



**USA Swimming Speedo Champions Series Meet
 Super Sectional– Hosted by: STAR Swimming
 Erie Community College
 121 Ellicott Street Buffalo, NY 14203
 August 1-4, 2013**



Held under the Sanction of USA Swimming, through Niagara Swimming,
 Sanction Number **NI**
 Time Trial Sanction Numbers **NI**

**Preliminaries- 9:00am
 Women’s Events**

**Finals- 5:00pm
 Men’s Events**

Day 1- Thursday, August 1		
1	200 meter Individual Medley	2
3	100 meter Freestyle	4
5	100 meter Breaststroke	6
7	1500 meter Freestyle	
	800 meter Freestyle	8
Day 2- Friday, August 2		
9	200 meter Freestyle	10
11	100 meter Butterfly	12
13	400 meter Individual Medley	14
15	400 meter Freestyle Relay	16
Day 3- Saturday, August 3		
17	200 meter Butterfly	18
19	100 meter Backstroke	20
21	400 meter Freestyle	22
23	800 meter Freestyle Relay	24
Day 4- Sunday, August 4		
25	200 meter Backstroke	26
27	50 meter Freestyle	28
29	200 meter Breaststroke	30
31	800 meter Freestyle	
	1500 meter Freestyle	32
33	400 meter Medley Relay	34

Notes:

1. The 800 and 1500 Freestyle events and ALL relay events are positive check-in events. Swimmers/Teams must check-in with the Clerk of Course by the scratch deadline for that event in order to be seeded.
2. RELAYS are Timed Final Events with the fastest two heats swimming in finals.
3. The 800 and 1500 DISTANCE EVENTS are Timed Final Events with the fastest heat swum in finals, and all other heats swum as indicated in the meet info.



Administrative Information:

Meet Referee: Bob Vincent rdv@vwi.com 703.608.9769
Meet Director: Karyn (Bimber) McCannon kkbimber@verizon.net 716.868.6611
Admin Referee: Tim Husson thusson@comcast.net
Niagara Officials Chair: Jim Stromski jrstromski@gmail.com
STAR Officials Contact: Katherine McCauley cmkmccauley@verizon.net

Meet Marshals shall be provided by STAR Swimming in accordance with the requirements of Niagara Swimming. The Head Marshal for this meet will be Lynda Blake.

Facility Information:

Eight lane 50 meter pool with continuous flow through gutters and Kieffer-McNeil lane dividers. One 50 meter eight lane pool and separate 25 yard six lane pool for continuous warm-up and cool-down. Colorado 5000 Electronic timing System with gutter mounted touchpads, horn starts and scoreboard readouts at each end of pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 7' at turn end pool is 9'6" in depth.

FACILITY SCHEDULE (tentative)

	Warm-Up	Prelims	Warm-Up	Finals
Wednesday	General Meeting 4:00pm		General Warm-up 2:00pm to 7:00pm	
Thursday	7:00a-8:50a	9:00a	3:30p-4:45p	5:00pm
Friday	7:00a-8:50a	9:00a	3:30p-4:45p	5:00pm
Saturday	7:00a-8:50a	9:00a	3:30p-4:45p	5:00pm
Sunday	7:00a-8:50a	9:00a	4:00-4:45p	5:00pm

The Pool will tentatively be open until 9:00pm to allow for cool down, or 30 minutes after the last event, whichever is later.

DECK ADMITTANCE

All participating swimmers, coaches, and working officials will be issued deck credentials. These must be worn at all times. Please use designated pool entry areas.

REGISTRATION AND CREDENTIALS

Coach packets and credentials for athletes, coaches and officials will be available in the entrance area on the lower pool level. Credentials must be visible at all times when on deck. \$10 will be charged for replacement of badges.

USA Swimming Membership

All swimmers, coaches, and officials must be current 2013 members of USA Swimming. Any team or individual entering a swimmer without a current USA Swimming membership may be subject to a \$100 per swimmer fine. There will be NO deck registration.



