



Long Course Senior Zone Championship Meet
Hosted by: STAR Swimming Erie Community College
21 Oak Street Buffalo, NY 14203
August 5-8, 2021

ONLY open to Eastern Zone Swimmers

Held under the Sanction of USA Swimming

Sanction Number NI 2021-087

Time Trial Sanction Numbers NI TT 2021-087TT

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, 2019 through the meet entry deadline. ****Entries are to be sent via events file on the eastern zone website to starentries@gmail.com****

MEET ADMINISTRATION

Meet Referee	Patrick Johnstone	pjohnstone@gmail.com	
Meet Directors	Phil Aronica + Jeff Hewett	Starentries@gmail.com	
Admin Referee:	Tim Husson	tim.husson@gmail.com	
Niagara Officials Chair	Fred Leff	officials@niagaraswim.org	
STAR Official's Contact	Leo Gibbons	lcyj1953@gmail.com	

STATEMENT OF LOCAL PROTOCOLS AND REQUIREMENTS

In applying for this sanctioned event, the Host, STAR Swimming, agrees to comply and to enforce all health and safety measures and guidelines of USA Swimming, Niagara LSC, the State of New York, and Erie County. STAR Swimming, and Erie Community College have taken enhanced health and safety measures – for you, our other guests, and our athletes. You must follow all posted instructions while attending the meet hosted by STAR Swimming. 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 Center for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the competition, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA 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 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 AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

1. SOCIAL DISTANCING WILL BE REQUIRED BY ALL PARTICIPANTS AT ALL TIMES. FAILURE TO SOCIAL DISTANCE MAY RESULT IN THE REMOVAL FROM THE FACILITY. ATHLETES ARE REQUIRED TO WEAR FACE MASKS AT ALL TIMES, EXCEPT WHEN COMPETING OR WARMING DOWN. ALL SPECTATORS MUST ADHERE TO WEARING FACE MASKS AND SOCIAL DISTANCING GUIDELINES AT ALL TIMES.
2. COACHES, OFFICIALS, TIMERS, AND MEET PERSONNEL ARE REQUIRED TO WEAR FACE MASKS AT ALL TIMES. EXTRA MASKS AND HAND SANITIZER WILL BE AVAILABLE



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FACILITY REQUIREMENTS

1. Pool deck entry will be limited to Swimmers, Officials and Meet Personnel. Controlled access to pool will be through front door & registration table with sign in sheets.
2. All Officials, Coaches, spectators and Meet Personal must wear masks.
3. Hand Sanitizing dispensers will be located at various locations inside the pool deck.
4. CDC signage will be displayed around the facility.
5. Eight (8) lanes will be used for competition. After the final swimmer in a heat completes the race, flyover starts will be used.
6. STAR Swimming has Safety Plans and Protocols in place and will follow along with the Erie Community College Burt Flickinger Center Safety Plan and Protocols.

SPECTATORS, VOLUNTEERS & LIVESTREAM:

Spectators will be allowed at this event. All spectators are required to wear a mask as per the ECC safety guidelines. Visiting teams will be required to provide timers throughout the entirety of the meet. STAR Swimming will provide timers for all vacant lanes visiting teams do not provide

The meet will be accessible to all parents by a live stream provided by STAR Swimming using this YouTube link: <https://www.youtube.com/channel/UCOJtD68fNRG-6r3FneEdkng>. This link will also be posted on the STAR Website under the Meet Sheets tab. Volunteer opportunities will be available first to parents of the host team.

ADMISSIONS:

All Sessions Pass: \$30.00
Senior (65+) and Youth (6-12): \$25.00
Daily: \$10.00 (Prelims & Finals)
Single Session: \$5.00

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.

SCHEDULE (tentative)

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

The Pool will stay open for 30 minutes after the last event on each day for warmup/warmdown. Time Trial events will begin 30 minutes after the conclusion of Prelims sessions, time permitting.



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ORDER OF EVENTS

Preliminaries- 9:00am

Finals- 5:00pm

Women's Events

Men's Events

Day 1- Thursday, August 5		
1	200 meter Individual Medley	2
3	100 meter Freestyle	4
5	100 meter Breaststroke	6
7	1500 meter Freestyle	
	800 meter Freestyle	8
9	200 meter Freestyle Relay	10
Day 2- Friday, August 6		
11	200 meter Freestyle	12
13	100 meter Butterfly	14
15	400 meter Individual Medley	16
17	400 meter Freestyle Relay	18
Day 3- Saturday, August 7		
19	200 meter Butterfly	20
21	100 meter Backstroke	22
23	400 meter Freestyle	24
25	800 meter Freestyle Relay	26
Day 4- Sunday, August 8		
27	200 meter Backstroke	28
29	50 meter Freestyle	30
31	200 meter Breaststroke	32
33	800 meter Freestyle	
	1500 meter Freestyle	34
35	400 meter Medley Relay	36

NOTES

1. 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.
2. 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.
3. All RELAYS are Timed Final Events with the fastest two heats swimming in finals.
4. 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



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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.

