

2026 Eastern Zone Short Course Age Group Championships




Co-hosted by the Fairport Area Swim Team & STAR Swimming



April 1 – 4, 2026

Held under the sanction of USA Swimming through Niagara Swimming, Sanction Number: NI-2526-014

AGE GROUPS: 10 & UNDER, 11-12, 13-14

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| SPONSOR/ HOST | USA Swimming, Niagara Swimming, Fairport Area Swim Team (FAST), and STAR Swimming |
| LOCATION | Burt Flickinger Athletic Center at: Erie Community College - Downtown Campus 21 Oak Street, Buffalo, NY 14203  |
| FACILITY | <p>POOL: The Burt Flickinger Athletic Center pool has the capabilities to be configured with two twenty-five (25) yard, eight-lane (8) indoor courses, with continuous flow-through gutters, and non-turbulent lane dividers for competition. Colorado Electronic Timing System, Colorado touch pads, horn start, Colorado Digital Display Board, and an eight-lane scoreboard readout will be used. One 25-yard, six lane pool for continuous warm-up and warm-down will be adjacent to the competition course.</p> <p>The competition course has been certified in accordance with 104.2.2C(4) of the USA Swimming Rules and Regulations. A copy of this certification is on file with USA Swimming. Water depth spanning 1-5 meters away from both the start and turn ends of the competition course ranges from 6'8" to 7'6".</p> <p>Meet Management and Zone leadership reserves the right to modify the course(s) in response to the number of meet entries/size of meet.</p> <p>REFRESHMENTS: Concessions will be available for purchase in the lobby of the Burt Flickinger Athletic Center. The hours of operation for concessions will be determined by the Meet host.</p> <p>PARKING: Information regarding parking can be found on Page 11 under 'Parking Information'.</p> |

The Meet Personnel contact information is provided for officials, designated representatives of the participating clubs, and for Eastern Zone/USA Swimming personnel only. Any swimmer or parent seeking information about how to enter the meet should contact their club representatives.

| MEET DIRECTORS | MEET REFEREE | ADMIN REFEREE |
|---|--|---|
| Nicholas Weiner, Marci Callan, and TJ Day zonemeetdirectors@fairportswimming.com (585) 364-2557 | Christina "Chris" Oliver Cntoliver@icloud.com (571) 285-6796 | JoAnn Faucett faucettjm@aol.com (518) 496-6136 |

Entry Coordinator/Meet Operations Contact: zoneoperations@fairportswimming.com



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| TECH SUIT BANRESTRICTION (USA 102.8.1 F) | <p>No Technical Suits shall be worn by any 12 & Under USA Swimming athlete member in competition at any sanctioned, approved or observed meet. [Effective September 1, 2020]</p> <p>(1) Exceptions to the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials.</p> <p>(2) A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> a. Any suit with any bonded or taped seams regardless of its fabric or silhouette. or b. Any suit with woven fabric extending past the hips. <p>Click here for a complete list of the suits that will be allowed for athletes 12 and under. Please make sure your suit is approved before wearing it to a meet.</p> | | |
| SESSIONS | 11–14-Year-Old Sessions: | | |
| | Warm-up* | | |
| | Start* | | |
| | Wednesday, April 1st | | |
| | Timed Finals | 4:00 – 4:50 PM | 5:00 PM |
| | Thursday, April 2nd | | |
| | Thursday Prelims Boys 11-14 | 7:30 – 8:20 AM | 8:30 AM |
| | Thursday Prelims Girls 11-14 | 10:30 – 11:20 AM | 11:30 AM |
| | Thursday Finals – Both Genders | 5:00 – 5:50 PM | 6:00 PM |
| | Friday, April 3rd | | |
| | Friday Prelims Girls 11-14 | 7:30 – 8:20 AM | 8:30 AM |
| | Friday Prelims Boys 11-14 | 10:45 – 11:40 AM | 11:45 AM |
| | Friday Finals – Both Genders | 5:00 – 5:50 PM | 6:00 PM |
| | Saturday, April 4th | | |
| | Saturday Prelims Boys 11-14 | 7:30 – 8:20 AM | 8:30 AM |
| | Saturday Prelims Girls 11-14 | 10:00 – 10:50 AM | 11:00 AM |
| | Saturday Finals – Both Genders | 4:30 – 5:20 PM | 5:30 PM |
| | 10 & Under Timed Finals: | | |
| | Thursday | 1:30 – 2:10 PM | 2:15 PM |
| | Friday | 1:45 – 2:25 PM | 2:30 PM |
| | Saturday | 1:15 – 1:55 PM | 2:00 PM |
| | <p><u>Important Note Regarding Session Times</u></p> <p><i>*Note that Session warm-up and start times for all Timed Finals and Finals Sessions could change based on estimated timelines and entries received. Sessions could also be combined based on entries received, with the possibility of running two simultaneous 8-lane courses. Changes will be communicated as necessary. Warm-up sessions for 11 & Overs may be split with club assigned specific times and lanes if deemed appropriate by the Meet Directors.</i></p> | | |