ADMISSIONS AND PROGRAMS

Meet Program	\$15 (Psych Sheet for Prelim and Timed Final events, and a seeded heat sheet for each day's prelims with stamped proof of purchase).
Thursday-Sunday Admission	\$ 5 prelims sessions, \$3 for finals sessions
All Sessions Pass	\$20 (does not include program or daily heat sheets)
Heat Sheets ONLY	\$6 for prelim seeded heat sheet, \$3 for finals seeded heat sheet

OFFICIALS CERTIFICATION

Certified officials wishing to work the meet should submit applications to the Eastern Zone Officials Chairman by July 10, 2013 for all positions. Assigned Officials will be notified by July 15, 2013. The application form can be found at: [Application to Officiate](#)

**The meet is approved as an Officials Qualifying Meet for all positions 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

A General Meeting will be held on Wednesday July 31, 2013 at 4:00pm. If necessary, additional coach's meetings will be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coach's meetings (Rule 207.11.1C). Coaches are responsible for all information from these meetings including changes in the meet conduct, and the decisions made at this meeting.

OFFICIALS BRIEFINGS

The Initial Officials Briefing will be at 7:30am on Thursday August 1, 2013. All other Officials Briefings will start 1 hour prior to the start of the session.

Meet Information:

Prelims Events	August 1, 2, 3 & 4	9:00 am
Finals Events	August 1, 2, 3 & 4	5:00 pm
Time Trial Events	August 1, 2, 3 & 4	½ Hour after conclusion of prelims, time permitting

SCRATCH AND POSITIVE CHECK-IN PROCEDURES

The USA Swimming Scratch Policy Rule 207.11.6 A-E will apply through the meet.

Scratches from finals shall be made with the Administrative Referee. All other scratches shall be made in the Scratch Box, which shall be located at the meet check-in table until the General Meeting, at the General Meeting, then at the Clerk-of-Course.

All relays and distance events (800 Free, 1500 Free) **must** be checked in with the Clerk of Course. Both the Scratch Deadlines and Positive Check-In Deadlines for all events will be as follows:

Thursday Events:	15 minutes after the General meeting ends on Wednesday July 31- to be posted no later than 8pm.
Friday Events:	5:30pm Thursday Evening
Saturday Events:	5:30pm Friday Evening
Sunday Events:	5:30pm Saturday Evening



RULES

USA Swimming Rules will govern this competition. This includes the current national Championship rules including scratch rules (Section 207.11).

In compliance with USA-Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms.

The practice of deck changing is prohibited.

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.

Dive-over starts may be used during the preliminary sessions at this meet at the discretion of the Meet Manager and/or Meet Referee.

ELIGIBILITY

The 2013 Speedo Championship Series Long Course Super Sectional Meet is open to any registered USA Swimming athlete with a meet qualifying time. Qualifying times must have been achieved in USA Swimming sanctioned, approved, observed competition from January 1 2012 through the meet entry deadline.

SEEDING ORDER

LC Meters, SC Meters, SC Yards

Entry Information:

TIME STANDARDS

See enclosed order of events with qualifying times included.

ONLINE MEET ENTRY

Except for qualifying times achieved for the first time between July 23, 2013 and July 28, 2013, all entries must be submitted through USA Swimming's website using OME (Online Meet Entry). All coaches planning on attending the meet **MUST** be included with the entry for the confirmation of coach credentials prior to receiving coach's packet or deck credentials. Any coach not on the original entry **MUST** show proof of current credentials proper to receiving the coach's packet or deck credentials (no exceptions).

ENTRY DEADLINE

Entry deadline is Monday July 22, 2013 at 11:59pm (EST). OME will open for this meet on July 1, 2013 at www.usaswimming.org/ome

TIMES ACHIEVED AFTER July 23, 2013

Additional entries from meets occurring between July 23, 2013 and July 28, 2013 are due by 10:00pm (EST) on Monday July 29, 2013. These entries must be submitted to the host club via email only, using a Hy-Tek entry file. These entries should be emailed directly to kkbimber@verizon.net. This is for athletes achieving first time cuts in this specific time period. All other entries must use the on-line entry procedure. For those entry times achieved between July 23, 2013 and July 28, 2013 coaches shall be required to produce official meet results to prove their entry times.

