



2025 Spring Meeting – ZOOM 7:30 PM EST,
Monday, May 19, 2025

Agenda and Minutes

1. Call to Order

Meeting was called to order by Jamie Platt at 7:34 pm

2. Approval of Agenda

Agenda was approved by all.

3. Approval of Minutes from 2024 Fall Meeting

Minutes from Fall Meeting were approved by all.

4. Financial Report

Budget will be discussed later in the meeting. Treasurer report was posted online. All LSC's are current. Open Water, \$5,000 and Athlete Summit expenses coming up. Report was approved.

5. Report of Officers

a. Zone Directors Report – Jamie Platt & Tom Ugast

Report from Zone Directors was posted online. Zone Director Council is working on building out and structure, collaborating with CEO task force. Will have a summit September 25-27 in conjunction with USAS Annual Meeting and Golden Goggles in Denver. Jamie mentioned change in Team Services and LSC's at USA Swimming – Split - Beth and Nate will work with teams and Karin with LSC's. Report was approved.

b. Technical Planning Report – Brittany Glass

Jamie thanked Brittany Glass for stepping in for Pete Barry who has medical issues. Report is posted online. Brittany reported that the Tech Planning committee met and there will be no changes to time standards for the LC Championship meets. Recommended 2 technical changes – 1: Age Group LC Zones – instead of awards to add a B final and 2. LC Senior Zones – change D final from 18 and Under to 16 and under. A **motion** was made for Age Group Zones to add a B final at LC Age Group Championships – motion was seconded, discussion followed.

A **motion** was also made for Senior Zones to have the D finals to change from 18 & Under to 16 & Under. Motion was seconded.

LSC's were sent to breakout rooms to decide on the vote.

Both motions passed. Technical Planning report was approved.

Zone Directors will form a task force for Sectional meet decisions.



c. Zone Championship Coordinator Report – Tim Husson

Zone Championship report is posted online. Meet bids are due by the fall for 2027. Report was approved.

d. Athlete Representative Report – TJ Walsh

TJ reported that information for the athlete summit went out to General Chairs and athlete reps for each lsc. More discussion on this in new business. They have been doing check ins with athlete reps and have had their first quarter call in March. 2nd quarter call coming up. Report is posted online. Report was approved.

e. Age Group Chair Report – John Fedena

John reported that Age Group Chairs from the 4 zones have been meeting over the last 18 months with Dana from USAS. Report is posted. Report was approved.

f. Diversity, Equity, and Inclusion Report – Nadine Johnson-Jesioneck

Nadine reported that the DEI committee is trying to get back a quorum and continue meeting. Next meeting June 1 at 7:00 pm. Report was approved.

g. Officials Chair Report – Genny Kimbel

Genny reported that the Zone is holding steady with officials and meets are well staffed. Leadership for the meets came from 4 different LSC's. Eastern Zone LSC officials are consistently picked for National Meets. Report is posted. Report was approved.

h. Safe Sport Chair Report – Will Gallagher

Will was not able to attend. Report was posted and approved.

i. Disability Swimming Coordinator Report – Elizabeth Jester

Southern Zone did a disability clinic – Elizabeth hopes to do one in the Eastern Zone in the fall. The committee is working to have standardized language in meet announcements across the country, including language that defines what a disability is (which is up for approval at USAS). There are also updated parallel time standards for Swimmers with Disabilities, which are posted on USA Swimming and the Zone website. This should be updated every quad. Report was approved.

6. Old Business

No old business at this time.



7. New Business

a. Budget

Mary Turner explained we have \$58,000 in our account but we are not spending from the categories we have budgeted for. We are receiving dues from each LSC. A Task force will be established by the Zone Directors to look at the categories, dues and figure out what we should be spending on for our athletes.

b. Athlete Summit – TJ Walsh

An Athlete Summit has been planned for June 26-29 at Catholic University in DC. 3 athletes and 1 chaperone from each LSC is invited to attend. Athletes can be current or newly elected reps or someone from the LSC that would like to get involved. They realize it is short notice, but the opportunity is there. All is ready to go – workshops, speakers and contracts. Cost - \$200 per athlete with LSC providing transportation. Cut off date is June 13th. Discussion followed.

2 motions were made:

- 1) **Motion** to move forward with the 2025 Athlete Summit in June
- 2) **Motion** to determine if the LSC wants to continue to promote the athlete summit. LSC's were sent to breakout rooms to decide their vote.

Both Motions passed. TJ will send more info to General Chairs and athlete Reps as well as LSC offices.

c. OQM @ Zone meets – Jim Stromski

Jim Stromski presented a proposition to reimburse meet hosts for officials travel when they have OQM at any Zone meet. It benefits all the LSC's. Discussion followed. Proposal was tabled and the Zone Directors will send to Budget task force for next fiscal year. Request is attached.

d. Zone Programming - Tom Ugast

What does the Zone need as far as programing. Tom asked the General Chairs what they need help with in their LSC's. Zone Directors are conduits and can help you work with USAS to make sure the LSC is getting any help they need and doing what we need to do. Send any suggestions to Jamie and Tom, i.e – General Chairs call, staff networking, safe sport etc..