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| RULES | <ul style="list-style-type: none">• This meet will be governed by USA Swimming, Inc. rules.• All swimmers, coaches, and officials must be current members of USA Swimming.• No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Any team or individual entering a swimmer without a current USA Swimming membership may be subject to a \$100 per swimmer fine.• If an improperly registered athlete competes in a USA Swimming sanctioned competition, the Niagara Swimming LSC & Eastern Zone can impose a fine of up to \$100 per event.• 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.• Swimmers without a coach need to advise the Meet Director in advance. It is the responsibility of the club to have a coach for swimmers entered in the meet. It must be a registered coach and can be assigned from another team. |
| EVENTS | <p>The meet will be swum in accordance with the accompanying schedule of events. Prepare for flyover starts.</p> |
| ELIGIBILITY | <ul style="list-style-type: none">• The meet is open to any 14 and Under swimmer who meets the qualifying times, and at the time of entry deadline is registered with USA Swimming in one of the twelve LSCs in the Eastern Zone. Athletes with a Seasonal or Flex membership are not eligible.• On-site registration will not be accepted at this meet.• Swimmer's age as of April 1st, 2026, determines age group for the entire meet.• Qualifying times must have been achieved between January 1, 2025, and March 23rd, 2026, the entry deadline for this meet.• All entry times must be the swimmer's actual time achieved in SC yards. Converted times will not be accepted.• Exclusionary Criteria for Eligibility:<ul style="list-style-type: none">○ Athletes who have competed in an Individual Event at the USA Swimming National Championships, the USA Swimming Spring Championships, US Open, the USA Swimming Junior Championships or a USA Swimming Trials Class meet are not eligible to enter and compete at an EZ Age Group Championship meet.○ Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the above meets prior to the entry deadline for the EZ meet, may not enter, and compete in an EZ Age Group Championship meet.○ Athletes 12 years of age or younger who have achieved a qualifying time in an individual event for any of the above meets but have not competed in that event at the stated meet, may enter and compete in that event in an EZ Age Group Championship meet. |

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| ENTRY RULES AND LIMITATIONS | <ul style="list-style-type: none">• Each eligible swimmer may enter no more than three (3) individual events per day, and a maximum of six (6) individual events for the meet, including bonus events, plus one (1) relay per day.• For all individual events, all times must have been achieved in USA Swimming Approved, Sanctioned, or Observed competition.• No deck entries will be accepted for this meet.• There are no qualifying time standards for relays for this meet.• Relays must be made up of swimmers entered in the meet in individual events. No 'relay only' swimmers are allowed.• Clubs are allowed to enter no more than two (2) relays per relay event. <p>50s of Stroke: Swimmers may qualify and enter the 50 backstroke, 50 breaststroke, or 50 butterfly using a 100 qualifying time. The 50s of stroke do count towards a swimmers session/overall-maximum number of individual events. If entering 50s of stroke as a bonus event, the 100 time MUST be used.</p> <p>BONUS EVENTS: A swimmer with one (1) qualifying time may enter up to three (3) bonus swims. two (2) qualifying times may enter up to two (2) bonus swims; three (3) qualifying times may enter up to one (1) bonus swim, and swimmers with four (4) or more qualifying times receive NO bonus swims. To swim the 400 IM or 500 free as a bonus event, a swimmer must have an entry time within 4 seconds (400 IM) or 5 seconds (500 free) of the qualifying time for these events.</p> <p>There shall be no bonus swims for the 1000 or 1650 freestyle. However, swimmers may qualify for the 1000 and/or 1650 Freestyle events with the 1000/1650 Yard time standards. These events will be seeded fastest to slowest, with those entered at the alternate distance standard seeded in the last heat.</p> |
| SWIMMERS WITH DISABILITIES | <p>USA Swimming National Disability Committee released parallel time standards to foster and promote the inclusion of athletes with a disability in their Zone Championships. The parallel times are designed to provide a fair, equitable and structured path for these athletes. Time Standards are posted on the Eastern Zone Website.</p> <p>The standards are divided up into three "P" groups. The groups are to place athletes with similar disabilities into the same grouping. The groupings are as follows:</p> <ul style="list-style-type: none">• P1 - non-ambulatory (wheelchair bound)- limited use of all four extremities.• P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.• P3 - single limb deficiencies, visual impairment, intellectual impairment, ambulatory without significant assistance. <p>Please submit all disability entry forms (page 16) and any accommodations needed to zoneoperations@fairportswimming.com for entry into the meet.</p> |

