



March 26 – March 29, 2020

2020 Eastern Zone Sectional Meet

Christiansburg, VA

Hosted by Virginia Swimming Inc. & H2Okie Aquatics



Meet Sanction # VS-20-90
Time Trials Sanction # VS-20-90TT

Co-Meet Director:	John Stanley	jfstanley@cox.net
Co-Meet Director:	Bill Beecher	wbeecher@radford.edu
Meet Referee:	Bob Menck	rmenckiii@gmail.com
Administrative Official:	Karyn McCannon	Karyn.mccannon@gmail.com
LSC Officials Chair:	Dan Demers	ddemers3@cox.net
Facility Manager:	Nathan Destree	ndestree@christiansburg.org

LOCATION:

Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA 24073, Telephone (540) 381-7665

FACILITY:

Indoor Facility with 50M competition pool

- 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet. The race course will be set up to swim widths with the pool depth sloping from 7 to 17 feet.
- Colorado Automatic Timing System with digital scoreboard
- The competition course has been certified in accordance with USA Swimming Rules & Regulations, Article 104.2.2C. A copy of the certification is on file with USA Swimming.
- Depending on the number of entries, at the discretion of the meet committee and EZ leadership, a 10 lane course or two 8 lane courses may be used for preliminary and distance events, and an 8 lane or 10 lane course may be used for Finals (including the fastest heat of the W1000/M1650).

ELIGIBILITY:

- The Eastern Zone Speedo Short Course Championship Series Meet is open to any swimmer in the Eastern Zone who is registered with USA Swimming prior to the first day of the meet and has a qualifying time ([2020 EZ SC Sectional Qualifying Times](#)).
- The qualifying time must have been achieved between January 1, 2019 and the meet entry deadline.

OFFICIALS:

- Certified officials wishing to work the meet should submit an application by March 12, 2020 for assigned positions or to be evaluated. The application form can be found at [Sectional Officials Signup](#).
- 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](#)



GENERAL MEETING:

Hospitality Room (accessed from the main deck) on Wednesday, March 25, 2020 at 5:00PM.

Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

FACILITY SCHEDULE:

- Wednesday, March 25: 9:30 am – 8:30 pm
- Thursday – Sunday, March 26 - 29: 6:30am – 30 minutes after last event.

REGISTRATION SCHEDULE:

- Wednesday, March 25: 12:00 Noon – 8:30pm
- Thursday, March 26: 7:00am – 11:00am
- Other times: Contact the Front Desk/Meet Director

MEET SCHEDULE:

- Wednesday, March 25: General Warm-up: 9:30am – 8:30 pm
- Thursday, March 26 – Saturday, March 28
 - Prelims Warm-up: 6:30am-8:50am
 - Prelims Start: 9:00am
 - Finals Warm-up: 5:00pm-5:50pm
 - Finals Start 6:00 pm
- Sunday, March 29
 - Prelims Warm-up: 6:30am-8:50am
 - Prelims Start: 9:00am
 - Finals Warm-up: 4:00pm
 - Finals Start: 5:00pm

MEET FORMAT:

- The meet will be swum with circle-seeded preliminary heats in the morning session.
- If 599 or fewer swimmers entered in an individual event are participating in the meet, the A and B Finals will be open to any age, based on that day's preliminary heat results, and the C Final will be open to 18&Under athletes only.
- If 600 or more swimmers entered in individual events are participating, the A, B and C Finals will be open to any age, based on that day's preliminary heat results, and the D Final will be open to 18&Under athletes only.
- Finals will be swum D-Final, C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted.
- **Thursday Distance Events (W 1000/M 1650):**
 - The women's 1000 yard Freestyle will alternate with the men's 1650 yard Freestyle and will be swum fastest to slowest.
 - The fastest heat of each event will be swum at the beginning of the evening finals session.
 - The remaining heats will be swum after the last heat of the men's 200 free relay in prelims.
 - The heat order and schedule will be published after the scratch deadline on Wednesday.
 - These events are timed finals.
- **Sunday Distance Events (W 1650/M 1000):**
 - The women's 1650 yard Freestyle and men's 1000 yard Freestyle are timed final events