8. Reports from National Committees

There were no National Committee reports at this time.



9. Nominations

- a. **Non-Coach Zone Director** - Jamie Platt - MA
- a. **Age Group Chair** - John Fedena - MA
- b. **Technical Planning Chair** - Brittany Glass – AM

Nominations will also be taken from the floor at the Fall meeting

10. 2025 Fall Meeting Scheduling

The Fall meeting will be held in conjunction with the USAS Annual Business meeting in Denver, September 25-27, 2025 – It will be 90 minutes only.

Motion to adjourn was made at 9:20 pm – all approved.

Respectfully submitted,

Mary Fleckenstein
Eastern Zone
Secretary/Treasurer

2025 Fall Meeting Scheduling



2025 Spring Meeting – ZOOM
7:30 PM EST, Monday, May 19, 2025

Agenda

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3. Approval of Minutes from 2024 Fall Meeting
4. Financial Report
5. Report of Officers
 - a. Zone Directors Report – Jamie Platt & Tom Ugast
 - b. Technical Planning Report – Brittany Glass
 - c. Zone Championship Coordinator Report – Tim Husson
 - d. Athlete Representative Report – TJ Walsh
 - e. Age Group Chair Report – John Fedena
 - f. Diversity, Equity, and Inclusion Report – Nadine Johnson-Jesioneck
 - g. Officials Chair Report – Genny Kimbel
 - h. Safe Sport Chair Report – Will Gallagher
 - i. Disability Swimming Coordinator Report – Elizabeth Jester
6. Old Business
7. New Business
 - a. Budget
 - b. Athlete Summit – TJ Walsh
 - c. OQM @ Zone meets – Jim Stromski
 - d. Zone Programming - Tom Ugast
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9. Nominations
 - a. Non-Coach Zone Director
 - b. Age Group Chair
 - c. Technical Planning Chair
10. 2025 Fall Meeting Scheduling



Eastern Zone Swimming
Financial Report – Spring Meeting
2025

Company name: USA Swimming, Inc.
Report name: General Ledger report
Created on: 2/24/2025
Location: SWIMMING--USA
Swimming, Inc.

Posted dt.	Doc	Memo/Description	Location	Debit	Credit	Balance
24013 - EASTERN ZONE (Balance forward As of 01/01/2024)						46,072.09
4/30/2024		Bills: 2024/04/03 14:53:39:3223 Batch Summary Entry Website	SWIMMING	232.89		45,839.20
8/1/2024		New Jersey Swimming Eastern Zone	SWIMMING		2,021.50	47,860.70
8/1/2024		Metropolitan Swimming Eastern Zone	SWIMMING		2,058.25	49,918.95
8/1/2024		ME Swim Eastern Zone	SWIMMING		161.00	50,079.95
8/1/2024		Adirondack Swimming Eastern Zone	SWIMMING		374.50	50,454.45
8/27/2024		Potomac Valley Swimming EZ Dues	SWIMMING		2,943.00	53,397.45
8/27/2024		Middle Atlantic Swimming EZ Dues	SWIMMING		2,606.00	56,003.45
8/31/2024		Bills: 2024/08/26 12:30:20:1388 Batch Summary Entry Open Water	SWIMMING	5,000.00		51,003.45
9/17/2024		Niagara Swimming EZ Dues	SWIMMING		943.25	51,946.70
9/17/2024		New England Swimming EZ Dues	SWIMMING		1,855.00	53,801.70
10/1/2024		Maryland Swimming Eastern Zone	SWIMMING		1,144.00	54,945.70
10/15/2024		Virginia Swimming EZ	SWIMMING		1,514.75	56,460.45
10/22/2024		Connecticut Swimming EZ	SWIMMING		1,295.50	57,755.95
10/22/2024		Allegheny Mountain Swimming EZ	SWIMMING		784.25	58,540.20

12/31/2024	2024 Zone Interest	SWIMMING	87.81	58,628.01
Totals for 24013 - EASTERN ZONE			5,232.89	17,788.81
Grand total			5,232.89	17,788.81
			58,628.01	

At this time there are no known outstanding debts or payables due. All LSC’s are in good standing.

Respectfully submitted,

Mary Fleckenstein
Eastern Zone Secretary/Treasurer



The mission of the Eastern Zone is to develop a unified organization designed to work in cooperation with the LSCs to support and promote the Eastern Zone Swimming Membership.

Coach and Non-Coach Zone Directors Report

Zone Directors Council (ZDC)

The Zone Directors Council (ZDC) is a representative body comprised of the elected Coach Director, Non-Coach Director, and Athlete Director from each of USA Swimming's four geographic Zones. In addition to these voting members, the Junior Athlete Representatives from each Zone are invited to participate in Council discussions and initiatives.

