

EASTERN ZONE LONG COURSE AGE GROUP CHAMPIONSHIP

Hosted by Poseidon Swimming & Virginia Swimming

AUGUST 6 – 9, 2014

Held under the Sanction of USA Swimming

Sanctioned by Virginia Swimming

Sanction # VS-14-78

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| LOCATION | <p>The meet will be held at the Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, Va. 23234.</p> <p>USA Swimming, Inc., Eastern Zone Swimming, Virginia Swimming, Inc., Poseidon Swimming, and Collegiate School Aquatics Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</p> |
| FACILITY | <p>POOL: The Collegiate School Aquatics Center houses the 2008 US Olympic Trials pool. The competition pool is an indoor 8-lane, 50-meter pool with non-turbulent lane lines swum bulkhead to bulkhead. Pool depth is 7 ft 7 in. at the ends and 8 ft 2 in. in the center. Omega starting blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. Full color LED scoreboard will be used.</p> <p>The competition course has been certified in accordance with USA Swimming Rules and Regulations, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming and the Poseidon Offices.</p> <p>A separate, 6-lane, 25-yard pool is available for continuous warm-up/warm-down.</p> <p>PARKING: Available in parking areas around the Natatorium.</p> <p>FOOD: A limited selection of food and swimming apparel will be available for spectators and swimmers throughout the meet.</p> |
| MEET DIRECTORS | <p>Mary Turner, 434-352-5451, myturner525@gmail.com Marla Shreve, 804-447-2487, Cell-804-667-6335 , admin@poseidonswimming.com</p> |
| MEET REFEREE | <p>Bob Vincent, 703-608-9769, rdv@vwi.com</p> |
| MEET ENTRIES | <p>Terry Randolph, torandolph@gmail.com</p> |
| OFFICIALS | <p>Certified USA Swimming officials interested in working at the meet should submit an application by Friday, July 18th, for any assigned positions. An Application to Officiate can be found is available at this link: Officials Application. All officials should register using this online application.</p> <p>This meet is approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate noting the request for evaluation. Details of the certification program can be found on the USA Swimming Website.</p> |

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| VOLUNTEERS | Each LSC will be responsible to provide at least three (3) timers for any preliminary session using ‘chase starts’ and at least two (2) timers for other preliminary sessions. Lane assignments will be provided to the Team Manager. LSCs are encouraged to provide timers for the Finals session each night. |
| ELIGIBILITY | <ul style="list-style-type: none"> • Competition is restricted to swimmers registered in one of the 12 LSCs in the Eastern Zone. • Each swimmer must have a current year-round USA Swimming athlete registration in the LSC which he/she represents. • On-site registration will not be accepted at this meet. • Swimmer’s age as of August 6, 2014, determines his/her age group for the entire meet. • Each LSC may enter all swimmers who have achieved the time standard. If an LSC does not have two (2) swimmers who have achieved the time standard in an individual event, the LSC may enter no more than two (2) swimmers in that event. These swimmers shall be entered with their actual time. • All entry times must be the swimmer’s actual time achieved in LC meters. Converted times will not be accepted. Times must have been achieved between August 7, 2013 and July 29, 2014 the entry deadline for this meet. • Please see the table in the Appendices for the <u>maximum qualifying times</u> for each Zone event and additional information concerning athlete eligibility. |
| ENTRY LIMITATIONS | <ul style="list-style-type: none"> • Each swimmer may enter a total of six (6) individual events in the meet, not to exceed three (3) individual events per day. • Relays must be made up of swimmers competing in the meet in individual events. ‘Relay only’ swimmers are NOT allowed. |
| ADAPTED SWIMMERS / SWIMMERS WITH DISABILITIES | <ul style="list-style-type: none"> • Each LSC may bring two (2) swimmers with disabilities age 12 & under, and two (2) swimmers age 13- 18 to the meet. These adapted swimmers are in addition to the swimmers who have qualifying times for the meet events. Each LSC may select the adapted swimmers at their own discretion. • 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 entered on the form included on page 13. (Additional instructions can be found on page 12.) • 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 of any disability-related accommodations he /she may need in order to compete. In addition, 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. • It is the swimmer’s responsibility to complete and submit an application for an American Record, should one be set. |
| ENTRY PROCEDURES | <ul style="list-style-type: none"> • All entries must be submitted by the LSC – entries from individuals will not be accepted. |