- and will be swum slowest-to-fastest.
- The fastest heat of each event will swim at the beginning of the evening final session.
- The remaining heats will swim on Sunday afternoon, alternating men and women, such that the last heat finishes at 4:00 pm.
- Thursday & Sunday Early Distance option: Athletes will have the option of declaring a preference for early afternoon or regular seeding for these events. This preference must be indicated prior to the scratch deadline for the day on which the event will be swum. Swimmers can also ensure an early distance swim by entering with a non-conforming, qualifying time.
- Relay Events:
 - Relays are timed-final events.
 - The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session.
 - Relays follow the same scratch procedures as individual events.
 - Relay Cards are due to the Clerk of Course table one hour before the relay swims but may be changed up to the time of the swim.
 - Relay participants may only compete on one relay team per relay event, either the ‘A’ relay or ‘B’ relay but not both.
 - Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event.
 - **200 yard Medley Relay must be entered with a provable 400 Medley Relay times.**
- Sunday Relays (400 medley relay):
 - The “Sunday Relay Rule” will be in effect.
 - Any relay that wishes to swim with preliminaries during the morning session may do so.
 - **ALL** Sunday relays **MUST** indicate a preference for swimming with preliminaries or with finals, by the check-in deadline (Saturday at 6:30pm).
 - The fastest 16 relays that wish to swim during the evening finals will swim during the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries.
- 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 this procedure, including the number of heats of each event to be swum in the “A Flight” session, will be announced at the general meeting.
- There will be a five (5) minute break after the 200 Medley Relay on Thursday and before the start of each of the other sets of relays (women/men). This 5 minute break will apply to both preliminary and final sessions.

WARM-UP PROCEDURES:

The following Virginia Swimming warm-up procedures and safety policies will be followed:

- All swimmers must start warm-ups from either the start end or the turn end of the pool. Entry into the pool from the sides is prohibited. Entry is feet-first unless the lane has been designated for one-way starts.
- Swimmers must be under supervision of a USA Swimming credentialed coach during warm-ups. All warm-up periods shall be supervised by the appointed marshals.
- During preliminary warm-ups, all but the final 30 minutes will be dedicated to general warm-up. Specific warm-ups will be conducted during the last 30 minutes.
- During Finals 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 will be dedicated to specific warm-up.

- During the general warm-up, no pace work or sprinting will be permitted.

ENTRY INFORMATION:

- **MEET ENTRY OFFICER:** Mary Turner, (434-352-5451) – mail to: myturner525@gmail.com.
- Qualification Period: January 1, 2019 through entry deadline for meet.
- Seeding Order: SCY, LCM, SCM. Bonus entries are seeded last in the same order.
- Entry Fees:
 - \$15.00 for individual events
 - \$30.00 for relay events
 - \$5.00 per swimmer surcharge.
- Time Trials Fees:
 - \$15.00 for individual events
 - \$30.00 for relay events
- OME will open for this meet on February 04, 2019, at <http://www.usaswimming.org/ome>.
- **Regular Entry Deadline: Tuesday, March 10, 2020 at 11:59 pm EST.**
- Payment by check for any entries must be received at or before the pre-meet general meeting on Wednesday, March 25, 2020. If payment is not received by this time, the entries in question will be scratched from the meet.
- Checks for entry fees are payable to Virginia Swimming and may be mailed to:
Virginia Swimming
PO Box 1059
Appomattox, VA 24522

ENTRY RULES:

- Entry Limits:
 - A swimmer may enter any number of individual events in which the qualifying time standard has been met.
 - Maximum per day: three (3) individual events, including time trials.
 - Maximum for the meet: seven (7) individual events (does not include time trials).
 - Each team may enter up to 2 relays in each event.
- Bonus Events:
 - Swimmers making one (1) qualifying time will be permitted to enter one bonus event.
 - Swimmers making two (2) qualifying times will be permitted to enter two (2) bonus events.
 - Swimmers making three (3) qualifying times will be permitted to enter one (1) bonus event.
 - Swimmers making four (4) or more qualifying times are not permitted to enter bonus events.
 - Bonus entries are seeded last.
 - There shall be no bonus swims for the 1000 freestyle or 1650 freestyle except for the following condition: any swimmer achieving a qualifying time in the 1000 freestyle or 1650 freestyle may select the other distance event as one of his/her allowable bonus events.
 - See Entry Information for seeding order.
- At least one swimmer participating on each relay team must also be entered and compete in at least one, non-bonus, individual event. All relay-only swimmers must be listed on the meet entry.