The Council convenes on a monthly basis in coordination with designated staff members from USA Swimming, Board Liaison Kathleen Prindle, and other liaisons appointed to support communication and collaboration between the ZDC and other USAS governance entities. These regular meetings are to facilitate progress on strategic priorities, discuss shared concerns across the Zones, and advance initiatives in alignment with the broader mission and vision of USA Swimming.

Over the past eight months, the primary focus of the ZDC has been the continued refinement and formalization of the Council's structure, responsibilities, and operating procedures. This work has included the development of internal guiding documents, the clarification of the Council's role within the national governance framework, and the establishment of more consistent mechanisms for inter-Council and inter-Committee communication.

In support of USA Swimming's broader organizational goals, the ZDC has played an active role in several important projects, including:

- **CEO Search Task Force** – The Council provided feedback and representation to ensure that Zones, Clubs and local perspectives were considered during the executive search process.
- **LSC Leaders Survey** – The ZDC contributed to the design and dissemination of a national survey aimed at gathering insight from LSC leadership, the results of which are intended to guide future strategic planning and support services.

- **Committee and Council Collaboration Plan** – The ZDC has been working in partnership with USA Swimming staff to develop a structured approach for improved alignment and coordination among standing Committees and Councils. This effort seeks to increase transparency, reduce duplication, and strengthen the impact of volunteer leadership at all levels.

The ZDC maintains a liaison to the Coaches Advisory Council (CAC), ensuring that the Council remains informed of coaching priorities and perspectives. Additionally, the ZDC fulfills its reporting obligation to the USA Swimming Board of Directors by presenting formal updates twice annually. These updates include summaries of ongoing projects, recommendations for Board consideration, and feedback from the Zones. The ZDC organizes and facilitates a “Meet the Candidates” session during Board election cycles and participates in the annual review of proposed legislation.

USA Swimming Summit and Annual Business Meeting (ABM)

Looking ahead, the 2025 USA Swimming Summit is scheduled to take place from September 25 to 27, 2025, in Denver, Colorado. This national leadership event will offer a range of professional development and strategic engagement sessions tailored to various LSC leadership roles. Planned tracks include programming for LSC General Chairs, Officials Chairs, Safe Sport Chairs, Coach Representatives, and Athlete Representatives to the Board.

In addition to the structured tracks, dedicated time will be reserved within the Summit schedule for Zone meetings, providing an important forum for our collaboration, planning, and the exchange of ideas. The Summit will culminate with the Annual Business Meeting (ABM), which will take place on Saturday, September 27. The ABM is a critical governance event during which elections, policy matters, legislation, and organizational priorities are formally reviewed and acted upon by USA Swimming’s House of Delegates.

Following the ABM, the USA Swimming Foundation will host the Annual Golden Goggles Awards on Saturday evening at the Denver Art Museum. This prestigious event celebrates excellence in American swimming and honors athletes, coaches, and contributors who have made a significant impact in the sport. Tickets and table sponsorship options will be available to individuals as well as to LSCs, offering an opportunity for community celebration and recognition.

Respectfully submitted,

Tom Ugast, Coach Director

Jamie Platt, Non-Coach Director

Eastern Zone Technical Spring Meeting

Respectfully submitted by Brittany Glass, EZ Interim Technical Chair

Brittany.glass@amswim.orgwww.easternzoneswimming.org**2025 EZ Spring AG Zone Championships**

Host: Fairport Swimming | 4,888 splashes | 912 athletes | 204 Teams, 11 un.

Eastern Zone Age Group Championship Events by the Numbers						
10 & Under Girls				10 & Under Boys		
	Qualified	Bonus	Total	Qualified	Bonus	Total
50 Free	34	24	58	39	20	59
100 Free	23	23	46	25	16	41
200 Free	13	8	21	33	12	45
400/500 Free	19	1	20	34	1	35
50 Back	46	14	60	55	12	67
100 Back	30	15	45	40	13	53
50 Breast	32	12	44	36	11	47
100 Breast	41	9	50	41	3	44
50 Fly	44	15	59	44	17	61
100 Fly	23	11	34	34	10	44
100 IM	21	21	42	29	24	53
200 IM	20	10	30	27	10	37

Improved Times:	Women		Men		Relays		Total	
	294	59%	347	59%	27	60%	668	59%

11-12 Girls	11-12 Boys
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	2025			2025		
	Qualified	Bonus	Total	Qualified	Bonus	Total
50 Free	28	12	40	48	17	65
100 Free	20	17	37	41	17	58
200 Free	12	9	21	30	13	43
400/500 Free	17	1	18	28	1	29
50 Back	16	8	24	57	9	66
100 Back	31	14	45	37	15	52
200 Back	14	5	19	38	11	49
50 Breast	26	3	29	56	4	60
100 Breast	21	6	27	35	14	49
200 Breast	19	7	26	26	13	39
50 Fly	28	13	41	37	11	48
100 Fly	26	8	34	31	22	53
200 Fly	17	2	19	30	3	33
100 IM	16	17	33	41	14	55
200 IM	11	10	21	25	9	34