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| | <ul style="list-style-type: none"> • Entries should be completed using Team Manager or other third party software capable of generating an SDIF file. • All entry times MUST be in LC Meters • Entry files (CL2, HY3, or SDIF format) should be sent to the Meet Entry officer: Terry Randolph – torandolph@gmail.com • A PDF of the entry report should be sent with the e-mailed file. • No phone or fax entries will be accepted. • NO DECK ENTRIES WILL BE ACCEPTED FOR THIS MEET. • Entry checks should be made payable to Virginia Swimming. Mail the entry fee check and entry certification form to - Bob Rustin 8208 Chainmail Road North Chesterfield, VA 23235 (804)-276-9220 Please request 'waiver of signature' if using a delivery service that provides one. • The submission of an entry by an LSC represents a contract between the entering LSC and the host LSC. Entry in this meet represents the entering LSC's intention to comply with the rules and regulations of the meet as stated. |
| ENTRY DEADLINE | <ul style="list-style-type: none"> • All entries must be received by 7:00 PM, July 29, 2014. • Fees must be received within seven (7) days of the entry deadline. • No late entries will be accepted. |
| ENTRY FEES | <p>Individual events: \$8.00 per entry Relays: \$10.00 per entry Surcharge: \$5 per swimmer</p> |
| PROOF OF TIME | <ul style="list-style-type: none"> • Each LSC is responsible for proof of time for its entry and must provide written certification with their entries, via a LSC Officer's signature, attesting to the accuracy of those entries. See page 14 of the meet information. • After the meet, the Zone Championship Coordinator will conduct an audit of entry times vs. meet results; based on the results of this audit, an LSC may be required to provide proof of time for selected swims, if not already proven. Proof of time has been defined as a time included in the SWIMS database, or which can be proven by official meet results (including the cover sheet). • Failure to prove a time will result in a fine of one hundred dollars (\$100) per swim and the LSC will be responsible for paying the fine. Failure to pay the fine will result in exclusion from future EZ Meets. |
| SEEDING | <ul style="list-style-type: none"> • This is a pre-seeded meet. • The fastest eight (8) swimmers at Prelims, after scratches, will advance to the Finals in Prelim / Final Events. • The following events are positive check-in events - the 400/800/1500 freestyle, the 400 IM, and all relays. • Any swimmer or relay team failing to "check-in" for a positive check-in event will not be seeded into the event. • The fastest heat of the Men's 1500 Free and Women's 800 Free will swim in Finals. |

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| | <p>All heats of the Men’s 800 Free and Women’s 1500 Free will swim in the Preliminary session.</p> <ul style="list-style-type: none"> • Positive check-in deadlines are as follows: <ul style="list-style-type: none"> ○ All morning events by 7:30 am ○ All afternoon events by 12:30 pm (subject to change depending on the number of entries received) ○ All 11/12, 13/14, and 15/18 relays prior to the conclusion of the afternoon Prelims. |
| WARM-UP PROCEDURES | <ul style="list-style-type: none"> • The competition pool will be available on Tuesday evening from 4-8 pm. • The pool will open for warm-ups each morning of the meet (Wednesday through Saturday) at 6:45 am. • Warm-up and session start times for each session will be announced once all entries are received. This information will be emailed to all LSCs and will be posted on the Virginia Swimming and Poseidon Club websites. Based on the number of meet entries, warm-up and start times are subject to change. • Lanes for warm-ups will be assigned for each LSC. There will be no diving from the blocks unless the Meet Referee has designated that lane as a one way sprint lane. • Use of training equipment, which may include but is not limited to kick boards, pull buoys, paddles, bungee cords, and snorkels, is prohibited during the official warm-up period. • The 25 yard pool will be available to swimmers throughout the meet. • LSC’s are expected to monitor their assigned lanes to ensure a safe warm-up procedure. |
| START PROCEDURES | <p>‘Dive-over’ starts will be used in the preliminary sessions of this meet. Depending upon the number of entries received, at the discretion of the referee ‘chase starts’ may be used.</p> |
| RELAYS | <ul style="list-style-type: none"> • All relays are positive check in events and will be conducted as Timed Finals in the evening Finals sessions, with the exception of 10 & U relays which will swim as Timed Finals in the afternoon session. • Each LSC is limited to two (2) relays per event. |
| SUBSTITUTIONS | <ul style="list-style-type: none"> • Each LSC is entitled to substitutions only in the event that fewer than two (2) swimmers from that LSC would remain to compete in an event. • Only swimmers already entered in the meet can be used as substitutes. The deadline for submitting substitutions is thirty (30) minutes prior to the anticipated start of the event in which the substitution is to be made. No adjustments in seeding will be made to accommodate the substitution. • Substitution Forms will be provided in the manager’s packet. |
| RULES | <p>COMPETITION:</p> <ul style="list-style-type: none"> • This meet will be conducted according to current USA Swimming rules. USA SWIMMING / VA SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES WILL BE IN EFFECT FOR THE ENTIRE MEET. • All swimmers participating in the meet must be dive certified. Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring |

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| | <p>compliance is the responsibility of the swimmer or the swimmer’s legal guardian.</p> <ul style="list-style-type: none"> • 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. <p>SCRATCH POLICIES:</p> <ul style="list-style-type: none"> • The scratch procedure will be done in accordance with USA Swimming rules 207.11.6.D & E. • Unless a swimmer is initially announced as qualifying for a heat in Finals (top 8 only), s/he will be not be penalized for failure to compete. • Any swimmer who does not swim in an event that is pre-seeded will not be penalized. <p>SAFETY:</p> <ul style="list-style-type: none"> • Only currently credentialed coaches, USA Swimming registered athletes, and essential meet personnel will be permitted on deck and in the athlete area. Deck credentials will be issued. <p>PHOTOGRAPHY:</p> <ul style="list-style-type: none"> • Photography will not be permitted behind the starting blocks. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. • Individuals who violate photography restrictions may be asked by the Meet Director to leave the pool venue. • See appendix for additional information. <p>CONDUCT:</p> <ul style="list-style-type: none"> • The Eastern Zone Rules of Conduct will apply. Proper conduct at all times will be enforced by coaches, chaperones, parents, meet marshals, and meet directors. • Any issues of conduct which occur within the meet venue will be adjudicated by the meet jury. Misconduct includes, but is not limited to: violations of safety guidelines outlined in the meet announcement; disrespect to meet management personnel, officials or fellow athletes; stealing, destroying, vandalizing or possessing the property of others; possession or use of alcoholic beverages, tobacco products or illegal drugs. More serious violations may result in legal action by the host LSC’s and local authorities. |
| SCORING | <p>Individual Events: 9-7-6-5-4-3-2-1 (1st through 8th) Relays: 18-14-12-10-8-6-4-2 (1st through 8th)</p> |
| AWARDS | <p>Individual Events – Medals 1st thru 8th place. Relays – Medals 1st thru 3rd place. Team Awards – A Championship Banner (traveling) will be awarded to: <i>The Winning Girls Team</i> <i>The Winning Boys Team</i> <i>The Winning Overall Team</i> (The current holder of the award banner should bring it to the meet)</p> <p><u>Individual Awards:</u> Members of the overall Championship Team will receive a pin and Championship certificate.</p> <p><u>Participants:</u> All participants will receive a Participation Certificate. All adapted swimmers competing in the meet will receive participation medals</p> |

