

# EASTERN ZONE LONG COURSE AGE GROUP CHAMPIONSHIP

Hosted by Poseidon Swimming & Virginia Swimming

**AUGUST 9 – 12, 2017**

Held under the Sanction of USA Swimming

Sanctioned by Virginia Swimming

Sanction # VS-17-93

<b>LOCATION</b>	<p>The meet will be held at the Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA 23234.</p> <p>USA Swimming, Inc., Eastern Zone Swimming, Virginia Swimming, Inc., Poseidon Swimming, and Collegiate School Aquatics Center 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.</p>
<b>FACILITY</b>	<p><b>POOL:</b> The Collegiate School Aquatics Center houses the 2008 US Olympic Trials pool. The competition pool is an indoor 8-lane, 50-meter pool with non-turbulent lane lines swum bulkhead to bulkhead. Pool depth is 7 ft 7 in. at the ends and 8 ft 2 in. in the center. Omega starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. Full color LED scoreboard will be used.</p> <p>The competition course has been certified in accordance with USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming and the Poseidon Offices.</p> <p>A separate, 6-lane, 25-yard pool is available for continuous warm-up/warm-down.</p> <p><b>PARKING:</b> Available in parking areas around the Natatorium.</p> <p><b>FOOD:</b> A limited selection of food and swimming apparel will be available for spectators and swimmers throughout the meet.</p>
<b>MEET DIRECTOR</b>	Becky Hofmann, 804-447-2487 (Office), <a href="mailto:admin@poseidonswimming.com">admin@poseidonswimming.com</a>
<b>MEET REFEREE</b>	Bob Menck, <a href="mailto:rmenckiii@gmail.com">rmenckiii@gmail.com</a>
<b>MEET ENTRIES</b>	804-447-2487 (Office), <a href="mailto:entries@poseidonswimming.com">entries@poseidonswimming.com</a>
<b>OFFICIALS</b>	<p>Certified USA Swimming officials interested in working at the meet should submit an application by Friday, July 14<sup>th</sup>, for any assigned positions. An Application to Officiate can be found is available at this link: <a href="#">Officials Application</a>. All officials should register using this online application.</p> <p>This meet is approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate noting the request for evaluation. Details of the certification program can be found on the USA Swimming Website.</p>

