

**CENTRAL ZONE 14 & U AGE GROUP CHAMPIONSHIP**



SPIRE Institute, Geneva, OH  
August 1-3, 2014

**Meet entries may be submitted by LSC only.  
Separate entries from individuals or clubs will not be accepted.**

- SANCTION:** Held under the sanction of USA Swimming and Lake Erie Swimming.  
Sanction Number LE 1456 L
- RULES:** Current USA Swimming rules will govern the Meets. Participating athletes must be ages 14 & Under, registered with USA Swimming in one of the participating LSCs, and have achieved qualifying times as described in the Eligibility section of this document.
- PARTICIPATING TEAMS:** IL, IN, LE, MI, OH
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee, and Lake Erie Swimming, Inc.
- HOSTED BY:** Lake Erie Silver Dolphins
- MEET DIRECTORS:** Jerry Holtrey, [jholt@hawken.edu](mailto:jholt@hawken.edu); and Marie Salibra, 1638 Berkshire Road, Gates Mills, OH 44040, 440-423-3852, [marie@salibra.net](mailto:marie@salibra.net);
- OFFICIALS:** Referee: Chuck Kunsman, [chuck163@yahoo.com](mailto:chuck163@yahoo.com)  
Championship Meet Coordinator: Tina McCauley, 330-418-0658, [tina@b3aquatics.com](mailto:tina@b3aquatics.com)  
Marshal: Kim Stewart
- MEET SITE:** SPIRE Institute: 1822 South Broadway, Geneva, OH 44041.

**Directions**

**From Cleveland:**

Go East on I-90. Exit off the Geneva Exit (exit #218 on Rt. 534). Take a left at the light heading north. SPIRE entrance will be on your right.

**From Erie:**

Go West on I-90. Exit off the Geneva Exit (exit #218 on Rt. 534). Take a right off the exit heading north. SPIRE entrance will be on your right.

### **From Pittsburgh:**

Take PA Turnpike to OH Turnpike. Take first exit marked 680 towards Youngstown. The road will take you around Youngstown and then exit 680 onto Route 711 at exit 3a. Route 711 then turns into Route 11. Stay on Route 11 about 40 miles until you hit I-90 and take that west for two exits to the Geneva Exit (exit #218 on Rt. 534). Take a right off the exit heading north. SPIRE entrance will be on your right.

### **For a Map:**

<https://maps.google.com/maps?q=1822+South+Broadway,+Geneva,+OH+44041.&hl=en&ll=41.774,-80.942802&spn=0.041223,0.077162&sll=40.365277,-82.669252&sspn=5.390416,9.876709&hnear=1822+S+Broadway,+Geneva,+Ohio+44041&t=m&z=14>

### **FACILITY:**

A. **Competition Pool:** The competitive swimming pool measures 10 lanes by 50 meters indoor, Olympic size pool, with 2 moveable bulkheads fixed at both ends of the pool. Each lane is 9' wide. Colorado timing system and scoreboard. Enter building under the Fuel sign on the south side of the building. The depth of the pool at the start end is 14 feet. The depth at the turn end is 8'6" feet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

B. **Warm-up/down Pool:** At the north end of the aquatics facility, there is a 6 lane, 25 yard pool available for continuous warm-up/down pool. The seating capacity for spectators is 1,200, in addition to handicapped seating and elevator access to the spectator stands. Men's and Women's locker rooms are off the pool deck but are not accessible to parents during the meet. Parents who wish to accompany their children to the locker rooms should utilize the restrooms in the lobby.

C. **Team Seating:** Team seating will be assigned on deck by LSC. Belongings should be removed from the deck between sessions for area cleaning. Spectator gallery is also available on a first come basis. Saving of seats is prohibited.

D. **Concessions:** Concessions will be available via the SPIRE Institute dining facility (FUEL) between the hours of 7:30am – 8:00pm during the competition, and from 10:00am – 5:00pm the day prior to the competition.

