2013 Central Zone 14 & Under Age Group Long Course Championship
SPIRE Institute Aquatic Center, August 2-4, 2013

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SPIRE Institute Aquatic Center, Geneva, OH, August 2-4, 2013

NOTE: This version of the Zone Meet information packet has been amended by Michigan Swimming to provide details needed by Michigan athletes who are planning to attend this meet. Team Michigan coaches should refer to the version of this meet packet on the Central Zone website for any additional information.

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, Inc. Sanction Number LE 1355L
RULES:	Current USA Swimming rules will govern the meet. 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.
TEAMS:	Illinois, Indiana, Lake Erie, Michigan, and Ohio
SPONSORED BY:	USA Swimming, USA Swimming Central Zone Committee, & Lake Erie Swimming, Inc.
HOSTED BY:	The SPIRE Institute and SPIRE Lake Erie Silver Dolphins. www.spireinstitute.org and www.LESD.org
MEET DIRECTORS:	Jim Bocci, 1822 South Broadway, Geneva, Ohio 44041 440-466-1002 ext 116, JBocci@SpireInstitute.org Marie Salibra 1638 Berkshire Road, Gates Mills, OH 44040 440-423-3852, Marie@Salibra.net
OFFICIALS:	Referee: Chuck Kunsman, 330-592-9354, chuck163@yahoo.com Championship Meet Coordinator: Tina McCauley, 330-418-0658, tina@b3aquatics.com Marshal: Jane Esselstyn
MEET SITE:	SPIRE Institute, 1822 South Broadway, Geneva, Ohio 44041
FACILITY:	**Competitive Pool:** The competitive swimming pool measures 10 lanes by 50 meters with 2 moveable bulkheads for subdivision of the pool. Colorado timing system and score board will be used for the meet. • **Pool Measurements:** The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. • **Water Depth:** The water depth of the competition pool measured for a distance of 3' 3 1/2" (1.0 meter to 16' 5" (5.0 meters) from the start wall is 14'0" and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" to 16' 5" (5.0 meters) is 8'2". USA-S Rule 202.3.4.D. • **Warm-up/ down pool:** The instructional pool adjacent to the main competition deck, which measures 25 yards by 6 lanes, will be used for continuous warming-up and warming-down. • **Spectator Seating:** The permanent seating capacity for spectators is

