



**Long Course Senior Zone Championship Meet**  
**Hosted by: STAR Swimming Erie Community College**  
**121 Ellicott Street Buffalo, NY 14203**  
**August 1-4, 2019**

**ONLY open to Eastern Zone Swimmers**

Held under the Sanction of USA Swimming  
 Sanction Number NI 1819-313

Time Trial Sanction Numbers NI TT 1819-313TT

<b>Preliminaries- 9:00am</b>		<b>Finals- 5:00pm</b>		
<b>Women's Events</b>		<b>Men's Events</b>		
	<b>Day 1- Thursday, August 1</b>			
<b>1</b>	200 meter Individual Medley	<b>2</b>		
<b>3</b>	100 meter Freestyle	<b>4</b>		
<b>5</b>	100 meter Breaststroke	<b>6</b>		
<b>7</b>	1500 meter Freestyle			
	800 meter Freestyle	<b>8</b>		
<b>9</b>	200 meter Freestyle Relay	<b>10</b>		
	<b>Day 2- Friday, August 2</b>			
<b>11</b>	200 meter Freestyle	<b>12</b>		
<b>13</b>	100 meter Butterfly	<b>14</b>		
<b>15</b>	400 meter Individual Medley	<b>16</b>		
<b>17</b>	400 meter Freestyle Relay	<b>18</b>		
	<b>Day 3- Saturday, August 3</b>			
<b>19</b>	200 meter Butterfly	<b>20</b>		
<b>21</b>	100 meter Backstroke	<b>22</b>		
<b>23</b>	400 meter Freestyle	<b>24</b>		
<b>25</b>	800 meter Freestyle Relay	<b>26</b>		
	<b>Day 4- Sunday, August 4</b>			
<b>27</b>	200 meter Backstroke	<b>28</b>		
<b>29</b>	50 meter Freestyle	<b>30</b>		
<b>31</b>	200 meter Breaststroke	<b>32</b>		
<b>33</b>	800 meter Freestyle			
	1500 meter Freestyle	<b>34</b>		
<b>35</b>	400 meter Medley Relay	<b>36</b>		

**Notes:**

- The 800 and 1500 Freestyle events and 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.
- All RELAYS are Timed Final Events with the fastest two heats swimming in finals.
- The 800 and 1500 DISTANCE EVENTS are Timed Final Events with the fastest heat swum in finals, and all other heats swum as indicated in the meet info. For Thursday prelims, all distance events will start after relay

**Administrative Information:**

Meet Referee	Brooks Howard	officials@niagaraswim.org	
Meet Directors	Phil Aronica + Jeff Hewett	<a href="mailto:Starentries@gmail.com">Starentries@gmail.com</a>	
Admin Referee:	Patrick Johnstone	pjohnstone@gmail.com	
Niagara Officials Chair	Brooks Howard	officials@niagaraswim.org	
STAR Official's Contact	Lynda Blake	LBlake2000@yahoo.com	



**Long Course Senior Zone Championship Meet**  
**Hosted by: STAR Swimming Erie Community College**  
**121 Ellicott Street Buffalo, NY 14203**  
**August 1-4, 2019**

**Meet Marshals** shall be provided by STAR Swimming in accordance with the requirements of Niagara Swimming. The Head Marshal for this meet will be Lynda Blake.

**Facility Information:**

Eight-lane 50-meter pool with continuous flow through gutters and Kieffer-McNeil lane dividers. One 50 meter eight lane pool and separate 25 yard six lane pool for continuous warm-up and cool-down. Colorado 5000 Electronic timing System with gutter mounted touchpads, horn starts and scoreboard readouts at each end of pool. The competition course has not been certified in accordance with 104.2.2C(4). Pool depth at start end is 7' at turn end pool is 9'6" in depth.

**FACILITY SCHEDULE (tentative)**

	Warm-Up	Prelims	Warm-Up	Finals
<b>Wednesday</b>	<b>General Meeting 4:00pm</b>		<b>General Warm-up 3:00pm to 7:00pm</b>	
<b>Thursday</b>	<b>7:00a-8:50a</b>	<b>9:00a</b>	<b>3:30p-4:45p</b>	<b>5:00pm</b>
<b>Friday</b>	<b>7:00a-8:50a</b>	<b>9:00a</b>	<b>3:30p-4:45p</b>	<b>5:00pm</b>
<b>Saturday</b>	<b>7:00a-8:50a</b>	<b>9:00a</b>	<b>3:30p-4:45p</b>	<b>5:00pm</b>
<b>Sunday</b>	<b>7:00a-8:50a</b>	<b>9:00a</b>	<b>4:00-4:45p</b>	<b>5:00pm</b>

The Pool will stay open for 30 minutes after the last event on each day for warmup/warmdown.