E. **Use of audio or visual recording devices,** including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. 292.3.4E

F. **Venue Rules:** Deck access is restricted to competing athletes, registered coaches, officials and meet workers. No parent or spectator will be allowed on deck except at the request of the Meet Referee or Meet Director. SPIRE Institute is a smoke free campus.

### **MEET SCHEDULE:**

#### **A. Age Groups 11-12 and 13-14, Friday-Sunday, 1-3, 2014:**

- **Prelims** for 11-12 and 13-14 : Warm-up 7 a.m., Start 8:40 am EST
- **Finals** Friday, Saturday, Sunday: Warm-up 4 pm EST, Start 5 pm EST
- **Warm-ups** may be split for the preliminary sessions. (If split, each warm-up session shall be a minimum of 40 minutes.)
- **Warm-up for finals** will start as indicated or at conclusion of 10 and under session.
- **Finals** will start one hour after the start of warm-up.

#### **B. Age Group 10-U:**

- **Timed finals:** Warm-up at the conclusion of the a.m. session
- **Meet Start:** one hour later.
- **Warm-ups** for 10 and under events may be split.
- **Note:** Start times for the 10 & under sessions will be posted on the CZ website by 6:00 p.m. Wednesday, May 14, 2014, and at the venue

- C. At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.

**TEAM**

**REGISTRATION:**

- A. Registration will be held at: SPIRE Institute, Thursday, July 31, 2014, from 10 a.m. to 5 p.m.  
B. All teams should schedule their arrival to register during these hours.  
C. Note: This registration period is for team managers/coaches only; swimmers do not need to register individually with the meet host.  
D. LSCs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue.

**SAFETY/WARM-UP PROCEDURES:**

- A. Safety procedures of USA Swimming, including feet-first entry, will be followed.  
B. Specific warm-up procedures will be posted and distributed at the General Meeting.  
C. Coaches must be in control of their swimmers during their warm-up times.

**LSC**

**REPRESENTATIVE:**

- A. Each LSC must have a representative and alternate to act as a liaison between the LSC and the Meet Director. It is recommended that these persons NOT be the LSC's Head Coach.  
B. These designated persons must be identified to the Meet Director either with the meet entries or at the General Meeting on the Thursday, July 31, 2014 prior to the start of the Meet.

**ATHLETE CONDUCT:**

- A. Please find CODE OF CONDUCT and MEDICAL RELEASE forms at the end of the meet information - these may be duplicated and signed by each athlete and his/her parent(s).  
B. Each LSC's representative must have these documents available to the host at all times.  
C. The Code of Conduct will be enforced.  
D. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**ELIGIBILITY:**

- A. **Membership:** All athletes must be regular (not seasonal) USA Swimming members with the LSC they represent and be age 14 or under.  
B. **Swimmer's Age:** Age of swimmer for pool competition shall be as of the first day of the pool competition.  
C. **Certification:** 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.  
D. **Qualifying Time/Eligibility:**
- Swimmers must have achieved a National AAA time (LCM, SCM, SCY) between the first day of the first Zone Meet of the previous year and the entry deadline date for the current Central Zone Meet.
  - Swimmers who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it is short course yards (SCY) or short course meters (SCM).
  - Swimmers who achieve individual event cuts for the following meets prior to their respective assigned Zone Championship entry deadline shall not be eligible to compete in that particular stroke and distance, including relay events.
    - 1) Short Course National Championships
    - 2) Summer National Championships
    - 3) Summer US Open
    - 4) Summer Junior National Championships
  - Each LSC may enter two (2) 10 & under, two (2) 11-12 and two (2) 13-14 swimmers with a

disability who are not required to have achieved the qualifying time standards for their age groups/events.

- If the LSC has no qualifiers or fewer than two (2) qualifiers in an event, the LSC may enter up to two (2) swimmers maximum in that event. The non-qualifying entries shall be entered at no time (NT). These entries must be submitted with the original entry.