<b>VOLUNTEERS</b>	Each LSC will be responsible to provide <b>at least three (3) timers</b> for any preliminary session using ‘chase starts’ and at least two (2) timers for other preliminary sessions. Lane assignments will be provided to the Team Manager.
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Competition is restricted to swimmers registered in one of the 12 LSCs in the Eastern Zone.</li> <li>• Each swimmer must have a current year-round USA Swimming athlete registration in the LSC which he/she represents.</li> <li>• On-site registration will not be accepted at this meet.</li> <li>• Swimmer’s age as of August 9, 2017, determines his/her age group for the entire meet.</li> <li>• Each LSC may enter all swimmers who have achieved the time standard. If an LSC does not have two (2) swimmers who have achieved the time standard in an individual event, the LSC may enter no more than two (2) swimmers in that event. These swimmers shall be entered with their actual time.</li> <li>• All entry times must be the swimmer’s actual time achieved in LC meters. Converted times will not be accepted. Times must have been achieved between August 3, 2016, and August 1, 2017 the entry deadline for this meet.</li> <li>• Eligibility of athletes with qualifying times for higher level meets: <ul style="list-style-type: none"> <li>○ Athletes who have competed in an Individual Event at the USA Swimming National Championships, the USA Swimming Spring Championships, US Open, the USA Swimming Junior Championships or a USA Swimming Trials Class meet are not eligible to enter and compete at an EZ AG Championship meet.</li> <li>○ Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the above meets prior to the entry deadline for the EZ meet, may not enter and compete in an EZ AG Championship meet.</li> <li>○ Athletes 12 years of age or younger who have achieved a qualifying time in an individual event for any of the above meets, but have not competed in that event at the stated meet, may enter and compete in that event in an EZ AG Championship meet.</li> </ul> </li> </ul>
<b>ENTRY LIMITATIONS</b>	<ul style="list-style-type: none"> <li>• Each swimmer may enter a total of six (6) individual events in the meet, not to exceed three (3) individual events per day.</li> <li>• Relays must be made up of swimmers competing in the meet in individual events. ‘Relay only’ swimmers are NOT allowed.</li> </ul>
<b>ADAPTED SWIMMERS / SWIMMERS WITH DISABILITIES</b>	<ul style="list-style-type: none"> <li>• Each LSC may bring two (2) swimmers with disabilities age 12 &amp; under, and two (2) 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.</li> <li>• 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.</li> <li>• Swimmers with disabilities shall be entered on the form included on page 13. (Additional instructions can be found on page 12.)</li> <li>• Swimmers with disabilities may compete in Finals, earn awards and score points for their team in the same manner as the able-bodied swimmers.</li> <li>• 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</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <li>• It is the swimmer’s responsibility to complete and submit an application for an American Record, should one be set.</li> </ul>
<p><b>ENTRY PROCEDURES</b></p>	<ul style="list-style-type: none"> <li>• All entries must be submitted by the LSC – entries from individuals will not be accepted.</li> <li>• Entries should be completed using Team Manager or other third party software capable of generating an SDIF file.</li> <li>• All entry times MUST be in LC Meters</li> <li>• Entry files (CL2, HY3, or SDIF format) should be sent to the Meet Entry officer: Becky Hofmann – <a href="mailto:entries@poseidonswimming.com">entries@poseidonswimming.com</a>.</li> <li>• A PDF of the entry report must be sent with the e-mailed file.</li> <li>• No phone or fax entries will be accepted.</li> <li>• <b>NO DECK ENTRIES WILL BE ACCEPTED FOR THIS MEET.</b></li> <li>• <b>Entry checks should be made payable to Virginia Swimming.</b> Mail the entry fee check and entry certification form to -  <b>Mary Turner</b>  <b>PO Box 1059</b>  <b>Appomattox, VA 24522</b>  <b>434-352-5451</b>  <b>Please request ‘waiver of signature’ if using a delivery service that provides one.</b></li> <li>• The submission of an entry by an LSC represents a contract between the entering LSC and the host LSC. Entry in this meet represents the entering LSC’s intention to comply with the rules and regulations of the meet as stated.</li> </ul>
<p><b>ENTRY DEADLINE</b></p>	<ul style="list-style-type: none"> <li>• All entries must be received by <b>7:00 PM, Tuesday, August 1, 2017.</b></li> <li>• Late Qualifying Period: <ul style="list-style-type: none"> <li>○ Additional entries from newly acquired qualifying times at an EZ LSC championship meet occurring between August 1, 2017 and August 6, 2017 will be accepted until noon on Monday, August 7, 2017.</li> <li>○ Late entries may not be used to improve the seed time of an earlier entry.</li> </ul> </li> <li>• Fees must be received no later than the Zone Managers meeting, Tuesday August 8, 2017.</li> </ul>
<p><b>ENTRY FEES</b></p>	<p>Individual events: \$8.00 per entry  Relays: \$10.00 per entry  Surcharge: \$5 per swimmer</p>
<p><b>PROOF OF TIME</b></p>	<ul style="list-style-type: none"> <li>• Each LSC is responsible for proof of time for its entry and must provide written certification with their entries, via a LSC Officer’s signature, attesting to the accuracy of those entries. See page 14 of the meet information.</li> <li>• After the meet, the Zone Championship Coordinator will conduct an audit of entry times vs. meet results; based on the results of this audit, an LSC may be required to provide proof of time for selected swims, if not already proven. Proof of time has been defined as a time included in the SWIMS database, or which can be proven by official meet results (including the cover sheet).</li> </ul>