ONLINE MEET ENTRY:

- All entries must be submitted through USA Swimming's website using OME (Online Meet Entry, www.usaswimming.org/ome). Ensure that relay only swimmers are included in the team roster entry.
- All coaches planning to attend the meet **MUST** be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry **MUST** show proof of current credentials prior to receiving coach's packets or deck credentials.
- **Instructions for Regular Entry Deadline:** See additional information at the end of the meet announcement.
 - Payment for entries using OME is accepted using Visa, MasterCard, American Express or Discover. After the online entry is completed, a confirmation will be sent to you via e-mail. Bring all communications with you to the meet.
 - Until you check out in OME, you can return to your entry to modify entry times through the initial March 10, 2020 entry deadline.
 - Once you have paid for your entry, you may add events to your entry but you cannot delete events.
 - Entry times, under OME, are taken from the SWIMS national database, or a custom time may be entered.
 - All swims entered as a custom time must be proven. See Proof of Times section below.
 - Custom Times must be entered in the proper course in which achieved; converted times will not be accepted.
 - Times other than short course yards 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.
- **New Qualifying Swims:**
 - Additional entries from meets occurring between March 10, 2020 and March 22, 2020 are due by 5:00 PM (EST) on Monday, March 23, 2020.
 - OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2020 EZ SC Speedo Championship Meet – NEW QUALIFYING SWIMS.
 - These entries may not be used to improve the seed time of an earlier entry.
- **Late Entries:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:
 - Late entries must be submitted through OME for the meet named 2020 EZ SC Speedo Championship Meet – LATE ENTRIES.
 - Entries must be received no later than 12 noon (EST) Tuesday, March 24, 2020.
 - The team or athlete must pay a one-time processing fee of \$150 and entry fees of \$30 per individual event.
 - Late entries may not be used to improve the seed time of an earlier entry.
- **Questions Regarding OME?** Contact: Mary Turner, myturner525@gmail.com, (434)352-5451

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) must be prepared to prove the times with a copy of the official meet result.
- Any proof of time must be submitted prior to the Scratch deadline for the session in which the event is being swum. The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event and time swum.
- High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming.
- **Warning:** 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 fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2020.

SCRATCH PROCEDURES:

- The scratch box in will be located at the Registration Table until the General Meeting. The scratch box and sheets for designating AM/PM preferences will then be at the General Meeting. Following the General Meeting, they will be located with the Clerk of Course on deck.
- This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. Specific procedures will be explained at the General Meeting on Wednesday afternoon.
- Scratches from finals can only be done directly with the Administrative Referee. Do not use the scratch box.
- **The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer who is initially announced as qualifying for a final event, excluding alternates, and does not show up to compete (without properly scratching or without being excused by the Referee) will be subjected to a \$50 fine.**
- **Scratch deadlines:**
 - Wednesday, 15 minutes after the end of the General Meeting: All Thursday events (including the **200 Free Relay**, **200 Medley Relay**, and am/pm preference for the **W1000** and **M1650**)
 - Thursday, 6:30 pm: All Friday events (including **400 free relay**).
 - Friday, 6:30pm: All Saturday events (including **800 Free relay**).
 - Saturday, 6:30pm: All Sunday events (including **400 medley relay** and am/pm preference for the **W 1650** and **M1000**).

TIME TRIALS:

Time trials will be offered each day, time permitting.

- Time trial fees: \$15.00 for individual events; \$30.00 for relays.
- All time trials will be seeded by entry time and will start 15 minutes after the conclusion of the preliminaries session.
- Time trials may be seeded with mixed events and genders in heats with no open lanes between them. Events longer than 200 yards may be similarly combined regardless of distance.
- Time trials are open to all swimmers entered into the meet, including relay-only swimmers.
- Each swimmer is limited to a maximum of three (3) time trials swims during the meet. Also, please be aware that time trials count towards the daily maximum of three events, but not



towards the seven (7) swims maximum for the meet.