**DECK ADMITTANCE**

All participating swimmers, coaches, and working officials will be issued deck credentials. These must be worn at all times. Please use designated pool entry areas.

**REGISTRATION AND CREDENTIALS**

Coach packets and credentials for athletes, coaches and officials will be available in the entrance area on the lower pool level starting at 2:00pm on Wednesday. Thursday and Friday, packets and credentials will be available starting at 7:15am. Saturday and Sunday, please see the Meet Director.

Credentials must be visible at all times when on deck. \$10 will be charged for replacement of badges.

**USA Swimming Membership**

All swimmers, coaches, and officials must be current 2019 members of USA Swimming. Any team or individual entering a swimmer without a current USA Swimming membership may be subject to a \$100 per swimmer fine. There will be NO deck registration.

**ADMISSIONS AND HEAT SHEETS**

Admission is \$5.00 per person per session. An all sessions pass will be available for \$25.00.

Heat sheets are \$5.00 prelims and \$2.00 finals per session.

**OFFICIALS CERTIFICATION**

Certified officials wishing to work the meet should submit applications to the Eastern Zone Officials Chairman by July 20, 2019 for all positions. Assigned Officials will be notified. The application form can be found at: Application to officiate:

\*\*It is anticipated that the meet will be approved as an Officials Qualifying Meet for all positions under the National Officials Certification Program. Those officials desiring initial certification or re-certification evaluations above the LSC level should designate the request on the Application to Officiate.

**GENERAL MEETING**

A General Meeting will be held on Wednesday at 4:00pm. If necessary, additional coach's meetings will be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coach's meetings (Rule 207.11.1C). Coaches are responsible for all information from these meetings including changes in the meet conduct, and the decisions made at this meeting.



**Long Course Senior Zone Championship Meet**  
**Hosted by: STAR Swimming Erie Community College**  
**121 Ellicott Street Buffalo, NY 14203**  
**August 1-4, 2019**

**OFFICIALS BRIEFINGS**

The Initial Officials Briefing will be at 7:30am on Thursday August 1, 2019. All other Officials Briefings will start 1 hour prior to the start of the session.

**Meet Information:**

<b>Prelims Events</b>	<b>Aug 1, 2,3 &amp; 4</b>	<b>9:00 am</b>
<b>Finals Events</b>	<b>Aug 1, 2, 3 &amp; 4</b>	<b>5:00 pm</b>
<b>Time Trial Events</b>	<b>Aug 1, 2, 3 &amp; 4</b>	<b>½ Hour after conclusion of prelims, time permitting</b>

**SCRATCH AND POSITIVE CHECK-IN PROCEDURES**

The USA Swimming Scratch procedures per Rule 207.11.6 will apply through the meet.

Scratches from finals shall be made with the Administrative Referee. All other scratches shall be made in the Scratch Box, which shall be located at the meet check-in table until the General Meeting, at the General Meeting, then at the Clerk-of-Course.

All relays and distance events (800 Free, 1500 Free) **must** be checked in with the Clerk of Course. Both the Scratch Deadlines and Positive Check-In Deadlines for all events will be as follows:

- Thursday Events: 15 minutes after the General meeting ends on Wednesday August 1st to be posted no later than 8pm.
- Friday Events: 5:30pm Thursday Evening
- Saturday Events: 5:30pm Friday Evening
- Sunday Events: 5:30pm Saturday Evening

**RULES**

Proper conduct on the part of all swimmer and spectators is expected at all times, and will be enforced by coaches, meet marshals, college officials and college security. ANY SWIMMER found in the posted out of bounds areas will be barred from the remainder of the meet without recourse.

The meet area is restricted to the pool and adjoining locker rooms, the adjacent hall way, balcony and stands. Any swimmers competing that are found in an area designated out-of-bounds will be barred from participating in the remainder of the meet. Posted out-of-bounds areas include, but are not limited to: the emergency stairwells, the weight room, and the track and gym areas. USE OF THE EMERGENCY DOORS BY ANYONE WITHOUT EXPRESS PERMISSION TO USE THE CODE IS PROHIBITED.

