	67
21	15-18 400 IM	22	68	13-14 200 Breast	69
23	13-14 400 IM	24	70	11-12 100 Breast	71
25	11-12 200 IM	26	72	15-18 100 Back	73
27	15-18 1000 Free	28	74	13-14 100 Back	75
29	13-14 1000 Free	30	76	11-12 50 Back	77
31	15-18 400 Free-R	32	78	15-18 500 Free	79
33	13-14 400 Free-R	34	80	13-14 500 Free	81
35	11-12 400 Free-R	36	82	11-12 200 Free	83
			84	15-18 200 Med-R	85
			86	13-14 200 Med-R	87

\* All Relays swim in Finals

\*\* 1000 Free - Fastest Heat Swims in  
Finals, all others in the morning  
session.

\* All Relays Swim in Finals.

**Thursday Events  
10 & Under  
Timed Finals**

**Friday Events  
10 & Under  
Timed Finals**

<u>FEMALE</u>	<u>EVENTS</u>	<u>MALE</u>	<u>FEMALE</u>	<u>EVENTS</u>	<u>MALE</u>
37	10&U 100 Free			10&U 100 Free	88
	10&U 100 IM	38	89	10&U 100 IM	
39	10&U 50 Breast			10&U 50 Breast	90
	10&U 100 Breast	40	91	10&U 100 Breast	
41	10&U 50 Fly			10&U 50 Fly	92
	10&U 50 Back	42	93	10&U 50 Back	
43	10&U 200 IM			10&U 200 IM	94
	10&U 200 Free	44	95	10&U 200 Free	
45	10&U 500 Free			10&U 500 Free	96
	10&U 400 Free Relay	46	97	10&U 400 Free-R	
47	10&U 200 Free Relay			10&U 200 Free-R	98



**Saturday Events  
11 & Older**

<u>FEMALE</u>	<u>EVENTS</u>	<u>MALE</u>
99	11-12 500 Free	100
101	15-18 200 Back	102
103	11-12 200 Breast	104
105	13-14 200 Back	106
107	11-12 100 Back	108
109	15-18 200 Fly	110
111	13-14 200 Fly	112
113	11-12 100 Fly	114
115	15-18 100 Free	116
117	13-14 100 Free	118
119	11-12 50 Free	120
121	15-18 1650 Free	122
123	13-14 1650 Free	124
125	15-18 400 Med-R	126
127	13-14 400 Med-R	128
129	11-12 200 Med-R	130

\* All Relays swim in Finals

\*\* 1650 Free - Fastest Heat Swims in  
Finals, all others in the morning  
session.

**Saturday Events  
10 & Under  
Timed Finals**

131	10&U 100 Back	132
133	10&U 50 Free	134
135	10&U 100 Fly	136
137	10&U 200 Med-R	138

