



**May 12 – May 15, 2022**

**2022 Eastern Zone LC Super-Sectional Meet  
Collegiate School Aquatic Center  
Richmond, VA**

*Enhanced health and safety measures have been taken for all attending this event. However, we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting SwimRVA - Collegiate School Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure of COVID-19.*

*Hosted by Virginia Swimming Inc. & SwimRVA*



**Meet Sanction # VS-22-84**  
**Time Trials Sanction # VS-22-84TT**

Meet Directors:	Adam Kennedy Mary Turner	<a href="mailto:Adam.kennedy@swimrichmond.org">Adam.kennedy@swimrichmond.org</a> <a href="mailto:Myturner525@gmail.com">Myturner525@gmail.com</a>
Meet Referee:	Nancy Wargo	<a href="mailto:nwargo10@gmail.com">nwargo10@gmail.com</a>
Administrative Referee:	Tim Husson	<a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>
LSC Officials Chair:	Dan Demers	<a href="mailto:Ddemers3@cox.net">Ddemers3@cox.net</a>
Facility Manager:	Adam Kennedy	<a href="mailto:Adam.kennedy@swimrichmond.org">Adam.kennedy@swimrichmond.org</a>

- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Center, DBA SwimRVA, cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, INC., VIRGINIA SWIMMING, INC., GREATER RICHMOND AQUATICS PARTNERSHIP, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION THEREWITH.

**LOCATION:**

5050 Ridgedale Parkway, Richmond, VA 23234 Telephone (804) 271-8271.

**FACILITY:**

Indoor Facility with 50M competition pool

- The 50-meter competition pool with bulkhead offers 2 eight-lane, 25-yard competition pools with a depth of 7' 7" to 8' 1" end to end. Competition lanes are 8' 3" wide. Colorado Automatic Timing System with digital scoreboard
- Indoor 6-lane 25-yard pool for continuous warm-up, cool-down. • Non-Turbulent Lane Markers in both pools
- Omega Starting Blocks with foot wedge and backstroke ledge, Colorado Timing Gen7 automatic and semiautomatic timing, backup Dolphin wireless stopwatches.
- The competition course has been certified in accordance with USA Swimming Rules & Regulations, Article 104.2.2C. A copy of the certification is on file with USA Swimming.



- In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with SwimRVA participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with SwimRVA program participation and that said list in no way limits operation of this Agreement.
- In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.

### **ELIGIBILITY:**

- The Eastern Zone Speedo Long Course Championship Series Meet is open to any swimmer in the Eastern Zone who is registered with USA Swimming prior to the first day of the meet and has a qualifying time ([2022 EZ SC Sectional Qualifying Times](#)).
- The qualifying time must have been achieved between January 1, 2021 and the meet entry deadline.
- The entry limit for the meet will be 650 athletes.
- Each athlete participating in the meet must submit the following completed forms, including a parent signature if under 18:
  - Competitor Release Form
  - Waiver of Liability Relating to COVID-19 Form

### **OFFICIALS:**

- Certified officials wishing to work the meet should submit an application by May 6, 2022 for assigned positions. The application form can be found at [Sectional Officials Signup](#).

### **GENERAL MEETING:**

- The meeting will be held via Zoom with date and time TBD.
- Coaches 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, May 12 – Warm-up in Competition Pool 9:00am until 30 minutes after the conclusion of the distance session.
- Friday, May 13 through Sunday, May 15 - 16: 6:30am until 30 minutes after last event.

### **REGISTRATION SCHEDULE:**

- Thursday, May 12: 9:00am – 8:00pm
- Friday, May 13: 7:00am – 11:00am
- Other times: Contact the Meet Director

### **MEET SCHEDULE:**

- Thursday, May 12: General Warm-up: 9:00am – 3:30pm in 50m competition pool only. Distance session warm-up 3:30pm-4:50pm. Distance session start 5:00pm.