- RELAY ENTRIES:**
- A. The LSC must coordinate relay entries.
  - B. Determination of the swimmers composing the relays is at the discretion of the LSC.
  - C. List **relay-only** swimmers on the **appropriate form** and submit with entries.
- ENTRY LIMITS:**
- A. Swimmers may enter no more than six (6) individual events of which no more than three (3) may occur on any given day.
  - C. Each LSC may enter two (2) relays per relay event.
  - D. No limit exists on the number of swimmers that an LSC may enter in an individual event.
- ENTRY RESPONSIBILITY:**
- A. The LSC coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.
  - B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.
- ENTRY FEES:**
- \$6.00 per individual pool event
  - \$12.00 per relay
  - \$1.00 per swimmer Central Zone surcharge
  - Make check payable to: LESD Booster Club**
- ENTRY CHAIRMAN:**
- Send entries to: Tracy Fiorelli  
342 Branford Lane  
Richmond Hts, Ohio 44143  
Phone: 216-225-5162  
[Centralzones2014@gmail.com](mailto:Centralzones2014@gmail.com)
- ENTRY DEADLINE:**
- A. Entries must be submitted to the host Entry Chairperson electronically by Tuesday, July 29, 2014 at Noon.
    - The documents of the pool entries and other meet information including the completed Swimmers with a Disability Entry Form, Meet Staff Form and Relay-only Entry Form must accompany the team entry file and be sent electronically.
    - It is the responsibility of each LSC to verify entry times, receipt and readability of any entries, and submission of entry by Noon Tuesday.
    - Meet Entry Chair must verify receipt of entries by email or follow-up phone call to the host Entry Chair.
  - B. Each LSC shall receive a team entry report including an exception report of the LSC team entries via e-mail by 6 p.m. Tuesday preceding the meet.
    - Any corrections to the original entries should be formatted in a new entry file and sent to

the entry chair via email by **Noon** on Wednesday.

- **Justification** of the exception report should be included in a word document or PDF file.
- Entry fees are due before the start of the General Meeting.
- No new swimmers may be added to LSC entries after the Wednesday Noon deadline.
- Any corrections or updates after Noon on Wednesday shall go to the eligibility jury.

**C. There will be no deck entries at this meet.**

**ENTRY  
PROCEDURES:**

- A. The LSC must submit its Pool entries as one team, using the **LSC** as the club designation.
- All individual and relay entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted.
  - LSC entry chair shall verify times and eligibility of swimmers before submitting entries to host.
- B. Each LSC must identify, on the official entry form, the name of the LSC and the name, address and telephone number, and email of the person in charge of entries for that LSC.
- C. Each swimmer entry must include first and last name; age as of the first day of the Meet; and complete USA Swimming registration number. For relay only swimmers, the Relay-Only Swimmer Entry Form must be included with the entry.
- D. Entries for swimmers with a disability should be sent on separate entry form indicating preference for seeding.

**ELIGIBILITY  
PROTESTS:**

- A. Eligibility protests pertaining to the eligibility of any swimmer to compete or to represent an organization shall be submitted to the Eligibility Jury.
- The Eligibility Jury will be appointed by the Meet Referee and consist of an athlete, a coach, and an official
  - All protests made prior to or during the championship shall be submitted to the Eligibility Jury on a form prescribed by the Zone ( Appendix B) and accompanied by a \$50 fee, which shall be returned if the protest is upheld. The \$50 fee shall not be required for protests submitted by the Meet Referee or the host LSC Entry Chairperson(s).
  - Protests shall be heard by the jury, and, if possible, decisions rendered before the start of events on the day in which the protested swimmer competes, but no later than the last night of the championships. The opportunity to be heard shall be given to both the party lodging the protest and the party or parties charged.
  - Until the Eligibility Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.
  - The decision of the jury may be appealed by either party to the National Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.

