

All,

Please read this message in its entirety regarding the upcoming Eastern Zone Swimming Championships.

- **Psych Sheets** - Psych Sheets will be posted on the Eastern Zone website and are attached to this email. Times have been reconciled to match the fastest swimmer time in SWIMS for the eligibility period.
- **Swimmers with Disabilities** – please check the Psych Sheets for proper placement for your swimmers with disabilities. Please make sure that the proper forms are submitted for swimmers with disabilities, found in the meet announcement. Please also alert the Meet Referees (**Pamela Starke-Reed, Meet Referee and Tim Husson, Admin Referee**) of the specific needs of these athletes as soon as possible via the following addresses: pesreed@yahoo.com and tim.husson@gmail.com.
- **Remind Notifications to Coaches** – we will be using the “Remind” app to keep coaches up to date about details for the meet. Please join the group on the app using your mobile phone by sending @zones2019 via text message to 81010. We are not encouraging parents and swimmers to join this group to keep communications manageable. If you have questions, contact **Randy Naccarella** (president@wsabluefins.com).
- **Coaches Meeting – Time Change** – this is scheduled for Wednesday, **3:00 p.m.** Coaches in attendance at the meet should attend, as you/they are responsible for following all of the instructions conveyed during this meeting. Code of Conduct forms should be handed in at this time. If not able to attend, coaches will be responsible for obtaining the information covered in the Code of Conduct from the meet announcement. All signed Code of Conduct forms must be submitted to the meet directors prior to your swimmer’s first event in the meet. If you have questions, contact **Randy Naccarella** @ president@wsabluefins.com or **Marci Callan** @ mcallan@fairport.org.
- **Wednesday Check-In and Practice** – coaches can begin check-in at the Webster Aquatic Center on Wednesday, **2:00 p.m.** **There will be an opportunity to warm up in open lanes from 2:00-7:30 p.m. If necessary, preference will be given to those competing in the Wednesday session.** Swimmers must be supervised by a coach member of USA Swimming. If your swimmers are being supervised by a coach from another club, and you haven’t already told us, please contact Randy and/or Marci as soon as possible and provide LSC, Club, and supervising coach. Questions? contact **Randy Naccarella** @ president@wsabluefins.com or **Marci Callan** @ mcallan@fairport.org.
- **Meet Jury:** The Referee is looking for coach and older athlete volunteers to be on the Meet Jury as needed. If you are interested, or want to make a recommendation, please contact **Pamela Starke-Reed** at: pesreed@yahoo.com.
- **Lane Timer Assignments:** All clubs will be required to time for prelim and timed final sessions. Lane timer assignments are attached to this email and will be uploaded to the Zones website.
- **POSITIVE CHECK IN & SCRATCHES:** Positive check-in is required for the following individual events, for all age groups, for preliminary or timed finals sessions: 400 IM, 500 Free,

1000 Free, and the 1650 Free. **Positive check-in closes for Wednesday's session at 3:30 PM and closes at 6:00 PM the day before for the remaining sessions.**

- The scratch procedure for Finals will be in accordance with USA Swimming rules. 207.11.6. A-E. Scratches from Finals must be reported to the Officials table no later than 30 minutes following the announcement of the preliminary results. No formal scratching is necessary for preliminary swims.
- **PROGRAM & ADMISSION:**
 - Wednesday Program will be sold for \$2.00 (Wednesday Only)
 - Programs for Prelims and Timed Finals will be on sale for \$5.00/session
 - Finals heat sheets will be \$2.00 each night.
 - Spectator admission fee is \$5.00 Prelims and \$5.00 for Timed Finals / \$3.00 Finals.
 - Children under 12 admitted free of charge.
- **SEATING FOR SPECTATORS:** All spectators without admission passes must pay the noted admission fees at the door. Note that the spectator seating area must be cleared at the conclusion of each session, and as announced. Spectator seating will be re-opened no more than 30 minutes prior to the warm-up time of each finals session.
- **DECK CREDENTIALS:** Credentials will be required for entry onto the deck. Everyone receiving a Credential will be required to show current USA Swimming Membership, and all coaches will be required to show current & valid Coaching Credentials. Coaches packets and credentials for athletes, coaches and officials will be available in the entrance area on the lower pool level **starting at 2:00 p.m. on Wednesday**. Thursday and Friday, packets will be available starting at 7:15 a.m. Saturday morning, please see the Meet Director.
- **TIME CHANGE – SESSION 9 - SATURDAY AFTERNOON 10 & UNDER:** Warm ups start **12:15 P.M.** with the start of the session **1:00 P.M.**
- **TECH SUIT BAN:** Please download and review the [Niagara interpretation](#).
- **ADDITIONAL INFORMATION:** [meet info page](#)