



## 2016 SPEEDO SECTIONALS AT SPIRE INSTITUTE

Hosted by The Lake Erie Silver Dolphins

CENTRAL ZONE SECTIONAL 3 - LCM

March 31 – April 3, 2016

Held Under the Sanction of USA Swimming #LE 15071 SS

Time Trials # LE 15072 SS



### DATES

Thursday, March 31 - Sunday, April 3, 2016

Wednesday, March 30 - Afternoon: Team Warm-Ups

### HOSTED BY Lake Erie Silver Dolphins

Event/Team Website: [www.LESD.org](http://www.LESD.org)

### LOCATION

Facility: SPIRE Institute Aquatic Center

Address: 5201 SPIRE Circle

Geneva, OH 44041

Phone #: 440-466-1002

Website: [www.spireinstitute.org](http://www.spireinstitute.org)

### TIME ZONE

Geneva, Ohio, is in the Eastern Time Zone. All times referenced in this document are Eastern Time.

### CONTACT INFORMATION

#### Meet Director

Sarah Tobin

440-552-7023

[Sarah.lesd@gmail.com](mailto:Sarah.lesd@gmail.com)

#### Meet Referee

Chuck Kunsman

330-592-9354

[Chuck163@yahoo.com](mailto:Chuck163@yahoo.com)

#### Local Officials' Coordinator

Al Kominek

440-255-9385

[allan\\_k2000@yahoo.com](mailto:allan_k2000@yahoo.com)

#### Entry Chairperson

Sarah Tobin

See above

#### Sectional Chairperson

Cindy Virdo

[cvirdo@aol.com](mailto:cvirdo@aol.com)

### RULES

Current USA Swimming rules will govern this meet.

*Conditions of Sanction:* At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm-down.

Coaches MUST display their current USA Swimming coach credentials to gain deck access. Meet management and/or the meet referee reserve the right to ask for coach credentials display and/or deny deck access if coach does not comply or card is no longer valid/current.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

Deck Changes are prohibited.

*Return to Play Law:* Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at <http://www.healthyohiprogram.org>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

It is understood and agreed that USA Swimming and Lake Erie Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

### FACILITY INFORMATION

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Where a moveable bulkhead is used, course measurement of the lane in which a record is set must be confirmed at the conclusion of the session during which the time was achieved.

*Competition Pool:* Indoor, 10-lane, 50-meter Myrtha pool. Water depth at the start end is 14' and 8.2' at the turn end. Competitor lane lines with Myrtha starting blocks, Colorado electronic timing equipment and scoreboard.

*Warm-Up Pool:* Continuous warm-up and warm-down in six-lane, 25-yard Myrtha pool with a depth ranging from 3'6"-6'. There is no diving permitted in this pool.

*Seating Gallery:* The spectator concourse will be open for seating 90 minutes before the start of each competition session. This seating gallery has a capacity of approximately 2,000 which includes a handicapped seating platform. All seating is general admission and available on a first-come basis. Saving of seats is prohibited. Please see page 5 for admissions details.

*Locker Rooms:* There are four athlete locker rooms on the deck level of the aquatic center, one of each gender adjacent to the 50 meter competition pool, and one of each



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gender adjacent to the 25 yard warm-up pool. Swimmers must provide their own locks; Lake Erie Silver Dolphins or SPIRE Institute are not responsible for lost or stolen items. There are also three private restrooms equipped with individual showers, located adjacent to the warm-up pool, for the exclusive use of adult participants. Additional restrooms are located on the upper concourse and entry level of the facility.

**Parking:** Parking will be in the adjacent parking lot at \$5 per day, cash only with in and out privileges. Prices are determined by SPIRE Institute. The host is unable to negotiate pricing or parking locations and receives no revenue from parking fees. Parking arrangements are subject to change based on SPIRE Institute activities. **Concessions:** SPIRE Institute operates a full service food court adjacent to the aquatic center available during competition sessions. The host has no control over the items available nor does the host receive any revenue from the sale of concession items.