	1,200, with an additional 1,000+ temporary seating capacity in addition to handicapped seating. Elevator access is available to the spectator stands. • **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. • **The use of audio or visual recording devices**, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. USA-S Rule 202.3.4.E • •**The following items are not permitted** in the facility: Food, glass containers, coolers, lawn chairs, helium balloons and artificial noise makers. • **Locker Rooms:** Locker rooms are located on the pool deck level. Overnight locker space is not available. Belongings may be stored on deck in team areas. Spire Institute is not responsible for any lost or stolen items. • **First Aid/Training Needs**: Lifeguards are trained to handle water emergencies and first aid on the deck. Please report all first aid issues to the Aquatic Office located on deck. • **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. • **Concessions:** A food and drink concession is available for your convenience inside the Food Court.
WARM-UPS AND START TIMES:	***Age Groups 11-12 and 13-14*** **Prelims:** Friday Aug 2nd, Saturday Aug 3rd, Sunday Aug 4th: Warm-up 7:00AM; Meet Start: 8:40AM (EDT) **Finals** :Friday, Saturday, Sunday: Warm-up 4PM; Start 5:00PM (EDT) **Warm-ups** will 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 the conclusion of 10 and under session. **Finals** will start one hour after the start of warm-ups ***Age Group 10 & Under*** **Timed Finals:** Warm-up at the conclusion of the AM session. **Meet Start:** One hour later **Warm-ups:** for 10 & Under events may be split **Note:** Start times for the 10 & Under **sessions** will be announced to the coaches on Thursday, August 1, 2013 (EDT) and posted by Wednesday, July 31, 2013, 6:00PM (EDT) on www.spireinstitute.org and www.LESD.org and at the venue. **15 minute breaks** will be at the discretion of the Meet Referee
TEAM REGISTRATION:	A. Registration will be held at the SPIRE pool lobby, Thursday, August 1, 2013 from 1PM to 6PM. B. All teams should schedule their arrival to register during these hours. C. 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.
LIABILITY:	A. In granting this sanction, it is understood and agreed that USA-Swimming, Inc, Lake Erie Swimming, the Central Zone, all officials and SPIRE Lake Erie Silver Dolphins, shall be free from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduction of the meet. B. Damage to the facility, when proven, will cause the offending swimmer or swimmers, of the offending swimmer's LSC, to be accountable for repairs.
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, August 1, 2013 prior to the start of the Meet.
ATHLETE CONDUCT:	A. CODE OF CONDUCT and MEDICAL RELEASE are included with the meet information—see pages 14-16. 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 the 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. USA-S Rule 202.3.4.F.
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 competition shall be as of Friday, August 2, 2013. **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 August 3, 2012 and July 30, 2013. • 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. Short Course National Championships Summer National Championships Summer US Open 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.
RELAY ENTRIES:	A. Team Michigan coaches will determine relay make-up and swimming order; however, swimmers should complete the Availability for Relays Form (Page 18) to let coaches know which days they will be at the meet and available for relays. B. Team Michigan will not include any RELAY ONLY swimmers.
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. B. Each LSC may enter two (2) relays per relay event. C. No limit exists on the number of swimmers that an LSC may enter in an individual event.
ENTRY RESPONSIBILITY:	A. The LSC coach, LSC Entry Chair, 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 $1.00 per swimmer Central Zone surcharge $50.00 participation fee per swimmer. This will be used to defray the cost of coach travel and accommodations, the athlete party, relays and additional necessary expenses. **Make check payable to: MICHIGAN SWIMMING.**
ENTRY CHAIR:	Send entries to: Jan Cartmill 2900 Rodd St #1784 Midland, MI 48641-1784 231/690-5847 JBCartmill@gmail.com

ENTRY DEADLINE:	A. Entries may be submitted to the MS Zone Meet entry chair by your club meet entry coordinator or by athletes beginning July 5, 2013.
	• All entries for cuts earned prior to the MS 14 & U LCM State Meet must be received (either by mail or email) no later than Tuesday, July 23, 2013, 6:00 PM (EDT). No fax or telephone entries will be accepted.
	• Any entries submitted will not be considered as officially received until such time as the entry chair has received:
	  • (a) a hard copy of your entry,
	  • (b) the Swimmer With a Disability Entry Form, if applicable (Page 17)
	  • (c) each swimmer's signed Permission & Release Form (see Page 14),
	  • (d) each swimmer's signed Code of Conduct Form (see Page 16),
	  • (e) each swimmer's Availability for Relays Form (Page 18)