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| ENTRY PROCEDURES | <p>All entries for qualifying swims between January 1, 2025, and March 23rd, 2026, must be submitted through USA Swimming's website using OME (Online Meet Entry). 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.</p> <p>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 email. Bring all communications with you to the meet. You can return to your entry to modify entry times through the March 23rd, 2026, 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, or a custom time from a USA sanctioned, observed, or approved meet, may be entered. All swims entered as a custom time must be proven in hard copy prior to the start of the meet. Times must be entered in the proper course in which achieved; converted times will not be accepted.</p> <p>Questions Regarding OME? Contact: Trey Freeman at tfreeman@usaswimming.org</p> |
| PROOF OF TIMES | <p>Verification of times for all events is required. Times submitted with the entry file shall be 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.</p> <p>Any time listed in the Psych Sheet with an '*' indicates that the time has not been proven yet.</p> |

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| ENTRY DEADLINE | Entries will close on Monday, March 23rd, 2026, at 11:59 p.m. (EST). No Fax, Email, or Telephone entries will be accepted, except as noted on pages 15-16. |
| NEW QUALIFIER PERIOD | Entries for athletes achieving new qualifying events between March 23 rd , 2026 and March 28 th , 2026 are permitted to enter into the meet, subject to the following requirements: <ul style="list-style-type: none">• New qualifier entries must be submitted through OME titled: 2026 NI Eastern Zone Short Course Age Group Championships (NEW QUALIFIERS)• Entries must be received no later than 8:00 p.m. (EST), Sunday, March 29th, 2026.• Relays may be added if a team has an athlete who qualifies during this late qualifying period and their entrance into the meet creates a legal relay.• Late entries may not be used to improve the seed time of an earlier entry. |
| LATE ENTRY PERIOD | Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements: <ul style="list-style-type: none">• Late entries must be submitted through OME titled: 2026 NI Eastern Zone Short Course Age Group Championships (LATE ENTRY PERIOD)• Entries must be received no later than 8:00 p.m. (EST), Sunday, March 29th, 2026.• The team or athlete must pay a one-time processing fee of \$150 <i>and</i> entry fees of \$30 per individual event. |
| UPDATES TO ENTRY TIMES | Updates to swimmers' entry times in their events will be accepted up to the regular entry deadline. Any meets/swims past the entry deadline where a swimmer achieves a best time will not be able to be updated for this meet. Please update all times in your OME entry <u>BEFORE</u> submitting your entries. Once your team entry is submitted, you will be unable to update entry times. |
| ENTRY FEES | Individual events: \$16.00 per entry Relays: \$32.00 per entry Surcharge: \$10.00 per swimmer |

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| FORMAT | <p>INDIVIDUAL EVENTS:</p> <ul style="list-style-type: none"> • All 11 & Over events are Prelims and Finals (except for 11-12 500 Freestyle and 13-14 1000 & 1650-yard Freestyle events, which are Timed Finals.) • Excluding Timed Final events, all 11-12 and 13-14 individual events shall have a Consolation Final followed by a Championship Final, each with 8 swimmers. • Timed final Freestyle events on Wednesday evening will be swum fastest to slowest, alternating female/male heats. • The 8 top seeded swimmers after positive check-in for the 13-14 Men's and Women's 1000 Freestyle will swim in the Saturday Finals session. The other heats will swim fastest to slowest, alternating female/male heats, in the Saturday morning session. • All 10 & Under events are Timed Finals and will be swum in the afternoon sessions. <p>RELAYS:</p> <ul style="list-style-type: none"> • All Relays are Timed Finals. • All heats of the 11–14-year-old Relays will be swum during the Morning Prelim sessions, with the exception of the 400 Free Relay, which will be in Session 1 Wednesday evening. • All heats of the 10 & Under Relays will be swum in the afternoon sessions. • Relay cards must be returned to the scorer's table by the event start time. |
| POSITIVE CHECK IN | <ul style="list-style-type: none"> • Positive check-in events: 500 free, 1650 free, 400 Free Relays, 400 IM, and 1000 free. • Positive check-in deadlines: <ul style="list-style-type: none"> ○ Wednesday events by 3:30 pm ○ Other events: 45 minutes prior to the session's start time for each event. <p>Club coaches and unattached athletes ONLY may remotely check in events by emailing zoneoperations@fairportswimming.com or by texting (585) 364-2557. A response from the Meet Operations staff is confirmation of check-in.</p> |
| SEEDING | <ul style="list-style-type: none"> • The meet will be pre-seeded except for all events on Wednesday (including relays) and other individual events 400 yards and longer (400 IM, 500 free 1000 free). • Traditional seeding (circle seeding for prelims, by time for T/F events). • Swimmers entered into the 50s of stroke will be seeded at their 100 time. • Any swimmer who positively checks in but fails to swim will be barred from their immediate next individual event. • Swimmers who fail to report for a preliminary or timed-final event that does not require positive check-in will remain eligible to compete in all remaining events in which he/she was properly entered, except as stated elsewhere in this announcement regarding finals or positive check-in events. • The fastest 16 swimmers at Prelims, after scratches, will advance to Finals (8 in each Consolation and Championship heat) in Prelim / Final Events. • Coaches are always responsible to check the status of their swimmers before leaving the facility. |

