

**Important Updates for the
LC Speedo Champions Series Meet
Buffalo, NY
August 6-9, 2009**

1. Entry deadline has been extended to Tuesday August 4, 2009 at 1:00PM Eastern Standard Time for, for 1st time qualifiers, not updated times. Please be sure to email entries as dictated in meet information.
2. All swimmers entered into an individual event are now eligible for bonus swims according to the following rules as well as a qualifying standard. Please see below for both Meet Standards and Qualifying Standards
 - a. Make 1 individual event receive 1 bonus event.
 - b. Make 2 individual events receive 2 bonus events.
 - c. Make 3 or more individual events receive 1 bonus event, not to exceed daily and meet limits.
 - d. 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.

Updated: 5/19/09

Long Course 2009 Speedo Super Sectional Qualifying Times

WOMEN				MEN		
LCM	SCM	SCY	Events	SCY	SCM	LCM
28.49	27.79	24.99	50 Freestyle	22.39	24.79	25.49
1:01.39	59.99	53.79	100 Freestyle	47.89	54.59	55.99
2:11.29	2:08.49	1:54.79	200 Freestyle	1:44.19	1:58.59	2:01.69
4:34.89	4:29.29	5:03.69	400 Freestyle	4:44.29	4:12.99	4:18.59
9:29.49	9:18.29	10:27.99	800 Freestyle	9:51.09	8:49.19	9:00.39
18:05.69	17:44.69	17:49.19	1500 Freestyle	16:49.09	17:02.89	17:23.89
1:09.19	1:07.79	59.69	100 Backstroke	53.99	1:02.39	1:03.79
2:28.29	2:25.49	2:08.69	200 Backstroke	1:57.79	2:14.09	2:16.89
1:18.69	1:17.29	1:07.49	100 Breaststroke	1:00.79	1:11.29	1:12.69
2:48.99	2:46.19	2:25.59	200 Breaststroke	2:13.29	2:36.19	2:38.99
1:07.79	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	2:01.39	2:14.09	2:16.89
2:28.89	2:26.09	2:08.89	200 Individual Medley	1:57.49	2:14.39	2:17.19
5:14.89	5:09.29	4:35.49	400 Individual Medley	4:14.79	4:48.99	4:54.59
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 2009 Speedo Super Sectional Bonus Event Qualifying Times

	WOMEN				Men		
LCM	SCM	SCY	Events	SCY	SCM	LCM	
28.99	28.29	25.49	50 Freestyle	22.89	25.29	25.99	
1:02.39	100.99	54.79	100 Freestyle	48.89	55.59	56.99	
2:13.29	2:10.49	1:56.79	200 Freestyle	1:46.19	2:00.59	2:03.69	
4:38.89	4:33.29	5:08.69	400 Freestyle	4:48.29	4:16.99	4:22.59	
9:29.49	9:18.29	10:27.99	800 Freestyle	9:51.09	8:49.19	9:00.39	
18:05.69	17:44.69	17:49.19	1500 Freestyle	16:49.09	17:02.89	17:23.89	
1:10.19	1:08.79	1:00.69	100 Backstroke	54.99	1:03.39	1:04.79	
2:32.29	2:29.49	2:12.69	200 Backstroke	1:59.79	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	
1:08.79	1:07.29	59.89	100 Butterfly	53.69	1:00.59	1:01.99	
2:29.89	2:27.09	2:11.69	200 Butterfly	2:03.39	2:16.09	2:18.89	
2:30.89	2:28.09	2:10.89	200 Individual Medley	1:59.49	2:16.39	2:19.19	
5:18.89	5:13.29	4:39.49	400 Individual Medley	4:18.79	4:52.99	4:58.59	

Bonus events:

Make 1 individual event receive 1 bonus event.

Make 2 individual events receive 2 bonus events.

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

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.

