

EASTERN ZONE LONG COURSE AGE GROUP CHAMPIONSHIP

Hosted by Metropolitan Swimming, Sachem Swim Club, New York Sharks and Y Middies

AUGUST 3– 6, 2016

Held under the Sanction of USA Swimming
Sanctioned by Metropolitan Swimming, Inc.
Sanction #

LOCATION	<p>The meet will be held at the Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York 11554</p> <p>USA Swimming, Inc., Eastern Zone Swimming, Metropolitan Swimming, Inc., Sachem Swim Club, New York Sharks, YWCA Middies, Nassau County and Nassau County 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>
FACILITY	<p>POOL: The Nassau County Aquatics Center pool is an indoor 10-lane, 50-meter pool with non-turbulent lane lines swum bulkhead to bulkhead with a minimum of 2 meter depth. CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. Full color LED scoreboard will be used.</p> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations, Article 104.2.2C (4).</p> <p>There will be continuous lanes available for warm-up/warm-down.</p> <p>PARKING: Available in parking areas around the Aquatic Center.</p> <p>FOOD: A limited selection of food and swimming apparel will be available for spectators and swimmers throughout the meet.</p>
MEET DIRECTOR	Mary Fleckenstein – mary.fleckenstein@metroswimming.org
MEET REFEREE	Mark Amodio – amodio@vassar.edu
MEET ENTRIES	Eric Fisher – efisher@me.com - 631-807-3525
OFFICIALS	<p>Certified USA Swimming officials interested in working at the meet should submit an application by Friday, July 15th, for any assigned positions. An Application to Officiate can be found is available at this link:</p> <p>https://docs.google.com/forms/d/1tou3DFZMy3LLnfTD1T7C6N5zDbgXGsOF96sQX3R2UHg/viewform</p> <p>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</p>

	the certification program can be found on the USA Swimming Website.
VOLUNTEERS	Each LSC will be responsible to provide at least three (3) timers 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.
ELIGIBILITY	<ul style="list-style-type: none"> • Competition is restricted to swimmers registered in one of the 12 LSCs in the Eastern Zone. • Each swimmer must have a current year-round USA Swimming athlete registration in the LSC which he/she represents. • On-site registration will not be accepted at this meet. • Swimmer’s age as of August 3, 2016, determines his/her age group for the entire meet. • 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. • 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 5, 2015 and July 26, 2016 the entry deadline for this meet. • Eligibility of athletes with qualifying times for higher level meets: <ul style="list-style-type: none"> ○ 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. ○ 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. ○ 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.
ENTRY LIMITATIONS	<ul style="list-style-type: none"> • Each swimmer may enter a total of six (6) individual events in the meet, not to exceed three (3) individual events per day. • Relays must be made up of swimmers competing in the meet in individual events. ‘Relay only’ swimmers are NOT allowed.
ADAPTED SWIMMERS / SWIMMERS WITH DISABILITIES	<ul style="list-style-type: none"> • 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. • Swimmers with disabilities shall be entered on the form included on page 13. (Additional instructions can be found on page 12.) • Swimmers with disabilities may compete in Finals, earn awards and score points for their team in the same manner as the able-bodied swimmers.

	<ul style="list-style-type: none"> • 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. 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. • It is the swimmer’s responsibility to complete and submit an application for an American Record, should one be set.
<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> • All entries must be submitted by the LSC – entries from individuals will not be accepted. • Entries should be completed using Team Manager or other third party software capable of generating an SDIF file. • All entry times MUST be in LC Meters • Entry files (CL2, HY3, or SDIF format) should be sent to the Meet Entry officer: Eric Fisher – efisher@me.com • A PDF of the entry report must be sent with the e-mailed file. • No phone or fax entries will be accepted. • NO DECK ENTRIES WILL BE ACCEPTED FOR THIS MEET. • Entry checks should be made payable to Metropolitan Swimming. Mail the entry fee check and entry certification form to - Metropolitan Swimming, Inc. 99 Sheep Pasture Road Port Jefferson, NY 11777 Please request ‘waiver of signature’ if using a delivery service that provides one. • 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.
<p>ENTRY DEADLINE</p>	<ul style="list-style-type: none"> • All entries must be received by 7:00 PM, Tuesday, July 26, 2016. • Late Qualifying Period: <ul style="list-style-type: none"> ○ Additional entries from newly acquired qualifying times at an EZ LSC championship meet occurring between July 26, 2016 and July 31, 2016 will be accepted until noon on Monday, August 1, 2016. ○ Late entries may not be used to improve the seed time of an earlier entry. • Fees must be received no later than the Zone Managers meeting, Tuesday August 2, 2016.
<p>ENTRY FEES</p>	<p>Individual events: \$8.00 per entry Relays: \$10.00 per entry Surcharge: \$5 per swimmer</p>
<p>PROOF OF TIME</p>	<ul style="list-style-type: none"> • 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. • 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