	<ul style="list-style-type: none"> <li>Failure to prove a time will result in a fine of one hundred dollars (\$100) per swim and the LSC will be responsible for paying the fine. Failure to pay the fine will result in exclusion from future EZ Meets.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>This is a pre-seeded meet.</li> <li>The fastest eight (8) swimmers at Prelims, after scratches, will advance to the Finals in Prelim / Final Events.</li> <li>The following events are positive check-in events - the 400/800/1500 freestyle, the 400 IM, and all relays.</li> <li>Any swimmer or relay team failing to “check-in” for a positive check-in event will not be seeded into the event.</li> <li>The fastest heat of the Men’s 1500 Free and Women’s 800 Free will swim in Finals. All heats of the Men’s 800 Free and Women’s 1500 Free will swim in the Preliminary session.</li> <li>Positive check-in deadlines are as follows: <ul style="list-style-type: none"> <li>All morning events by 7:30 am</li> <li>All afternoon events by 12:30 pm (subject to change depending on the number of entries received)</li> <li>All 11/12, 13/14, and 15/18 relays prior to the conclusion of the afternoon Prelims.</li> </ul> </li> </ul>
<b>WARM-UP PROCEDURES</b>	<ul style="list-style-type: none"> <li>The competition pool will be available on Tuesday evening from 4-8 pm.</li> <li>The pool will open for warm-ups each morning of the meet (Wednesday through Saturday) at 6:45 am.</li> <li>Warm-up and session start times for each session will be announced once all entries are received. This information will be emailed to all LSCs and will be posted on the Virginia Swimming and Poseidon Club websites. Based on the number of meet entries, warm-up and start times are subject to change.</li> <li>Lanes for warm-ups will be assigned for each LSC. There will be no diving from the blocks unless the Meet Referee has designated that lane as a one way sprint lane.</li> <li>Use of training equipment, which may include but is not limited to kick boards, pull buoys, paddles, bungee cords, and snorkels, is prohibited during the official warm-up period.</li> <li>The 25-yard pool will be available to swimmers throughout the meet.</li> <li>LSC’s are expected to monitor their assigned lanes to ensure a safe warm-up procedure.</li> </ul>
<b>START PROCEDURES</b>	<ul style="list-style-type: none"> <li>Depending on the number of entries received, ‘chase starts’ may be used at the discretion of the Meet Referee.</li> <li>Dive-over starts will be used in preliminary sessions where chase starts are not being utilized</li> </ul>
<b>RELAYS</b>	<ul style="list-style-type: none"> <li>All relays are positive check in events and will be conducted as Timed Finals in the evening Finals sessions, with the exception of 10 &amp; U relays which will swim as Timed Finals in the afternoon session.</li> <li>Each LSC is limited to two (2) relays per event.</li> </ul>
<b>SUBSTITUTIONS</b>	<ul style="list-style-type: none"> <li>Each LSC is entitled to substitutions only in the event that fewer than two (2) swimmers from that LSC would remain to compete in an event.</li> </ul>

	<ul style="list-style-type: none"> <li>• Only swimmers already entered in the meet can be used as substitutes. The deadline for submitting substitutions is thirty (30) minutes prior to the anticipated start of the event in which the substitution is to be made. No adjustments in seeding will be made to accommodate the substitution.</li> <li>• Substitution Forms will be provided in the manager’s packet.</li> </ul>
<p><b>RULES</b></p>	<p><b>COMPETITION:</b></p> <ul style="list-style-type: none"> <li>• This meet will be conducted according to current USA Swimming rules. USA SWIMMING / VA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET.</li> <li>• All swimmers participating in the meet must be dive certified. Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer’s legal guardian.</li> <li>• Deck changes are prohibited.</li> <li>• 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) at any time athletes, coaches, officials, and/or spectators are present.</li> <li>• In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> </ul> <p><b>SCRATCH POLICIES:</b></p> <ul style="list-style-type: none"> <li>• The scratch procedure will be done in accordance with USA Swimming rules 207.11.6.D &amp; E.</li> <li>• Unless a swimmer is initially announced as qualifying for a heat in Finals (top 8 only), s/he will be not be penalized for failure to compete.</li> <li>• Any swimmer who does not swim in an event that is pre-seeded will not be penalized.</li> </ul> <p><b>SAFETY:</b></p> <ul style="list-style-type: none"> <li>• Only currently credentialed coaches, USA Swimming registered athletes, and essential meet personnel will be permitted on deck and in the athlete area. Deck credentials will be issued.</li> </ul> <p><b>PHOTOGRAPHY:</b></p> <ul style="list-style-type: none"> <li>• Photography will not be permitted behind the starting blocks.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>• Individuals who violate photography restrictions may be asked by the Meet Director to leave the pool venue.</li> <li>• See appendix for additional information.</li> </ul> <p><b>CONDUCT:</b></p> <ul style="list-style-type: none"> <li>• The Eastern Zone Rules of Conduct will apply. Proper conduct at all times will be enforced by coaches, chaperones, parents, meet marshals, and meet directors.</li> <li>• Any issues of conduct which occur within the meet venue will be adjudicated by the meet jury. Misconduct includes, but is not limited to: violations of safety guidelines outlined in the meet announcement; disrespect to meet management personnel, officials or fellow athletes; stealing, destroying, vandalizing or possessing the property of others; possession or use of alcoholic beverages, tobacco products or illegal drugs. More serious violations may result in legal action by the host LSC’s and local authorities.</li> </ul>