Improved Times:	Women		Men		Relays		Total	
	206	47%	349	48%	24	65%	579	48%

13-14 Girls	13-14 Boys
2025	2025

	Qualified	Bonus	Total	Qualified	Bonus	Total
50 Free	92	38	130	105	32	137
100 Free	45	64	109	64	50	114
200 Free	22	39	61	32	32	64
400/500 Free	30	13	43	30	12	42
800/1000 Free	8	0	8	8	0	8
1500/1650 Free	8	0	8	15	0	15
100 Back	45	43	88	39	29	68
200 Back	42	22	64	36	14	50
100 Breast	61	8	69	71	11	82
200 Breast	41	14	55	53	17	70
100 Fly	23	36	59	37	28	65
200 Fly	23	7	30	30	8	38
200 IM	28	42	70	30	35	65
400 IM	21	5	26	27	5	32
Athletes Per Session						
Day One	11 & Over: 546, 10 & Under: 225					
Day Two	11 & Over: 630, 10 & Under: 215					
Day Three	11 & Over: 597, 10 & Under: 212					

Improved Times:	Women		Men		Relays		Total	
	276	35%	378	45%	47	65%	701	41%

2025 EZ Speedo Sectional Championships

North Region | Host: Syracuse Chargers | 4,760 splashes | 929 athletes | 106 Teams, 10 un.

South Region | Host: Virginia Swimming | 2,554 splashes | 415 athletes | 68 Teams, 7 un.

LC Entire Zone | Host: STAR Swimming | 1,763 splashes | 300 athletes | 25 Teams, 4 un.

Sectional Events by the Numbers:

Women									
Event	Christiansburg			Ithica			Buffalo		
	Qualified	Bonus	Total	Qualified	Bonus	Total	Qualified	Bonus	Total
50 Freestyle	44	43	87	122	40	162	41	0	41
100 Freestyle	30	60	90	80	78	158	20	16	36
200 Freestyle	16	34	50	61	36	97	22	13	25
500 Freestyle	19	13	32	43	12	54	19	3	22
1000 Freestyle	15	1	16	22	1	23	21	0	21
1650 Freestyle	11	2	13	18	0	18	16	0	16
100 Backstroke	42	29	71	85	47	132	28	10	38
200 Backstroke	35	27	62	72	22	94	29	5	34
100 Breaststroke	45	20	65	83	25	108	19	5	24
200 Breaststroke	43	14	57	85	12	97	19	4	23
100 Butterfly	24	50	74	83	61	144	23	17	40
200 Butterfly	28	10	38	70	10	80	21	0	21
200 IM	21	45	66	81	62	143	24	14	38
400 IM	19	11	30	41	13	54	18	13	25

Men									
Event	Christiansburg			Ithica			Buffalo		
	Qualified	Bonus	Total	Qualified	Bonus	Total	Qualified	Bonus	Total
50 Freestyle	83	44	127	168	57	225	75	0	75

100 Freestyle	54	89	143	130	98	228	41	30	71
200 Freestyle	43	42	85	116	57	173	41	8	49
500 Freestyle	25	27	52	73	30	103	29	10	39
1000 Freestyle	26	1	27	50	1	51	13	11	24
1650 Freestyle	12	6	18	42	1	43	14	0	14
100 Backstroke	42	44	86	111	48	159	39	13	52
200 Backstroke	34	11	45	103	17	120	31	9	40
100 Breaststroke	54	30	74	152	34	186	42	7	49
200 Breaststroke	38	14	52	132	31	163	35	5	40
100 Butterfly	60	62	122	138	76	214	44	20	64
200 Butterfly	51	16	67	118	6	124	42	3	45
200 IM	36	74	110	134	84	218	49	14	63
400 IM	25	14	39	70	27	97	35	2	37

Meet Summaries:

Eastern Zone North Speedo Sectional Meet, Ithica

Improved Times:	Women		Men		Relays		Total	
	340	26%	778	39%	231	52%	1349	36%

Eastern Zone South Speedo Sectional Meet, Christiansburg, VA

Improved Times:	Women		Men		Relays		Total	
	239	33%	422	42%	94	45%	755	39%

Eastern Zone Speedo LC Sectionals, Buffalo, NY

Improved Times:	Women		Men		Relays		Total	
	108	28%	177	28%	60	31%	345	29%

Site Feedback

Eastern Zone North Speedo Sectional Meet 2025, Ithica, NY
Will Chidsey, Courtney Christ, Co-Meet Directors

In March, we hosted a large meet with 929 athletes (539 men, 390 women) from 107 teams. Preliminary sessions were run on a 12-lane course to keep the length around 4 hours, including time trials. Officials efficiently managed the 12 lanes during prelims. The pool was converted to 9 lanes for evening finals. The meet saw 9 eastern zone short course records broken, 22 national qualifying times, 68 junior national qualifying times, and 519 futures cuts achieved.