**Participant Hospitality:** Coaches, officials, and volunteers will have access to the hospitality room located on the deck level of the facility accessible through a hallway leading into the facility. Menus and meal times will be posted throughout the event. There will also be an athlete hospitality area on the northwest corner of the deck behind the diving boards. All participants are invited to these areas during the venue hours of operations.

### Venue Rules & Procedures:

- Deck access is restricted to competing athletes, registered coaches, officials, and meet volunteers, all of whom must present their event credentials at the west deck entrances upon each entry. No parents, spectators, or members of the general public will be permitted on deck except at the request of meet officials or the meet director.
- All coaches, officials, and volunteers are required to show their event credential to gain deck access.
- First Aid/Training Needs: Lifeguards are trained to handle water emergencies and first aid on the deck.
- Ample team seating is available on the bleachers surrounding the pool deck. Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions and overnight for cleaning. Participants can also gain access into the spectator stands by presenting their event credential.
- Please keep all trash picked up in your area and stay away from restricted areas. If a swimmer is found in a restricted area, the swimmer will be asked to leave the facility and may be pulled from the remainder of the meet.

- Vandalism will not be tolerated. Any individual caught vandalizing the facility will be asked to leave the facility for the remainder of this meet.
- SPIRE Institute is a smoke-free campus.

**SCHEDULE** - All times are Eastern Time.

### Registration: March 30 – April 3

- Wednesday: 12-7 pm – *Lower Level Athlete Entrance*
- Thurs.-Sun: 7 am-End of Finals - *Lower Level Athlete Entrance*

### Warm-Ups, Start Times, & Meetings

#### Wednesday, March 30

- Open Warm-Up: 1-7 pm
- General Meeting: 5 pm- *Hospitality Room*

#### Thursday-Saturday, March 21 – April 3

- Prelim Warm up: 6-8:50 am
- Competition: 9 am
- Finals Warm up: 4-5:15 pm
- Competition: 5:30 pm

#### Saturday, April 2

Section 3 Coaches Meeting: *After Prelims- Hospitality Rm*

#### Sunday, April 3:

- Prelim Warm up: 6-8:50 am
- Competition: 9 am
- Finals Warm Up: 3-4:15 pm
- Competition: 4:30 pm

### GENERAL MEETING

Coaches should plan to arrive in time for the General Meeting, Wednesday, March 30, at 5:00 pm in the *Hospitality Room*. Coaches are responsible for all business conducted at this meeting and should send a representative if unable to personally attend. There will be a Section 3 Coaches meeting on Saturday, April 2, immediately after prelims in the *Hospitality Room*.

### ELIGIBILITY

All swimmers must be current athlete members of USA Swimming. On-site registration will not be available. This meet is open to all USA Swimming athletes registered both inside and outside the Central Zone. There is no limit on the number of accepted athletes outside the Central Zone.

Eligible swimmers must have achieved the relevant qualifying times within the qualifying period. Official time standards are included with this meet information. Please see page 8.

Teams may enter an unlimited number of relay-only swimmers. Names of relay-only swimmers must be listed on the original entry.



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Swimmers with a disability who have been classified may enter any events at this meet for which they have achieved a national disability championships qualifying time during the qualifying period. Final determination of seeding of swimmers with a disability will be made by the meet referee after consultation with the athletes and their coaches. Coaches and/or athletes must notify the referee at the time of entry so the swimmer may be seeded properly prior to the psych sheet being published.

### QUALIFYING PERIOD

The qualifying period is from January 1, 2015, through the entry deadline.

### REGISTRATION

Registration will begin on Wednesday, March 30, 2016, at 12 pm at the lower level athlete entrance of the aquatic center. Registration will be available at 7am each day of the meet at the lower level athlete entrance and will remain open until the end of the finals session each day.

All coaches desiring deck passes should be listed on the deck credential page in OME. Deck passes will cost \$10 and can be paid in OME. Coaches who do not register in OME can register at the meet. On site coach deck pass will cost \$20 (cash only). Coaches must present their valid coach membership cards or valid Deck Pass app screen, along with a photo ID, at registration in order to receive deck passes and the coach packet. Please note – the Wifi at SPIRE is not reliable; therefore, coaches should present their coach membership card or a screen shot of their deck pass app with their current certifications.