| | Record Breakers: All record breakers will receive a Commemorative Certificate. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------------|---|-------|----|----|----|----|----|----|----|----|----|----|----|----|-------|----|----|----|----|----|----|----|----|----|----|----|----|-------|----|----|----|----|----|----|----|----|----|----|----|----|-------|----|----|----|----|----|----|----|----|----|----|----|----|
| TEAM MANAGER | <ul style="list-style-type: none"> Each LSC must provide the name of an individual to serve as the official Team Manager. An alternate may also be named. Team Managers or alternates must represent the LSC at any meeting called by the Meet Director to discuss matters concerning the meet. Only the Team Manager or alternate is permitted to represent the LSC. Protests will not be accepted from anyone other than the Team Manager or alternate. The Team Managers meeting: August 5th at 6:00 p.m. General Purpose Room at the facility Team Managers or the official Alternate Team Manager from each LSC MUST be present at the meeting. All teams are responsible for information covered at this meeting! | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PROTESTS | <ul style="list-style-type: none"> A Meet Jury will adjudicate any protests, including issues of conduct, which may occur in the meet venue. All protests must be in writing to the Meet Referee. Protests regarding eligibility as stated in Rule 102.11 will not be accepted from anyone other than the Team Manager or his / her designee. The Meet Jury will consist of the Meet Director, the Meet Referee and, depending on the session in which the protest originated, an Athlete, a Coach and a Team Manager appointed by their LSC when a Meet Jury is called according to the following: <table border="1"> <thead> <tr> <th>Sess.</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10</th> <th>11</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>Athl.</td> <td>AD</td> <td>AM</td> <td>CT</td> <td>ME</td> <td>MD</td> <td>MR</td> <td>MA</td> <td>NE</td> <td>NJ</td> <td>NI</td> <td>PV</td> <td>VA</td> </tr> <tr> <td>Coach</td> <td>AM</td> <td>CT</td> <td>ME</td> <td>MD</td> <td>MR</td> <td>MA</td> <td>NE</td> <td>NJ</td> <td>NI</td> <td>PV</td> <td>VA</td> <td>AD</td> </tr> <tr> <td>T.Mgr</td> <td>CT</td> <td>ME</td> <td>MD</td> <td>MR</td> <td>MA</td> <td>NE</td> <td>NJ</td> <td>NI</td> <td>PV</td> <td>VA</td> <td>AD</td> <td>AM</td> </tr> </tbody> </table> <p>If the designated LSC is an interested party to the protest, Meet Jury representation will be made by the next disinterested LSC in the rotation. Any member of the Meet Coordination Committee may provide support to the Meet Jury as an Ex-officio member at the Meet Director's discretion.</p> | Sess. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | Athl. | AD | AM | CT | ME | MD | MR | MA | NE | NJ | NI | PV | VA | Coach | AM | CT | ME | MD | MR | MA | NE | NJ | NI | PV | VA | AD | T.Mgr | CT | ME | MD | MR | MA | NE | NJ | NI | PV | VA | AD | AM |
| Sess. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Athl. | AD | AM | CT | ME | MD | MR | MA | NE | NJ | NI | PV | VA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Coach | AM | CT | ME | MD | MR | MA | NE | NJ | NI | PV | VA | AD | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T.Mgr | CT | ME | MD | MR | MA | NE | NJ | NI | PV | VA | AD | AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ATHLETE AND SPECTATOR SEATING | There are multiple bleachers around the pool deck for athlete seating. Spectator seating is in the mezzanine area which seats 700. A tent will be available around the side of the pool with seating for team meals, etc. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PROGRAMS & ADMISSION | <p>Spectator 4 day admission including meet program which will include free finals heat sheet with coupon will be \$35.</p> <p>Spectator 1 day admission \$10.</p> <p>12 and younger spectators admitted free</p> <p>Meet Program which includes free finals heat sheet with coupon \$10.</p> <p>Finals heat sheet \$2 per day.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HOSPITALITY | Coaches and Officials hospitality areas will be located in the weight room off the pool deck. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| RESULTS | Real time results will be available on Meet Mobile and the Virginia swimming website www.virginiaswimming.org – see the front page of the website for a link. At the conclusion of the meet, results will be posted on the Virginia Swimming and the Eastern Zone websites. |
| DIRECTIONS | Go to www.poseidonswimming.com for directions. |
| ACCOMODATIONS | List of hotels is included in the appendix. |

ORDER OF EVENTS & QUALIFYING TIMES

WEDNESDAY

Session 1 Wednesday

13 & O Prelims
Starts at 8:15 AM

| LCM | Girls | Event | Boys | LCM |
|----------|-------|------------------------|------|----------|
| 1:03.69 | 7 | 13-14 100 Freestyle | 8 | 59.79 |
| 1:04.09 | 9 | 15-18 100 Freestyle | 10 | 58.29 |
| 1:23.59 | 15 | 13-14 100 Breaststroke | 16 | 1:17.99 |
| 1:22.59 | 17 | 15-18 100 Breaststroke | 18 | 1:14.09 |
| 2:37.39 | 21 | 13-14 200 Butterfly | 22 | 2:27.59 |
| 2:31.59 | 23 | 15-18 200 Butterfly | 24 | 2:21.29 |
| 9:54.59 | 3 | 13-14 800 Freestyle | 4 | 9:25.19 |
| 18:46.09 | 13 | 15-18 1500 Freestyle | 14 | 17:46.09 |