Michael Cleary, Meet Referee

I felt the meet went well. Excellent staff all the way around. Having 12 lanes for prelims was new to me but we had the officials to cover and helped us keep to a good timeline. Really enjoyed my time at the meet.

Eastern Zone South Speedo Sectional Meet 2025, Christiansburg, VA

Mary Turner, Co-Meet Director:

As you know, the meet was under-subscribed, and I think the officials did a great job and attendees seemed to be happy with the meet.

One thing that we continue to have problems with is the AM/PM designation for Sunday relays. No matter how much the requirement is publicized, teams don't indicate their preference and then come begging on Sunday morning to move to AM because they got seeded at night. And we fix it! We either need to swim all relays in the morning on Sunday or stop accommodating requests to move. Another option would be to offer AM/PM for all relays throughout the meet and then folks might get used to the process. My preference, however, is to swim all Sunday relays in prelims.

John Avelis, Administrative Referee:

One issue from Sunday - despite frequent reminders, a lot of coaches still didn't realize that not specifying Sunday AM relay preference would put their relay swimmers in the finals session, which caused a lot of confusion on Sunday. Some possible solutions -

Require teams to declare AM/PM preference for all Sunday relays (I believe it's required for distance but not relays). Next time I'm an AR I'll do this on my own. It does require admin to be proactive.

Move to one heat of relays at Sunday finals - we had maybe 10-11 PM relay entries on Sunday, when it was all said and done? When I looked at the 2024 meet database, I think they ended up putting this in place.

Move ALL Sunday relay heats to AM; not the best solution for teams who come prepared to swim the whole meet but eliminates the issue.

I did hear from a coach who pointed out that there weren't a lot of new best times being set - but I can't recall if his solution was building in breaks to get swimmers more rest between events, or something more structural.

I know we looked at time between events closely for prelims, but I think it ended up an issue at finals - the same swimmers making finals in a lot of events. Not sure if that's something that can be addressed in the technical planning, or if it was because of the size of the meet.

Just to emphasize a positive - facility and meet directors were flawless, as I'd expect from folks who've run that meet for so long.

Jim Stromski, Meet Referee: Though the facility staff was great as John mentioned, I think the facility itself and some of the equipment used is in need of upgrades. I thought that the air quality, even when first walking on deck in the morning before the athletes, coaches, etc. arrived, the climate was very warm and humid (maybe that's the NYer in me talking?). It's my understanding, however, that the facility is going to be shut down for a while at some point this summer for a major ventilation upgrade, so that would resolve that issue.

We had approximately 420 athletes attend the meet, which was nice, but probably should have been better. Talking with Mary, she said that another meet of similar format was allowed to run in eastern VA during the same timeframe which she believed siphoned off athletes that otherwise would have attended. Maybe an entry restriction of some sort during Speedo weekends that an athlete cannot swim an event for which he or she has a Speedo qualifying time at another meet?

To John's points,...

I think the relay problem is more of a coach education thing. The ability to declare Sunday AM preference was in the meet announcement and John covered it during his portion of the pre-meet Coach Meeting. We, as in the Meet Committee, can do everything possible to make information available and remind people, but ultimately, it's the coach's responsibility to know what's in the meet announcement.

I don't know what the 'normal' percentage of best times for a meet should be, but below is a line from the Meet Summary report that Mary sent to me post meet:

	Women	Men	Relays	Total
Improved Times:	239 33%	422 42%	94 45%	755 39%

Those percentages seem pretty good to me and may have been just the perception of that coach. On the other hand, I did notice the same names appearing a *lot* during Finals, specifically during Sunday finals. It's possible that we just had a couple of really good athletes that excel in various strokes, or it could be a function of not having a larger number of athletes participating in the meet.

2025 Speedo LC Sectionals, Buffalo, NY

Erika Livingston, Meet Referee

- There was no mention of an awards ceremony in the meet announcement, but TJ received the podium and back drop from USAS days before the meet. It would be nice to include an award ceremony after individual events. We created a sample timeline with awards, but it added an hour to the session. So, we didn't do it.
 - Suggestions:
 - The finals start session should begin one hour earlier to accommodate individual athlete awards.
 - Given the size of the meet, I think that there should be an option for an hour earlier Finals start.
- Officials. The host club LSC Officials chair should be identified as soon as the application to officiate is opened. When the OQM sanction was posted, I reached out immediately to the NI LSC Officials Chair Bob Nicita. He answered a few questions earlier on, but when I became increasingly desperate for officials, he did not respond. Within a week of the meet, I discovered that Leo Gibbons was the club's officials' chair. Leo helped to recruit some locals which prevented our need to use the Off DR/Off SR as S&T officials.
 - Kudos to Leo for getting some locals out. In addition to Linda, there were 5 PVS officials who I recruited and one (ReNaye Davis) from VA. Their participation was extremely helpful.
 - We had a good representation from most LSCs. I wish that we had more local officials, but I was told that most were in Ithaca.
 - Suggestion:
 - The LSC Chair should do more to assist with staffing the meet.
- Radios: TJ had radios, but we could never get the name of the radio ahead of time. I should have reached out to Leo, but I didn't know that Leo was the Officials Chair. To be honest, I completely forgot about the club officials' chair. In any case, since 3 of the 4 CJs were from PVS, I asked them to bring their radios. It worked out, but had we known what they used, we could have brought headsets. I didn't look to discover what kind they had since we already had radios covered.
- Coaches: The coaches love the meet and like having a Long Course option for their swimmers.