	and, • (f) a check for the entry fee made payable to MICHIGAN SWIMMING. B. There will be no deck entries at this meet.
ENTRY PROCEDURES:	A. The order of events and event numbers may be imported from the Michigan Swimming website (http://www.miswim.org) • All entries are subject to the following conditions: (1) the entry is in Hy-Tek format and is received by email on or before Tuesday, July 23, 2013, 6:00 PM (EDT), and (2) (a) through (f) in the ENTRY DEADLINE paragraph are received by Thursday, July 25, 2013, 6:00PM (EDT). (3) Send all email entries to JBCartmill@gmail.com. (4) All risks in delay of the receipt of the email by the entry chair by the entry date/cutoff due to network problems fall on the risk of the sender. IMPORTANT NOTE: Teams using Team Unify (TU) must e-mail a meet entry report along with the entry. Entries from a TU file cannot be imported directly into Hy-Tek Team Manager but instead must be keyed in manually. Meet Manager cannot be used for collecting entries for this meet (which is the usual case) because all entries must be submitted as one team under the LSC. Call me at 231-690-5847 with any questions about this. • If the entry must be submitted on paper, you may use the spreadsheet of your choice; however, it must be logically formatted and contain all pertinent entry information and supporting documents as in (b) through (f) above and it must be received on or before Tuesday, July 23, 2013, 6:00PM (EDT).] • The MS entry chair will check SWIMS to verify swimmers' times and eligibility before submitting the LSC's entries to the host. B. Each swimmer entry must include first and last names; age as of the first day of the meet and complete USA Swimming registration number. C. Entries for swimmers with a disability should be sent on a separate entry form indicating preference for seeding (see Appendix 2). D. A table will be set up at the 14 & Under Long Course State Championship Meet in Ypsilanti, MI on Sunday, July 28, 2013, to receive entries for any **NEW** Zone Meet qualifiers. We plan to arrive there by mid-morning. • All forms will be available at that time for swimmers and parents to sign. • WE WILL NOT BE TAKING TIME UPDATES AT THE STATE MEET—ONLY NEW ENTRIES. State Championship Meet Results will be used to update times.
ELIGIBILITY PROTESTS:	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 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 & U 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 IMs, 800 and 1500 Frees shall be swum in the preliminary session, 800s & 1500s 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 Meet Referee, Admin Referee and 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 2nd events will be Thursday, August 1, 2013, 15 minutes after the conclusion of the General Meeting. • Scratch deadline for Saturday, August 3rd events will be 30 minutes after the start of Friday evening August 2, 2013 finals. • Scratch deadline for Sunday, August 4th events will be 30 minutes after the start of Saturday evening August 3, 2013 finals. **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. Make checks payable to SPIRE Institute. • Meet Director is responsible for collecting these funds. • 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 Central Zone Championship Meets.
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:	Results will be posted and announced as follows: • 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

	• 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.
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. • Championship Finalists will be paraded to the blocks from the ready room 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. D. Team Awards: 1-3 combined points. E. 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.
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. General admission pricing for spectators is as follows: All-Session Pass: $35 includes a Meet program and heat sheets for all meet sessions Daily (all 3 sessions): $10 Finals Only: $5 Children ages 6 and Under will be admitted free of charge B. Parking is FREE.
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 August 1, 2013 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. • Each LSC is accountable for ALL information handed out at the General Meeting as well as all business conducted at the General Meeting.
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. Location to be announced. • Officials' uniform: White Polo shirt over navy pants/Skirt for finals. (Shorts Prelims) • Lake Erie Officials Chair: Robert Burwell, shortpar5@gmail.com
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.
Camera Zone:	Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still and video photography of a race or competitor may be taken. Acceptable Camera Zones may include, but are not limited to the side courses of a pool, team gathering areas, concession areas, the turn-end of the competition course when not in use as a start-end, etc. Meet Management shall also designate "No Camera Zones." Under NO circumstances will Camera Zones include locker rooms, rest rooms, any dressing areas, or 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.
Registration / Picture / Practice Times:	**Thursday August 1, 2013 – All Times are Eastern Daylight Times** **Picture cost will be supplied to LSC**

LSC	Registration & Team Assembly	PICTURES	PRACTICE
LE	10:00 AM -	10:30 AM	11:00AM –
OH	11:00	11:30AM	12:00PM –
MI	12:00 PM –	12:30PM	1:00 PM – 2:00
IL	1:00 PM – 1:30PM	1:30 PM	2:00 PM –
IN	2:00 PM – 2:30PM	2:30PM	3:00 PM – 4:00

Team Seating:	Athletes will be assigned bleacher areas on deck (by LSC) for team seating.
Hotel Information:	A block of 135 rooms has been reserved at the DoubleTree by Hilton Cleveland East/Beachwood at $109 plus current bed tax for single double or $119 plus tax for triple quad. Note that this facility is 35 minutes from the