Session 2 Wednesday

12& U Prelims
Starts at 12:30 PM

| LCM | Girls | Event | Boys | LCM |
|---------|-------|----------------------------|------|---------|
| 2:40.19 | 1 | 11-12 200 Backstroke | 2 | 2:39.99 |
| 1:13.39 | 31 | 10 & Under 100 Freestyle | 32 | 1:12.49 |
| 1:05.89 | 5 | 11-12 100 Freestyle | 6 | 1:04.59 |
| 45.19 | 33 | 10 & Under 50 Breaststroke | 34 | 45.49 |
| 39.49 | 11 | 11-12 50 Breaststroke | 12 | 39.49 |
| 1:25.69 | 35 | 10 & Under 100 Butterfly | 36 | 1:24.99 |
| 1:13.79 | 19 | 11-12 100 Butterfly | 20 | 1:12.99 |
| x | 37 | 10 & U 200 Freestyle Relay | 38 | x |

Wednesday Finals

Starts at 5:30 PM

Event

| | | |
|----|---------------------------------|----|
| 1 | Girls 11-12 200 Backstroke | |
| | Boys 11-12 200 Backstroke | 2 |
| 3 | Girls 13-14 800 Freestyle | |
| 5 | Girls 11-12 100 Freestyle | |
| | Boys 11-12 100 Freestyle | 6 |
| 7 | Girls 13-14 100 Freestyle | |
| | Boys 13-14 100 Freestyle | 8 |
| 9 | Girls 15-18 100 Freestyle | |
| | Boys 15-18 100 Freestyle | 10 |
| 11 | Girls 11-12 50 Breaststroke | |
| | Boys 11-12 50 Breaststroke | 12 |
| | Boys 15-18 1500 Freestyle | 14 |
| 15 | Girls 13-14 100 Breaststroke | |
| | Boys 13-14 100 Breaststroke | 16 |
| 17 | Girls 15-18 100 Breaststroke | |
| | Boys 15-18 100 Breaststroke | 18 |
| 19 | Girls 11-12 100 Butterfly | |
| | Boys 11-12 100 Butterfly | 20 |
| 21 | Girls 13-14 200 Butterfly | |
| | Boys 13-14 200 Butterfly | 22 |
| 23 | Girls 15-18 200 Butterfly | |
| | Boys 15-18 200 Butterfly | 24 |
| 25 | Girls 11-12 200 Freestyle Relay | |
| | Boys 11-12 200 Freestyle Relay | 26 |
| 27 | Girls 13-14 200 Freestyle Relay | |
| | Boys 13-14 200 Freestyle Relay | 28 |
| 29 | Girls 15-18 200 Freestyle Relay | |
| | Boys 15-18 200 Freestyle Relay | 30 |

ORDER OF EVENTS & QUALIFYING TIMES

THURSDAY

Session 4 Thursday

13 & O Prelims
Starts at 8:15 AM

| LCM | Girls | Event | Boys | LCM |
|---------|-------|----------------------|------|---------|
| 2:35.29 | 41 | 13-14 200 Backstroke | 42 | 2:25.89 |
| 2:35.49 | 45 | 15-18 200 Backstroke | 46 | 2:21.99 |
| 2:16.59 | 49 | 13-14 200 Freestyle | 50 | 2:09.09 |
| 2:16.99 | 51 | 15-18 200 Freestyle | 52 | 2:07.69 |
| 5:28.59 | 55 | 13-14 400 IM | 56 | 5:12.29 |
| 5:30.49 | 57 | 15-18 400 IM | 58 | 5:07.09 |

Session 5 Thursday

12& U Prelims
Starts at 12:30 PM

| LCM | Girls | Event | Boys | LCM |
|---------|-------|---------------------------|------|---------|
| 1:15.19 | 39 | 11-12 100 Backstroke | 40 | 1:14.99 |
| 1:25.19 | 65 | 10 & Under 100 Backstroke | 66 | 1:24.89 |
| 3:01.69 | 43 | 11-12 200 Breaststroke | 44 | 3:00.99 |
| 2:36.29 | 67 | 10 & Under 200 Freestyle | 68 | 2:34.09 |
| 2:21.29 | 47 | 11-12 200 Freestyle | 48 | 2:19.89 |
| 37.19 | 69 | 10 & Under 50 Butterfly | 70 | 37.49 |
| 32.99 | 53 | 11-12 50 Butterfly | 54 | 32.69 |
| x | 71 | 10 & U 400 Medley Relay | 72 | x |