	<p>official meet results (including the cover sheet).</p> <ul style="list-style-type: none"> • 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.
SEEDING	<ul style="list-style-type: none"> • This is a pre-seeded meet. • The fastest ten (10) swimmers at Prelims, after scratches, will advance to the Finals in Prelim / Final Events. • The following events are positive check-in events - the 400/800/1500 freestyle, the 400 IM, and all relays. • Any swimmer or relay team failing to “check-in” for a positive check-in event will not be seeded into the event. • 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. • Positive check-in deadlines are as follows: <ul style="list-style-type: none"> ○ All morning events by 7:15 am ○ All afternoon events by 12:00 pm (subject to change depending on the number of entries received) ○ All 11/12, 13/14, and 15/18 relays prior to the conclusion of the afternoon Prelims.
WARM-UP PROCEDURES	<ul style="list-style-type: none"> • The competition pool will be available on Tuesday evening from 4-8 pm. • The pool will open for warm-ups each morning of the meet (Wednesday through Saturday) at 6:45 am. • 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 Metropolitan Swimming websites. Based on the number of meet entries, warm-up and start times are subject to change. • 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. • 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. • The 25 yard pool will be available to swimmers throughout the meet. • LSC’s are expected to monitor their assigned lanes to ensure a safe warm-up procedure.
START PROCEDURES	<ul style="list-style-type: none"> • Depending on the number of entries received, ‘chase starts’ may be used at the discretion of the Meet Referee. • Fly-over starts will be used in preliminary sessions where chase starts are not being utilized
RELAYS	<ul style="list-style-type: none"> • All relays are positive check in events and will be conducted as Timed Finals in the evening Finals sessions, with the exception of 10 & U relays which will swim as Timed Finals in the afternoon session. • Each LSC is limited to two (2) relays per event.
SUBSTITUTIONS	<ul style="list-style-type: none"> • Each LSC is entitled to substitutions only in the event that fewer than two (2)

	<p>swimmers from that LSC would remain to compete in an event.</p> <ul style="list-style-type: none"> • 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. • Substitution Forms will be provided in the manager’s packet.
<p>RULES</p>	<p>COMPETITION:</p> <ul style="list-style-type: none"> • This meet will be conducted according to current USA Swimming rules. USA SWIMMING / MR SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. • 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. • Deck changing is prohibited. <p>SCRATCH POLICIES:</p> <ul style="list-style-type: none"> • The scratch procedure will be done in accordance with USA Swimming rules 207.11.6.D & E. • Unless a swimmer is initially announced as qualifying for a heat in Finals (top 10 only), s/he will be not be penalized for failure to compete. • Any swimmer who does not swim in an event that is pre-seeded will not be penalized. <p>SAFETY:</p> <ul style="list-style-type: none"> • 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. <p>PHOTOGRAPHY:</p> <ul style="list-style-type: none"> • Photography will not be permitted behind the starting blocks. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. • Individuals who violate photography restrictions may be asked by the Meet Director and/or the Meet Referee to leave the pool venue. • See appendix for additional information. <p>CONDUCT:</p> <ul style="list-style-type: none"> • The Eastern Zone Rules of Conduct will apply. Proper conduct at all times will be enforced by coaches, officials, chaperones, parents, meet marshals, and meet directors. • 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 and local authorities.
<p>SCORING</p>	<p>Individual Events: 11-9-8-7-6-5-4-3-2-1 (1st through 10th) Relays: 22-18-16-14-12-10-8-6-4-2 (1st through 10th)</p>

AWARDS

Individual Events – Medals 1st thru 10th place.
 Relays – Medals 1st thru 3rd place.
 Team Awards – A Championship Banner (traveling) will be awarded to:
The Winning Girls Team
The Winning Boys Team
The Winning Overall Team
 (The current holder of the award banner should bring it to the meet)
Individual Awards:
 Members of the overall Championship Team will receive a pin and Championship certificate.
Participants:
 All participants will receive a Participation Certificate.
 All adapted swimmers competing in the meet will receive participation medals
Record Breakers: All record breakers will receive a Commemorative Certificate.