- Friday, May 13 – Sunday, May 15
  - Prelims Warm-up: 7:00am-8:20am
  - Prelims Start: 8:30am
  - Finals Warm-up: 4:00pm-4:50pm
  - Finals Start 5:00 pm

## **MEET FORMAT:**

- The meet will be swum with circle-seeded preliminary heats in the morning session.
- If 599 or fewer swimmers are entered in an individual event are participating in the meet, the A and B Finals will be open to any age, based on that day’s preliminary heat results, and the C Final will be open to 18&Under athletes only.
- If 600 or more swimmers are entered in individual events are participating, the A, B and C Finals will be open to any age, based on that day’s preliminary heat results, and the D Final will be open to 18&Under athletes only.
- Finals will be swum D-Final (if needed), C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted.
- Thursday Distance Events (W 800/M 1500):
  - The women’s 800 meter Freestyle will alternate with the men’s 1500 meter Freestyle and will be swum fastest to slowest.
- Sunday Distance Events (W 1500/M 800):
  - The women’s **1500** meter Freestyle and men’s **800** meter Freestyle are timed final events and will be swum slowest-to-fastest.
  - The fastest heat of each event will swim at the beginning of the evening final session.
  - The remaining heats will swim on Sunday afternoon, alternating women and men, such that the last heat finishes just prior to the start of finals warm-up.
- Sunday Early Distance option: Athletes will have the option of declaring a preference for early afternoon or regular seeding for these events. This preference must be indicated prior to the scratch deadline for the day on which the event will be swum. Swimmers can also ensure an early distance swim by entering with a non-conforming, qualifying time.
- Relay Events:
  - Relays are timed-final events.
  - The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session.
  - Relays follow the same scratch procedures as individual events.
  - Relay cards are due to the Clerk of Course table one hour before the relay is scheduled to swim and will be determined when the session report is created for that day’s events. Names/order 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 the ‘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.
- Sunday Relays (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 **MUST** indicate a preference for swimming with preliminaries or with finals, by the scratch deadline (Saturday at 5:30pm).
    - The fastest 16 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.

- **Flight Format:** Dependent on the number of entries, the Meet Referee in coordination with the Meet Director reserves the right to flight the preliminary sessions. If adopted, details of the flighting will be announced NLT the General Meeting.
- Dependent upon the number of entries, the Meet Referee in coordination with the Meet Director reserves right to utilize chase starts during preliminary sessions. If adopted, details of the chase starts will be announced NLT the General Meeting

### **ENTRY INFORMATION:**

- **MEET ENTRY OFFICER:** Mary Turner, (434-352-5451) – mail to: [myturner525@gmail.com](mailto:myturner525@gmail.com).
- Qualification Period: January 1, 2021 through entry deadline for meet.
- Entry into meet will be based upon the date and time that entries are checked out in OME. Seeding Order: LCM, SCM, SCY. Bonus entries are seeded last in the same order.
- Entry Fees:
  - \$15.00 for individual events
  - \$30.00 for relay events
  - \$10.00 per swimmer surcharge
  - Time Trials Fees: \$25.00 for individual events, \$35 for relay events
- OME will open for this meet at **1:00pm on March 31, 2022 at:**  
<http://www.usaswimming.org/ome>.
- **Regular Entry Deadline: Thursday, April 28, 2022 at 11:59 pm EST or until the entry limit is reached.**
- **Out of Zone entries will open Monday, April 18, 2022 at 1:00 pm EST if the meet has not reached 300 athletes. If there are 300 or more Eastern Zone athletes entered in the meet on April 18, Out of Zone entries will not open Thursday, April 21, 2022 at 1:00pm and continue until the entry limit is reached.**
- Payment by check for any entries must be received by Thursday, May 12, 2022. If payment is not received by this time, the entries in question may be scratched from the meet.
- Checks for entry fees are payable to Virginia Swimming and may be mailed to:  
Virginia Swimming  
PO Box 1059  
Appomattox, VA 24522

### **ENTRY RULES:**

- Entry Limits:
  - A swimmer may enter any number of individual events in which the qualifying time standard has been met.
  - Maximum per day: three (3) individual events, including time trials.
  - Maximum for the meet: seven (7) individual events (does not include time trials).
  - Each team may enter up to 2 relays in each event.
- **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 are not permitted to enter bonus events.
  - There shall be no bonus swims for the 800 freestyle or 1500 freestyle except for the following condition: any swimmer achieving a qualifying time in the 800 freestyle or 1500



- o freestyle may select the other distance event as one of his/her allowable bonus events.
- o See Entry Information for seeding order.
- 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.