Each swimmer on deck at any time must be under the direct supervision of a USA Swimming member coach. Swimmers whose coaches are not present should arrange in advance for an assigned coach and plan to arrive at registration with that coach in order to obtain athlete meet credentials.

### ENTRY LIMITS and BONUS EVENTS

**Limits:** A swimmer may enter an unlimited number of individual events but may compete in no more than 6 individual events for the meet and in no more than 3 individual events per day including time trials. Swimmers will be limited to two time trials for the meet. Time trials will NOT count in the 6 individual event limit for the meet.

**Bonus Events:** Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus event(s) so that the total of individual events (qualified swims plus bonus swims) does not exceed 4 for the meet. (i.e. 1 qualified and 3 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). Swimmers entering bonus events may be entered at their actual time or at NT. Please be certain to check the box indicating “bonus” for each

event that is a bonus entry. When entering a NT, OME time must be entered as 59:59.59.

### MEET FORMAT

This meet will be conducted in long course meters and is a 4-day competition with prelims and finals sessions each day. Relays and distance freestyles will be conducted as timed finals. In all other events, four heats of swimmers from preliminaries will advance to finals where A, B, C, and D heats will be contested in those events. The A and B finals will consist of the top 20 swimmers from prelims. The C finals will be the next 10 fastest 18 & Under athletes while the D finals will be the next 10 fastest 16 & Unders. If there are not enough 16 & Under athletes to fill the D final, that heat can be filled with 18 & Unders seeded in any available lanes. The Section reserves the right to flight prelims based on entries and timelines. Order for finals will be as follows: C, B, A, D.

### ENTRY FEES

Individual Events: \$ 15.00  
Relay Events: \$ 25.00  
Time Trial Events: \$ 15.00

Surcharges: \$ 15.00

Breakdown of Surcharges

Section 3 – OME Fee: \$ 2.50  
Central Zone Sectional Fee: \$ 1.00  
Facility Surcharge/Rent: \$11.50

### ENTRY PROCEDURES

Entries must be submitted using USA Swimming's Online Meet Entry system at [www.usaswimming.org](http://www.usaswimming.org). Entries will be accepted beginning Sunday, February 1, 2016, through Tuesday, March 22, 2016, at 6:00 pm Eastern time. Please bring all communications with you to the meet in the event of a problem. After events are entered, times can be modified until OME closes on March 22, but events cannot be deleted after you have checked out.

The OME system processes payment by credit card and will accept Visa, MasterCard, American Express, and DiscoverCard. Upon payment, a confirmation email providing a receipt and summary of the events entered will be returned. Entries are not in the meet until payment has been processed; please be sure to check out properly. If you have technical questions regarding OME, please contact Anthony Buhr at USA Swimming ([abuhr@usaswimming.org](mailto:abuhr@usaswimming.org)). If you have event-related questions, please contact the meet entry chair.

### ENTRY PROCESS AFTER OME CLOSES\*\*

(All times are Eastern time.)

**Tuesday, March 22, 6:01 pm - Sunday, March 27, at 11 pm**  
Swimmers who achieve qualifying times after March 22, 2016, and before 11 pm on Sunday, March 27, 2016, may be



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entered in the meet or in additional events. Such entries may not be electronically entered and must be sent to *Entry Chair Sarah Tobin* ([sarah.lesd@gmail.com](mailto:sarah.lesd@gmail.com)) by 11 pm on Sunday, March 27. Do not send a revised entry file attachment. **Proof of time must be brought to the meet along with a valid USA membership card and payment.**

### LATE ENTRIES\*\*

**A team who has inadvertently missed entering a swimmer and/or an event may do so after the March 27, 2016, deadline by paying the following fees:**

- **\$100.00 Administration Fee (per team)**
- **Double the entry fee per individual event and/or relay event**
- **Must be done no later than 15 minutes before the March 30 General Meeting with proof of time; no entries will be taken after that time.**

\*\*Any entry/administrative fees for late entries or qualifying times achieved after OME closes are due to the meet entry chair 15 minutes prior to the start of the General Meeting on Wednesday (4:45pm). Payment must be either in cash or check made payable to LESD Boosters Club. No credit cards for entry fees will be accepted on site.