The USA Swimming Code of Conduct will be enforced. No glass containers are allowed in the pool and locker room areas. Misbehavior, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.

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. - 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 a cell phone, is not permitted in changing areas, restrooms or locker rooms.

Deck changes are prohibited.



**Long Course Senior Zone Championship Meet**  
**Hosted by: STAR Swimming Erie Community College**  
**121 Ellicott Street Buffalo, NY 14203**  
**August 1-4, 2019**

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.

It is understood and agreed that 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.

Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All nonathlete members must have proof of registration or a credential while on deck and present them upon meet management request. - ***Deck Pass is an acceptable form of USA Swimming Membership***

The Long Course Senior Zone Championship Meet is open to any registered Eastern Zone USA Swimming athlete with a meet qualifying time. Qualifying times must have been achieved in USA Swimming sanctioned, approved, observed competition from January 1, 2018 through the meet entry deadline.

**Entry Information:**

Seeding Order: Events shall be seeded in the following order:

- 1) Long Course Meters;
- 2) Short Course Meters;
- 3) Short Course Yards; and
- 4) Bonus Events

**TIME STANDARDS:**

See the attached qualifying times and bonus standards at the end of this meet announcement.

**ONLINE MEET ENTRY**

All entries must be submitted through USA Swimming's website using OME (Online Meet Entry). All coaches planning on attending the meet MUST be included with the entry for the confirmation of coach credentials prior to receiving coach's packet or deck credentials. Any coach not on the original entry MUST show proof of current credentials proper to receiving the coach's packet or deck credentials (no exceptions).

**ENTRY DEADLINE**

Entry deadline July 23, 2019 at 11:59pm (EST). OME will open for this meet on June 27, 2019 at [www.usaswimming.org/ome](http://www.usaswimming.org/ome)

**TIMES ACHIEVED AFTER July 23, 2019**

Additional entries from meets occurring between July 24, 2019 and July 28, 2019 are due by 10:00pm (EST) on Monday July 29, 2019. These entries must be submitted to the host club via email only, using a Hy-Tek entry file. These entries should be emailed directly to [Starentries@gmail.com](mailto:Starentries@gmail.com). This is for athletes achieving first time cuts during this specific time period. All other entries must use the on-line entry procedure (OME). For those entry times achieved between July 24, 2019 and July 28, 2019, coaches shall be required to produce official meet results to prove their entry times.

Payment for the entries must be received at the pre-meet coaches meeting (NO EXCEPTIONS) on Wednesday, July 31, 2019. If payment is not received at this time, these entries will be scratched from the meet. Please remember that this "late entry period" is for **new** qualifying times that occur between July 24, 2019 and July 28, 2019. Once the OME deadline passes no time updates are permitted.



**Long Course Senior Zone Championship Meet**  
**Hosted by: STAR Swimming Erie Community College**  
**121 Ellicott Street Buffalo, NY 14203**  
**August 1-4, 2019**

**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.
- Entries must be received no later than 11:59 pm (EST) Tuesday, July 30, 2019.
- The team or athlete must pay a one-time processing fee of \$150 *and* entry fees of \$30 per individual 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) or times achieved during the late qualifying period must be prepared to prove the times with a copy of the official meet results.

Any time listed in the Psych Sheet with an “ \* “ indicates that the time has not been proven yet.

**QUESTIONS REGARDING OME**

USA Swimming On-Line Meet Entry Questions contact: Jaime Lewis, [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org), 719-866-3581

**ENTRY INSTRUCTIONS**

Payment for entries using OME is accepted using Visa, MasterCard, American Express, or Discover. After you complete your online entry, you will be sent confirmation via e-mail. Please verify that this confirmation e-mail includes all swimmers and entries (inc. relay-only swimmers). Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial July 23, 2019 entry deadline. Once you have paid for your entry, you may add events to your entry, but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database. Times must be entered in the proper course in which achieved, converted times will not be accepted. Times other than Long Course Meters 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, except for those times achieved during the extended entry period (July 24, 2019 – July 28, 2019). These times must be submitted using Hy-Tek Team Manager. No fax entries will be accepted at any time. Email scratch from the entire meet and for individual events will be allowed- please contact the Admin Referee and Meet Director.