Thursday Finals

Starts at 5:30 PM

| Event | |
|-------|------------------------------|
| 39 | Girls 11-12 100 Backstroke |
| | Boys 11-12 100 Backstroke |
| 41 | Girls 13-14 200 Backstroke |
| | Boys 13-14 200 Backstroke |
| 43 | Girls 11-12 200 Breaststroke |
| | Boys 11-12 200 Breaststroke |
| 45 | Girls 15-18 200 Backstroke |
| | Boys 15-18 200 Backstroke |
| 47 | Girls 11-12 200 Freestyle |
| | Boys 11-12 200 Freestyle |
| 49 | Girls 13-14 200 Freestyle |
| | Boys 13-14 200 Freestyle |
| 51 | Girls 15-18 200 Freestyle |
| | Boys 15-18 200 Freestyle |
| 53 | Girls 11-12 50 Butterfly |
| | Boys 11-12 50 Butterfly |
| 55 | Girls 13-14 400 IM |
| | Boys 13-14 400 IM |
| 57 | Girls 15-18 400 IM |
| | Boys 15-18 400 IM |
| 59 | Girls 11-12 400 Medley Relay |
| | Boys 11-12 400 Medley Relay |
| 61 | Girls 13-14 400 Medley Relay |
| | Boys 13-14 400 Medley Relay |
| 63 | Girls 15-18 400 Medley Relay |
| | Boys 15-18 400 Medley Relay |

ORDER OF EVENTS & QUALIFYING TIMES

FRIDAY

Session 7 Friday

13 & O Prelims

Starts at 8:15 AM

| LCM | Girls | Event | Boys | LCM | LCM | Girls |
|---------|-------|------------------------|------|---------|---------|-------|
| 1:12.99 | 73 | 13-14 100 Backstroke | 74 | 1:08.99 | 35.49 | 77 |
| 1:12.69 | 75 | 15-18 100 Backstroke | 76 | 1:06.69 | 39.79 | 101 |
| 4:47.29 | 79 | 13-14 400 Freestyle | 80 | 4:32.49 | 4:58.29 | 83 |
| 4:46.99 | 81 | 15-18 400 Freestyle | 82 | 4:28.89 | 5:33.09 | 103 |
| 2:57.19 | 85 | 13-14 200 Breaststroke | 86 | 2:47.59 | 1:25.79 | 89 |
| 2:56.29 | 87 | 15-18 200 Breaststroke | 88 | 2:40.79 | 1:37.19 | 105 |
| 1:10.99 | 91 | 13-14 100 Butterfly | 92 | 1:06.19 | x | 107 |
| 1:09.89 | 93 | 15-18 100 Butterfly | 94 | 1:03.69 | | |

Session 8 Friday

12& U Prelims

Starts at 12:30 PM

| Event | Boys | LCM |
|-----------------------------|------|---------|
| 11-12 50 Backstroke | 78 | 35.19 |
| 10 & Under 50 Backstroke | 102 | 39.79 |
| 11-12 400 Freestyle | 84 | 4:53.59 |
| 10 & Under 400 Freestyle | 104 | 5:31.49 |
| 11-12 100 Breaststroke | 90 | 1:25.79 |
| 10 & Under 100 Breaststroke | 106 | 1:37.99 |
| 10 & U 400 Freestyle Relay | 108 | X |

Friday Finals

Starts at 5:30 PM

Event

| | | |
|----|---------------------------------|-----|
| 73 | Girls 13-14 100 Backstroke | |
| | Boys 13-14 100 Backstroke | 74 |
| 75 | Girls 15-18 100 Backstroke | |
| | Boys 15-18 100 Backstroke | 76 |
| 77 | Girls 11-12 50 Backstroke | |
| | Boys 11-12 50 Backstroke | 78 |
| 79 | Girls 13-14 400 Freestyle | |
| | Boys 13-14 400 Freestyle | 80 |
| 81 | Girls 15-18 400 Freestyle | |
| | Boys 15-18 400 Freestyle | 82 |
| 83 | Girls 11-12 400 Freestyle | |
| | Boys 11-12 400 Freestyle | 84 |
| 85 | Girls 13-14 200 Breaststroke | |
| | Boys 13-14 200 Breaststroke | 86 |
| 87 | Girls 15-18 200 Breaststroke | |
| | Boys 15-18 200 Breaststroke | 88 |
| 89 | Girls 11-12 100 Breaststroke | |
| | Boys 11-12 100 Breaststroke | 90 |
| 91 | Girls 13-14 100 Butterfly | |
| | Boys 13-14 100 Butterfly | 92 |
| 93 | Girls 15-18 100 Butterfly | |
| | Boys 15-18 100 Butterfly | 94 |
| 95 | Girls 11-12 400 Freestyle Relay | |
| | Boys 11-12 400 Freestyle Relay | 96 |
| 97 | Girls 13-14 400 Freestyle Relay | |
| | Boys 13-14 400 Freestyle Relay | 98 |
| 99 | Girls 15-18 400 Freestyle Relay | |
| | Boys 15-18 400 Freestyle Relay | 100 |