- Registration for time trials will close at 10:00am each day, unless otherwise announced at the General Meeting. Time trials will be conducted as long as there is time available.
- The order of events for time trials is listed below. **Note that the 1000 freestyle and 1650 freestyle are only offered on Thursday.**
 - Thursday time trials: Thursday/Friday/Saturday/Sunday, in that order. Time trials for the distance events may be seeded in empty lanes in preliminary sessions.
 - Friday time trials: Friday/Saturday/Sunday/Thursday (non-distance only) events, in that order.
 - Saturday time trials: Saturday/Sunday/Thursday (non-distance only)/Friday events, in that order.
 - Sunday time trials: Sunday/Thursday (non-distance only)/Friday/Saturday events, in that order.

RULES:

- The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- The scratch procedures listed in the current *USA Swimming Rules and Regulations*, Article 207.11.6, will be in effect.
- 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) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval.
- Any swimmer entered in the meet must be certified by a USA-S 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 the requirement.
- Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted.
- Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.
- In accordance with VSI best practices, all swimmers should shower before entering the pool.
- Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.
- In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.



TIMERS:

- It may be necessary to solicit timers from the spectators attending the meet. All visiting teams should be prepared to provide meet timers. The meet director reserves the right to assign teams with lane assignments for timer coverage depending on entries.
- All athletes entered in distance events (1000 and 1650 freestyles) need to supply their own timers and counters.
- All time trial athletes need to supply their own timers.
- Anyone wishing to time may do so. If you volunteer, the host will refund you the cost of a daily admission charge per session, not to exceed amount of the general admission all session pass. This offer is not valid for time trials or distance events.
 - Documentation of volunteer hours is available for community service hours and can be provided upon request.

DECK ACCESS:

- Please use designated pool entry areas. **The rear pool deck entrance from parking lots A, B and C will only be accessible Thursday – Sunday with meet credential. Please use front entrance for warm ups on Wednesday.**
- Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck.
- Coaches must request a deck pass through OME. Deck passes will only be issued to individuals registered with USA Swimming.
- All coaches must be prepared to show a current USA Swimming registration card at the registration table to receive their deck pass. Replacements for lost credentials will cost \$10.00.
- No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with 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 supervision form before a credential can be issued.
- Teams will be allocated deck passes for coaches using the following formula based on the number of athletes entered into individual events:
 - 1-3 swimmers in individual events or 1 relay only team with any number of alternates: 1 deck pass
 - 4-8 swimmers in individual events: 2 deck passes
 - 9-14 swimmers in individual events: 3 deck passes
 - 15-25 swimmers in individual events: 5 deck passes
 - 26 or more swimmers in individual events: 6 deck passes
 - Unattached swimmers entered without a team: 1 deck pass.
 - Unattached swimmers with a team will be counted in the numbers for the team
 - Additional deck passes can be purchased at the Meet Registration Desk for \$35.

SCORING: Scoring will be handled according to USA Swimming Rules and Regulations based on the number of heats swum in finals.

AWARDS:

- Individual events: Top 3 finishers
- Relay events: Top 3 relay teams



- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 female and top 3 male
- If only three heats are swum in finals, awards will be presented immediately following each event. If four heats, there will be no formal awards presentation.
- The coach of each event's winning competitor should report to the awards area prior to awards presentations.
- A full sequencing of events and awards will be published with the heat sheet for each finals session.

CONCESSIONS:

There will be a concession stand open for the duration of the meet. The concession area is on the upper level of the pool, near the restrooms.

HOSPITALITY:

A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the Wet Classroom located just off the Competition Pool deck.