**SEEDING/CONDUCT: A: Conduct:**

- 11-12 and 13-14 – Preliminary/Finals format except for the following:
  - 400 IM, 800, 1500 Free for the 13-14 (fastest heat in finals)
  - 400 Free, and 200s of stroke (back, breast, butterfly) for the 11-12 with fastest heat of each swum in finals
  - All Relays which will be timed finals.
- In finals, the consolation heat shall precede the championship heat.
- Fly-over starts will be used for the prelim sessions. Fly-over starts will only be used in the afternoon 10 & Under sessions if necessary because of timeline concerns and if agreed upon by the meet director, meet referee, and championship coordinator.

- 10 & Under – Timed Finals.

**B: Seeding Order:**

- First – Conforming times (LCM)
- Second – Non-conforming times (SCM then SCY)
- Third – Non-qualifying times (NT)

**C. Distance Events:**

- The 13-14 400 IM, 800 and 1500 Free shall be timed finals with the fastest seeded heat of girls and fastest seeded heat of boys swimming in finals.
- All other 400 IM, 800 and 1500 Frees shall be swum in the preliminary session, swimming fastest to slowest, alternating girls and boys.
- The 11-12 400 Free shall be timed finals with the fastest seeded heat of girls and fastest seeded heat of boys swimming in finals. All other heats will be swum fastest to slowest in the preliminary session in event order.
- The 11-12 200s of stroke (back, breast, butterfly) shall be timed finals with the fastest seeded heat of girls and fastest seeded heat of boys swimming in finals. All other 200s of stroke for the 11-12 heats shall be swum in the preliminary session, swimming slowest to fastest in event order.

**D. Relays:**

- 11-12 and 13-14 relays will be timed finals, 200s will be swum during the finals on Friday and Saturday and the 400s in the preliminary session on Saturday and Sunday.
- 10 and Under relays will be timed finals, swum during the afternoon sessions.

**SCRATCHES/  
CHECK-IN:**

- A. **Scratch Rules:** All individual events will conform to USA Swimming National Scratch Procedure Rules (207.11.6 A-E). There is no penalty for failure to compete in a timed final event. A coach or a swimmer may declare a false start.
- B. **Scratch Deadline:** A scratch box will be available at registration, the General Meeting, and throughout all meet sessions. All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed final, preliminary and relays.
- Scratch deadline for Friday, August 1, 2014 events shall be 15 minutes after the conclusion of the General Meeting.
  - Scratch deadline for Saturday, August 2, 2014 events shall be 30 minutes after the start of Friday, August 1, 2014 evening finals session.
  - Scratch deadline for Sunday, August 3, 2014 events shall be 30 minutes after the start of Saturday, August 2, 2014 evening finals session.
- C. **Positive Check-in:** Entrants in the 400 IM, 800 and 1500 free must check in and confirm their intention to compete prior to the scratch deadline for that day's events in order to be seeded.
- D. **Relay cards** designating the swimmers' names shall be submitted to meet management on the day of the relay. Names and order of swimmers may be changed up to the time of the swim. Only coaches may make changes to 11-12 and 10 & Under relays.
- E. **Scratching from Finals.**
- USA Swimming National Scratch Procedure Guidelines (207.11.6 D) will be followed.
  - LSCs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 penalty per swim.
  - All funds shall remain with the meet host.
  - Failure on the part of the LSC to pay imposed penalties shall result in barring from future zone championships.