\*\*\*NOTE: Teams using Team Unify during the extended entry period, July 24, 2019 –July 28, 2019, must submit an entry report with their entry file. Meet Manager does not import the bonus marker from Team Unify, and entry times will be rejected

**ENTRY FEES**

\$12.50 per individual event, \$12.50 per bonus event, \$25 per relay, there is also a \$10.00 per swimmer Swimming Surcharge.

**EVENT LIMITATIONS**

Swimmers may enter any number of events in which he/she has qualified, 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 two (2) relays in each event. At least one (1) swimmer swimming on each relay must be entered in the meet in an individual event.

**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 the procedure, including the number of heats of each event swum in the “A Flight” session, will be announced at the General Meeting.**

**Final Results and Live results**

Complete meet results (including the meet manager results for TM and backup files) will be available on both the Eastern Zone and Niagara websites after the meet. Live results will be available at [www.starswimming.org](http://www.starswimming.org)



**Long Course Senior Zone Championship Meet**  
**Hosted by: STAR Swimming Erie Community College**  
**121 Ellicott Street Buffalo, NY 14203**  
**August 1-4, 2019**

**BONUS EVENTS**

- Swimmers making 1 Qualifying Time may enter up to 3 Bonus events
- Swimmers making 2 Qualifying Times may enter up to 2 Bonus events
- Swimmers making 3 Qualifying Times may enter 1 Bonus event
- Swimmers making 4 or more Qualifying times will NOT be eligible for Bonus events
- Limits on daily individual events three (3) and total meet events (7) will still apply. Bonus events shall be seeded last.

**\*\*FOR DISTANCE EVENTS:** There shall be no bonus swims for the 800 Freestyle or the 1500 Freestyle except for the following condition: Any swimmer achieving a qualifying time in the 800 or 1500 freestyle may choose to enter the other distance event as a bonus entry, not to exceed the event limitations. **\*\***

**MEET CONDUCT:**

All events, except the 800 and 1500 Freestyle and relay events, will be conducted with preliminary and D, C, B, and A (Bonus, Bonus, Consolation, and Championship) final heats. The 800 Free, 1500 Free and all relays are timed final events requiring positive check-in.

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.

**RELAYS AND RELAY CHECK-IN PROCEDURES:**

**Relays** are timed final events. The fastest two heats will swim with finals during the evening session. Teams are limited to 2 relay entries in each relay event. All relays must be positively checked-in by the appropriate scratch deadline in order to be seeded. In order to be eligible, all relays must have at least one swimmer who is entered in a non- bonus individual event. 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. The Sunday Relay Rule will be in effect for Sunday Relays. Relays wishing to swim in prelims on Sunday may make that selection when they check in.

**MEET SCORING:**

<b>Place</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>Individual Scores</b>	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
<b>Relay Scores</b>	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

**Distance Freestyle:**

- A. Distance Entry - Any swimmer who qualifies for the 800 and/or 1500 freestyle events may enter at their fastest time or, if entered in two or more events on the days of the distance freestyle, at the time standard.
- 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):** The fastest (single) heat of each event will swim in the finals session in numerical order. All other heats shall swim immediately following the last morning event (Men's 200 Free Relay). Morning heats will swim **fastest to slowest**. Morning heats swum will alternate between the Women's and the Men's events in the following pattern:

Second (2<sup>nd</sup>) fastest women's heat, Second (2<sup>nd</sup>) fastest men's heat next, third (3<sup>rd</sup>) fastest women's heat next, third (3<sup>rd</sup>) fastest men's heat next, and continuing until all heats are swum.



**Long Course Senior Zone Championship Meet**  
**Hosted by: STAR Swimming Erie Community College**  
**121 Ellicott Street Buffalo, NY 14203**  
**August 1-4, 2019**

**Sunday events (W 800 & M 1500):** The fastest (single) heat of each event will swim in the final session in numerical order. All other heats shall swim in the afternoon so that the second fastest men's heat is timed to end at 4pm. Both events will swim **slowest to fastest**. The heats swum in the afternoon will alternate between the Women's and the Men's events

**Example:** Second fastest men's heat last, Second fastest women's heat next to last, Third fastest men's heat third from last, Third fastest women's heat fourth from last, continuing until all heats are swum.