**STAR SWIMMING
PRESENTS
THE 2009 SPEEDO CHAMPIONS SERIES**

AUGUST 6-9, 2009

Held Under USA Swimming Sanction

USA Swimming registered swimmers from outside the Eastern Zone may request an invitation to the meet by contacting the Meet Director: acceptance will be at the discretion of the Meet Director based on the size of the meet

**Order of Events
Long Course Meters**

Preliminaries - 9:00 am Women ' s Events		Finals - 5 PM Men ' s Events
Day 1 - Thursday, August 6		
1	1500 Meter Freestyle * +++	
2	200 Individual Medley	3
4	100 Meter Freestyle	5
6	100 Meter Breaststroke	7
	800 Meter Freestyle * +++	8
Day 2 - Friday, August 7		
9	200 Meter Freestyle	10
11	100 Meter Butterfly	12
13	400 Meter Individual Medley	14
10 Minute Warm-up Break Before Relays		
15	400 Meter Freestyle Relay * ##	16
Day 3 - Saturday, August 8		
17	200 Meter Butterfly	18
19	100 Meter Backstroke	20
21	400 Meter Freestyle	22
10 Minute Warm-up Break Before Relays		
23	800 Meter Freestyle Relay * ##	24
Day 4 - Sunday, August 9		
25	800 Meter Freestyle * +++	
26	200 Meter Backstroke	27
28	50 Meter Freestyle	29
30	200 Meter Breaststroke	31
	1500 Meter Freestyle * +++	32
10 Minute Warm-up Break Before Relays		
33	400 Meter Medley Relay * ##	34

* 800 & 1500 Freestyle & 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.

Timed Final event, fastest two heats swim in Finals

+++ Timed Final event, fastest heat swims in Finals, all other heats will swim as indicated on page 6

Administrative Information

Meet Referee

Dick Nelson
6635 Bobby Jones Court
Palmetto, FL 34221-6635
941-723-9837 (H) 336-575-8383 (Cell)
nelson@nctens.com

Meet Directors

Brad Boyle

716-851-1217
boyleb@ecc.edu

Karyn Bimber

716-868-6611
kkbimber@buffalo.edu

Meeting Schedule

Wednesday, August 5 6:00 PM
General Meeting ECC Aquatic Center

Each team is responsible for the information discussed at this meeting (207.12.1C).
It is the obligation of every athlete entered in the meet to attend or be represented at this meeting and to become acquainted with the changes, if any, and the decisions made at this meeting.

Thursday, August 6 7:30 AM
Initial Officials Briefing ECC Aquatic Center

- All other Officials Briefings will start 1 hour prior to the start of the session.

Prelims Events	August 6, 7, 8 & 9	9:00 AM
Finals Events	August 6, 7, 8 & 9	5:00 PM
Time Trial Events	August 6, 7, 8 & 9	½ hour after conclusion of Prelims

For Thursday Events:

Scratch Box closes 15 minutes after the conclusion of the General Meeting

All other day's Events:

The Scratch Box will close at 5:30 PM for the next day's events

Ticket Information

All Session Pass	\$25
Daily:	
Prelims	\$ 4
Finals	\$ 7

Tickets will be available at the door.
Make checks payable to Star Swimming.
Prelim & Finals Programs - \$2 each

Facility

Erie Community College

Site of:

- 1993 World University Games
- 1997 USS Phillips 66 Senior Nationals
- 1998 Speedo Junior Championships (SC)
- 1999 Speedo Junior Championships (LC)
- 2000 Speedo Junior Championships (SC)

50 meter pool with continuous flow through gutters and Kieffer_McNeil lane dividers. Separate 25 yard six lane pool for continuous warm_up and warm_down. Colorado Electronic Timing System.

* **QUALIFYING PERIOD** - January 1, 2008 through the entry deadline.