Payment for the entries must be received at the pre-meet coaches meeting (NO EXCEPTIONS) on Wednesday, July 31, 2013. If payment is not received at this time, these entries will be scratched from the meet. Please remember that this "late entry period" is for **new** qualifying times that occur between July 23, 2013 and July 28, 2013. Once the OME deadline passes no time updates are permitted.



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) or times achieved during the late qualifying period must be prepared to prove the times with a copy of the official meet results.

Any time listed in the Psych Sheet with an “ * ” indicates that the time has not been proven yet.

QUESTIONS REGARDING OME

USA Swimming On-Line Meet Entry Questions contact:

Anthony Buhr

Office: 719 866-3581

www.usaswimming.org/ome

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 July 22, 2013 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. 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 “non-conforming” and will be seeded according to USA Swimming procedures. *Do not convert times before entering them.* Entries that have NOT used the OME entry process will not be accepted, except for those times achieved during the extended entry period (July 23- 28, 2013). These times must be submitted using Hy-Tek Team Manager. No fax entries will be accepted at any time. Email scratch from the entire meet and for individual events will be allowed- please contact the Admin Referee and Meet Director.

***NOTE: Teams using Team Unify during the extended entry period, July 23- July 28, 2013, must submit an entry report with their entry file.

Meet Manager does not import the bonus marker from Team Unify, and entry times will be rejected.

ENTRY FEES

\$10 per individual event, \$10 per bonus event, \$25 per relay, there is also a \$5 per swimmer Swimming Surcharge, and a \$5 per team surcharge.

EVENT LIMITATIONS

Swimmers may enter any number of events in which he/she has qualified, but may not compete in more than three (3) individual events per day, and a total of seven (7) for the meet. Each team is allowed to enter up to two (2) relays in each event. At least one (1) swimmer swimming on each relay must be entered in the meet in an individual event.

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 the procedure, including the number of heats of each event swum in the “A Flight” session, will be announced at the General Meeting.

Final Results and Live results

Complete meet results (including the meet manager results for TM and backup files) will be available on both the Eastern Zone and Niagara websites after the meet. Live results will be available at www.starswimming.org.



BONUS EVENTS

Swimmers making 1 Qualifying Time	1 Bonus Event
Swimmers making 2 Qualifying Times	2 Bonus Events
Swimmers making 3 Qualifying Times	1 Bonus Event
Swimmers making 4 or more	0 Bonus Events

Limits on daily individual events three (3) and total meet events (7) will still apply. Bonus events are seeded last. ****FOR DISTANCE EVENTS:** There shall be no bonus swims for the 800 Freestyle or the 1500 Freestyle except for the following condition: Any swimmer achieving a qualifying time in the 800 or 1500 freestyle may choose to enter the other distance event as a bonus entry, not to exceed the event limitations. ******

Meet Conduct:

All events, except the 800 and 1500 Freestyle and relay events, will be conducted with preliminary and C, B, and A (Bonus, Consolation, and Championship) final heats. The 800 Free, 1500 Free and all relays are timed final events requiring positive check-in.

All distance swims MUST positively check-in and declare their intent to swim by the scratch deadline for that day’s events TO BE SEEDED.

Relays and Relay Check-In Procedures:

Relays are timed final events. The fastest two heats will swim with finals during the evening session. Teams are limited to 2 relay entries in each relay event. All relays must be positively checked-in by the appropriate scratch deadline. In order to be eligible, all relays must have at least one swimmer who is entered in a non- bonus individual event. 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. The Sunday Relay Rule will be in effect for Sunday Relays. Remaining heats will swim with preliminaries during the morning sessions.

Meet Scoring:

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

Distance Freestyle:

- A. Distance Entry - Any swimmer who qualifies for the 800 and/or 1500 freestyle events may enter at their fastest time or at the time standard, if entered in two or more events on the days of the distance freestyle
- B. Distance Check-In and Seeding - Entrants in the 800 and/or 1500 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before, except for Thursday’s events, which will be published by 8 PM on Wednesday. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest
- C. Order of Distance Events

Thursday events (W-1500 & M-800) will swim, with only the fastest (single) heat swum in the final session. All other heats are to swim immediately following the last morning event (Men’s 100 Breaststroke). Both events will swim **fastest to slowest**. The heats swum in the morning will alternate between the Women’s and the Men’s events in the following pattern:

Second fastest women’s heat 1st, Second fastest men’s heat next, Third fastest women’s heat 3rd Third fastest men’s heat fourth and continuing until all heats are swum
 ---In Finals the events will swim in numerical order.