2014 Eastern Zone Maximum Times for Zone Meets

| Women | | Event | Men | |
|----------|----------|-----------------------|----------|----------|
| SCY | LCM | | LCM | SCY |
| 22.89 | 26.69 | 50 Freestyle | 24.09 | 20.59 |
| 49.89 | 57.79 | 100 Freestyle | 52.19 | 44.59 |
| 1:47.79 | 2:04.69 | 200 Freestyle | 1:54.69 | 1:38.79 |
| 4:49.09 | 4:22.19 | 400 Freestyle | 4:03.59 | 4:29.29 |
| 9:58.79 | 9:00.29 | 800 Freestyle | 8:24.69 | 9:15.19 |
| 16:35.89 | 17:14.29 | 1500 Freestyle | 16:08.09 | 15:37.49 |
| 54.69 | 1:04.59 | 100 Backstroke | 58.99 | 49.89 |
| 1:58.09 | 2:18.69 | 200 Backstroke | 2:07.39 | 1:48.39 |
| 1:03.09 | 1:13.49 | 100 Breaststroke | 1:06.29 | 55.99 |
| 2:15.89 | 2:38.69 | 200 Breaststroke | 2:23.69 | 2:01.59 |
| 54.19 | 1:02.59 | 100 Butterfly | 56.69 | 49.19 |
| 1:59.59 | 2:17.39 | 200 Butterfly | 2:05.49 | 1:48.29 |
| 2:00.99 | 2:21.39 | 200 Individual Medley | 2:08.69 | 1:49.29 |
| 4:15.59 | 4:58.09 | 400 Individual Medley | 4:33.89 | 3:53.49 |

Comments:

1. The SCY and LCM times are based upon the 2014 Summer Junior National Championship qualifying times.
2. SCM times were removed at the direction of the Zone Directors.
3. Athletes who have competed in an Individual Event at the USA Swimming National Championships, the USA Swimming Spring Championships, U.S. Open, the USA Swimming Junior Championships or a USA Swimming Trials Class meet are not eligible to enter and compete at an EZ AG Championship meet.
4. Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the above meets (see F.5d) prior to the entry deadline for the EZ meet, may not enter and compete in an EZ AG Championship meet.
5. Athletes 12 years of age or younger who have achieved a qualifying time in an individual event for any of the above meets (see F.5d), but have not competed in that event at the stated meet, may enter and compete in that event in an EZ AG Championship meet.

Instructions and Guidelines for Swimmers with Disabilities

- Each LSC may bring two (2) swimmers with disabilities age 12 & under, and two (2) swimmers age 13- 18 to the meet. These adapted swimmers are in addition to the swimmers who have qualifying times for the meet events. Each LSC may select the adapted swimmers at their own discretion.
- 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. This information can be e-mailed, but ALL of the information on the entry form must be included in the e-mail. The classification of swimmer with a disability is irrelevant.
- 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 of any disability-related accommodations he /she may need in order 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. These options include:
 - seeding the swimmer with others of the appropriate gender,
 - allowing the swimmer to compete half the distance of their age group (swim the 100 meter. backstroke during the 200 meter. 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 meter freestyle with the 10 & U age group), or
 - 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 is the swimmer's responsibility 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 s/he actually competed.

LSC ENTRY CERTIFICATION FORM

LSC _____

I certify that all swimmers from the _____ LSC entered in the Eastern Zone Long Course Age Group Championship meet:

- are current members of the _____ LSC and USA Swimming.
- that all entry times were achieved at sanctioned, approved or observed meets.
- that no swimmer entered in this meet by _____ LSC
 - Has participated in an individual event at a USA Swimming Junior, National, Open or Trial class meet,
 - If 13 years of age or older, has achieved a qualifying time in an individual event for one of the above listed meets, or
 - If 12 years of age or younger, is entered in an individual event in which s/he has qualified and competed at one of the above listed meets.

I further certify that all coaches from this team who will attend this meet hold current USA Swimming coaching credentials.