<b>SCORING</b>	Individual Events: 9-7-6-5-4-3-2-1 (1 <sup>st</sup> through 8 <sup>th</sup> ) Relays: 18-14-12-10-8-6-4-2 (1 <sup>st</sup> through 8 <sup>th</sup> )
<b>AWARDS</b>	Individual Events – Medals 1st thru 8th place. Relays – Medals 1st thru 3rd place. Team Awards – A Championship Banner (traveling) will be awarded to: <i>The Winning Girls Team</i> <i>The Winning Boys Team</i> <i>The Winning Overall Team</i> (The current holder of the award banner should bring it to the meet) <b>Individual Awards:</b> Members of the overall Championship Team will receive a pin and Championship certificate. <b>Participants:</b> All participants will receive a Participation Certificate. All adapted swimmers competing in the meet will receive participation medals <b>Record Breakers:</b> All record breakers will receive a Commemorative Certificate.
<b>TEAM MANAGER</b>	<ul style="list-style-type: none"> <li>• Each LSC must provide the name of an individual to serve as the 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.</li> <li>• 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.</li> <li>• <b>The Team Managers meeting:</b> <b>August 8<sup>th</sup> at 6:00 p.m.</b> <b>General Purpose Room at the facility</b></li> <li>• <b>Team Managers or the official Alternate Team Manager from each LSC MUST be present at the meeting. All teams are responsible for information covered at this meeting!</b></li> </ul>
<b>PROTESTS</b>	Any protest must be presented to the Meet Referee and will be managed in accordance with USA Swimming Rules 102.23. It is suggested that in addition to a swimmer and coach an official also be a participant in the meet jury. <ul style="list-style-type: none"> <li>• Protests, eligibility or otherwise, must be submitted in writing by the Zone Team Manager and must be accompanied by a \$50 protest fee made payable to the Eastern Zone. This fee shall be returned if the protest is upheld.</li> <li>• A Meet Jury will adjudicate any protests, including issues of conduct that may occur in the meet venue.</li> <li>• The Meet Jury shall refer to Rule 102.23 of the USA Swimming Rules and Regulations regarding all protests.</li> <li>• The Meet Jury may not change any of the rules of eligibility, substitution, or scoring.</li> <li>• Any member involved in a formal pre-protest meeting/ discussion may not be a representative of the meet jury.</li> <li>• Should there be a protest prior to the start of the meet, the Meet Referee shall convene a Meet Jury consisting of the Coach Director, the Non-Coach Director, the Technical Chair, the Zone Championship Chair, and the Zone Athlete Representative. Each member of the Meet Jury may designate a proxy, but at least one member of the jury shall be an athlete.</li> </ul>