- SCORING:**
- A. Individual Pool events:  
20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
  - B. Relay events:  
40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
- RESULTS:**
- A. Results will be posted and announced.**
    - Posted: Results for swimmers and coaches will be posted in designated areas at the venue and announced at the venue.
    - Live results: Live results will be available on the SPIRE Institute website at <http://www.spireinstitute.org/events/swimming>. Live results will be available along with access to results via Meet Mobile.
    - After the meet, final results will also be posted on the CZ web page at: <http://www.centralzones.org> and [www.LESD.org](http://www.LESD.org)
    - An unlocked meet backup file will be emailed to the CZ Webmaster, CZ Secretary, CZ Zone Records Coordinator and CZ Directors within 24 hours of end of competition.
    - Final results published on the Central Zone website will be produced in publication format. Locked backups, files for teams and scores will also be posted.
    - Final results will be sent to USA Swimming headquarters in compliance with host-USA Swimming contract.
  - B. Relay lead-off splits and initial splits**
    - All valid lead-off splits from relays will be uploaded to SWIMS.
    - All requests for initial splits from an individual event must be made to the Meet Referee and the Admin Referee for approval. Request Form will be required.
    - All requests for initial splits not made at the meet shall be directed to the attention of the Meet Referee and the Admin Official for processing. Requests submitted later than 45 days after the conclusion of the meet will not be accepted. The local LSC Times Officer will be responsible for adding any updates approved by the Meet Referee and Admin Official to the SWIMS database.
- FINALS, READY AREA AND SWIMMER INTRODUCTIONS:**
- A. Swimmers in the 11-12 and 13-14 championship finals shall report to the ready area adjacent to the pool deck at the scoreboard end of the pool prior to the start of the championship final of the previous event.
    - Finalists will be paraded to the blocks from the ready area.
      - Championship Finals swimmers' names shall be announced prior to the start of the race while swimmers are behind the blocks.
    - Consolation heat must report behind the starting blocks prior to their heat.
      - Consolation Finals swimmers' names shall be announced while the swimmers are competing in water.
  - B. All 10 & U swimmers shall report directly to their assigned lanes.
    - Swimmers' names will be announced prior to the start of the race while swimmers are behind the blocks.
- AWARDS:**
- A. Individual Pool events: 1-8 place: medals with neck ribbons; 9-16 place: ribbons
  - B. Relay events: 1-3 place: medals with neck ribbons; 4-8 place: ribbons
  - C. High Point Award: 1-3 for boys and girls in each age group for pool events only.
  - D. Team Awards: 1-3 combined points.
  - F. Awards ceremony: Top eight (8) finishers in the championship final and Top 3 relay finishers will be announced and presented medals in conjunction with a podium presentation. Exact timing of the podium presentation will be determined by the meet referee and meet director, and will be conveyed to each team prior to finals. Proposed scenario for awards

pending approval by the meet referee:

- *10 and under: Presented at the end of each stroke series, but shall not interfere with the continuous running of the timed finals events. Consult with meet referee.*
- *11 – 14: Presented at the end of each stroke series depending on time line and upon consultation with the referee.*

**DECK PASSES/  
CREDENTIALS:**

- A. Deck Passes/Credentials for LSC coaches and team managers will be issued to the representative of each LSC according to the list submitted with the entry form, not to exceed one (1) per ten (10) swimmers, with a minimum of five (5) passes. USA Swimming registration must be shown at check-in to receive a deck pass.
- B. Each athlete, coach, official and volunteer will be issued a meet credential.
- C. Credentials must be displayed at all times while in the venue.

**GENERAL  
ADMISSION  
TICKETS:**

- A. Each LSC will receive six (6) complimentary admission tickets and programs per session. These are not deck passes or hospitality passes – strictly an admission pass. (*A suggested use would be for “club” coaches who are not part of the LSC Zone Team.*)
- B. General admission pricing for spectators is as follows:  
All-Session Pass: \$35.00 includes a Meet program and heat sheets for all meet sessions  
Daily (all 3 sessions): \$10.00  
Finals Only: \$5.00  
Children ages 6 and Under will be admitted free of charge
- C. Parking: \$5.00 per day.

**MEET  
PROGRAM/FINAL  
RESULTS:**

The cost of the Meet Program and Final Results are as follows:  
\$10.00 meet program  
\$4.00 daily heat sheets.  
\$1.00 Finals Heat Sheets each Session

**GENERAL MEETING:** A pre-meet General Meeting is scheduled for Thursday July 31, 2014 at 5:00PM (EDT) in the Hospitality Room for all coaches and LSC representatives.