Sunday events (W-800 & M-1500) will swim, with only the fastest (single) heat swum in the final session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end at 4pm. Both events will swim **slowest to fastest**. The heats swum in the afternoon will alternate between the Women's and the Men's events in the following pattern:

Second fastest men's heat last, Second fastest women's heat next to last, Third fastest men's heat third from last, Third fastest women's heat fourth from last, continuing until all heats are swum
---In Finals the events will swim in numerical order.

Finals Event Order

There will be a bonus final in each Prelim- Final event. The order of the final events shall be C, B, and A (bonus, consolation, and championship). Finals Scratch Rules applies to C,B and A Finals (207.12.6.D)

Bios will be used for the A Finals. Finals will be swum D C B A. The D heat is reserved to the next fastest 18 and younger athletes. We shall only swim a D heat if the athlete count is above 600 in individual events, relay only swimmers do not count towards the athlete count.

FINES

The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any Swimmer in the initially announced top 26 (top 24 plus 2 alternates) that does not show up to compete (without properly scratching) will be subjected to a \$50 fine. Checks will be made out to the Eastern Zone.

Time Trials

Any swimmer entered in the meet may participate in Time Trials. Relay only swimmers **are** permitted to enter Time Trials. **At the Meet Referee discretion, time trials may be modified due to the amount of available time- to be announced at the General Meeting.** Athletes **MUST** provide their own timers for Time Trials.

Time Trials shall be swum as follows:

That day's events, followed by the events of the remaining days of the meet, followed by the events of the previous days. Thursday's Time Trials will occur 30 minutes after the conclusion of the morning distance events. The 800 & 1500 Free will only be swum only one day (TBD). Any change will be announced at the General Meeting.

Swimmers are limited to a maximum of 2 time trials for the meet, and must adhere to the daily limit of events.

Entry Fee for Time Trials

\$10 per individual event entry

\$25 per relay event entry

TEAM AWARDS

The top 3 teams in Women's and Men's Scoring, and the 1st place Combined Team will receive awards.

INDIVIDUAL AND RELAY AWARDS

Medals: 1st, 2nd, 3rd place for both Individual Events and Relay Events

AWARDS CEREMONIES AND READY ROOM

Swimmers competing in the A final events are expected to report to the Ready Room area no more that 10 minutes prior to their event. The A finalists are expected to remain in the Ready Room until the march-out for their event. Awards will be presented during the evening finals. A full sequencing of awards will be published with the heat sheet for each finals session.



Pool Access

Only working USA Swimming Registered Officials, Coaches, Swimmers, and meet volunteers 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 will be charged for the replacement of these credentials. No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the athlete must be assigned a supervising coach per USA Swimming Rule 202.3.2. Arriving with a 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 a supervision form before a credential can be issued.

Check-In

Plan to arrive in time for the General Meeting. **You are responsible for all business conducted at this meeting.** If for any reason, you cannot attend, make arrangements to find out what occurred.

Coach's Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$45 that will contain a general admission pass, heat sheets, a psych sheet, team roster, and a set of final results. The packet is available during regular registration hours. Contact the Meet Director to request a packet.

WARM-UP PROCEDURE

Current Niagara Swimming and USA Swimming rules govern all aspects of the warm-up. No diving, and feet first entry is required, except in designated lanes and times.

Warm-up procedures are as follows and they will be posted on deck:

- General warm-up all lanes until 40 minutes prior to meet start, then lanes 3-6
- Sprint lane (2) or lanes (2 & 7) as needed from 40 minutes prior to meet start
- Pace lanes 1 & 8, 40 minutes prior to meet start
- Clear pool 10 minutes prior to meet start
- ***Training equipment not allowed during the last hour of each warm-up session.