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| SCRATCHES | <ul style="list-style-type: none"> The scratch for Finals will be in accordance with USA Swimming rules: 207.11.6. A-E. Coaches must report scratches from Finals to the Officials table no later than 30 minutes following the announcement of the preliminary results. Unless a swimmer is initially announced as qualifying for a heat in Finals (top 16 only), he/she will not be penalized for failure to compete. | |
| SCORING | Individual Events (Top 16): | A Final: 20-17-16-15-14-13-12-11 B Final: 9-8-7-6-5-4-3-2-1 |
| | Relays (Top 16): | 40-34-32-30-28-26-24-22-18-16-14-12-10-8-6-4-2 |
| AWARDS | Individual events: | Medals 1 st – 8 th place, Ribbons 9 th – 16 th place. High Point Awards for each age group, Men & Women |
| | Relays: | Medals 1 st through 3 rd place, Ribbons 4 th through 8 th |
| | Team: | Top three combined team score. |
| | Record Breakers: | All record breakers will receive a Commemorative Certificate |
| | <p>Awards will be presented to 10 & Under swimmers at awards ceremonies during the afternoon sessions for individual events.</p> <p>Awards for 11-14 year old athletes will be available for pick up at the conclusion of the meet. Awards can be mailed upon request; postage is to be paid by the requesting team or athlete.</p> | |
| PRACTICE TIME | The Burt Flickinger Athletic Center will be open early on Wednesday, April 1 st , from 2:00 PM to 4:00 PM general warm-up for athletes properly entered into the meet. Session 1 warmups will start at 4:00 PM. Swimmers not in Session 1 are requested to exit the pool. | |
| WARM-UP PROCEDURES | <p>All applicable Niagara LSC warm-up procedures for 8 and 6 lane facilities will apply. No equipment may be used during the official warm-up period. Clubs are expected to supervise their athletes to ensure a safe warm-up period.</p> <p>Proper and safe warm-ups are the responsibility of all athletes and coaches, and will be enforced by Meet Marshals, Officials, and Meet Management personnel. There will be absolutely NO DIVING AT ANY TIME DURING THE WARM-UP OR MEET IN THE WARM-UP/WARM-DOWN POOL.</p> | |
| GENERAL MEETING | <p>A General Meeting will be held via Zoom on Monday, March 30th at 8:30 PM EST. If necessary, additional coaches' meetings will be held as determined by the Meet Referee. It is the obligation of every swimmer entered in the meet to attend or be represented at this meeting and to become acquainted with the changes, if any, and the decisions made at this meeting. (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.</p> | |

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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, please see the Meet Director.

Credentials will be required for entry onto the deck. Everyone receiving a Credential will be required to show current USA Swimming Membership, and all coaches will be required to show current and valid Coaching Credentials to receive their deck passes. Credentials must be visible at all times when on deck. \$10 will be charged for replacement of badges.

DECK ACCESS

Swimmers shall access the pool deck through the locker rooms. Coaches and Officials shall gain access through the deck entrance in the lobby. Please use designated pool entry areas only. 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. Teams will be allocated deck passes for coaches using the following formula based on the number of athletes entered into individual events:

| # Athletes | # Coach Deck Passes |
|------------|---------------------|
| 1-5 | 1 |
| 6-12 | 2 |
| 13-22 | 3 |
| 23-30 | 4 |
| 31-39 | 5 |
| 40-49 | 6 |
| 50+ | 7 |

Coaches will be able to verify their credentials prior to the meet to expedited on-site pick-up. The process is to be determined and will be announced once it is determined.

OFFICIALS

Certified Officials wishing to officiate at the meet should submit an application by Monday, March 23rd, 2026. Officials Application Link will be located on the [Eastern Zone](#) or [host](#) website.