Zone Championship Coordinator
Report to the Eastern Zone
May 2025

This report is a summary of the attendance at the **March Sectional Meets** since 2019. The years 2020 (no meets) and 2021 (one meet) are not included due to the covid pandemic. The number of entered **athletes/number of individual splashes/number of total splashes** are reported below.

2025

Ithaca, NY (SC)	929 / 3502 / 3980
Christiansburg, VA (SC)	419 / 1815 / 2022
Buffalo, NY (LC)	271 / 1081 / 1285

2024

Providence, RI (SC)	751 / 3715 / 4128
Christiansburg, VA (SC)	398 / 1931 / 2114
Buffalo, NY (LC)	350 / 1327 / 1538

2023

Ithaca, NY (SC – North)	644 / 2475 / 2861
Christiansburg, VA (SC – South)	527 / 1729 / 2017
Buffalo, NY (LC)	293 / 1251 / 1426

2022

Ithaca, NY (SC – North)	566 / 2173 / 2458
Christiansburg, VA (SC – South)	509 / 1708 / 1982
Buffalo, NY (LC)	281 / 1259 / 1449

2019

Ithaca, NY (SC – North)	789 / 3069 / 3506
Christiansburg, VA (SC – South)	679 / 2200 / 2559
Buffalo, NY (LC)	219 / 855 / 976

Zone Championship Coordinator
Report to the Eastern Zone

May 2025

The following data is from the **LC Super Sectionals Meet** which has been held in May since 2021. It did not take place in 2020 due to the covid pandemic. The number of entered ***athletes/number of individual splashes/number of total splashes*** are reported below.

2025 – Richmond, VA	752 / 3721 / 3855
2024 – Richmond, VA	692 / 3471 / 3593
2023 – Richmond, VA	657 / 2921 / 3024
2022 – Richmond, VA	452 / 1908 / 1961
2021 – Richmond, VA	528 / 2382 / 2382

(no relays and limited entries due to the covid pandemic)



Eastern Zone Athlete Report
Submitted by TJ Walsh and Nicole Zhang

2025 Athlete Summit

We are excited to announce that the 2025 Eastern Zone Athlete Summit will be held at The Catholic University of America in Washington, D.C., from June 26-29. This summit offers a valuable opportunity to provide athlete-centered programming and leadership development outside of the USA Swimming Summit held in the fall.

Event information has been shared with General Chairs and Athlete Representatives across the Eastern Zone. Each LSC is asked to send **three athletes (preferably elected representatives)** and **one non-athlete chaperone (ideally a coach involved in governance)**. Please coordinate within your LSC to determine your attendees. Once finalized, use the registration form previously distributed to submit names.

As we finalize a few remaining details, additional logistical information will be shared. We look forward to welcoming all LSCs and continuing to support athlete leadership across the Zone.

Quarterly Meetings

We've adopted a quarterly meeting structure to better support and engage our Eastern Zone athlete leaders. Our Q1 meeting took place in March, and we're excited to hold our Q2 meeting in the coming weeks. These meetings are a valuable space for collaboration, resource sharing, and updates on athlete-led initiatives across the Zone.

Athlete Check-Ins

Individual check-ins with LSC athlete representatives are currently underway, coordinated in partnership with the other Zone Athlete Representatives and the Athletes' Executive Committee. If athlete reps do not respond, we will follow up with their General Chair to ensure continued communication and accountability.

Updated Contact Information

With many LSC elections recently completed, we are actively collecting updated contact information for newly elected athlete reps. If your LSC hasn't submitted this information yet,

please do so as soon as possible to ensure your athletes are included in communications and opportunities.

Looking Ahead

We're thrilled to host the 2025 Eastern Zone Athlete Summit this summer and remain committed to supporting athlete leadership within each LSC. It's a privilege to serve in this role, and we look forward to staying connected, assisting with local initiatives, and strengthening athlete representation throughout the Zone.

