



**CHAMPIONSHIP  
SERIES ★★★★★**

ITHACA, NY | 2016

MARCH 31 – April 3, 2016



2016 Eastern Zone Speedo Short Course Super Sectionals  
Hosted by The Syracuse Chargers

Meet Sanction #NI1516-158  
Time Trials Sanction #NI1516-159

Co-Meet Directors:

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Meet Host Contact:

Syracuse Chargers Swimming. PO Box 54, DeWitt, NY 13214  
(315) 446-1409 or (315) 944-SWIM

[Meetentry@medleyaquatics.com](mailto:Meetentry@medleyaquatics.com)

Location:

Ithaca College, Athletics & Events Center, 953 Danby Road, Ithaca, NY 14850

Facility:

Ithaca Pool is a 21 Lane pool complete with flow through lane lines and a Colorado Timing System VI. Ample team and spectator seating is available. The water depth at the start end is no less 2.5m at a distance of 1m/5m. The competition course has been certified in accordance with §104.2.2C(4).

Officials:

Certified officials wishing to work the meet should submit an application by Sunday, March 13, 2016 for assigned positions. The application form can be found through this link: [Official's Application](#).

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 National Certification program can be found on the [USA Swimming Website](#).

All Officials' briefings will take place 1 hour prior to the start of each session.

General Meeting:

Thursday, March 31, 2016 at 2:00pm. The General Meeting will take place in the coaches/officials hospitality room next to the pool. All final decision will be communicated at this meeting. Coaches and teams are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

Facility Schedule:

Thursday, March 31: 1:00pm - 9:00pm

Friday, April 1 – Sunday, April 3: 6:00am - 9:00pm

Team Registration Schedule:



Thursday, March 31: 1:00p – 1:45p  
3:00p – end of Thursday session  
Friday, April 1: 6:00am – 11:00am  
Other times: Contact the Meet Host

Meet Schedule:

Thursday, March 31  
General Warm-up: 2:00pm - 3:15pm  
Session 1 Warm-up: 3:15pm - 4:15pm  
Meet Starts: 4:30pm  
Friday, April 1 – Sunday, April 3  
Prelim Warm-up: 6:30am – 8:15am. Prelims Start: 8:30am  
Finals Warm-up: 4:15pm - 5:20pm. Finals Start: 5:30pm

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 will be posted on deck:

Competition Course Setup: (to be determined by Meet Director)

General warm-up all lanes until 40 minutes prior to meet start, then lanes not being used as pace or sprint will be used for general warm-up.

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.

Rules:

Current USA Swimming rules will govern all competition.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

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. Deck changes are 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.

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 said fine is paid. All swimmers, coaches and officials must be properly registered with



USA Swimming for 2016.

It is understood and agreed the USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

#### Eligibility:

This Meet is open to any registered USA Swimming athlete with a qualifying time published on the Eastern Zone website, **with the a maximum of 100 Athletes from outside of the Eastern Zone**. The Qualifying Period is January 1, 2015 through meet entry deadline.

#### 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 Thursday Events need to supply their own Timers.

All Sunday Distance events need to supply their own Timers.

All Time trials swims need to supply their own timers.

Anyone wishing to time may do so by following this link: [CLICK TO TIME](#). 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 Thursday events, time trials or Sunday distance events.

#### Meet Format:

The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. All relay events, as well as the 1000 freestyle and 1650 freestyle will be swum as timed final events. Please see scoring on page 9 for additional information.

The A and B Finals will be open to any age, based on place in the morning Trials. The C Final will be open to 18&Under athletes only.

**-Only athletes registered in the Eastern zone can qualify for finals. International athletes or athletes from another zone may not swim in finals.**

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.

**Thursday Distance Events (W 1000/M 1650):** The women's 1000 yard Freestyle will conclude prior to the Men's 1650 yard Freestyle. Both events will be swum slowest-to-fastest. Must supply owner timer and counter.

**Sunday Distance Events (W 1650/M 1000):** The fastest heat in the women's 1650 yard Freestyle followed by the fastest heat in the men's 1000 yard Freestyle will be swum at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, so that the 2<sup>nd</sup> fastest heat of Men's 1000 Free will end at 4:30pm and the 2<sup>nd</sup> fastest heat of the women's 1650 Free will swim in the heat prior to the 2<sup>nd</sup> fastest heat of the Men's 1000 Free. The heats will alternate women and men. The heat order and schedule will be published after the scratch deadline on Saturday night. Swimmers must supply owner timer and counter.