LSC officer's Signature _____

LSC officer's Name (please print) _____

Current LSC office _____

VA SWIMMING GUIDELINES FOR PHOTOGRAPHERS AT MEETS

In order to clarify the requirements for photographers, both professional and team designated, the following guidelines have been developed:

- The meet host has the prerogative to decide if photographers will be allowed on the deck of the pool.
- Any professional photographer allowed at the meet must provide proof of liability insurance to the Meet Director and must also have parental permission of any athlete he or she photographs.
- If the meet host chooses to allow team photographers, the individual serving in that capacity must
 - Be a registered, card carrying member of USA-S. Membership card must be visible at all times while on deck.
 - Present the completed Team Photographer Identification Form to the Meet Director. This form will be available from the Meet Director and must be signed by the head coach or team president. Teams should request the form from the meet director at least three days prior to the beginning of the meet.
- It is the responsibility of the Meet Director and Meet Marshals to ensure that photographers do not impede the progress of the meet in any way and follow the Virginia Swimming Policies governing photography.

J. MEET SAFETY

3. Photography will not be permitted behind the starting blocks. Individuals who violate of the above photography restrictions may be asked by the Meet Director to leave the pool venue.

TEAM PHOTOGRAPHER IDENTIFICATION

NAME: _____ TEAM: _____

ADDRESS: _____

PHONE NUMBER: _____ CELL PHONE: _____

SIGNATURE OF TEAM REPRESENTATIVE

POSITION

EASTERN ZONE LONG COURSE CHAMPIONSHIP

Head Coach/Team Manager Code of Conduct

I have read and understood Articles 304 and 305 of the USA Swimming Rulebook. I understand actions meant to demean or harm other athletes, coaches, officials, and spectators will not be tolerated. I understand that facility damage and theft are not acceptable actions and will not be tolerated. I will do my best to make sure my team is under direct supervision at all times. I will do everything in my power to make sure that the team acts accordingly during the course of the meet. I understand that any infraction could lead to expulsion from the event and facility for individuals and or my team.

| | | |
|--------------|------------|------|
| Team Manager | Head Coach | Date |
|--------------|------------|------|

| | |
|------------|------------|
| Print Name | Print Name |
| Signature | Signature |

All Codes of Conduct must be turned in by the conclusion of the Team Managers/Coaches Meeting.

**2014 Hotel List for Eastern Zone LC Summer Championship held at CSAC Pool
5050 Ridgedale Parkway, Richmond, Virginia, 23234**

Comfort Inn Corporate Gateway, 8710 Midlothian Tpk, Richmond, VA 23235
804.320.8900 4.6 miles to pool

Courtyard Marriott Chester, 2001 West Hundred Rd, Chester, VA 23836
804.414.1010 8.6 miles to pool (group meeting facilities)

Doubletree Hotel Downtown, 301 West Franklin Street, Richmond, VA 23220
804.644.9871 6.9 miles to pool (banquet facilities)

Hampton Inn Richmond South, 4300 Commerce Rd, Richmond, VA 23234
804.743.3550 3.7 miles to pool (close, limited dining)

Hampton Inn, 800 Research Rd., Richmond, VA 23236
804.897.2800 7 miles to the pool

Hampton Inn, 3620 Price Club Boulevard, Midlothian, VA 23112
804.675.0000 8.2 miles to the pool

Hilton Garden Inn at Richmond, 501 East Broad St, Richmond, VA 23219
804.344.4300 7 miles to pool (banquet facilities)

Holiday Inn Express and Suites Brandermill, 5030 W. Village Green Drive, Midlothian, VA 23112
804.744.7303 8.2 miles to pool

Holiday Inn Koger Center, 1021 Koger Center Boulevard, Richmond, VA
804.379.3800 7 miles to pool (banquet facilities)

Homewood Suites Richmond / Chester, 12810 Old Stage Road, Chester, VA 23836
804.751.0010 8.7 miles to pool

Hyatt Place Richmond Arboretum, 201 Arboretum Place, Richmond, VA 23236
804.560.1566 5 miles to pool (group meeting facilities)

Omni Richmond Hotel, 100 South 12th Street, Richmond, VA 23219
804.344.7000 6.6 miles to pool (banquet facilities)

Richmond Marriott, 500 East Broad Street, Richmond, VA 23219
804.643.3400 7 miles to pool (banquet facilities)

Sheraton Park South Hotel, 9901 Midlothian Turnpike, Richmond, VA 23235
804.323.1144 5.9 miles to pool (banquet facilities)