<b>ATHLETE AND SPECTATOR SEATING</b>	There are multiple bleachers around the pool deck for athlete seating. Spectator seating is in the mezzanine area which seats 700. A tent will be available around the side of the pool with seating for team meals, etc.
<b>PROGRAMS &amp; ADMISSION</b>	<p><b>Spectator 4 Day Pass, \$35:</b> includes entry to all meet sessions, meet program and finals heat sheet.</p> <p><b>Spectator 1 Day Admission, \$10:</b> includes entry to 3 meet sessions that day.</p> <p><b>Spectator 1 day Finals Admission, \$5:</b> entry to the day's finals session.</p> <p>12 and younger spectators are admitted free.</p> <p><b>Meet Program, \$10:</b> includes finals heat sheets with program coupon.</p> <p><b>Finals Heat Sheet, \$2:</b> per session.</p>
<b>HOSPITALITY</b>	Coaches and Officials hospitality areas will be located in the weight room off the pool deck.
<b>RESULTS</b>	Real time results will be available on Meet Mobile and the Virginia swimming website <a href="http://www.virginiawimming.org">www.virginiawimming.org</a> – see the front page of the website for a link. At the conclusion of the meet, results will be posted on the Virginia Swimming and the Eastern Zone websites.
<b>DIRECTIONS</b>	Go to <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> for directions.
<b>ACCOMODATIONS</b>	List of hotels is included in the appendix.

## ORDER OF EVENTS – WEDNESDAY

### Session 1

13 & O Prelims  
Starts at 8:15 AM

Girls	Event	Boys
3	13-14 200 Ind. Medley	4
5	15-18 200 Ind. Medley	6
11	13-14 100 Freestyle	12
13	15-18 100 Freestyle	14
19	13-14 100 Breaststroke	20
21	15-18 100 Breaststroke	22
7	13-14 800 Freestyle	8
17	15-18 1500 Freestyle	18

### Session 2

12 & U Prelims  
Approx. Start 12:30 PM

Girls	Event	Boys
1	11-12 200 Ind. Medley	2
31	10 & Under 100 Freestyle	32
9	11-12 100 Freestyle	10
33	10 & Under 50 Breaststroke	34
15	11-12 100 Breaststroke	16
35	10 & Under 100 Butterfly	36
23	11-12 200 Butterfly	24
37	10 & U 200 Freestyle Relay	38

### 11 & O Finals

Starts at 5:30 PM

Girls	Event	Boys
1	11-12 200 Ind. Medley	2
3	13-14 200 Ind. Medley	4
5	15-18 200 Ind. Medley	6
7	13-14 Girls 800 Freestyle (fastest heat)	
9	11-12 100 Freestyle	10
11	13-14 100 Freestyle	12
13	15-18 100 Freestyle	14
15	11-12 100 Breaststroke	16
	15-18 Boys 1500 Freestyle (fastest heat)	18
19	13-14 100 Breaststroke	20
21	15-18 100 Breaststroke	22
23	11-12 200 Butterfly	24
25	11-12 200 Freestyle Relay	26
27	13-14 200 Freestyle Relay	28
29	15-18 200 Freestyle Relay	30

## ORDER OF EVENTS – THURSDAY

### Session 4

13 & O Prelims  
Starts at 8:15 AM

Girls	Event	Boys
41	13-14 200 Freestyle	42
43	15-18 200 Freestyle	44
47	13-14 100 Butterfly	48
49	15-18 100 Butterfly	50
53	13-14 200 Backstroke	54
55	15-18 200 Backstroke	56
57	13-14 400 IM	58
59	15-18 400 IM	60

### Session 5

12 & U Prelims  
Approx. Start 12:30 PM

Girls	Event	Boys
67	10 & Under 200 Freestyle	68
39	11-12 200 Freestyle	40
69	10 & Under 50 Butterfly	70
45	11-12 100 Butterfly	46
71	10 & Under 100 Backstroke	72
51	11-12 200 Backstroke	52
73	10 & U 400 Medley Relay	74

### Session 6

11 & O Finals  
Starts at 5:30 PM

Girls	Event	Boys
39	11-12 200 Freestyle	40
41	13-14 200 Freestyle	42
43	15-18 200 Freestyle	44
45	11-12 100 Butterfly	46
47	13-14 100 Butterfly	48
49	15-18 100 Butterfly	50
51	11-12 200 Backstroke	52
53	13-14 200 Backstroke	54
55	15-18 200 Backstroke	56
57	13-14 400 IM	58
59	15-18 400 IM	60
61	11-12 400 Medley Relay	62
63	13-14 400 Medley Relay	64
65	15-18 400 Medley Relay	66