This meet is approved as an Officials Qualifying Meet (OQM). Any official interested in being evaluated should submit an application to Officiate noting the request for evaluation. If you will be requesting a National Certification Program evaluation, please note the position and level of the evaluation request and submit the application by March 23rd, 2026. The application form can be found on the Eastern Zone website.

Details of the National Certification program can be found on the USA Swimming Website here: [National Certification Program](#)

Officials' briefings will take place one (1) hour prior to the start of each session.

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| HOSPITALITY | Coaches and Officials hospitality areas will be located in a separate area in the facility. We will be serving breakfast, lunch, dinner, snacks, and drinks throughout the meet. |
| TIMERS | It will be necessary to solicit timers from the spectators attending the meet. All visiting teams should be prepared to provide lane timers. The Meet Director reserves the right to assign teams with lane assignments for timer coverage for preliminary and timed finals sessions depending on the volume of entries. Schedules will be posted on the host website. The meet host will provide timers for Thursday-Saturday evening finals sessions. To sign up for lane timing assignments, please visit the hosted meet page . Counters are required for events 500 yards and over. In addition, swimmers must provide their own timers for the 1000 free (AM only) and 1650 free. |
| MEET MARSHALS | Marshals have the authority through the Meet Referee to enforce orderly and safe warm-ups and atmosphere on the pool deck. A swimmer and/or coach may be removed from the deck for noncompliance with warm-up procedures. Procedures attached. |
| CONDUCT | <ul style="list-style-type: none"> • Proper conduct on the part of all swimmers and spectators is expected at all times, and will be enforced by coaches, chaperones, parents, staff, meet marshals, and meet directors. • All issues of alleged misconduct which occur within the meet venue (defined as the entire Burt Flickinger Athletic Center/Erie Community College facility) will be evaluated by the Meet Referee and Meet Management personnel. • Any issues of misconduct that occur within the meet venue will be under the direct jurisdiction of the Meet Referee for disciplinary action. Any protest of the Referee's decision will be considered by a Meet Jury. Coaches and/or official representatives of all clubs shall immediately report all alleged occurrences of misconduct at the Burt Flickinger Athletic Center to one of the Meet Directors who will gather details and consult with the Meet Referee for intervention. • The Zone manual defines misconduct as follows: <ul style="list-style-type: none"> ○ "Misconduct includes but is not necessarily limited to: ○ (1) Violation of safety guidelines outlined in the meet announcement or posted in the venue. ○ (2) Disrespect to meet management personnel, officials, or fellow athletes. ○ (3) Stealing, destroying, vandalizing, or possessing the property of others. ○ (4) Possession or use of alcoholic beverages, tobacco products or illegal drugs." • 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. |

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CONDUCT (continued)

- 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.
- Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. Non-credentialed coaches and officials not working, and parents who attempt to gain pool deck access via locker rooms, are not allowed on the pool deck. Offenders are potentially subject to a fine of \$100 from Niagara Swimming.
- It is understood and agreed that USA Swimming, as well as Eastern Zone Swimming, Niagara Swimming, Fairport Area Swim Team, STAR Swimming, Burt Flickinger Athletic Center, Erie Community College, and Erie County, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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| SAFE SPORT 360 | <p>The Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations. The Minor Athlete Abuse Prevention Policy (“MAAPP”) prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All 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 MAAPP is a condition of participation in the conduct of this competition.</p> <p>Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</p> <p>Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshal, is harmful to others or to others’ property may be required to leave the competition.</p> |
| PROTESTS | <p>Any protest must be presented to the Meet Referee and will be managed in accordance with USA Swimming Rules 102.23. It is suggested that in addition to a swimmer and coach, an official also be a participant in the meet jury.</p> <ul style="list-style-type: none">• Protests, eligibility or otherwise, must be submitted in writing by the coach representative and must be accompanied by a \$50 protest fee made payable to the Eastern Zone. This fee shall be returned if the protest is upheld.• A Meet Jury will adjudicate any protests, including issues of conduct that may occur in the meet venue.• The Meet Jury shall refer to Rule 102.23 of the USA Swimming Rules and Regulations regarding all protests.• The Meet Jury may not change any of the rules of eligibility, substitution, or scoring.• Any member involved in a formal pre-protest meeting/discussion may not be a representative of the meet jury.• Should there be a protest prior to the start of the meet, the Meet Referee shall convene a Meet Jury consisting of the Coach Director, the Non-Coach Director, the Technical Chair, the Zone Championship Chair, and the Zone Athlete Representative. Each member of the Meet Jury may designate a proxy, but at least one member of the jury shall be an athlete. |