SPECTATOR ADMISSION AND HEAT SHEETS:

- The spectator seating area will open one hour before the start of each session. The spectator entrance is on the upper level of Christiansburg Aquatic Center.
- Admission Charge includes appropriate heat sheets. Prices are as follows:
 - Individual Prelims Session: \$5
 - Individual Finals Session: \$5
 - All Sessions: \$30

CHRISTIANSBURG AQUATIC CENTER RULES:

- Concessions will be allowed in designated areas only. Drinks are only permitted if in plastic bottles or covered plastic/paper cups.
- Young children must be supervised by an adult.
- Observers are to stay in designated areas.
- No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any signs, banners or decorations.
- Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.
- No smoking is permitted within the Town of Christiansburg Aquatic Center.
- The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.
- No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director.
- No glass containers of any kind are to be brought into the pool complex.
- Parking violators will be subject to fines and/or towing as posted.
- The Aquatic Center strongly encourages showering prior to entering the pool.
- All emergency exits and walkways must remain clear.



LOCKER ROOMS:

Day lockers will be available for athletes, coaches and officials. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Christiansburg Aquatic Center and Virginia Swimming are NOT responsible for lost or stolen property. The Virginia Tech Varsity locker room is off-limits to all participants.

MEDICAL ASSISTANCE: Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff.

PARKING:

- Free parking will be available at the Christiansburg Aquatic Center for officials and coaches on a first come, first served basis.
- Teams may purchase a pass for reserved parking spaces in lots B and C through OME at a cost of \$15. Places will be reserved for all sessions. (The are the lots closest to the rear entrance of the pool.)
- Coach and Officials parking passes will be given out at registration. Requests for additional reserved spaces will be handled at that time.
- Coach and Official Parking Pass **MUST** be shown on dash of vehicle in order to park in lots A, B, and C at the Aquatic Center.
- Parking for spectators and parents is available in the lots D, E, and F as well as street parking in front of the building and the gravel parking lot adjacent to the facility.
- Handicap vehicles will be permitted to park in designated spaces.
- Bus parking will be available in at Christiansburg High School for all finals sessions as well as preliminary session on Saturday and Sunday. Buses should return to each team's hotel on Wednesday and preliminary session on Thursday and Friday.
- All vehicles must be in appropriately marked parking spaces. **No parking** in areas marked by a yellow curb.
- Overflow parking will be available at Christiansburg High School approximately ½ mile from the Center. Shuttle van will be available.
- Overflow parking will also be available at Community Housing Center Partner's **ONLY** on Saturday 3/28 and Sunday 3/29. Any vehicles parked there Wednesday – Friday will be subject to towing

DIRECTIONS TO CHRISTIANBURG AQUATIC CENTER:

- From I-81 Southbound:
 - Take the US-11/US-460 exit, Exit 118C-B-A, toward Christiansburg/Blacksburg. 1.6 mi.
 - Merge onto US-460 W via Exit 118B toward Blacksburg. 2.7 mi.
 - Take the US 460 Business exit, Exit 3AB, toward Christiansburg. 0.4 mi.
 - Merge onto US-460 BR E/N Franklin St via Exit 3A toward US-460-BR E/VA-111/Downtown. 0.8 mi
 - Stay in the right lane, proceed thru the next two stop lights. The Aquatic Center will be on your left. 0.6 mi.
- From I-81 Northbound:
 - Take the VA-8 exit, Exit 114, toward Christiansburg/Floyd. 0.2 mi.
 - Turn left onto VA-8 N/W Main St.



- Turn left onto N Franklin St/US-460 BR W. 0.6 mi.
- The Aquatic Center will be on the right.

- From 460-Eastbound
 - Take the US-460-BR E Exit toward Downtown. 0.5mi.
 - Merge onto US-460 BR E/N Franklin St. 1.1 mi.
 - Stay in the right lane. Proceed thru the next two stop lights. The Aquatic Center will be on the left.