A **psych sheet** will be sent via email to all entered clubs by Monday, March 28, 2016. Teams are responsible for reviewing the psych sheet for errors and for proof of time (\*) or registration problems (#). Bonus events will be noted with a "B" next to the time on the psych sheet.

### PROOF OF TIME

Acceptable verifications for any individual events not pre-proven AND all relay proofs must be official results from: USA Swimming sanctioned or approved meets; College, High School, Junior High, YWCA or YMCA, or Masters meets sanctioned by their respective governing organizations.

If you override a time not in the SWIMS database, please send proof of time to the meet entry chair. Contact information is below:

Meet Entry Chair:  
Sarah Tobin  
440-552-7023  
[Sarah.lesd@gmail.com](mailto:Sarah.lesd@gmail.com)

Times not proven will be flagged on the psych sheet (\*). **Proof of time must be provided before the scratch deadline for that event. If NO proof of time is provided, the swimmer will be scratched from the event.**

**The responsibility of proving times lies with the entering club. Verification / Proof of Time must be accordance with the type of time entered (LCM, SCY, SCM).**

### TIME TRIALS

Time trials will be available for swimmers participating in the meet starting 15 minutes after the conclusion of preliminaries on Thursday, Friday, Saturday, and Sunday. Events from the current day will be swum first, with events for subsequent days following in order. Time trials will be limited to 1 hour. Time trials for events 800m and longer will be limited to one day. Teams will be informed of the distance time trial event day at Wednesday's General Meeting. If on any day, preliminary sessions end less than 45 minutes before the start of finals warm-ups, time trials will not be conducted on that day. On a given day, time trial events must be included in the individual event limit of three.

Sign up for time trials will be taken at the clerk of course located on the pool deck near the start end of the pool until 10:30am each day.

Fees: Individual Events: \$15.00; Relays: \$25.00

Time trial fees are payable in cash or check made payable to The LESD Boosters Club.

### MEET CONDUCT

**Rules:** The meet will be conducted according to USA Swimming rules and regulations.

**Seeding:** Seeding order: Long Course Meters, Short Course Meters, Short Course Yards, NT. Ten lanes will be used at finals.

**Scratch Rule:** National scratch procedures (207.11.6) will be observed. Additionally, a non-refundable \$100.00 fine will be assessed to a club for each swimmer failing to compete in Sunday finals without scratching, except as noted in 207.11.6 E, Exceptions for Failure to Compete.

The scratch box will be available at Registration on Wednesday, at the General Meeting, and at the clerk of course thereafter.

Check-in for events requiring positive check-in will be available at Registration, at the General Meeting, and at the clerk of course thereafter. Check-in must be completed by the scratch deadline for the event or the swimmer/relay will not be seeded.

Scratch Deadlines:

Thursday's events: 15 minutes after conclusion of the General Meeting on Wednesday, March 30

All other days' events: 6:00 pm the prior evening

The money for scratched events is NOT refundable.

Coaches/swimmers that have events requiring a positive check-in (relays and distance freestyle) may check-in via email to *entry chair Sarah Tobin* at [Sarah.lesd@gmail.com](mailto:Sarah.lesd@gmail.com) if they will not be arriving prior to the applicable scratch deadline for that event.



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### RELAYS

Positive check-in for relays is required. Relays must be checked in prior to the scratch deadline in order to be seeded. Only two relays can score from each team. All relays are timed finals. All 400 Free Relays and 800 Free Relays will be swum in finals. The 800 Free Relays will be swum fastest to slowest. There will be a 10-minute break before the start of the women's and men's 800 Free Relay events. The 400 Free Relay will be swum as the 2 fastest heats of women, then the 2 fastest heats of men. Those relays will then alternate women and men, fastest to slowest, after the first 2 heats of each.