- Meet procedures and meet information will be discussed.
- At least one representative from each LSC must be present for this meeting.
- Members of the Technical Jury and Eligibility Jury will be identified.
- No deviation from the published Meet Information may occur without unanimous agreement by all designated LSC representatives.
- Warm-up lanes and times will be assigned at this meeting. Procedures will be distributed.

**OFFICIALS’  
MEETING:**

**This meet will be an Officials Qualifying Meet (OQM).**

- An officials’ meeting will convene on the first day of the meet 1 1/2 hours before the beginning of the first session of the meet and on each day after 1 hour prior to the start of each session. The Officials’ Meeting will be located on the mezzanine level of the food court.
- Officials’ uniform: White Polo shirt over navy pants/Skirt for finals. (Shorts Prelims)
- Lake Erie Officials Chair: Al Kominek

**VOLUNTEERS:**

Timers and officials from visiting LSCs are encouraged and welcome.

- Please indicate the names of interested persons when entries are submitted or identify volunteers at the meet.

**REFRESHMENTS:**

For the convenience of spectators, there is a full service food court adjacent to the pool; hours of operation open 7:30am-8:00pm (EDT) daily.



**THURSDAY WARM-UP/  
TEAM PICTURES:**

**THURSDAY JULY 31, 2014 – ALL TIMES ARE EASTERN DAYLIGHT TIMES  
PHOTOGRAPHY WILL BE PROVIDED BY PROSWIM VISUALS**

ZONE TEAM PICTURES ARE 8”x10” PHOTOGRAPHS WITH THE OFFICIAL MEET LOGO AND COST \$20 PER SWIMMER WHEN PRE-ORDERED AS A TEAM, \$25 WHEN ORDERED VIA HEAD CHAPERONE DURING THE MEET, AND \$25 + \$5.95 SHIPPING WHEN ORDERED ONLINE POST-EVENT. SEE ATTACHED ORDER FORM FOR MORE INFORMATION; REGISTRATION/PICTURE/WARM-UP SCHEDULE BELOW:

TEAM/LSC	REGISTRATION	PICTURES	START OF WARM-UP	END OF WARM-UP
LE	10:00AM	10:30AM	11:00AM	12:00PM
OH	11:00AM	11:30AM	12:00PM	1:00PM
MI	12:00PM	12:30PM	1:00PM	2:00PM
IN	1:00PM	1:30PM	2:00PM	3:00PM
IL	2:00PM	2:30PM	3:00PM	4:00PM

**TEAM SEATING:** ATHLETES WILL BE ASSIGNED BLEACHER AREAS ON DECK (BY LSC) FOR TEAM SEATING.

**HOTEL INFORMATION** In order to obtain the discounted rates, you MUST mention SPIRE Institute when calling to make your reservation. If you have any questions, please contact Terri Parrish at (440) 466-1002 x 120 or [tparrish@spireinstitute.org](mailto:tparrish@spireinstitute.org)

**MEET WEBSITE:** Meet information will be accessible from [www.centralzones.org](http://www.centralzones.org) and [www.LESD.org](http://www.LESD.org)

**ATHLETE SOCIAL/  
COACH SOCIAL  
INFORMATION** While there is not an athlete social for this event, team meals may be arranged via the SPIRE Food Service Department. SPIRE offers a wide range of dining options for teams, as well as a full service food court open to the public. For more information please contact Jaime Cordova, SPIRE Food Service Director at (440) 466-1002 or [jcordova@spireinstitute.org](mailto:jcordova@spireinstitute.org).

**ZONE APPAREL** Event shirts and apparel will be on sale from Finest Design. Swimville USA will also be present to meet all your swimmer’s needs during the event.