## ORDER OF EVENTS – FRIDAY

### Session 7

13 & O Prelims  
Starts at 8:15 AM

Girls	Event	Boys
77	13-14 200 Butterfly	78
79	15-18 200 Butterfly	80
83	13-14 100 Backstroke	84
85	15-18 100 Backstroke	86
89	13-14 400 Freestyle	90
91	15-18 400 Freestyle	92

### Session 8

12& U Prelims  
Approx. Start 12:30 PM

Girls	Event	Boys
75	11-12 50 Butterfly	76
101	10 & Under 50 Backstroke	102
81	11-12 100 Backstroke	82
103	10 & Under 400 Freestyle	104
87	**11-12 400 Freestyle**	88
105	10 & Under 100 Breaststroke	106
93	11-12 50 Breaststroke	94
107	10 & U 400 Freestyle Relay	108

### Session 9

**Friday Finals**  
Starts at 5:30 PM

Girls	Event	Boys
75	11-12 50 Butterfly	76
77	13-14 200 Butterfly	78
79	15-18 200 Butterfly	80
81	11-12 100 Backstroke	82
83	13-14 100 Backstroke	84
85	15-18 100 Backstroke	86
87	11-12 400 Freestyle (fastest heat)	88
89	13-14 400 Freestyle	90
91	15-18 400 Freestyle	92
93	11-12 50 Breaststroke	94
95	11-12 400 Freestyle Relay	96
97	13-14 400 Freestyle Relay	98
99	15-18 400 Freestyle Relay	100

## ORDER OF EVENTS – SATURDAY

### Session 10

**13 & O Prelims**  
Starts at 08:15 AM

Girls	Event	Boys
111	13-14 1500 Freestyle	112
115	13-14 50 Freestyle	116
117	15-18 50 Freestyle	118
121	13-14 200 Breaststroke	122
123	15-18 200 Breaststroke	124
125	15-18 800 Freestyle	126

### Session 11 Saturday

**12& U Prelims**  
Approx. Start 12:30 PM

Girls	Event	Boys
109	11-12 50 Backstroke	110
133	10 & Under 200 IM	134
113	11-12 50 Freestyle	114
135	10 & Under 50 Freestyle	136
119	11-12 200 Breaststroke	120
137	10 & U 200 Medley Relay	138

### Session 12

**11 & O Finals**  
Starts at 5:30 PM

Girls	Event	Boys
109	11-12 50 Backstroke	110
	13-14 1500 Freestyle (fastest heat)	112
113	11-12 50 Freestyle	114
115	13-14 50 Freestyle	116
117	15-18 50 Freestyle	118
119	11-12 200 Breaststroke	120
121	13-14 200 Breaststroke	122
123	15-18 200 Breaststroke	124
125	15-18 800 Freestyle (fastest heat)	
127	11-12 200 Medley Relay	128
129	13-14 200 Medley Relay	130
131	15-18 200 Medley Relay	132

# **2017 Eastern Zone Long Course All Star Championship Qualifying Times**

## **GIRLS 10 and Under BOYS**

33.49 50 Meter Freestyle 33.39  
1:12.99 100 Meter Freestyle 1:12.49  
2:36.29 200 Meter Freestyle 2:34.09  
5:33.09 400 Meter Freestyle 5:31.49  
39.49 50 Meter Backstroke 39.79  
1:24.79 100 Meter Backstroke 1:24.49  
44.99 50 Meter Breaststroke 45.49  
1:36.79 100 Meter Breaststroke 1:37.99  
36.99 50 Meter Butterfly 37.19  
1:25.69 100 Meter Butterfly 1:24.99  
2:57.29 200 Meter Individual Medley 2:57.09

## **GIRLS 11 and 12 BOYS**

30.09 50 Meter Freestyle 29.59  
1:04.69 100 Meter Freestyle 1:03.99  
2:19.29 200 Meter Freestyle 2:17.89  
4:55.89 400 Meter Freestyle 4:51.99  
34.79 50 Meter Backstroke 34.59  
1:13.99 100 Meter Backstroke 1:13.99  
2:37.39 200 Meter Backstroke 2:36.79  
39.29 50 Meter Breaststroke 38.89  
1:24.99 100 Meter Breaststroke 1:24.39  
3:00.89 200 Meter Breaststroke 2:59.79  
32.29 50 Meter Butterfly 32.09  
1:12.59 100 Meter Butterfly 1:11.79  
2:44.39 200 Meter Butterfly 2:42.09  
2:38.19 200 Meter Individual Medley 2:35.99