The 200 Free Relay and 200 Medley Relay will be swum in prelims in event order (women then men) slowest to fastest. On Sunday, all heats of the 400 Medley Relay will be swum in the prelims session in event order (women then men), slowest to fastest.

Relay cards will be available at the clerk of course during warm-up each morning. Coaches must list swimmers' first and last names and swimming order on the cards and return the cards to the clerk of course one hour prior to the projected relay start time. The cards may be changed up until the relay swim.

### DISTANCE FREESTYLE

Entrants in the 800 and 1500m Freestyle events must check in prior to the scratch deadline in order to be seeded. If a swimmer fails to check in by applicable deadline(s), they will only be allowed to swim IF there is an empty lane (no new heat will be created). Thursday distance swimmers (W800/M1500) not wanting to swim the event during the final session should declare they will swim in prelims by 15 minutes after the conclusion of the General Meeting on Wednesday, March 30.

Sunday distance swimmers (W1500/M800) not wanting to swim the event during the final session should declare they will swim in prelims by Saturday 6pm. Check-in will be available at the registration table prior to the General Meeting, at the General Meeting, and at the clerk of course after the General Meeting.

Thursday distance events (W800/M1500) will be swum fastest to slowest alternating women and men. The fastest heat of the Women's 800 and Men's 1500 will swim in finals.

Sunday's distance events (W1500/M800) will be swum fastest to slowest alternating women and men. The fastest heat of the Women's 1500 and the Men's 800 will be swum in finals. Any swimmers who enter the Women's 1500 or the Men's 800 should declare at check-in that they do not wish to swim the event in the finals session by writing a P for prelim on the check-in sheet next to their names. Swimmers should anticipate that many people seeded ahead of them

may opt out of finals and should also indicate with a P that they do not wish to swim the event at finals.

All distance events counters must be individuals who are credentialed for this event. Spectators will not be permitted on deck as counters.

### READY ROOM

A ready room/area (located on the deck near the warm-up pool) will be provided each evening for the championship heat in all individual events and the top seeded heat of distance freestyles. Swimmers should report to the ready room 10 minutes prior to the start of their event so they may march to the starting blocks together.

### LENGTH OF SESSION

If the length of a session requires, some bonus event swims may be swum at the end of the session and before time trials. Additionally, the Section reserves the right to flight prelims based on the number of entries and projected length of session. Information regarding this will be posted on the event web site by Monday, March 28.

### WARM –UP PROCEDURES

Specific details of warm-ups can be found on page 9 and will be posted on the pool deck and included in the coaches' packets. Meet marshals will be monitoring lane usage based on the published schedule. Participants are expected to comply with all lane control signage and marshal requests. The 25-yard warm-up pool will be available for warm-up and warm-down during all venue hours of operation (page 2). Pace and circle swimming only will be allowed in the warm-up pool. Signage will designate the use of each lane.

### SCORING

The meet will score to 20 places.

24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1  
Relays will score double.

### AWARDS

Medals for 1<sup>st</sup>-10<sup>th</sup> place will be given in individual and relay events. However, only the top 3 finishers will be presented their medals during the awards ceremonies. All other medals will be distributed to coaches at the clerk of course at the conclusion of finals each evening.

The schedule for the awards ceremonies will be distributed and discussed at the General Meeting.

At the conclusion of the meet, awards will be presented to the top team in each of the following categories: Combined, Men's, Women's.

Awards will also be presented for men's and women's individual high point at the conclusion of the meet.



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### TICKET & HEAT SHEET SALES

Lake Erie Silver Dolphins will be offering pre-sale tickets at reduced rates for all-session passes only. Single session tickets and day passes (prelims and finals of the same day) will be sold at the venue. All tickets are for general admission seating (no reserved seating) in the seating gallery. However, the handicapped seating area is reserved for handicapped guests.

Pre-sale all-session tickets may be ordered online from the host event/team website, [www.lesd.org](http://www.lesd.org), under the 2016 Speedo Sectional button. Additional information can be found on page 10 of this document. All-session tickets sold in pre-sales will be held at will-call onsite for pickup during the event. Pre-sale tickets must be ordered by March 15, 2016. All major credit cards will be accepted.