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| ATHLETE AND SPECTATOR SEATING | Pool deck team seating areas will be determined, if necessary, at the discretion of the Meet Director based on relative team sizes and will be announced prior to the start of the meet. Only Coaches, swimmers, Officials, timers, and meet session volunteers will be allowed on the pool deck. All spectators without admission passes must pay the noted admission fees at the door. Note that the spectator seating area may be cleared for cleaning on an as needed basis. |
| PARKING | Parking information will be posted on the host meet page . |
| ADMISSION | Spectator seating is in the mezzanine area. Spectator All Sessions Pass, \$45.00: includes entry to all meet sessions. Spectator Single Day Pass: \$25.00: includes entry to all meet sessions in a single day. Age 12 and younger spectators are admitted free. Tickets may be purchased in advance from the link on the host meet page or at the meet. |
| PROGRAMS | Heat Sheets will be available for download at no charge from the host meet page . |
| RESULTS | Real-time results will be available on Meet Mobile. At the conclusion of the meet, results will be posted on the FAST/STAR, Niagara Swimming, and Eastern Zone websites. |
| ACCOMMODATIONS | Our hotel-booking link is available on the host meet page . |
| MEDICAL SUPERVISION | The Burt Flickinger Athletic Center has lifeguards stationed on the pool deck monitoring the competition and warmup/cooldown pool. A lifeguard office is located off the pool deck with medical supplies. |

Wednesday (Day 1)

Timed Finals - Distance & Relay Events (Session 1)

*****POSITIVE CHECK-IN REQUIRED*****

| Girls Event # | Event Description | Boys Event # |
|---------------|----------------------|--------------|
| 1 | 11-12 400 Free Relay | 2 |
| 3 | 13-14 400 Free Relay | 4 |
| 5 | 11-12 500 Free | 6 |
| 7 | 13-14 1650 Free | 8 |

2026 Eastern Zone Short Course Age Group Championships



Co-hosted by the Fairport Area Swim Team & STAR Swimming



April 1 – 4, 2026

Held under the sanction of USA Swimming through Niagara Swimming, Sanction Number: NI-2526-014

| Thursday (Day 2) | | |
|--|---------------------------|------------------|
| Preliminary Heats, 11-14 Year Olds (Session 2) | | |
| Girls Event # | Event Description | Boys Event # |
| 9 | 11-12 50 Butterfly | 10 |
| 11 | 13-14 100 Butterfly | 12 |
| 13 | 11-12 50 Breast | 14 |
| 15 | 13-14 100 Breast | 16 |
| 17 | 11-12 100 Free | 18 |
| 19 | 13-14 200 Free | 20 |
| 21 | 11-12 200 IM | 22 |
| 23 | 13-14 400 IM | 24 |
| 25 | 11-12 200 Back | 26 |
| 299 | 13-14 50 Back | 300 |
| 27 | 13-14 400 Medley Relay | 28 |
| 29 | 11-12 200 Medley Relay | 30 |
| Thursday (Day 2) | | |
| Timed Finals, 10 & Under (Session 3) | | |
| Girls Event # | Event Description | Boys Event # |
| 101 | 10 & Under 100 Free | 102 |
| 103 | 10 & Under 50 Breast | 104 |
| 105 | 10 & Under 100 Fly | 106 |
| 107 | 10 & Under 50 Back | 108 |
| 109 | 10 & Under 500 Free | Friday/Session 6 |
| 111 | 10 & Under 200 Free Relay | |
| 112 | | |
| Thursday (Day 2) | | |
| Finals (Session 4) | | |
| Girls Event # | Event Description | Boys Event # |
| 9 | 11-12 50 Butterfly | 10 |
| 11 | 13-14 100 Butterfly | 12 |
| 13 | 11-12 50 Breast | 14 |
| 15 | 13-14 100 Breast | 16 |
| 17 | 11-12 100 Free | 18 |
| 19 | 13-14 200 Free | 20 |
| 21 | 11-12 200 IM | 22 |
| 23 | 13-14 400 IM | 24 |
| 25 | 11-12 200 Back | 26 |
| 299 | 13-14 50 Back | 300 |