**OTHER  
INFORMATION:**

- EVENT THEME: THE MEET THEME THIS SUMMER IS ***SUPERMAN (OR SUPERWOMAN)...FASTER THAN A SPEEDING BULLET! MORE POWERFUL THAN A LOCOMOTIVE! ABLE TO RACE THROUGH A LENGTH OF A POOL IN A SINGLE BREATH!***
- INTERNET: WIRELESS INTERNET SERVICE WILL BE AVAILABLE THROUGHOUT THE VENUE FOR PARTICIPANTS AND SPECTATORS. ALSO DOWNLOAD THE IPHONE AND ANDROID APPS FOR LIVE RESULTS.
- PARKING: PLEASE SEE FACILITY/PARKING MAP POSTED ON THE EVENT WEB SITE.

## SCHEDULE OF EVENTS

### DAY 1

**GIRLS** **EVENTS** **BOYS**

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#### MORNING PRELIM SESSION

#### EASTERN DAYLIGHT TIME (EDT)

##### 7:00AM WARM-UPS FOR 11-12 AND 13 - 14 YEARS OLD/MEET START TIME 8:40AM

1.....	11-12 200 Individual Medley.....	2
3.....	13-14 400 Individual Medley timed finals.....	4
5.....	11-12 100 Breaststroke .....	6
7.....	13-14 100 Breaststroke.....	8
9.....	11-12 50 Backstroke .....	10
11.....	13-14 200 Freestyle.....	12
13.....	11-12 100 Freestyle.....	14
15.....	13-14 100 Butterfly.....	16
17.....	11-12 200 Butterfly timed finals.....	18
19.....	13-14 800 Freestyle timed finals .....	20

#### AFTERNOON TIMED FINALS

##### STARTS 1 HOUR AFTER CONCLUSION OF THE MORNING SESSION

101.....	10-U 50 Breaststroke.....	102
103.....	10-U 100 Freestyle .....	104
105.....	10-U 50 Butterfly.....	106
107.....	10-U 200 Free Relay .....	108

#### CONSOLATION & CHAMPIONSHIP FINALS

##### 4:00PM WARM-UPS MEET START TIME 5:00 PM

21.....	13-14 200 Free Relay.....	22
23.....	11-12 200 Free Relay.....	24
19.....	13-14 800 Freestyle fastest heat .....	20
1.....	11-12 200 Individual Medley.....	2
3.....	13-14 400 Individual Medley fastest heat.....	4
5.....	13-14 100 Breaststroke.....	6
7.....	11-12 100 Breaststroke.....	8
9.....	11-12 50 Backstroke .....	10
11.....	13-14 200 Freestyle.....	12
13.....	11-12 100 Freestyle.....	14
15.....	13-14 100 Butterfly .....	16
17.....	11-12 200 Butterfly fastest heat .....	18

**DAY 2**

**GIRLS**

**EVENTS**

**BOYS**

**MORNING PRELIMS**

**EASTERN DAYLIGHT TIME (EDT)**

**7:00AM WARM-UPS FOR 11-12 AND 13 - 14 YEARS OLD/MEET START TIME 8:40AM**

25.....	11-12 400 Medley Relay .....	26
27.....	13-14 400 Medley Relay .....	28
29.....	11-12 50 Butterfly .....	30
31.....	13-14 200 Individual Medley.....	32
33.....	11-12 50 Freestyle.....	34
35.....	13-14 50 Freestyle.....	36
37.....	11-12 200 Breaststroke timed finals.....	38
39.....	13-14 200 Breaststroke.....	40
41.....	11-12 100 Backstroke .....	42
43.....	13-14 100 Backstroke .....	44
45.....	11-12 400 Freestyle timed finals.....	46
47.....	13-14 400 Freestyle .....	48

**AFTERNOON TIMED FINALS**

**STARTS 1 HOUR AFTER CONCLUSION OF THE MORNING SESSION**

109.....	10-U 200 Individual Medley.....	110
111.....	10-U 100 Backstroke.....	112
113.....	10-U 50 Freestyle .....	114
115.....	10-U 100 Breaststroke.....	116