** The seeding order is:

LC meters, SC meters, SC yards

Entry Information

How to Enter:

* We prefer that you send a HyTek commlink file, either on a 3.5 diskette labeled with the team name or emailed to: Brad Boyle, boyleb@ecc.edu

As an alternative you can send an entry file in SDIF format. Entries must be received no later than 6:00 PM Thursday, July 30, 2009. * An entry summary must accompany each entry, regardless of whether entries are submitted via email, on diskette, or in writing.

* Paper entries must be made on the meet entry form.

* Entries not received by the dates specified will not be accepted.

* Please check with your local registrar that all your swimmer's registration is current so that they are able to swim.

* Coaches will need to show proof of current registration and coach's certification on check-in at meet.

* **EMAIL entry** deadline is 1:00 PM Monday August 3, 2009. Only swims occurring from Thursday July 30, 2009 through Sunday August 2, 2009, which achieve a first time qualifying standard are eligible for email entry. EMAIL entries must be made on the enclosed EMAIL entry form - and **may not** be used to improve the seed time of a previously submitted entry.

- **Entry deadline has been extended to Tuesday August 4, 2009 at 1:00PM Eastern Standard Time for, for 1st time qualifiers, not updated times. Please be sure to email entries as dictated in meet information.**
- **Coaches must be prepared to prove entry times that are not in SWIMS!**
- **OFFICIAL MEET RESULTS WILL SERVE AS PROOF.**
- **High School, College & YMCA Swims must be observed by USA Swimming to be a valid proof of time.**
- **All swimmers, coaches and officials must be properly registered with USA Swimming for 2009 prior to the meet entry deadline of July 30th. There will be no USA Swimming Registration on site. Registrations will be verified before Deck Credentials are issued.**
- **By Friday night (July 31st) a Pre-Email Entry Psych Sheet will be posted on the Star Swimming website (www.starswimming.org). Times followed by an “*” will need to be proven.**

Entry Fees: \$10 per individual event
\$25 per relay event

Send entries to:
Brad Boyle
21 Oak St.
Buffalo, NY 14203
716-851-1217
boyleb@ecc.edu

You must waive the requirement for a signature upon delivery of entries sent by Express Mail!

Final Results

Complete meet results (including the meet manager results for TM and backup files will be available on both the Eastern Zone and Star Swimming websites after the meet.

Event Limit

All swimmers are limited to a maximum of 3 Individual Events per day (including Time Trials). Swimmers are limited to a maximum of 7 individual events for the meet.

Each team is limited to a maximum of two (2) relays per relay event. At least one (1) swimmer swimming on each relay must be entered in the meet in an individual event.

Bonus Events

All swimmers entered into an individual event are now eligible for bonus swims according to the following rules as well as a qualifying standard. Please see beginning pages for Meet Standards and Bonus Qualifying Standards

- a. Make 1 individual event receive 1 bonus event.
- b. Make 2 individual events receive 2 bonus events.
- c. Make 3 or more individual events receive 1 bonus event, not to exceed daily and meet limits.
- d. 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.

Scratch Procedures

The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting.

The scratch box will be at the General Meeting.

Following the General Meeting, the scratch box will be located with the Clerk of Course until the scratch box closes each day.

Positive Check-in Sheets for the 800 Freestyle, 1500 Freestyle, and all Relays will be located with the scratch box. The 1500 Free, 800 Free & Relays are timed final events. Entries must be checked in by the scratch deadline for that event in order to be seeded.

Scratch procedures and penalties will follow those listed in the USA Swimming Rule Book, section 207.12.6

Scratch Deadlines:

Thursday's Events

* 15 minutes following the adjournment of the General Meeting

Friday, Saturday, and Sunday's Events

* 5:30 PM the previous evening.

Please Note: No email, fax or phone scratches or positive check-ins will be accepted.

Relays and Relay Check-In Procedures

A. Relays - All relays are conducted on a timed final basis with only the two fastest heats to be swum in the final session. Teams are limited to two relay entries in each relay event. There will be a 10 minute warm-up break before the relays swim.

B. Relay Check-In- Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages and order of swimming, for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation at least one (1) hour prior to the start of relays. However, they may be changed up to the time of the swim.