2026 Eastern Zone Short Course Age Group Championships



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| Friday (Day 3) | | |
|--|---------------------------|--------------|
| Preliminary Heats, 11-14 Year Olds (Session 5) | | |
| Girls Event # | Event Description | Boys Event # |
| 301 | 13-14 50 Breast | 302 |
| 31 | 11-12 200 Breast | 32 |
| 33 | 13-14 200 IM | 34 |
| 35 | 11-12 100 IM | 36 |
| 37 | 13-14 100 Back | 38 |
| 39 | 11-12 50 Back | 40 |
| 41 | 13-14 50 Free | 42 |
| 43 | 11-12 200 Free | 44 |
| 45 | 13-14 500 Free | 46 |
| 47 | 11-12 200 Fly | 48 |
| 303 | 13-14 50 Fly | 304 |
| 49 | 11-12 200 Free Relay | 50 |
| 51 | 13-14 200 Free Relay | 52 |
| Friday (Day 3) | | |
| Timed Finals, 10 & Under (Session 6) | | |
| Girls Event # | Event Description | Boys Event # |
| 113 | 10 & Under 200 IM | 114 |
| 115 | 10 & Under 500 Fly | 116 |
| 117 | 10 & Under 100 Breast | 118 |
| Thurs/Session 3 | Boys 10 & U 500 Free | 110 |
| 119 | 10 & Under 400 Free Relay | 120 |
| Friday (Day 3) | | |
| Finals (Session 7) | | |
| Girls Event # | Event Description | Boys Event # |
| 301 | 13-14 50 Breast | 302 |
| 31 | 11-12 200 Breast | 32 |
| 33 | 13-14 200 IM | 34 |
| 35 | 11-12 100 IM | 36 |
| 37 | 13-14 100 Back | 38 |
| 39 | 11-12 50 Back | 40 |
| 41 | 13-14 50 Free | 42 |
| 43 | 11-12 200 Free | 44 |
| 45 | 13-14 500 Free | 46 |
| 47 | 11-12 200 Fly | 48 |
| 303 | 13-14 50 Fly | 304 |

2026 Eastern Zone Short Course Age Group Championships



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April 1 – 4, 2026

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| Saturday (Day 4) | | |
|--|--|--------------|
| Preliminary Heats, 11-14 Year Olds (Session 8) | | |
| Girls Event # | Event Description | Boys Event # |
| 53 | 13-14 200 Back | 54 |
| 55 | 11-12 100 Back | 56 |
| 57 | 13-14 200 Breast | 58 |
| 59 | 11-12 100 Breast | 60 |
| 61 | 13-14 100 Free | 62 |
| 63 | 11-12 50 Free | 64 |
| 65 | 13-14 200 Fly | 66 |
| 67 | 11-12 100 Fly | 68 |
| 69 | 13-14 200 Medley Relay | 70 |
| 71 | 13-14 1000 Free Timed Final, Fastest Heat of Women and Men in Finals. | 72 |
| Saturday (Day 4) | | |
| Timed Finals, 10 & Under (Session 9) | | |
| Girls Event # | Event Description | Boys Event # |
| 121 | 10 & Under 100 IM | 122 |
| 123 | 10 & Under 50 Free | 124 |
| 125 | 10 & Under 100 Back | 126 |
| 127 | 10 & Under 200 Free | 128 |
| 129 | 10 & Under 200 Medley Relay | 130 |
| Saturday (Day 4) | | |
| Finals (Session 10) | | |
| Girls Event # | Event Description | Boys Event # |
| 71 | 13-14 1000 Free Timed Final, Fastest Heat of Women and Men in Finals. | 72 |
| 53 | 13-14 200 Back | 54 |
| 55 | 11-12 100 Back | 56 |
| 57 | 13-14 200 Breast | 58 |
| 59 | 11-12 100 Breast | 60 |
| 61 | 13-14 100 Free | 62 |
| 63 | 11-12 50 Free | 64 |
| 65 | 13-14 200 Fly | 66 |
| 67 | 11-12 100 Fly | 68 |

2026 Eastern Zone Short Course Age Group Championships



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WARM-UPS:

The warm-up period for all sessions will be as described per the included Niagara LSC procedure for warm-ups in a 10-lane course. No paddles or ancillary equipment may be used during the official warm-up period. Coaches are expected to supervise their athletes to ensure a safe warm-up period.

THE WARM-UP PROCEDURE BELOW WILL BE USED FOR THE EVENING FINALS SESSIONS ONLY!

Warm-up Procedures for the Evening 11 & Over FINALS Session.

Pre-Meet warm-up period

- Control/Supervise - Key words for safe warm-ups.
- Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.

General warm-up period

- The first 30-45 minutes are for general warm-ups in all lanes.
- There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
- Outside Lanes - Kicking only.
- Inside Lanes - Swimming and pulling only; no paddles.
- No sprinting or pace work.