If you have any questions, please feel free to ask during the Eastern Zone General Meeting or do not hesitate to contact us at:

ezathletereps@gmail.com tjwalsh132@gmail.com nicolezhang1708@gmail.com

Respectfully submitted,

TJ Walsh, Athlete Director

Nicole Zhang, Junior Athlete Representative

2025 Eastern Zone Spring HOD Meeting

Age Group Chair Report

EZ Age Group Chair Discussions

Over the last 18 months, the Zone AG Chairs have organized LSC AG Chair Zooms with the leadership of Dana Skelton, Team Advisor for USA Swimming.

We have met 5 times to discuss different topics that affect each LSC at the Age Group Level. Most recently, last week, we met to discuss what each LSC does well, the challenges, and questions in regards to LSC Age Group Championship Meets.

EZ SC Age Group Championships

Hosted by Fairport Area Swim Team (FAST) at Webster Aquatic Center

April 2-5, 2025

Meet Host and Attendees comments/reactions:

Meet ran smoothly. Lots of swimmers, coaches, and spectators. Officials, Coaches, Volunteers were well take of care via hospitality. Long lines for meet “swag” but very popular.

Team Scores –

Overall:

Metro Area Lifetime – 1490.5

Stamford Sailfish Aquatic Club – 1034.5

Nation’s Capital Swim Club – 777.5

Girls:

Metro Area Lifetime – 923

Phoenix Aquatic Club – 445

Ridgefield Aquatic Club – 390

Boys:

Stamford Sailfish Aquatic Club – 966

Metro Area Lifetime – 567.5

Nation's Capital Swim Club – 518.5

This meet by the numbers:

- 212 teams
- 912 athletes
- 232 coaches
- 4,265 splashes
- 5 new individual records

Age Group	Female	Male		Age Group	Total
8	0	2		8	2
9	10	20		9	30
10	105	104		10	209
11	21	28		11	49
12	76	131		12	207
13	81	53		13	134
14	128	153		14	281
	421	491			912

May 19, 2025, Report of Officials Chair

We are holding steady with our numbers, with many officials holding multiple certifications. Our EZ meets have been well-staffed. About 170 officials throughout the zone came together to run the meets in March and the Super Sectional meet. EZ meet leadership consisted of officials from four different LSCs at each meet. I'm also happy to report that many EZ officials are consistently selected for national level meets, including Olympic Trials and the upcoming Toyota Nationals meet (former World/International Trials).

Genny Kimbel

APPROVED

Eastern Zone Safe Sport Report for EZ Meeting (5/19/2025)

- Recap of topics from previous meetings (September-March)
 - Eastern Zone Safe Sport Meetings monthly
 - Topics covered
 - Photography policies and the implementation at meets
 - SSRP
 - Issues and challenges with clubs attaining SSRP
 - Positive notes about clubs who have attained SSRP
 - Center of Safe Sport
 - Discussed at the length about the challenges with the center's timeline on investigations
 - Emphasized the importance of communication with USA Swimming and the center
- Recap of our most recent meeting (5/1/2025):
 - Topics the National Committee of Safe Sport wanted to explore in the zone meeting:
 - LSC Safe Sport Chair Engagement
 - Onboarding
 - Summit Ideas/Themes
 - Summary of topics:
 - LSC Safe Sport Chair Engagement
 - One chair was unaware of the Eastern Zone Chair
 - No idea about onboarding for Safe Sport Chairs
 - Significant changes to MAAPP/Safe Sport are not clearly addressed
 - Typically emailed out to chairs, would prefer to have an interactive meeting about changes (i.e. Zoom)
 - Onboarding
 - There is/was no structured onboarding process from one LSC to another.
 - Examples
 - One chair learned/asked questions from the previous chair, but no clear trainings
 - Another had no idea what she was doing and had no idea what the roles was and what we need to do
 - Had to take the leadership role

- LSC Leadership role training from USA Swimming
 - Helped greatly!
 - Another had no idea about the position and learned greatly in their first year of their first term as LSC Safe Sport chair
- Ideas for the Safe Sport portion of the Summit
 - SSRP with a panel
 - Meet360 Round Table
 - MAAPP
 - Kim Lewellen
 - Spoke two years ago and it would be great to have her again
 - Kim's story is phenomenal! Would like to have her back.
 - Club safe sport coordinator panel or USA Swimming Safe Sport putting together a panel about how clubs can effectively use their Safe Sport Coordinator
- Areas of importance moving forward into 2025-2026
 - Onboarding
 - Making this a priority to our national committee and bringing an awareness how to effectively support new Safe Sport Chairs
 - Continue to collect information about LSC chairs onboarding experience
 - SSRP
 - Continue to have discussions within LSCs and how each one is doing with their SSRP stats and how to support clubs finish the program

Proposal to the Eastern Zone 2025 Spring Meeting

Proposal:

The Eastern Zone shall reimburse the host of a Zone sponsored meet up to \$1,000 per OQM (Officials Qualifying Meet) meet for travel and lodging expenses associated with bringing a National Evaluator to the meet to provide Officials the opportunity for advancement or recertification of their National level officiating certifications. Qualifying meets are