## **GIRLS 13 and 14 BOYS**

29.49 50 Meter Freestyle 27.39  
1:03.29 100 Meter Freestyle 59.19  
2:15.39 200 Meter Freestyle 2:07.09  
4:47.29 400 Meter Freestyle 4:32.49  
9:51.39 800 Meter Freestyle 9:25.19  
19:05.49 1500 Meter Freestyle 18:05.39  
1:12.39 100 Meter Backstroke 1:07.99  
2:34.49 200 Meter Backstroke 2:24.29  
1:23.59 100 Meter Breaststroke 1:17.59  
2:56.39 200 Meter Breaststroke 2:45.59  
1:10.39 100 Meter Butterfly 1:05.19  
2:37.39 200 Meter Butterfly 2:25.99  
2:34.59 200 Meter Individual Medley 2:23.99  
5:28.59 400 Meter Individual Medley 5:09.09

## **WOMEN 15 to 18 MEN**

28.89 50 Meter Freestyle 26.99  
1:04.09 100 Meter Freestyle 58.29  
2:16.99 200 Meter Freestyle 2:07.69  
4:46.99 400 Meter Freestyle 4:28.89  
9:48.39 800 Meter Freestyle 9:14.29  
18:46.09 1500 Meter Freestyle 17:46.09  
1:12.69 100 Meter Backstroke 1:06.69  
2:35.49 200 Meter Backstroke 2:21.99  
1:22.59 100 Meter Breaststroke 1:14.09  
2:56.29 200 Meter Breaststroke 2:40.79  
1:09.89 100 Meter Butterfly 1:03.69  
2:31.59 200 Meter Butterfly 2:21.29  
2:35.89 200 Meter Individual Medley 2:24.59  
5:30.49 400 Meter Individual Medley 5:07.09

# Instructions and Guidelines for Swimmers with Disabilities

- Each LSC may bring two (2) swimmers with disabilities age 12 & under, and two (2) 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.
- 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. This information can be e-mailed, but ALL of the information on the entry form must be included in the e-mail. The classification of swimmer with a disability is irrelevant.
- 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.
  - 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 and relay the information to the starter and stroke and turn judges. These options include:
    - seeding the swimmer with others of the appropriate gender,
    - allowing the swimmer to compete half the distance of their age group (swim the 100 meter. backstroke during the 200 meter. backstroke race),
    - allowing the swimmer to compete 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 meter freestyle with the 10 & U age group), or
    - reassigning the lane of a deaf swimmer if a required view of the strobe light is obscured and the light cannot be repositioned.
  - Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
- Should a Disability Record be set, it is the swimmer's responsibility to complete and submit the application for an American Record.
- The final meet results will show the swimmer with a disability listed in the correct age and event, regardless of where s/he actually competed.



# LSC ENTRY CERTIFICATION FORM

LSC \_\_\_\_\_

I certify that all swimmers from the \_\_\_\_\_ LSC entered in the Eastern Zone Long Course Age Group Championship meet:

- are current members of the \_\_\_\_\_ LSC and USA Swimming.
- that all entry times were achieved at sanctioned, approved or observed meets.
- that no swimmer entered in this meet by \_\_\_\_\_ LSC
  - Has participated in an individual event at a USA Swimming Junior, National, Open or Trial class meet,
  - If 13 years of age or older, has achieved a qualifying time in an individual event for one of the above listed meets, or
  - If 12 years of age or younger, is entered in an individual event in which s/he has qualified and competed at one of the above listed meets.

I further certify that all coaches from this team who will attend this meet hold current USA Swimming coaching credentials.