	pool. To reserve the rooms at this special group rate, call 1 800-222-TREE and ask for the block reserved for Michigan Swim Athletics / Central Zone Meet 14 & U Age (Group Code MSA) or click on the following link to make reservations online: http://doubletree.hilton.com/en/dt/groups/personalized/C/CLECBDT-MSA-20130801/index.jhtml?WT.mc_id=POG **Reservations must be confirmed by July 11, 2013.** Also see page 17 and ClevelandEastBeachwood.DoubleTree.com for additional details. **NOTE:** The Firestone Golf Tournament and a special Hall of Fame Basketball Game hosted by LaBron James will be taking place in the area on the same weekend as this meet. Available hotels will be even harder to find once this block expires.
MEET WEBSITE:	Meet information will be accessible from www.centralzones.org and *www.Spireinstitute.org* or *www.LESD.org*
ATHLETE SOCIAL / COACH SOCIAL INFORMATION	**Athlete Social:** After the completion of each team's Thursday practice session, a team social/meal is being offered at in the dining facility adjacent to the pool. Athletes and their families are welcome to attend. Details are available from each LSC's Zone Coordinator, and reservations must be made with your LSC Zone Coordinator no later than July 30, 2013. Cost will be provided at a later time. **Coach Social:** Information will be provided time and place at coaches meeting.
ZONE APPAREL:	• Athletes may pre-order the Michigan Zone Team Apparel Package from Different Strokes—see the attachment which is being sent with this meet information. Note the deadlines and follow the directions for ordering. • Event shirts will be on sale at the meet from Swimville USA. Swimville USA will also be present to meet all your swimmer's needs during the event.
PICTURES:	Be sure to stop by the photography booth to order unique pictures of your swimmer competing at the 2013 Central Zone Championships. The vendor is Proswim Visuals; www.proswimvisuals.com additional information will be posted on websites and found in each LSC packets.
OTHER INFORMATION:	• Event Theme: The meet theme this summer is ***Great American Superheroes, A Salute to the Red, White, and Blue***. • 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

All events will be swum in long course meters

GIRLS	Day 1 FRIDAY, August 2, 2013	BOYS
MORNING PRELIMINARY 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*	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*	18
19	13-14 800 FREESTYLE*	20
AFTERNOON TIMED FINALS STARTS 1 HOUR AFTER CONCLUSION OF THE MORNING SESSION		
101	10 & UNDER 50 BREASTSTROKE	102
103	10 UNDER 100 FREESTYLE	104
105	10 UNDER 50 BUTTERFLY	106
107	10 & UNDER 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**	20
1	11-12 200 INDIVIDUAL MEDLEY	2
3	13-14 400 INDIVIDUAL MEDLEY**	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 **	18

*TIMED FINALS
**FASTEST HEAT

SCHEDULE OF EVENTS: DAY 2

GIRLS	Day 2 SATURDAY, August 3, 2013	BOYS
MORNING PRELIMINARY SESSION 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*	38
39	13-14 200 BREASTSTROKE	40
41	11-12 100 BACKSTROKE	42
43	13-14 100 BACKSTROKE	44
45	11-12 400 FREESTYLE*	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**	38
39	13-14 200 BREASTSTROKE	40
41	11-12 100 BACKSTROKE	42
43	13-14 100 BACKSTROKE	44
45	11-12 400 FREESTYLE**	46
47	13-14 400 FREESTYLE	48

*TIMED FINALS
**FASTEST HEAT

SCHEDULE OF EVENTS: DAY 3

GIRLS	Day 3 SUNDAY, August 4, 2013	BOYS
MORNING PRELIMINARY SESSION 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*	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*	72
AFTERNOON TIMED FINALS STARTS 1 HOUR AFTER CONCLUSION OF THE MORNING SESSION		
117	10 & UNDER 200 MEDLEY RELAY	118
119	10 & UNDER 200 FREESTYLE	120
121	10 & UNDER 50 BACKSTROKE	122
123	10 & UNDER 100 BUTTERFLY	124
CONSOLATION & CHAMPIONSHIP FINALS 4:00 PM Warm-ups Meet START TIME 5:00 PM		
71	13-14 1500 FREESTYLE**	72
57	11-12 200 BACKSTROKE**	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