MEET JURIES

The Meet Juries shall be announced by the Meet Referee at the General Meeting. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone other than registration personnel. The fee is refundable if the protest is upheld. (207.11.4 & 207.11.5)

2013 Speedo Super Sectional Qualifying Times

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.49	27.79	24.89	50 Freestyle	22.19	24.79	25.49
1:01.29	59.99	53.49	100 Freestyle	47.89	54.59	55.39
2:11.19	2:08.49	1:53.29	200 Freestyle	1:44.19	1:58.59	2:01.29
4:34.89	4:29.29	5:03.69	400 Freestyle	4:42.99	4:12.99	4:15.99
9:29.49	9:18.29	10:24.29	800 Freestyle	9:44.49	8:43.49	8:52.59
18:05.69	17:44.69	17:49.19	1500 Freestyle	16:25.09	17:02.89	17:11.99
1:09.19	1:07.79	59.59	100 Backstroke	53.99	1:02.39	1:03.79
2:28.29	2:25.49	2:07.09	200 Backstroke	1:56.39	2:14.09	2:16.89
1:18.69	1:17.29	1:07.39	100 Breaststroke	1:00.79	1:11.29	1:12.19
2:48.99	2:46.19	2:25.59	200 Breaststroke	2:13.29	2:36.19	2:35.59
1:06.89	1:06.29	58.89	100 Butterfly	52.69	59.59	1:00.99
2:27.89	2:25.09	2:09.69	200 Butterfly	1:59.69	2:14.09	2:14.99
2:28.89	2:26.09	2:08.69	200 Individual Medley	1:56.29	2:14.39	2:16.69
5:14.89	5:09.29	4:34.49	400 Individual Medley	4:11.69	4:48.99	4:51.29
4:15.39	4:09.79	3:43.79	4 X 100 Freestyle Relay	3:19.29	3:47.39	3:52.99
9:06.19	8:54.99	7:57.59	4 X 200 Freestyle Relay	7:13.39	8:14.99	8:26.89
4:47.99	4:42.39	4:09.49	4 X 100 Medley Relay	3:43.89	4:17.99	4:23.59



Long Course 2013 Speedo Super Sectional Bonus Event Qualifying Times

	WOMEN				Men	
LCM	SCM	SCY	Events	SCY	SCM	LCM
28.99	28.29	25.19	50 Freestyle	22.49	25.29	25.99
1:01.90	1:00.99	54.59	100 Freestyle	48.19	55.59	56.39
2:12.69	2:10.49	1:56.69	200 Freestyle	1:46.19	2:00.59	2:02.69
4:37.79	4:33.29	5:08.09	400 Freestyle	4:47.29	4:16.99	4:20.89
9:29.49	9:18.29	10:27.99	800 Freestyle	9:51.09	8:43.49	8:52.59
18:05.69	17:44.69	17:49.19	1500 Freestyle	16:49.09	17:02.89	17:11.99
1:09.69	1:08.79	1:00.69	100 Backstroke	54.99	1:03.39	1:04.79
2:29.99	2:29.49	2:11.19	200 Backstroke	1:57.69	2:16.09	2:18.89
1:19.69	1:18.29	1:08.49	100 Breaststroke	1:01.79	1:12.29	1:13.69
2:50.99	2:48.19	2:27.59	200 Breaststroke	2:15.29	2:38.19	2:40.99
1:08.69	1:07.29	59.89	100 Butterfly	53.69	1:00.59	1:01.89
2:29.89	2:27.09	2:11.69	200 Butterfly	2:03.39	2:16.09	2:18.89
2:29.69	2:28.09	2:10.89	200 Individual Medley	1:58.19	2:16.39	2:18.29
5:17.79	5:13.29	4:38.19	400 Individual Medley	4:18.79	4:52.99	4:57.19

Bonus events:

Make 1 individual event receive 1 bonus event.

Make 2 individual events receive 2 bonus events.

Make 3 individual events receive 1 bonus event, not to exceed daily and meet limits.

Make 4 individual events receive 0 bonus events.

No Bonus swims for the 800M or 1500M unless you qualify for one event distance event 800M or longer you may swim the other distance event, if you so choose.