**Relay Events:** The fastest two heats will swim with finals during the evening session. Remaining heats



will swim with preliminaries during the morning session. Relays that do not check-in by the appropriate deadline will not be seeded. 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.

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 yd Medley Relay entry times must be a provable 400 Medley Relay times.

**Sunday Relays (200 free relay, 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 will be asked to indicate a preference for swimming with preliminaries or with finals, when that relay is positively checked-in at the Clerk of Course. The preliminaries/finals preference must be declared by the check-in deadline (Saturday at 6:00pm). The fastest two heats of 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 and Director, 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.

Flyover starts may be used at the discretion of the Referee during all preliminary sessions.

Entry Information & Contact:

Will Chidsey, (315) 944-SWIM. [Meetentry@medleyaquatics.com](mailto:Meetentry@medleyaquatics.com)

Qualification Period: January 1, 2015 through entry deadline for meet.

Seeding Order: SCY, LCM, SCM. Bonus entries are seeded last in the same order.

Entry Fees: \$12.50 for individual events, \$25.00 for relay events, \$10.00 per swimmer surcharge.

Time Trial Fees: \$15.00 for individual events, \$30.00 for relay events.

Regular Entry Deadline: Monday, March, 14, 2016 at 11:59 PM EST.

OME will open for this meet on January 21, 2016 at [www.usaswimming.org/ome](http://www.usaswimming.org/ome).

Entry Rules:

A swimmer may enter any number of events in which he/she has met the qualifying time standard, 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 2 relays in each event. 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.

Bonus Events:

Swimmers making one (1) qualifying time will be permitted to enter one (1) 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 will not be permitted to enter bonus events.

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 choose to enter the other distance event as a bonus entry. Please contact entry chair for details.

#### Online Meet Entry:

All entries must be submitted through USA Swimming's website using OME (Online Meet Entry).

Payment for entries using OME is accepted using Checks (preferred; payable to: Syracuse Chargers Inc), 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 entry deadline if you do not check out. Best times will not be automatically updated, the coach has to go in and update prior to the entry deadline. Once checked out and paid, you may add events to your entry but you cannot delete or edit events. Entries will not be considered accepted until entry fees are received. Times must be entered in the proper course in which achieved; converted times will not be accepted. Entries that have NOT used the OME entry process will not be accepted.

Questions Regarding OME? Contact Anthony Buhr, USA Swimming. Office: 719-866-3581

#### Fees:

Payment by check for any entries must be received at or before the pre-meet general meeting on Thursday, March 31, 2016. If payment is not received by this time, the entries in question will be scratched from the meet.

#### Late Qualifying Period:

Additional entries from meets occurring between March 15, 2016 and March 27, 2016 are due by 5:00 PM (EST) on Monday, March 28, 2016 via OME. Follow instructions given in the section above for the meet named 2016 Speedo Sectionals at Ithaca Late Entry.

Late entries may not be used to improve the seed time of an earlier entry.

#### Late Entry Provision:

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 the Meet Entry Chair. Contact via e-mail for further instructions.
- Entries must be submitted no later than 5:00pm, Monday March 28, 2016.
- Team or entrant must pay a one-time processing fee of \$150 and \$30 per event.

#### 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 results. Any proof of time must be submitted prior to the



Scratch/Positive Check-in deadline for the session in which the event is being swum.

#### Scratch Procedure & Positive Check In:

The scratch box and positive check in will be located at the Registration Table until the General Meeting. The scratch box and positive check in will then be at the General Meeting. Following the General Meeting, the scratch box and positive check in will be located with the Clerk of Course on deck.

This meet will follow the National Championship Scratch Rules as specified in rule 207.12.6. Specific procedures will be explained at the General Meeting on Thursday 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 initially announced that qualified for Finals who 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.**

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which he/she has been entered and has not been scratched will be barred from further individual and relay events that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events.

Scratch deadlines are as follows:

Thursday, 3:00pm: Thursday distance events (W1000/M1650).

Thursday, 6:00pm: All Friday events (including positive check-in for 800FR).

Friday, 6:00pm: All Saturday events (including positive check-in for 200MR and 400FR).

Saturday, 6:00pm: All Sunday events (including W1650/M1000 and positive check-in for 200FR and 400MR).

#### Time Trials:

Time trials will be offered each day, time permitting.