*TIMED FINALS
**FASTEST HEAT

2013 Central Zone 14 & Under Age Group Long Course Championship
SPIRE Institute Aquatic Center, August 2-4, 2013

CENTRAL ZONE CHAMPIONSHIP MEET

PERMISSION AND RELEASE FORM

LSC -___MI__

I hereby give my permission for_____
(Please Print Name of Swimmer)
to accompany the Michigan Swimming LSC TEAM to: The SPIRE Institute Aquatic Center, Geneva, OH

on the following dates:_____

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the Michigan Swimming LSC, its officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention which may be required, I authorize the adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

_____

_____Date:_____
(Signature of Parent or Guardian)

Allergies (include medicines needed):_____

Other pertinent information the coach, and others in charge, should know about the swimmer:_____

_____

Physician's Name: _____(_____)_____
(Please Print) Phone Number

Name of Parent or Guardian: _____
(Please Print)

Address:_____
Street City State Zip

Telephone Day: (_____) _____ Evening: (_____)_____

Phone during meet competition: (_____)_____ (cell/pager/etc)

CENTRAL ZONE CHAMPIONSHIP MEET
GUIDELINES FOR CODE OF CONDUCT VIOLATIONS

All athletes, coaches and LSC staff members must have signed a "Code of Conduct." This must be on file with the designated LSC Representative while attending the Central Zone Championship Meet.

The Meet Host shall enclose a copy of the "sample" LSC Code of Conduct with the Meet Information when it is distributed to participating teams for use if there is no LSC Code of Conduct.

Article 401.1 of Part Four (USA Swimming Rules and Regulations) states "...USA Swimming may censure, enjoin, place on probation, suspend for a definite or indefinite period of time with or without terms of probation, fine, or expel any member of USA Swimming, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of USA Swimming,... who has violated any of its rules or regulations, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon USA Swimming or upon the sport of swimming. USA Swimming may also conduct hearings on any matter affecting USA Swimming as the National Governing Body for swimming."

In the instance of any violations, this procedure shall be followed:

1. Report, in writing, the violation or offense to the Meet Referee and the Zone Observer.
2. The offense must be verified and the report must include:
   A. The name and LSC of the person(s) who committed the offense;
   B. The name and means of contacting the person(s) who were affected by the violation;
   C. The nature and details of the violation;
   D. The name of the LSC Representative of the person(s) who committed the offense.
3. The Zone Championship Meet Coordinator will contact the person(s) charged with the offense and their LSC Representative.
4. If the situation does not have legal implications and can be resolved to the satisfaction of all persons involved, the matter will simply be reported, in writing, to:
   A. The Representative of the host LSC;
   B. The person(s) who committed the offense;
   C. The LSC General Chairman of the person(s) who committed the offense;
   D. The LSC Representative of the person(s) who committed the offense;
   E. The person(s) whom the violation affected;
   F. The Zone Directors and Coordinators.
5. If the situation has legal implications and/or cannot be resolved to the satisfaction of all persons involved, the matter shall be officially reported to the LSC of the person(s) charged with the offense, with a request or recommendation from the Zone Directors and Coordinators for suitable disciplinary action.
6. Within 30 days of the official report, the LSC must advise the Zone Directors, in writing, that the review process has been initiated. The LSC must also advise the Zone Directors of the final action taken. If the consensus of the Zone Directors and Coordinators is that the LSC of the person(s) charged did not take appropriate action, the matter may be referred to the National Board of Review for hearing and decision.

CENTRAL ZONE CHAMPIONSHIP MEET
CODE OF CONDUCT

LSC-MICHIGAN (MI)

SAMPLE: The LSC shall use this form if there is no "Code of Conduct" form used by your LSC.

PURPOSE: The purpose of this Code is to promote the best possible LSC Team and individual impression at all times and to acknowledge each individual's responsibilities as members of our team.

PART I – GENERAL CONDUCT:

1. All participating LSC Team members shall abide by this Code of Conduct.
2. Curfews will be strictly obeyed unless participant has contacted the coach for an extension.
3. The use of alcoholic beverages is forbidden.
4. The use of drugs, other than those prescribed by your physician, is forbidden.
5. The use of tobacco products is forbidden.
6. The use of fireworks is forbidden.
7. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
8. Swimmers will treat their membership on the Team as a privilege and personally acknowledge those responsibilities associated with it.