**CONSOLATION & CHAMPIONSHIP FINALS**

**4:00 PM WARM-UPS MEET START TIME 5:00 PM**

49.....	11-12 200 Medley Relay .....	50
51.....	13-14 200 Medley Relay .....	52
29.....	11-12 50 Butterfly. ....	30
31.....	13-14 200 Individual Medley.....	32
33.....	11-12 50 Freestyle.....	34
35.....	13-14 50 Freestyle.....	36
37.....	11-12 200 Breaststroke fastest heat.....	38
39.....	13-14 200 Breaststroke .....	40
41.....	11-12 100 Backstroke.....	42
43.....	13-14 100 Backstroke.....	44
45.....	11-12 400 Freestyle fastest heat .....	46
47.....	13-14 400 Freestyle .....	48

**DAY 3**

**GIRLS**

**EVENTS**

**BOYS**

**MORNING PRELIMS**

**EASTERN DAYLIGHT TIME (EDT)**

**7:00AM WARM-UPS FOR 11-12 AND 13 - 14 YEARS OLD/MEET START TIME 8:40AM**

53.....	11-12 400 Freestyle Relay.....	54
55.....	13-14 400 Freestyle Relay.....	56
57.....	11-12 200 Backstroke timed finals.....	58
59.....	13-14 200 Backstroke.....	60
61.....	11-12 50 Breaststroke.....	62
63.....	13-14 100 Freestyle.....	64
65.....	11-12 200 Freestyle.....	66
67.....	13-14 200 Butterfly.....	68
69.....	11-12 100 Butterfly.....	70
71.....	13-14 1500 Freestyle timed finals.....	72

**AFTERNOON TIMED FINALS**

**STARTS 1 HOUR AFTER CONCLUSION OF THE MORNING SESSION**

117.....	10-U 200 Medley Relay.....	118
119.....	10-U 200 Freestyle.....	120
121.....	10-U 50 Backstroke.....	122
123.....	10-U 100 Butterfly.....	124

**CONSOLATION & CHAMPIONSHIP FINALS**

**4:00 PM WARM-UPS MEET START TIME 5:00 PM**

71.....	13-14 1500 Freestyle fastest heat.....	72
57.....	11-12 200 Backstroke fastest heat.....	58
59.....	13-14 200 Backstroke.....	60
61.....	11-12 50 Breaststroke.....	62
63.....	13-14 100 Freestyle.....	64
65.....	11-12 200 Freestyle.....	66
67.....	13-14 200 Butterfly.....	68
69.....	11-12 100 Butterfly.....	70

## **INCLUSION OF SWIMMERS WITH DISABILITIES**

1. Swimmers with disabilities may compete without having achieved the qualifying standard for their age group. However, they must provide a time for each event they enter. Swimmers with disabilities shall be highlighted on the hard copy of the LSC's meet entry. Classification of a swimmer with a disability is irrelevant. LSCs must use the attached form to enter a swimmer with a disability.
2. Each LSC may select two swimmers with disabilities age 10 & U, 11-12, and 13-14 in any manner deemed appropriate. Examples of selection criteria and procedures are available from the Central Zone Director.
3. Swimmers with disabilities may compete in finals, earn awards and score points for their team in the same manner as the able bodied swimmers. No special awards are necessary.
4. It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete. This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmer's needs and determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
5. Aside from the norm, the Meet Referee has the ability to seed the swimmer with a disability in a number of ways. These options include: seed the swimmer with others of the appropriate gender, allowing the swimmer to complete half the distance of their age group (swim the 100m backstroke during the 200m race), or swim with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 14 year old swimmer with a disability could swim the 100 freestyle with the 9-10 age group). The final meet results should show the swimmer with a disability listed in the correct age and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.
6. It is the responsibility of the USA Swimming Disability Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.