TEAM MANAGER

- 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.
- 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.
- **The Team Managers meeting:
 August 2nd at 6:00 p.m.
 General Purpose Room at the facility**
- **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!**

PROTESTS

- A Meet Jury will adjudicate any protests, including issues of conduct, which may occur in the meet venue.
- All protests must be in writing to the Meet Referee.
- Protests regarding eligibility as stated in Rule 102.23 will not be accepted from anyone other than the Team Manager or his / her designee.
- The Meet Jury will consist of the Meet Director, the Meet Referee and, depending on the session in which the protest originated, an Athlete, a Coach and a Team Manager appointed by their LSC when a Meet Jury is called according to the following:

Sess.	1	2	3	4	5	6	7	8	9	10	11	12
Athl.	AD	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA
Coach	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD
T.Mgr	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD	AM

If the designated LSC is an interested party in the protest, Meet Jury representation will be made by the next disinterested LSC in the rotation. Any member of the Meet Coordination Committee may provide support to the Meet Jury as an Ex-officio member at the Meet Director’s discretion.

ATHLETE AND SPECTATOR SEATING	<p>There are multiple bleachers around the pool deck for athlete seating. Spectator seating is in the mezzanine area.</p>
PROGRAMS & ADMISSION	<p>Spectator 4 Day Pass, \$45: includes entry to all meet sessions, meet program and finals heat sheet. Spectator 1 Day Admission, \$15: includes entry to 3 meet sessions that day. Spectator 1 day Finals Admission, \$10: entry to the day's finals session. 5 and younger spectators are admitted free. Meet Program, \$15: includes finals heat sheets with program coupon. Finals Heat Sheet, \$3: per session.</p>
HOSPITALITY	<p>Coaches' and Officials' hospitality areas will be located in the hospitality tent.</p>
RESULTS	<p>Real time results will be available on Meet Mobile. At the conclusion of the meet, results will be posted on the Metropolitan Swimming and the Eastern Zone websites.</p>
DIRECTIONS	<p>https://www.google.com/maps/place/Eisenhower+Park/@40.73292,-73.57582,15z/data=!4m5!3m4!1s0x89c28757f27b17b9:0x8ab1e831211dbefc!8m2!3d40.733173.5705519?hl=en</p>

ORDER OF EVENTS & QUALIFYING TIMES

WEDNESDAY

Session 1 Wednesday

13 & O Prelims
Starts at 8:15 AM

LCM	Girls	Event	Boys	LCM
1:03.29	7	13-14 100 Freestyle	8	59.19
1:04.09	9	15-18 100 Freestyle	10	58.29
1:23.59	15	13-14 100 Breaststroke	16	1:17.99
1:22.59	17	15-18 100 Breaststroke	18	1:14.09
2:37.39	21	13-14 200 Butterfly	22	2:25.99
2:31.59	23	15-18 200 Butterfly	24	2:21.29
9:54.59	3	13-14 800 Freestyle	4	9:25.19
18:46.09	13	15-18 1500 Freestyle	14	17:46.09

Session 2 Wednesday

12& U Prelims
Starts at 12:30 PM

LCM	Girls	Event	Boys	LCM
2:38.59	1	11-12 200 Backstroke	2	2:38.39
1:12.99	31	10 & Under 100 Freestyle	32	1:12.49
1:05.49	5	11-12 100 Freestyle	6	1:04.59
44.99	33	10 & Under 50 Breaststroke	34	45.49
39.29	11	11-12 50 Breaststroke	12	39.29
1:25.69	35	10 & Under 100 Butterfly	36	1:24.99
1:13.39	19	11-12 100 Butterfly	20	1:12.59
x	37	10 & U 200 Freestyle Relay	38	x