March 26– March 29, 2020

Order of Events

Thursday, March 26, 2020		
<i>Prelims: 9:00am start</i>		
Event		
1	200 yard Medley Relay	2
3	200 yard Individual Medley	4
5	100 yard Freestyle	6
7	100 yard Breaststroke	8
9	1000 yard Freestyle	
	1650 yard Freestyle	10
11	200 yard Freestyle Relay	12

Friday, March 27, 2020		
<i>Prelims: 9:00am start</i>		
Event		
13	200 yard Freestyle	14
15	100 yard Butterfly	16
17	400 yard Individual Medley	18
19	400 yard Free Relay	20

Saturday, March 28, 2020		
<i>Prelims: 9:00am start</i>		
Event		
21	200 yard Butterfly	22
23	100 yard Backstroke	24
25	500 yard Freestyle	26
27	800 yard Free Relay	28

Sunday, March 29, 2020		
<i>Prelims: 9:00am start</i>		
Event		
29	200 yard Backstroke	30
31	50 yard Freestyle	32
33	200 yard Breaststroke	34
37	400 yard Medley Relay	38
AFTERNOON		
35	1650 yard Freestyle	
	1000 yard Freestyle	36



ONLINE MEET ENTRY (OME) INSTRUCTIONS

- Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Email entries during the regular entry period will not be accepted.
 - The OME system is accessed from the USA Swimming web site at the address:
<http://www.usaswimming.org/ome>
 - Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team”.
- **OME OPENS:** 9:00 AM EST, Tuesday, Feb. 4, 2020
- **OME CLOSSES:** 11:59 PM EST, Tuesday, March 10, 2020 (Regular Entry Deadline)
- **Meet entries in the form of an entry list or psych sheet will be posted to the VSI website on Wednesday, March 11, 2020**
- **Meet Entry Officer:** Mary Turner
- **OME HELP:**

Mary Turner	Macie McNichols
Meet Entry Officer	USA Swimming
Phone: (434) 352-5451	Phone: (719) 866-3506
Email: myturner525@gmail.com	Email: mmcnichols@usaswimming.org
- **Conforming and Non-Conforming times will be used for entry. Order of preference is: Short Course Yards, Long Course Meters then, Short Course Meters.**
- **ENTRY LIMITS:**
 - **Individual Events:**
 - Athletes may enter all events for which they qualify
 - Maximum per day: three (3) individual events, (note: includes time trials).
 - Maximum for the meet: seven (7) individual events for the meet, (note: does not include time trials)
 - **Bonus Events:**
 - Limits: Swimmers making one (1) qualifying time will be permitted to enter one bonus event. Swimmers making two (2) qualifying times will be permitted to enter two (2) bonus events. Swimmers making three (3) qualifying times will be permitted to enter one (1) bonus event. Swimmers making four (4) or more qualifying times are not permitted to enter bonus events. Bonus entries are seeded last.
 - Bonus swims for the 1000 Freestyle, and the 1650 Freestyle are not available, with the exception that swimmers who have the qualifying time in one of the events may choose the other as a bonus event.
 - See Entry Information for seeding order.
 - **Relays:** Two (2) per team per event.
- **INDIVIDUAL ENTRIES:**
 - Swimmers may enter using an “Override Time” for times that are not in the national database.
 - Override times must include the meet name and date.
 - Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List).
 - **Proof of asterisk (*) submitted times must be provided to the Administrative Referee prior the scratch deadline for that event in order to be seeded.**



- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- Entries which improve the time of an earlier entry will be accepted **only** while OME is open.
- **“No Time” relay entries will not be accepted.**
- **OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
 - If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (**).
 - The ** signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay
 - **All entries for 200 Y Medley relays must use 400 Y Medley relay times.** NT entries will not be accepted.
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
 - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
 - Alternately, these individuals may send a text file of their entries to the Meet Entry Officer to be entered manually.
- **New Qualifying Swims:**
 - Additional entries from meets occurring between March 9, 2020 and March 22, 2020 are due by 5:00 PM (EST) on Monday, March 23, 2020.
 - OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2020 EZ SC Championship Meet – NEW QUALIFYING SWIMS.
 - These entries may not be used to improve the seed time of an earlier entry.
- **Late Entries:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:
 - Late entries must be submitted through OME for the meet named 2020 EZ SC Championship Meet – LATE ENTRIES.
 - Entries must be received no later than 11:59 pm (EST) Monday, March 23, 2020.
 - The team or athlete must pay a one-time processing fee of \$150 and entry fees of \$30 per individual event.
 - Late entries may not be used to improve the seed time of an earlier entry.



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