LSC officer's Signature \_\_\_\_\_

LSC officer's Name (please print) \_\_\_\_\_

Current LSC office \_\_\_\_\_

# VA SWIMMING GUIDELINES FOR PHOTOGRAPHERS AT MEETS

In order to clarify the requirements for photographers, both professional and team designated, the following guidelines have been developed:

- The meet host has the prerogative to decide if photographers will be allowed on the deck of the pool.
- Any professional photographer allowed at the meet must provide proof of liability insurance to the Meet Director and must also have parental permission of any athlete he or she photographs.
- If the meet host chooses to allow team photographers, the individual serving in that capacity must
  - Be a registered, card carrying member of USA-S. Membership card must be visible at all times while on deck.
  - Present the completed Team Photographer Identification Form to the Meet Director. This form will be available from the Meet Director and must be signed by the head coach or team president. Teams should request the form from the meet director at least three days prior to the beginning of the meet.
- It is the responsibility of the Meet Director and Meet Marshals to ensure that photographers do not impede the progress of the meet in any way and follow the Virginia Swimming Policies governing photography.

## J. MEET SAFETY

3. Photography will not be permitted behind the starting blocks. Individuals who violate of the above photography restrictions may be asked by the Meet Director to leave the pool venue.

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## TEAM PHOTOGRAPHER IDENTIFICATION

NAME: \_\_\_\_\_ TEAM: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF TEAM REPRESENTATIVE

\_\_\_\_\_  
POSITION

# EASTERN ZONE LONG COURSE CHAMPIONSHIP

## Head Coach/Team Manager Code of Conduct

I have read and understood Articles 304 and 305 of the USA Swimming Rulebook. I understand actions meant to demean or harm other athletes, coaches, officials, and spectators will not be tolerated. I understand that facility damage and theft are not acceptable actions and will not be tolerated. I will do my best to make sure my team is under direct supervision at all times. I will do everything in my power to make sure that the team acts accordingly during the course of the meet. I understand that any infraction could lead to expulsion from the event and facility for individuals and or my team.

Team Manager	Head Coach	Date
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Print Name	Print Name
Signature	Signature

**All Codes of Conduct must be turned in by the conclusion of the Team Managers/Coaches Meeting.**



**2017 Hotel List for Eastern Zone LC Summer Championship held at CSAC Pool  
5050 Ridgedale Parkway, Richmond, Virginia, 23234**

Comfort Inn Corporate Gateway, 8710 Midlothian Tpk, Richmond, VA 23235  
804.320.8900 4.6 miles to pool

Courtyard Marriott Chester, 2001 West Hundred Rd, Chester, VA 23836  
804.414.1010 8.6 miles to pool (group meeting facilities)

Doubletree Hotel Downtown, 301 West Franklin Street, Richmond, VA 23220  
804.644.9871 6.9 miles to pool (banquet facilities)

Hampton Inn Richmond South, 4300 Commerce Rd, Richmond, VA 23234  
804.743.3550 3.7 miles to pool (close, limited dining)

Hampton Inn, 800 Research Rd., Richmond, VA 23236  
804.897.2800 7 miles to the pool

Hampton Inn, 3620 Price Club Boulevard, Midlothian, VA 23112  
804.675.0000 8.2 miles to the pool

Hilton Garden Inn at Richmond, 501 East Broad St, Richmond, VA 23219  
804.344.4300 7 miles to pool (banquet facilities)

Holiday Inn Express and Suites Brandermill, 5030 W. Village Green Drive, Midlothian, VA 23112  
804.744.7303 8.2 miles to pool

Holiday Inn Koger Center, 1021 Koger Center Boulevard, Richmond, VA  
804.379.3800 7 miles to pool (banquet facilities)

Homewood Suites Richmond / Chester, 12810 Old Stage Road, Chester, VA 23836  
804.751.0010 8.7 miles to pool

Hyatt Place Richmond Arboretum, 201 Arboretum Place, Richmond, VA 23236  
804.560.1566 5 miles to pool (group meeting facilities)

Omni Richmond Hotel, 100 South 12th Street, Richmond, VA 23219  
804.344.7000 6.6 miles to pool (banquet facilities)

Richmond Marriott, 500 East Broad Street, Richmond, VA 23219  
804.643.3400 7 miles to pool (banquet facilities)

Sheraton Park South Hotel, 9901 Midlothian Turnpike, Richmond, VA 23235  
804.323.1144 5.9 miles to pool (banquet facilities)