Wednesday Finals

Starts at 5:30 PM

Event	
1	Girls 11-12 200 Backstroke
	Boys 11-12 200 Backstroke
2	
3	Girls 13-14 800 Freestyle
5	Girls 11-12 100 Freestyle
	Boys 11-12 100 Freestyle
6	
7	Girls 13-14 100 Freestyle
	Boys 13-14 100 Freestyle
8	
9	Girls 15-18 100 Freestyle
	Boys 15-18 100 Freestyle
10	
11	Girls 11-12 50 Breaststroke
	Boys 11-12 50 Breaststroke
12	
	Boys 15-18 1500 Freestyle
14	
15	Girls 13-14 100 Breaststroke
	Boys 13-14 100 Breaststroke
16	
17	Girls 15-18 100 Breaststroke
	Boys 15-18 100 Breaststroke
18	
19	Girls 11-12 100 Butterfly
	Boys 11-12 100 Butterfly
20	
21	Girls 13-14 200 Butterfly
	Boys 13-14 200 Butterfly
22	
23	Girls 15-18 200 Butterfly
	Boys 15-18 200 Butterfly
24	
25	Girls 11-12 200 Freestyle Relay
	Boys 11-12 200 Freestyle Relay
26	
27	Girls 13-14 200 Freestyle Relay
	Boys 13-14 200 Freestyle Relay
28	
29	Girls 15-18 200 Freestyle Relay
	Boys 15-18 200 Freestyle Relay
30	

ORDER OF EVENTS & QUALIFYING TIMES

THURSDAY

Session 4 Thursday

13 & O Prelims
Starts at 8:15 AM

LCM	Girls	Event	Boys	LCM
2:34.49	41	13-14 200 Backstroke	42	2:24.29
2:35.49	45	15-18 200 Backstroke	46	2:21.99
2:15.39	49	13-14 200 Freestyle	50	2:07.09
2:16.99	51	15-18 200 Freestyle	52	2:07.69
5:28.59	55	13-14 400 IM	56	5:09.09
5:30.49	57	15-18 400 IM	58	5:07.09

Session 5 Thursday

12& U Prelims
Starts at 12:30 PM

LCM	Girls	Event	Boys	LCM	Girls	Event	Boys	LCM
		11-12 100 Backstroke	40	1:14.79	39	11-12 100 Backstroke	40	1:14.59
		10 & Under 100 Backstroke	66	1:25.19	65	10 & Under 100 Backstroke	66	1:24.89
		11-12 200 Breaststroke	44	3:00.89	43	11-12 200 Breaststroke	44	3:00.99
		10 & Under 200 Freestyle	68	2:36.29	67	10 & Under 200 Freestyle	68	2:34.09
		11-12 200 Freestyle	48	2:20.49	47	11-12 200 Freestyle	48	2:19.09
		10 & Under 50 Butterfly	70	36.99	69	10 & Under 50 Butterfly	70	37.49
		11-12 50 Butterfly	54	32.69	53	11-12 50 Butterfly	54	32.49
		10 & U 400 Medley Relay	72	x	71	10 & U 400 Medley Relay	72	x

Thursday Finals

Starts at 5:30 PM

Event	
39	Girls 11-12 100 Backstroke
	Boys 11-12 100 Backstroke
41	Girls 13-14 200 Backstroke
	Boys 13-14 200 Backstroke
43	Girls 11-12 200 Breaststroke
	Boys 11-12 200 Breaststroke
45	Girls 15-18 200 Backstroke
	Boys 15-18 200 Backstroke
47	Girls 11-12 200 Freestyle
	Boys 11-12 200 Freestyle
49	Girls 13-14 200 Freestyle
	Boys 13-14 200 Freestyle
51	Girls 15-18 200 Freestyle
	Boys 15-18 200 Freestyle
53	Girls 11-12 50 Butterfly
	Boys 11-12 50 Butterfly
55	Girls 13-14 400 IM
	Boys 13-14 400 IM
57	Girls 15-18 400 IM
	Boys 15-18 400 IM
59	Girls 11-12 400 Medley Relay
	Boys 11-12 400 Medley Relay
61	Girls 13-14 400 Medley Relay
	Boys 13-14 400 Medley Relay
63	Girls 15-18 400 Medley Relay
	Boys 15-18 400 Medley Relay

ORDER OF EVENTS & QUALIFYING TIMES

FRIDAY

Session 7 Friday

13 & O Prelims

Starts at 8:15 AM

LCM	Girls	Event	Boys	LCM
1:12.99	73	13-14 100 Backstroke	74	1:08.59
1:12.69	75	15-18 100 Backstroke	76	1:06.69
4:47.29	79	13-14 400 Freestyle	80	4:32.49
4:46.99	81	15-18 400 Freestyle	82	4:28.89
2:57.19	85	13-14 200 Breaststroke	86	2:46.79
2:56.29	87	15-18 200 Breaststroke	88	2:40.79
1:10.99	91	13-14 100 Butterfly	92	1:05.79
1:09.89	93	15-18 100 Butterfly	94	1:03.69