- Long Course Senior Zone Championship
- Long Course Age Group Championship
- Zone Open Water Championship
- Speedo Sectionals Long Course "Super Sectional"
- Short Course Age Group Championship
- Speedo LC Sectionals (Entire Zone)
- Speedo SC Sectionals (North Region)
- Speedo SC Sectionals (South Region)

Travel and lodging receipts must be provided by the meet host

Cost: Up to \$8,000/year

Background:

The aforementioned meets have, historically, been OQM meets where Officials from various LSCs advance or recertify their National officiating credentials that allow them to be considered for positions at higher level meets. It has also, historically, been the meet host's responsibility to cover the travel and lodging costs associated with bringing in a National Evaluator to the meet for such purposes. The Niagara LSC has, also, allocated reimbursement money to hosts of these meets over the last four years. With the cost of everything from pool time, to Life Guards, to hospitality food and beverage, etc. continually growing, this proposal aims to give some cost relief to these meet hosts while continuing to provide Officials with a path to higher level meets. Additionally, since Officials from all LSCs within the Zone benefit from these meets, it seems reasonable to include assistance for this expense in the Zone budget.

There are three groups that will benefit from the passage of this proposal:

- Meet Hosts will benefit as the cost of bringing in a National Evaluator will be, at least, partially reimbursed, adding to their bottom line.
- Officials will benefit as their path(s) to higher level certifications will remain intact
- Athletes will benefit by having higher quality officiating at all levels of meets as a result of the National certification process.

Respectfully submitted by:

Jim Stromski

Official (NI)

May 2025

Recent Zone Meet Officials Evaluation Request History

Zone Meets in Niagara LSC

	Total Evaluations	# Outside Host LSC
2025 NI LC Eastern Zone Section	6	4
2025 NI EZ Speedo Sectionals No	10	9
2025 NI Eastern Zone SC AG	13	7
2024 NI LC Speedo Sectionals	13	8
2024 NI Eastern Zone SC AG	9	6
2023 NI SYCH Eastern Zone Speed	7	7
2022 Eastern Zone AG	15	9
2024 NI EZ Senior	11	5
2023 NI STAR Speedo Sectional	6	5
2023 NI Eastern Zone AG	8	5

Zone Meets in Virginia LSC

	Total Evaluations	# Outside Host LSC
2025 SC Sectional	7	2
2025 LC Super Sectional*	16	8
2024 SC Super Sectional	12	9
2024 LC Super Sectional	14	9
2024 LC Age Group Zones	12	9
2023 SC Sectional (South)	7	7
2023 LC Age Group Zones	9	7
2023LC Super Sectional	11	9

*Numbers for 2025 are not final

Adirondack - 5 votes

Gaffney	Chloe
MacLeod	Angelina
Faucett	JoAnn

Allegheny Mountain - 4 votes

Modrak	Luke
Hartman	Laura
Glass	Brittany

Connecticut - 4 votes

Sargent	Jeff
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Maine - 5 votes

Sprague	Henry
Marshall	Annika
Crofton	Stephanie
Tighe	Olivia

Maryland - 0 votes**Metropolitan - 5 votes**

Chu	Jeff
Rankin	Will
Hojnacki	Zachary
Boccio	Dom

Middle Atlantic - 5 votes

Seip	Mike
Scheuer	Kathryn
Scime	Alexandra
Barry	Brad
Keitel	Arden
Spooner	Shelly
Bye	Coleman

New England - 5 votes

Tyrell	Moriah
Russell	Betsy
Sperry	Catherine
Main	Emma
Hunter	Patrick
Craven	Matt
Eaddy	Jason
Dolan	Jenelle
Workman	Jessica
Johnstone	Patrick
Healey	Carol

New Jersey - 5 votes

McGlynn	Shea
Cicalo-DeCaro	Nicole
Franc	Sandra

Niagara - 5 votes

Switalski	Mike
Lubanski	Troy
Chidsey	Will
Callan	Marci
Nicita	Bob
Killian	Tom
Stromski	Jim

Potomac Valley - 5 votes

Colket	Ellen
Bohman	Bryce
Zhang	Nicole
Husson	Tim
Venit	Cherlynn
Buswell	Trish
Gordan	Clifton

Virginia - 5 votes

Turner	Mary
Sizemore	Michael
Stanley	John
Kimbel	Ginny
Fagan	Emily
Price	Piper
Shnowske	Anna
Chapman	Jim

EZ

Fleckenstein	Mary
Platt	Jamie
Walsh	TJ
Ugast	Tom
Fedena	John
Johnson	Nadine
Wong	Jacqueline

USA Swimming

Wintkowski	Beth
Olmsted	Karin

No LSC Listed

Jeffrey	Rhi
Jester	Elizabeth
Shields	Andy

** 4 votes each LSC in attendance

*** 5 votes LSC's in attendance
with an athlete rep