C. At the relay Check-In teams may designate whether their Sunday Relays will swim in Prelims Only, or whether they are willing to swim in Finals.

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.

Meet Scoring

Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.

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) & Sunday events (M-1500 & W-800) 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 4 PM. 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:

- a)Second fastest men's heat last
- b)Second fastest women's heat next to last
- c)Third fastest men's heat third from last
- d)Third fastest women's heat fourth from last and continuing until all heats are swum

In Finals the events will swim in numerical order.

Awards

Individual Awards: 1st – 8th place

Relay Awards: 1st - 3rd place

Team Awards: 1st & 2nd place

(These awards will be for Women, Men, & Combined).

Individual High Point Awards:

1st – 2nd place women, 1st – 2nd place men.

Ready Room

A ready room will be used at this Championship prior to each 'A' final event. Each swimmer participating in the 'A' finals **must** report to the ready room 10 minutes preceding the event.

Time Trials

Any swimmer entered in the meet in an individual event may participate in Time Trials. Relay only swimmers are not permitted to enter 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. The 800 & 1500 Free will only be swum only on Friday – or another day at the meet referee’s discretion).

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

Officials

Certified officials wishing to work the meet should submit an application to Jamy Pfister (JamyJayPfi@verizon.net), Eastern zone Officials Coordinator, by June 15, 2009. copies of the application can be found at <http://www.starswimming.org> and each LSC Official's Chairman.

Certified officials who learn of their availability after June 15, 2009 should contact Sue Seiler, Niagara Officials chair, at SSeiler826@aol.com and Nancy Nelson (nancy@nctens.com) Lead Chief Judge for scheduling purposes.

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 Dick Nelson (nelson@nctens.com) for an Application for Evaluation.

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>

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.

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. Current USA Swimming coach members purchasing this packet may receive a deck pass.

Site Information

***Information/Lost & Found**

Information will be available at the Registration Table. The Lost & Found is located behind the lifeguard office.

*** Lockers**

Lockers are available for use. Swimmers should bring their own locks. Locks must be removed from the lockers at the end of each day. Each individual must assume responsibility for securing their valuables. Erie Community College and Star Swimming, Inc. are not responsible for lost or stolen items. Shaving down is not allowed in the facility.

*** Medical Assistance**

Lifeguards are trained for emergency situations. The municipal hospital is located 5 minutes from the facility.

*** Parking**

Parking is available at Mike's Parking at the corner of Elm & Swan Street and at the Adam's Parking Ramp at the corner of Washington and North Division Street. Mike's Parking has attendants supervising parking from 1/2 hour before the start of warm-up through the last session of the day. The Adam's Parking Ramp offers free parking on weekends but is unsupervised.

*** Concessions**

Concessions will be located in the lobby of the Flickinger Aquatic Center.

*** Hospitality**

A hospitality room for coaches and officials will be located in the Auxiliary Gym located on the second floor of the Aquatic Center.

Flickinger Aquatic Center Hours

Wednesday, August 5 1:00 PM - 9:00 PM

Thursday, August 6 6:30 AM - 9:00 PM

Friday, August 7 6:30 AM - 9:00 PM

Saturday, August 8 6:30 AM - 9:00 PM

Sunday, August 9 6:30 AM - 9:00 PM

Credentials pickup for Swimmers, Coaches, & Officials

Wednesday, August 5 Noon - 8:00 PM

Thursday, August 6 6:30 AM – 10 AM

Friday, August 7 6:30 AM – 8:30 AM

As needed - contact Meet director

Credentials must be worn at all times. \$10 will be charged for replacement of badges.

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 warmup session.

***Meet Jury**

A Meet Jury will adjudicate eligibility and issues of conduct only which may occur in the meet venue. All protests must be in writing. Meet Referee to appoint the jury.

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In granting the sanction for this meet it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by means of injuries to anyone during the conduct of the meet.