#### Pre-Sale Ticket Prices (\*includes heat sheet)

All-Session Pass: \$35.00\*

All-Session Pass Child (6-12): \$20.00

Will-call pick-up and on-site ticket sales will be available on Wednesday, March 30, from 1:00pm – 7:00pm.

On competition days, on-site ticket sales/will-call will begin 90 minutes before the start of each session near the entry door to the seating gallery. Only cash (no checks) will be accepted for on-site sales.

#### On-Site Ticket Prices

All-Session Pass: \$40.00\*

All-Session Child (6-12): \$24.00

Day Pass (prelims & finals of the same day): \$12.00\*

Prelims: \$ 7.00 adults/6-12 yrs \$3.00

Finals: \$ 6.00 adults/ 6-12 yrs \$3.00

Children under 6 are free.

\*Includes heat sheet

#### Heat Sheet Prices

Prelims Heat Sheets: \$3.00

Finals Heat Sheets: \$2.00

### OFFICIALS NATIONAL CHAMPIONSHIP CERTIFICATION

The meet is designated as an "Officials Qualifying Meet" under the national certification procedure. Evaluations will be offered through N3 for eligible officials assigned to work the meet. Please see USA Swimming website – Members Resources/Officials Tracking/Certification section to view the latest procedures regarding evaluation and certification.

Note: To be evaluated for certification or re-certification at any level, an official must work at least 4 sessions at the meet, even if the evaluation requirement is for only 2 or 3 sessions in a specific position.

First priority for assigned positions will be given to those seeking certification as well as a commitment to working all sessions of the meet. This better serves the athletes and provides a consistent training experience.

**Officials interested in officiating at the meet should visit the Central Zone website ([www.centralzones.org](http://www.centralzones.org)) and submit an application.**

Officials' Uniforms: Officials are asked to wear white shirts and navy bottoms.

Officials' briefings will be held one hour prior to the beginning of each session in the upstairs mezzanine level meeting area.

### UNPAID FINES

Host will send a notification of fine for failure to compete without scratching to the offending club listing the amount owed, purpose of the fine, directions for payment, and the payment deadline (which may include a penalty if not paid by the deadline). A copy of this notification will also be sent to the current Section 3 chairperson Cindy Virdo. If the fine remains unpaid by the specified deadline, the offending club will be denied representation in any subsequent Sectional meet until the amount has been paid.

### FINE APPEAL PROCESS

Clubs may appeal the fine and/or penalty by submitting a written notice to the current chair Cindy Virdo, [cvirdo@aol.com](mailto:cvirdo@aol.com). The chairperson will appoint a hearing body made up of one representative from each of the Section 3 LSCs plus one athlete at-large. Any further appeal shall be presented to the National Board of Review.

### GENERAL INFORMATION

**HOTELS:** SPIRE Institute has obtained hotel blocks at various properties conveniently located to the SPIRE Aquatic Center at preferred pricing. A list of local hotels can be found at: [http://www.spireinstitute.org/travel/visitor\\_hotels](http://www.spireinstitute.org/travel/visitor_hotels). In order to obtain the discounted rates, you MUST mention SPIRE Institute when calling to make your reservation. Cut-off dates for most properties are 30 days out from the competition.

For any questions or assistance with hotel reservations, please contact Mike Miller at (440) 466-1002 x 135 or [mmiller@spireinstitute.org](mailto:mmiller@spireinstitute.org).

*Marriott is a proud sponsor of USA Swimming.*

**VENDORS:** D&J Sports will be the official swimwear vendor for this meet and will provide a wide selection of swim apparel, including meet shirts, and equipment for purchase by participants. Plan now to stop by and visit our meet vendors.