**\*\*In Finals, the events will swim in numerical order.**

**Sunday Individual Distance Events:** Any athlete who wishes to swim the Sunday distance freestyle prior to the finals session may do so. Athletes entered in the distance events **MUST** indicate their preference prior to the scratch deadline for Sunday's events. The fastest 8 athletes who failed to indicate a preference to swim prior to the finals session will swim in the top heat.

#### **FINALS EVENT ORDER**

There will be a bonus final in each Prelim - Final event. The order of the final events shall be D, C, B, and A (bonus, consolation, and championship). Finals Scratch Rules applies to D, C, B and A Finals (207.12.6.D). Bios will be used for the A Finals. Finals will be swum D C B A. The D heat is reserved to the next fastest 18 and younger athletes.

(For the Senior Zone Championship Meet, a D final that is dedicated to 18 & Under athletes will be offered.

**The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any Swimmer in the initially announced top 34 (top 32 plus 2 alternates) that 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.**

#### **TIME TRIALS**

Time trials will be offered each day, time permitting.

All time trials will be seeded with a NT and will start approximately 30 minutes after the conclusion of the preliminaries session on Thursday, Friday, Saturday and Sunday. Time trials may be seeded with mixed events and genders in heats with no open lanes. Events longer than 200 meters 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 time trials during the meet. ***Athletes may be permitted to participate in more than three time trials, at the discretion of the Meet Referee, based upon the size of the meet. This will be announced at the General Meeting.*** Also, please be aware that time trials count towards the daily maximum of three events and meet maximum of seven (7) events.

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

Time trials will end no later than 4:00pm on each day. Time trials on Sunday will end 30 minutes prior to the start of the heats of the Women's 800 Free/Men's 1500 Free. **Swimmers must supply their own timers and counters for the time trials.** The 800/1500M Free will only be swum only one day which shall be announced at the general meeting.

#### **Entry Fee for Time Trials**

\$15 per individual event entry

\$25 per relay event entry

#### **TEAM AWARDS**

The top 3 teams in Women's and Men's Scoring, and the first place Combined Team will receive awards.



**Long Course Senior Zone Championship Meet**  
**Hosted by: STAR Swimming Erie Community College**  
**121 Ellicott Street Buffalo, NY 14203**  
**August 1-4, 2019**

**INDIVIDUAL AND RELAY AWARDS**

Medals: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place for both Individual Events and Relay Events. There will not be an awards ceremony. Awards should be picked up at the end of each evening by the athletes coach.

**READY ROOM**

Swimmers competing in the A final events are expected to report to the Ready Room area no less than 10 minutes prior to their event. The A finalists are expected to remain in the Ready Room until the march-out for their event.

**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. No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, the athlete must be assigned a supervising coach per USA Swimming Rule 202.3.2. Arriving with a 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 a supervision form before a credential can be issued.

**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. Contact the Meet Director to request a packet.

**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 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 warm-up session.

**MEET JURIES**

The Meet Juries shall be announced by the Meet Referee at the General Meeting. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone other than registration personnel. The fee is refundable if the protest is upheld. (207.11.4 & 207.11.5)





**Long Course Senior Zone Championship Meet**  
**Hosted by: STAR Swimming Erie Community College**  
**121 Ellicott Street Buffalo, NY 14203**  
**August 1-4, 2019**