Specific warm-up period

- Last 30-45 minutes of pre-meet warm-up period.
- In a ten-lane pool, each lane shall be scheduled as follows:
- Lanes 1 & 10 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
- Lanes 2 & 9 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
- Lanes 3, 4, 5, 6, 7, 8 general warm-ups only (as above) **NO DIVING**.

Important Points for Specific Warm-Up Period

- No diving in lanes other than those designated for racing dives. The blocks should be marked to remind swimmers that they should not dive.
- Start all swimmers in all lanes at the starting end of the pool.
- Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.
- Swimmers should be reminded by coaches that breaststrokers need more lead-time than freestylers or butterfly swimmers.
- Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroker has executed his/her start.
- The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
- Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
- The Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
- Marshals have the authority through the Meet Director over the warm-up. A swimmer and/or Coach may be removed from the deck for interfering with the Marshals.
- When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm up sessions should be split to provide a safe and adequate warm-up time for all.
- The meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competitive pool during the duration of the swimming competition.
- The meet Safety Committee shall have responsibility for safety rules in all other areas during competition and shall assist the meet Referee in the competition pool if necessary.
- The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
- There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition.
- Discretion and common sense must be used when establishing procedures. The above procedures may be modified by the meet Referee according to the needs of the meet.

2026 Eastern Zone Short Course Age Group Championships



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Instructions and Guidelines for Swimmers with Disabilities

- Each club may have swimmers with disabilities that achieve their Zone Parallel Time Standard to the meet. There is no limit on the number of athletes with a disability that they can bring who have achieved the standard.
- They must provide a time for each event they enter. This information can be e-mailed, but ALL the information on the entry form must be included in the e-mail. Please indicate the P1-3 category that you feel your swimmer should be categorized in.
- Swimmers with disabilities may compete in Finals, earn awards, and score points for their team in the same manner as the able-bodied swimmers.
- It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee and Meet Director/Entry Chair of any disability-related accommodations he/she may need to compete.
 - This information must be given in advance of the meet on the entry form.
 -
 - The Meet Referee shall determine any modifications that may be required and relay the information to the starter and stroke and turn judges:
 - Seeding the swimmer with others of the appropriate gender.
 - Allowing the swimmers to compete half the distance of their age group (swim the 100-yard backstroke during the 200-yard backstroke race).
 - Allowing the swimmer to compete with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 15-year-old swimmer with a disability could swim the 100-yard freestyle with the 10 & Under age group.
 - Reassigning the lane of a deaf swimmer if a required view of the strobe light is obscured and the light cannot be repositioned.
 - Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
- Should a Disability Record be set, it's the responsibility of the swimmer to complete and submit the application for an American Record.
- The final meet results will show the swimmer with a disability listed in the correct age and event, regardless of where he/she competed.

2026 Eastern Zone Short Course Age Group Championships



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Swimmers with a Disability Entry Form

Name: _____

Club: _____ LSC: _____

USA Swimming #: _____ Age first day of the meet: _____

Swimmer email address: _____

Swimmer phone number: _____

Name of person completing this form: _____

Email address: _____ Phone #: _____

Please enter events below. The maximum number of events for any swimmer is six (6) events. Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session & location that the swimmer competes in. Changing the distance may change the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The meet staff has the final decision regarding seeding procedures.

MAKE CHECKS PAYABLE TO "FAIRPORT SWIMMING, INC." THIS FORM MUST BE RETURNED WITH ENTRY FORMS TO BE CONSIDERED A COMPLETE ENTRY. EXPRESS MAIL OR FED EX WITH WAIVER OF SIGNATURE REQUIREMENT TO:

Fairport Swimming, Inc., P.O. Box 81, Fairport, NY 14450

Must be received by Monday, March 23, 2026. Please email this form to zoneoperations@fairportswimming.com.

| Event # | Event Description | Entry Time | Seed with Age Group (same age, same distance) | Seed with Different Distance (same age different distance) | Seed with Comparable Time (younger age, distance depends on entry time) |
|---------|-------------------|------------|--|---|--|
| | | | | | |
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Head Coach Code of Conduct

A Coaches Code of Conduct will be required during the coaches' check in. This will be completed online prior or in the lobby of the Burt Flickinger Athletic Center.

USA Swimming Competitor Waiver and Release Form

Please visit the hosted meet site for the USA Swimming Competitor Waiver and Release form. This must be completed online and electronically signed by a swimmer's parent/guardian.

For questions or concerns, please contact Nicholas Weiner at zoneoperations@fairportswimming.com.

Questions may be directed to Nicholas Weiner, Marci Callan, and TJ Day (Meet Directors) at zonemeetdirectors@fairportswimming.com. (Coaches & Club Reps only)

Entries close Monday, March 23rd, 2026, at 11:59 p.m. (EST).