DECK ADMITTANCE

All participating swimmers, coaches, and working officials will be issued deck credentials. These must be worn at all times. Only working USA Swimming Registered Officials, Coaches, Swimmers, and meet volunteers will be permitted on the pool deck. Please use designated pool entry areas. Credentials will be provided and must be shown to gain access and should be visible while on the deck. \$10 will be charged for replacement of badges.

REGISTRATION AND CREDENTIALS

Coach packets and credentials for athletes, coaches and officials will be available in the main entrance area of the Flickinger Center starting at 2:00pm on Wednesday. Beginning Thursday, packets and credentials will be available starting at 7:15am at the check-in table near the locker rooms.

No swimmer will be issued a credential without a coach member present. If the athlete's 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.

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.

GENERAL MEETING

A General Meeting will be held on Wednesday at 4:00pm either fully virtual or hybrid. If necessary, additional coaches 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.

OFFICIALS CERTIFICATION

Certified officials wishing to work the meet should submit applications to the Eastern Zone Officials Chairman by July 20, 2021 for all positions. Assigned Officials will be notified. The application form can be found at: **Application to officiate: [CLICK HERE](#)**

**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.

OFFICIALS' BRIEFINGS



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The Initial Officials' Briefing will be at 7:30am on Thursday August 5, 2021. All other Officials' Briefings will start 1 hour prior to the start of the session.

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 end of General meeting on Wednesday, August 4th, 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.

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***

USA SWIMMING MEMBERSHIP

All swimmers, coaches, and officials must be current 2021 members of USA Swimming. Any team or individual entering a



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swimmer without a current USA Swimming membership may be subject to a \$100 per swimmer fine. There will be NO deck registration.

ENTRY INFORMATION

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, 2019 through the meet entry deadline.

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).~~ ****Entries are to be sent via events file on the eastern zone website to starentries@gmail.com****

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.

ENTRY DEADLINE

Entry deadline is July 27, 2021 at 11:59pm (EST). ~~OME will open for this meet on June 8, 2021 at www.usaswimming.org/ome.~~ ****Entries are to be sent via events file on the eastern zone website to starentries@gmail.com****

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 27, 2021 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 28, 2021 – August 1, 2021). 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.~~

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Teams using Team Unify during the extended entry period, July 28, 2021 – August 1, 2021, 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

TIMES ACHIEVED AFTER July 27, 2021

Additional entries from meets occurring between July 27, 2021 and August 1, 2021 are due by 10:00pm (EST) on Monday August 2, 2021. 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. 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 28, 2021 and August 1, 2021, coaches shall be required to produce official meet results to prove their entrytimes.

Payment for the entries must be received at the pre-meet coaches meeting (NO EXCEPTIONS) on Wednesday, August 4, 2021. 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 28, 2021 and August 1, 2021. Once the OME deadline passes no time updates are permitted.

LATE ENTRIES

Any team or athlete missing the entry deadline will be permitted to enter late if there is still room in the meet, subject to the following requirements:

- Late entries must be submitted through OME.
- Entries must be received no later than 11:59 pm (EST) Tuesday, August 3, 2021.
- 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: Macie McNichols mmcnichols@usaswimming.org 719-866-3506

A/B Flight Format: Dependent on the number of entries and will be determined by the meet host, 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 posted via meet mobile.

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.

SEEDING ORDER

Events shall be seeded in the following order:



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

MEET SCORING

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

TEAM AWARDS

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

INDIVIDUAL AND RELAY AWARDS

Medals: 1st, 2nd, 3rd 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 athlete's coach.

DISTANCE FREESTYLE

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.

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

For the Senior Zone Championship Meet, **a D final that is protected to 18 & Under athletes will be offered**. The order of the final events shall be D, C, B, and A (18 & Under, bonus, consolation, and championship). Finals Scratch Rules applies to D, C, B and A Finals (207.12.6.D). Finals will be swum D C B A. The D heat is reserved to the next fastest 18 and younger athletes.



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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. **Due to the potential flighting of the meet, there may not be any time trials offered.**

All time trials will be seeded with a NT and will start approximately 30 minutes after the conclusion of the prelim 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

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.

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 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)



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

Times achieved in sanctioned, approved or observed competition since January 1, 2019



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ONLY open to Eastern Zone Swimmers

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