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### ORDER OF EVENTS

**2016 Speedo Champions Series - Central Region: Section 3 (Open to all LSCs)**

**SPIRE Institute Aquatic Center - Geneva, OH**

**March 31 – April 3, 2016**

*This is an open competition swum in long course meters.*

*Please note that HOST is on Eastern Time*

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
<b>Warm Ups: 6-8:50am</b>		<b>Thursday Events</b>		<b>Warm Ups: 4-5:15pm</b>	
<b>Meet Starts: 9am</b>				<b>Meet Starts at 5:30pm</b>	
3	200 Backstroke	4	**2	800 Freestyle	
5	50 Freestyle	6	3	200 Backstroke	4
8	200 Breaststroke	9	5	50 Freestyle	6
	200 Freestyle Relay Men	*1		1500 Freestyle	**7
**2	800 Freestyle		8	200 Breaststroke	9
	1500 Freestyle	**7	***10	800 Free Relay Women	
<b>Warm Ups: 6-8:50am</b>		<b>Friday Events</b>		<b>Warm Ups: 4-5:15pm</b>	
<b>Meet Starts: 9am</b>				<b>Meet Starts at 5:30pm</b>	
*11	200 Medley Relay	*12	13	200 Freestyle	14
13	200 Freestyle	14	15	100 Butterfly	16
15	100 Butterfly	16	17	400 I.M.	18
17	400 I.M.	18	****19	400 Free Relay	****20
<b>Warm Ups: 6-8:50am</b>		<b>Saturday Events</b>		<b>Warm Ups: 4-5:15pm</b>	
<b>Meet Starts: 9am</b>				<b>Meet Starts at 5:30pm</b>	
*21	200 Freestyle Relay Women		22	100 Backstroke	23
22	100 Backstroke	23	24	400 Freestyle	25
24	400 Freestyle	25	26	100 Breaststroke	27
26	100 Breaststroke	27	28	200 Butterfly	29
28	200 Butterfly	29		800 Free Relay Men	***30
<b>Warm Ups: 6-8:50am</b>		<b>Sunday Events</b>		<b>Warm Ups: 3-4:15pm</b>	
<b>Meet Starts: 9am</b>				<b>Meet Starts at 4:30pm</b>	
33	200 I.M.	34	33	200 I.M.	34
37	100 Free	38	**35	1500 Freestyle	
*31	400 Medley Relay	*32		800 Freestyle	**36
**35	1500 Freestyle		37	100 Free	38
	800 Freestyle	**36			

\* Timed Finals with these relays swum during prelims sessions, slowest to fastest in event order.

\*\* Distance events (800/1500) will be swum fastest to slowest alternating women and men with the fastest heat of each swum in finals.

\*\*\*Timed finals with these relays swum during finals session, fastest to slowest

\*\*\*\* Timed Finals with these relays swum during the finals sessions; the 2 fastest heats of women, then the 2 fastest heats of men alternating women then men after the first 2 heats of each.



## 2016 SPEEDO SECTIONALS AT SPIRE INSTITUTE

Hosted by The Lake Erie Silver Dolphins

CENTRAL ZONE SECTIONAL 3 - LCM

March 31 – April 3, 2016

Held Under the Sanction of USA Swimming #LE 15071 SS

Time Trials # LE 15072 SS



### Meet Time Standards

Qualifying Period: January 1, 2015, through the entry deadline for Spring Meet

\*\* For the Spring meet there are no bonus time standards. \*\*

WOMEN		Event	MEN	
SCY	LCM		LCM	SCY
24.99	28.49	50 FREE	25.69	22.39
54.19	1:01.19	100 FREE	55.99	48.59
1:56.69	2:11.89	200 FREE	2:01.89	1:45.89
5:08.99	4:36.09	400/500 FREE	4:16.89	4:46.39
10:38.29	9:31.89	800/1000 FREE	9:00.49	9:57.99
17:49.89	18:15.59	1500/1650 FREE	17:20.99	16:43.89
1:00.79	1:10.09	100 BACK	1:03.19	55.39
2:10.59	2:29.69	200 BACK	2:18.59	1:58.79
1:08.59	1:18.59	100 BREAST	1:11.99	1:01.59
2:27.69	2:48.79	200 BREAST	2:36.19	2:13.79
59.49	1:07.29	100 FLY	1:00.59	53.29
2:11.19	2:27.49	200 FLY	2:16.19	1:59.29
2:11.89	2:29.59	200 IM	2:17.69	1:59.39
4:37.69	5:15.99	400 IM	4:55.79	4:16.99
3:41.99	4:09.99	400 FREE RELAY	3:50.99	3:18.99
7:45.99	8:50.99	800 FREE RELAY	8:15.99	7:13.99
4:05.99	4:40.99	400 MEDLEY RELAY	4:17.99	3:42.99
<b>200 Medley and 200 Free Relays use the 400 relay time standards. If you have the cut in the 400 relays, you are eligible for the 200 relays.</b>				