## Qualifying Times

**ONLY open to Eastern Zone Swimmers**

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.69	27.89	25.09	<b>50 Freestyle</b>	22.49	24.99	25.79
1:01.79	1:00.19	54.19	<b>100 Freestyle</b>	49.29	54.39	55.99
2:12.59	2:09.39	1:56.49	<b>200 Freestyle</b>	1:46.49	1:58.29	2:01.49
4:41.59	4:35.19	5:10.39	<b>400/500 Freestyle</b>	4:48.99	4:15.29	4:20.89
9:42.59	9:29.79	10:43.79	<b>800/1000 Freestyle</b>	10:04.49	8:55.09	9:07.89
18:36.29	18:12.29	18:00.99	<b>1500/1650 Freestyle</b>	16:47.49	16:58.49	17:22.49
1:08.39	1:07.19	1:00.49	<b>100 Backstroke</b>	54.99	1:00.99	1:02.29
2:27.99	2:25.59	2:11.09	<b>200 Backstroke</b>	1:59.19	2:13.49	2:15.89
1:18.59	1:16.59	1:08.99	<b>100 Breaststroke</b>	1:02.39	1:09.29	1:11.29
2:50.79	2:46.79	2:30.19	<b>200 Breaststroke</b>	2:16.19	2:31.19	2:35.19
1:07.39	1:05.99	59.39	<b>100 Butterfly</b>	53.99	59.99	1:01.39
2:29.99	2:27.69	2:13.69	<b>200 Butterfly</b>	2:01.39	2:14.89	2:17.69
2:29.69	2:26.49	2:11.89	<b>200 Individual Medley</b>	2:00.59	2:13.89	2:17.09
5:22.09	5:10.79	4:39.99	<b>400 Individual Medley</b>	4:16.89	4:44.99	4:51.39
1:57.79	1:56.19	1:44.59	<b>4 X 50 Free Relay</b>	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	<b>4 X 100 Free Relay</b>	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	<b>4 X 200 Free Relay</b>	7:22.39	8:06.69	8:14.79
4:44.09	4:40.29	4:12.29	<b>4 x 100 Medley Relay</b>	3:46.99	4:15.59	4:19.69

**Times achieved in sanctioned, approved or observed competition since January 1, 2018**



**Long Course Senior Zone Championship Meet**  
**Hosted by: STAR Swimming Erie Community College**  
**121 Ellicott Street Buffalo, NY 14203**  
**August 1-4, 2019**

## Bonus Event Qualifying Times

**ONLY open to Eastern Zone Swimmers**

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.19	28.39	25.59	<b>50 Freestyle</b>	23.19	25.69	26.49
1:02.89	1:01.29	55.29	<b>100 Freestyle</b>	50.19	55.59	57.29
2:14.89	2:11.69	1:58.79	<b>200 Freestyle</b>	1:49.29	2:01.09	2:04.29
4:47.19	4:40.79	5:15.99	<b>400/500 Freestyle</b>	4:54.59	4:22.09	4:27.69
9:42.59	9:29.79	10:43.79	<b>800/1000 Freestyle</b>	10:04.49	8:55.09	9:07.89
18:36.29	18:12.29	18:00.99	<b>1500/1650 Freestyle</b>	16:47.49	16:58.49	17:22.49
1:09.79	1:08.59	1:01.89	<b>100 Backstroke</b>	56.39	1:02.39	1:03.69
2:30.79	2:28.39	2:13.89	<b>200 Backstroke</b>	2:01.99	2:16.29	2:18.69
1:19.99	1:17.99	1:10.59	<b>100 Breaststroke</b>	1:03.79	1:10.69	1:12.69
2:53.59	2:49.59	2:32.99	<b>200 Breaststroke</b>	2:18.99	2:33.99	2:37.99
1:08.79	1:07.39	1:00.79	<b>100 Butterfly</b>	55.39	1:01.39	1:03.79
2:34.09	2:31.59	2:17.59	<b>200 Butterfly</b>	2:04.99	2:18.49	2:21.29
2:33.09	2:29.89	2:15.29	<b>200 Individual Medley</b>	2:04.19	2:17.49	2:20.69
5:25.09	5:16.39	4:45.59	<b>400 Individual Medley</b>	4:22.49	4:50.59	4:56.69
1:57.79	1:56.19	1:44.59	<b>4 X 50 Free Relay</b>	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	<b>4 X 100 Free Relay</b>	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	<b>4 X 200 Free Relay</b>	7:22.39	8:06.69	8:14.79
4:44.09	4:40.29	4:12.29	<b>4 x 100 Medley Relay</b>	3:46.99	4:15.59	4:19.69

**Bonus events:**

Swimmers making 1 qualifying time may enter up to 3 bonus events.

Swimmers making 2 qualifying times may enter up to 2 Bonus events.

Swimmers making 3 qualifying times may enter 1 bonus event

Swimmers making 4 or more qualifying times will not be eligible for bonus events

\*\*For Distance events: There shall be no Bonus swims for the 800 freestyle or the 1500 freestyle except for the following condition: Any swimmer achieving a qualifying time in the 800 or 1500 freestyle may choose to enter the other distance event as a bonus entry, not to exceed the event limitations.\*\*