PART II – VIOLATION OF THE CODE: The coach and chaperone have the power to impose penalties for violation of the Code. The penalties include, but are limited to the following:

1. The Swimmer will be scratched from the Championship Meet.
2. The Swimmer will be sent home immediately, at his/her own expense.
3. The Swimmer will forfeit his/her privilege of being a member of LSC Team.

I hereby agree to abide by the rules of conduct set forth in Part I above and acknowledge that, should I violate any provision of Part I, I will be subject to disciplinary actions as set forth in Part II, including suspension.

Signature of Swimmer: _____ _____ Date:_____

Print Name: _____

Signature of Parent/Guardian:_____ Date:_____

Print Name: _____

CENTRAL ZONE CHAMPIONSHIP MEET
SANCTION NUMBER LE 1355
SWIMMERS WITH A DISABILITY ENTRY FORM
14 & U MEETS

Name: _____ LSC: MICHIGAN (MI)

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

Swimmer email address: _____

Swimmer phone #: _____

Name of person _____

Email address: _____

Phone#: _____

Please enter events below. The maximum number of events for swimmers 14 and under is six (6) events. Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

Disability-related accommodations:

EVENT #	EVENT DESCRIPTION	ENTRY TIME	SEED WITH AGE GROUP (same age, same distance)	SEED WITH DIFFERENT DISTANCE (same age, different distance)	SEED WITH COMPARABLE TIME (younger age, distance depends on entry time)

AVAILABILITY FOR RELAYS FORM

14 & U Central Zone Meet Participants:

The Zone Coaches will set up all of the relays; however, they would like you to provide information as to what days you will be attending, etc. Therefore, please fill out this form and submit it with your entry.

Name: _____

Gender: _____

Home Club: _____

Birth Date: _____

Age: _____

Which days will you be at the CZ Meet and available for relays? _____

_____

Hotel Information

DoubleTree by Hilton Cleveland East Beachwood
3663 Park East Drive, Beachwood, OH 44122
ClevelandEastBeachwood.DoubleTree.com

EVENT NAME: Michigan Swim Athletics / Central Zone Meet 14 & U Age
DATE: August 01, 13 - August 04, 13
NUMBER OF ROOMS HELD: 135
RATE: 109.00, plus current bed tax / Single Double $119.00 Triple Quad
RESERVATIONS MUST BE CONFIRMED BY: 07/11/2013

To reserve the rooms at your special group rate, please have your guests call 1 800-222-TREE and ask for the block reserved for Michigan Swim Athletics / Central Zone Meet 14 & U Age (Group Code MSA) or click on the following link to make reservations online:
http://doubletree.hilton.com/en/dt/groups/personalized/C/CLECBDT-MSA-20130801/index.jhtml?WT.mc_id=POG

Breakfast and a complimentary team meeting room are included in Guest Room Rate.

As to avoid any misunderstanding and help answer frequently asked questions, please take a moment to review important policies and procedures of the DoubleTree by Hilton Cleveland East-Beachwood.

- Any rooms not reserved by the date noted above would be released and any additional reservations will be offered at the hotel best available rate.
- Check-in time is after 3:00PM and check-out time is 12Noon.
- Our rooms have one king or two double beds and are reserved on a first come, first serve basis at the time the reservation is confirmed with a credit card.
- All rooms are assigned the day of arrival and groups are not guaranteed to be blocked all in the same area. If you or any one in your party has a specific requirement to be near someone, please notify reservations of any specific requirements to be near someone and we will make every effort to accommodate your request.
- The hotel limits the number of rooms offered at the group discounts. If you need more rooms after your block is filled, it will be at the hotel's discretion to add additional rooms to your contracted block. During peak seasons additional rooms are not always available at the group discount.
- Rollaway beds ($25.00 each) and cribs (complimentary) are available on request (subject to availability