### **ONLINE MEET ENTRY:**

- All entries must be submitted through USA Swimming's website using OME (Online Meet Entry, [www.usaswimming.org/ome](http://www.usaswimming.org/ome)).
- 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.
- **Instructions for Regular Entry Deadline:** See additional information at the end of the meet announcement.
  - o Payment for entries **must be made by check**. After the online entry is completed, a confirmation will be sent to you via e-mail. Bring all communications with you to the meet.
  - o Until you check out in OME, you can return to your entry to modify entry times through the initial April 28, 2022, entry deadline.
  - o Once you have checked out, you may add events to your entry but you cannot delete events.
  - o Entry times, under OME, are taken from the SWIMS national database, or a custom time may be entered.
  - o All swims entered as a custom time must be proven. See Proof of Times section below.
    - Custom 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.
- **New Qualifying Swims:**
  - o Additional entries from meets occurring between the regular entry deadline and May 8, 2022, will be accepted for athletes already entered in the meet
  - o These entries are due by 5:00pm (EST) on Monday, May 9, 2022.
  - o OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2022 EZ LC Speedo Champs Meet – NEW QUAL SWIMS.
  - o These entries **may not** be used to improve the seed time of an earlier entry except in the case of a bonus entry upgrading to a qualifying time.
- **Late Entries: Dependent upon the number of athletes entered by the regular entry deadline, additional qualified athletes may be accepted into the meet.** Any such entries are subject to the following requirements:
  - o Late entries must be emailed to the Meet Entry Officer at [myturner525@gmail.com](mailto:myturner525@gmail.com).
  - o Entries must be received no later than 5:00pm (EST) Friday, May 6, 2022.
  - o The team or athlete must pay a one-time processing fee of \$150 and entry fees of \$30 per individual event. *If the meet entry limit is not met by the original entry deadline, these additional fees may be reduced.*
  - o Late entries **may not** be used to improve the seed time of an earlier entry.
- **Questions Regarding OME?** Contact: Mary Turner, [myturner525@gmail.com](mailto:myturner525@gmail.com), (434)352-5451

### **PROOF OF TIME:**

- Verification of times for all events 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 result.
- Any proof of time must be submitted prior to the Scratch deadline for the session in which the event is being swum. The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event, and time swum.
- High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming.
- **Warning:** 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 fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2022.

### **SCRATCH PROCEDURES:**

- Information about submitting scratches from prelims and finals will be provided at the General Meeting.
- This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6 with exception of 207.11.6B. Specific procedures will be explained at the General Meeting.
- **The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer who is initially announced as qualifying for a final event, excluding alternates, and does not show up to compete (without properly scratching or without being excused by the Referee) will be subjected to a \$50 fine.**
- **Scratch deadlines:**
  - Thursday distance events - Thursday, May 12, 3:30pm.
  - Friday events – Thursday, 5:30pm.
  - Saturday events – Friday, 5:30pm.
  - Sunday events **including W 1500 and M800** am/pm preference – Saturday, 5:30pm.

### **TIME TRIALS:**

Time trials will be offered each day, **time permitting**.

- Time trial fees: \$25.00 for individual events and \$35 for relay events
- All time trials will start 15 minutes after the conclusion of the preliminaries session.
- Time trials are open to all swimmers entered into the meet.
- All time trials will be randomly seeded and may be seeded with mixed events and genders in heats with no open lanes between them.
- Each swimmer is limited to a maximum of three (3) time trials swims during the meet. Also, please be aware that time trials count towards the daily maximum of three events, but not towards the seven (7) swims maximum for the meet.
- Registration for time trials will close at 10:00am each day, unless otherwise announced at the General Meeting.
- Entry for Time Trials will be through OME and be paid by CREDIT CARD.
- **The 800 freestyle and 1500 freestyle will only be offered on Friday.**

### **RULES:**

- The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.



- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- The scratch procedures listed in the current *USA Swimming Rules and Regulations*, Article 207.11.6 with the exception of 207.11.6B, will be in effect.
- 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 without written USA Swimming approval.
- Any swimmer entered in the meet must be certified by a USA-S 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 the requirement.
- 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.
- Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.
- In accordance with Virginia Swimming Best Practices, all athletes should shower before entered the pool.
- Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.
- In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.

### DECK ACCESS:

- Please use designated pool entry areas.
- 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.
- **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 sign supervision form before a credential can be issued.
- Teams will be allocated deck passes for coaches using the following formula based on the number of athletes entered into individual events:
  - 1-3 swimmers: 1 deck pass
  - 4-8 swimmers: 2 deck passes
  - 9-14 swimmers: 3 deck passes
  - 15-25 swimmers: 5 deck passes
  - 26 or more swimmers: 6 deck passes





- Unattached swimmers entered without a team: 1 deck pass
- Unattached swimmers with a team will be counted in the numbers for the team
- Additional deck passes can be purchased at Registration for \$35

### **TIMERS:**

- Two timers per lane will be needed.
- Timers will be provided complimentary admission for the sessions they time.
- Those wishing to time prelims or finals Friday-Sunday should sign up at the following link:  
<https://bit.ly/LCsectionalTIMER>
- All athletes entered in distance events (800 and 1500 freestyles) need to supply their own timers and counters, except those swimming at finals on Sunday.
- All time trial athletes need to supply their own timers.

**SCORING:** Scoring will be handled according to USA Swimming Rules and Regulations based on the number of heats swum in finals.

### **AWARDS:**

- Individual events: Top 3 finishers
- Relay events: Top 3 relay teams
- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 female and top 3 male
- Awards will be presented immediately following each event in finals, time permitting.
- The coach of each event's winning competitor should report to the awards area prior to awards presentations.
- A full sequencing of events and awards will be published with the heat sheet for each finals session.

**CONCESSIONS:** Limited concessions will be available at this meet through the SwimRVA Café.

**HOSPITALITY:** A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area.

**HEAT SHEETS:** Will be available on the Virginia Swimming website and Meet Mobile.

### **Spectator Admission:**

- Admission charge:
  - Individual Prelim Session: \$8
  - Individual Finals Session: \$8
  - All Sessions: \$35

### **SwimRVA/Collegiate School Aquatic Center Rules:**

- Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or at other needed volunteer positions.



- All air flow in take vents on deck are not to be blocked by chairs, benches, spectators or towels!
- VSI & CSAC requires swimmers to take a shower before entering the swim pool.
- Family rest rooms are reserved for coaches and officials use only. Individuals needing access should make arrangements with the meet director.
- No glass containers of any kind are allowed in the facility.
- No lawn/deck chairs allowed in the grandstand.
- Objects are not to be passed over the grandstand railing.
- No smoking on the campus.
- Shoes are suggested to be worn in all areas outside the pool deck including locker rooms.
- Doors are not to be propped open (HVAC).
- The front door is the only entry/exit door for the facility.
- Young children must be supervised by an adult.
- No tape of any kind is to be used inside to hang signs, banners or decorations.

**LOCKER ROOMS:** Locker rooms will be available for changing and bathroom use only.

**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.

**PARKING:**

- Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches, and officials.



## May 12 – May 15, 2022

### Order of Events

<b>Thursday, May 12</b>		
<i>Finals: 5:00pm start</i>		
Event		
1	800 meter Freestyle	
	1500 meter Freestyle	2

<b>Friday, May 13</b>		
<i>Prelims: 8:30am start</i>		
Event		
3	200 meter Freestyle	4
5	100 meter Breaststroke	6
7	100 meter Butterfly	8
9	400 meter Individual Medley	10
11	400 meter Free Relay	12

<b>Saturday, May 14</b>		
<i>Prelims: 8:30am start</i>		
Event		
13	200 meter Butterfly	14
15	50 meter Freestyle	16
17	200 meter Breaststroke	18
19	100 meter Backstroke	20
21	400 meter Freestyle	22
23	800 meter Freestyle Relay	24

<b>Sunday, May 15</b>		
<i>Prelims: 8:30am start</i>		
Event		
27	200 meter Backstroke	28
29	100 meter Freestyle	30
31	200 meter Individual Medley	32
33	400 Medley Relay	34
AFTERNOON		
25	1500 meter Freestyle	
	800 meter Freestyle	26