Session 8 Friday

12& U Prelims

Starts at 12:30 PM

Event	Boys	LCM
11-12 50 Backstroke	78	34.99
10 & Under 50 Backstroke	102	39.79
11-12 400 Freestyle	84	4:53.59
10 & Under 400 Freestyle	104	5:31.49
11-12 100 Breaststroke	90	1:25.19
10 & Under 100 Breaststroke	106	1:37.99
10 & U 400 Freestyle Relay	108	X

Friday Finals

Starts at 5:30 PM

Event

73	Girls 13-14 100 Backstroke	
	Boys 13-14 100 Backstroke	74
75	Girls 15-18 100 Backstroke	
	Boys 15-18 100 Backstroke	76
77	Girls 11-12 50 Backstroke	
	Boys 11-12 50 Backstroke	78
79	Girls 13-14 400 Freestyle	
	Boys 13-14 400 Freestyle	80
81	Girls 15-18 400 Freestyle	
	Boys 15-18 400 Freestyle	82
83	Girls 11-12 400 Freestyle	
	Boys 11-12 400 Freestyle	84
85	Girls 13-14 200 Breaststroke	
	Boys 13-14 200 Breaststroke	86
87	Girls 15-18 200 Breaststroke	
	Boys 15-18 200 Breaststroke	88
89	Girls 11-12 100 Breaststroke	
	Boys 11-12 100 Breaststroke	90
91	Girls 13-14 100 Butterfly	
	Boys 13-14 100 Butterfly	92
93	Girls 15-18 100 Butterfly	
	Boys 15-18 100 Butterfly	94
95	Girls 11-12 400 Freestyle Relay	
	Boys 11-12 400 Freestyle Relay	96
97	Girls 13-14 400 Freestyle Relay	
	Boys 13-14 400 Freestyle Relay	98
99	Girls 15-18 400 Freestyle Relay	
	Boys 15-18 400 Freestyle Relay	100

ORDER OF EVENTS & QUALIFYING TIMES

SATURDAY

Session 10 Saturday

13 & O Prelims

Starts at 08:15 AM

LCM	Girls	Event	Boys	LCM
2:34.59	111	13-14 200 IM	112	2:25.59
2:35.89	113	15-18 200 IM	114	2:24.59
29.49	119	13-14 50 Freestyle	120	27.39
28.89	121	15-18 50 Freestyle	122	26.99
19:11.49	117	13-14 1500 Freestyle	118	18:11.39
9:48.39	125	15-18 800 Freestyle	126	9:14.29

Session 11 Saturday

12& U Prelims

Starts at 12:30 PM

LCM	Girls	Event	Boys	LCM	Girls	Event	Boys	LCM
2:44.39	109	11-12 200 Butterfly	110	2:42.09				
2:58.09	133	10 & Under 200 IM	134	2:57.09				
2:39.79	115	11-12 200 IM	116	2:37.19				
33.69	135	10 & Under 50 Freestyle	136	33.39				
30.09	123	11-12 50 Freestyle	124	29.59				
x	137	10 & U 200 Medley Relay	138	x				

Saturday Finals

Starts at 5:30 PM

Event

109	Girls 11-12 200 Butterfly	
	Boys 11-12 200 Butterfly	110
111	Girls 13-14 200 IM	
	Boys 13-14 200 IM	112
113	Girls 15-18 200 IM	
	Boys 15-18 200 IM	114
115	Girls 11-12 200 IM	
	Boys 11-12 200 IM	116
	Boys 13-14 1500 Freestyle	118
119	Girls 13-14 50 Freestyle	
	Boys 13-14 50 Freestyle	120
121	Girls 15-18 50 Freestyle	
	Boys 15-18 50 Freestyle	122
123	Girls 11-12 50 Freestyle	
	Boys 11-12 50 Freestyle	124
125	Girls 15-18 800 Freestyle	
127	Girls 11-12 200 Medley Relay	
	Boys 11-12 200 Medley Relay	128
129	Girls 13-14 200 Medley Relay	
	Boys 13-14 200 Medley Relay	130
131	Girls 15-18 200 Medley Relay	
	Boys 15-18 200 Medley Relay	132

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 _____

MR SWIMMING GUIDELINES FOR PHOTOGRAPHERS AT MEETS

Policy: Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

Notes:

The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form, and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.



Metropolitan Swimming

Professional Photographer Registration Form

This form must be completed by any professional photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name_____

Phone Number_____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID_____ #_____

Taking photos of_____

On behalf of_____

Purpose_____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature_____ Today's Date_____

Meet_____ Location_____

Date(s) of meet_____

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.