All time trials will be seeded by time and will start approximately 30 minutes after the conclusion of the preliminaries session on Friday, Saturday and Sunday (time permitting each day).

Time trials may be seeded with mixed events and genders in heats with no open lanes. 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 two time trials during the meet. Also, please be aware that time trials count towards the daily maximum of three events.

Registration for time trials will close at 4:30 pm on Thursday, and 10:00 am on Friday, Saturday and Sunday, unless otherwise announced at the General Meeting.

Time trials will end no later than 4:00pm on Friday and Saturday. Time trials on Sunday will end 30 minutes prior to the start of the heats of the Women's 1000 free/Men's 1650 free. Swimmers must supply own timers and counters (if needed).

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: 1000 free, 1650 free events only (at discretion of Meet Director and Meet Referee)

Friday time trials: Friday/Saturday/Sunday events, in that order.



Saturday time trials: Saturday/Sunday/Friday events, in that order.  
Sunday time trials: Sunday/Friday/Saturday events, in that order.

#### Deck Access:

Please use designated pool entry areas. 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. 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. Teams will be allocated free deck passes for coaches using the following NI LSC formula based on the number of athletes entered into individual events:

1-5 swimmers in individual events or 1 relay only team with any number of alternates:	1 coaching pass
6-12 swimmers in individual events:	2 coaching passes
13-22 swimmers in individual events:	3 coaching passes
23-30 swimmers in individual events:	4 coaching passes
31-39 swimmers in individual events:	5 coaching passes
40-49 Swimmers in individual events:	6 coaching passes
50+ swimmers in individual events:	7 coaching passes
Unattached swimmers entered without a team:	1 coaching 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.

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 supervise him or her before a credential can be issued.

#### 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.

#### Locker Rooms:

Locker Rooms will be available for athletes, coaches, and officials. Do not leave locks on locker overnight. Locks may be cut off if left overnight. Ithaca College and Syracuse Chargers Swimming are **NOT** responsible for lost or stolen property.

#### Hospitality:

The hospitality area is for officials, coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. Hospitality will be in the Wet Classroom located



just off the Competition Pool deck.

Scoring:

This meet will be scheduled to be competed in a minimum 9-lane course at finals. Scoring will be to a minimum of 18 places, subject to change depending on race course, and size of meet. If changes are recommended, it will be voted on at the Coach's meeting.

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Individual:	22	19	18	17	16	15	14	13	12	10	8	7	6	5	4	3	2	1
Relay	44	38	36	34	32	30	28	26	24	20	16	14	12	10	8	6	4	2

Awards:

Awards will be presented during the evening Finals, time permitting. A full sequencing of events and awards will be published with the heat sheet for each finals session. Awards for the Thursday distance events will be presented during the Friday evening finals.

- Individual events: Medal, Top 3 finishers
- Relay events: Medal, Top 3 relay teams
- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 female and top 3 male

Concessions:

There will be a concession stand open for the duration of the meet. The concession area is in the front lobby area of the athletics complex.

Spectator Admissions and Heat Sheets:

The spectator seating area will open one hour before the start of each session. Admission prices are as follows and includes appropriate heat sheets:

- All Sessions: \$30
- Thursday Timed Finals Session: \$6
- Friday, Saturday or Sunday (prelim/final) Day pass: \$12

Meet Management

Consists of the following personnel: Meet Director, Meet Entry Chair, Volunteer coordinator, Meet Referee and Computer operator.



EVENT ORDER:

Women's Events		Men's Events
	<b>Day 1 Thursday, March 31</b>	
1	1000 yard Freestyle	
	1650 yard Freestyle	2
	<b>Day 2 Friday, April 1</b>	
3	200 yard Freestyle	4
5	100 yard Breaststroke	6
7	100 yard Butterfly	8
9	400 yard Individual Medley	10
11	800 yard Freestyle Relay	12
	<b>Day 3 Saturday, April 2</b>	
13	200 yard Medley Relay	14
15	200 yard Butterfly	16
17	50 yard Freestyle	18
19	200 yard Breaststroke	20
21	100 yard Backstroke	22
23	500 yard Freestyle	24
25	400 yard Freestyle Relay	26
	<b>Day 4 Sunday, April 3</b>	
27	200 yard Freestyle Relay	28
29	1650 yard Freestyle	
	1000 yard Freestyle	30
31	200 yard Backstroke	32
33	100 yard Freestyle	34
35	200 yard Individual Medley	36
37	400 yard Medley Relay	38