#### Scratch Deadlines:

- **Thursday, 3:30pm:** Thursday distance events (W 800, M 1500)
- **Thursday, 5:30pm:** All Friday events including relays
- **Friday, 5:30pm:** All Saturday events including relays
- **Saturday, 5:30pm:** All Sunday events including W 1500, M 800, and relays

**Time Trials close at 10am on each corresponding day. Time Trial entries are on OME and paid by credit card only. No cash or on-deck entries for Time Trials.**



## ONLINE MEET ENTRY (OME) INSTRUCTIONS

- Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Email entries during the regular entry period will not be accepted.
  - The OME system is accessed from the USA Swimming web site at the address:  
<http://www.usaswimming.org/ome>
  - Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team”.
- **OME OPENS:** 1:00 pm EST, Thursday, March 31, 2022
- **OME CLOSES:** 11:59 PM EST, Thursday, April 28, 2022 (Regular Entry Deadline) or the entry limit is reached.
- **Out of Zone entries** will open Monday, April 18, 2022 at 1:00 pm EST if the meet has not reached 300 athletes. If there are 300 or more Eastern Zone athletes entered in the meet on April 18, Out of Zone entries will not open Thursday, April 21, 2022 at 1:00pm and continue until the entry limit is reached.
- **Meet entries in the form of an entry list or psych sheet will be posted to the VSI website on Monday, May 2, 2022**
- **Meet Entry Officer:** Mary Turner
- **OME HELP:**  
Mary Turner  
Meet Entry Officer  
Phone: (434) 352-5451  
Email: [myturner525@gmail.com](mailto:myturner525@gmail.com)
- **Conforming and Non-Conforming times will be used for entry. Order of seeding is: Long Course Meters then Short Course Meters then Short Course Yards.**
- **ENTRY LIMITS:**
  - **Individual Events:**
    - Athletes may enter all events for which they qualify.
    - Maximum per day: three (3) individual events, (note: includes time trials).
    - Maximum for the meet: seven (7) individual events for the meet, (note: does not include time trials)
  - **Bonus Events:**
    - Limits:
      - 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 are not permitted to enter bonus events.
      - Bonus entries are seeded last.
    - Bonus swims for the 800 Freestyle, and the 1500 Freestyle are not available, with the exception that swimmers who have the qualifying time in one of the events may choose the other as a bonus event.
    - See Entry Information for seeding order.
- **INDIVIDUAL ENTRIES:**
  - Swimmers may enter using an “Override Time” for times that are not in the national database.



- Override times must include the meet name and date.
- Override times that cannot be proven during the entry process will be annotated with an asterisk (\*) on the meet psych sheet (Entry List).
- **Proof of asterisk (\*) submitted times must be provided to the Administrative Referee prior the scratch deadline for that event in order to be seeded.**
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- Entries which improve the time of an earlier entry will be accepted **only** while OME is open.
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
  - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
  - Alternately, these individuals may send a text file of their entries to the Meet Entry Officer to be entered manually.
- **New Qualifying Swims:**
  - Additional entries will be accepted for athletes already entered in the meet who achieve additional qualifying times in meets occurring between April 29, 2022, and May 8, 2022.
  - These entries are due by 5:00pm (EST) on Monday, May 9, 2022.
  - OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2022 EZ LC Speedo Champs Meet – NEW QUAL SWIMS.
  - These entries **may not** be used to improve the seed time of an earlier entry.
- **Late Entries: Dependent upon the number of athletes entered by the regular entry deadline, additional qualified athletes may be accepted into the meet.** Any such entries are subject to the following requirements:
  - Late entries must be emailed to the Meet Entry Officer at [myturner525@gmail.com](mailto:myturner525@gmail.com).
  - Entries must be received no later than 5:00pm (EST) Friday, May 6, 2022.
  - The team or athlete must pay a one-time processing fee of \$150 and entry fees of \$30 per individual event. If the meet entry limits are not met by the original entry deadline, these additional fees may be reduced.
  - Late entries **may not** be used to improve the seed time of an earlier entry.