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### WARM-UP SCHEDULE FOR COMPETITION POOL

TIME	LANES	ACTIVITY
<b><u>PRIOR TO HEATS</u></b>		
6:00 – 7:30 AM	All Lanes	General Warm-Up; circle swimming only
7:30 – 8:00 AM	Lanes 0,9	Pace Lanes; push off only, circle swimming only
	Lanes 1 - 8	General Warm-Up; circle swimming only
8:00 – 8:50 AM	Lanes 0,9	Pace Lanes; push off only, circle swimming only
	Lanes 1,8	Sprint Lanes; one way only with racing start from starting end of the pool**
	Lanes 2-7	General Warm-Up; circle swimming only
<p><b>**Note:</b> Additional sprint lanes will be opened by meet officials as required in the following order: 2,7,3,6. On Thursday (50 M Free day), Lanes 2 and 7 will be one-way sprints with racing starts from the scoreboard end of the pool.</p>		
<b><u>PRIOR TO FINALS*</u></b>		
<p><i>(The last 60 minutes of warm-ups in the competition pool are reserved for those swimmers competing in that day's finals events)</i></p> <p><b>*On Sunday, all warm-up times will be one hour earlier because of 4:30 PM start time.</b></p>		
Until 4:00 PM*	Lanes 0,9 Lanes 1 - 8	Pace Lanes; push off only, circle swimming only General Warm-Up; circle swimming only
4:00 – 4:30 PM*	Lanes 0,9	Pace Lanes; push off only, circle swimming only
	Lanes 1 - 8	General Warm-Up; circle swimming only
4:30 – 5:15 PM*	Lanes 0,9	Pace Lanes; push off only, circle swimming only
	Lanes 1,8	Sprint Lanes; one way only with racing start from starting end of the pool**
	Lanes 2-7	General Warm-Up; circle swimming only
<p><b>**Note:</b> Additional sprint lanes will be opened by meet officials as required in the following order: 2,7,3,6. On Thursday (50 M Free day), Lane 7 will be one-way sprints with racing starts from the scoreboard end of the pool.</p>		

#### **General Considerations:**

- 1) Please follow the established schedule. If you believe special circumstances exist, or additional sprint lanes are needed, please contact the officials on deck.
- 2) Coaches should maintain contact with their swimmers as much as practical throughout the warm-up period.
- 3) Swimmers should enter the pool feet first, using a three point entry
- 4) Swimmers & coaches, please cooperate with marshals regarding procedures.
- 5) In Sprint Lanes, racing start from starting end of the pool (except lanes 2 and 7 on the day of 50 events) and swim one length only, with turn if desired, and exit from opposite end. Swimmers should not step up on the blocks when a backstroker is preparing to start.



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## **PRE-SALE ORDER SPECTATOR TICKETS**

### **PRE-SALE ALL-SESSION TICKETS:**



All-Session Pass with Heat Sheet \$35 each (\$40 onsite)

All-Session Child (6-12) \$20 each (\$24 onsite)

**Go to [www.lesd.org](http://www.lesd.org) to order your pre-sale all session tickets by March 15.** From the team homepage click on the 2016 Speedo Sectional button on the right navigation bar. The Speedo Sectional Page includes a link for pre-ordering tickets, along with other important meet information. Credit card (Mastercard, Visa and Discover) will be accepted for online orders.

During the event, only cash will be accepted for the purchase of tickets. The facility also charges for parking separate of spectator admission. Parking will be in the adjacent parking lot at \$5 per day, cash only with in and out privileges.