



SECTIONALS



CHAMPIONSHIP
SERIES ★

ITHACA, NY

2023 Eastern Zone Speedo Sectionals – North Region
Hosted by The Syracuse Chargers
March 23-26, 2023

Meet Sanction #NI-2223-045. Time Trials Sanction #NI-2223-045TT
Held under the Sanction of USA Swimming

General Information

Co-Meet Director:	Courtney Christ	meetdirector@medleyaquatics.com
Co-Meet Director:	Will Chidsey	meetdirector@medleyaquatics.com
Meet Referee:	Sandy Graham	sandygraham@earthlink.net
Administrative Referee:	Betsy Russell	betsy@byrussell.com
LSC Officials Chair:	Bob Nicita	Officials@niagaraswim.org

Meet Host Contact

Syracuse Chargers Swimming. PO Box 369, Baldwinsville, NY. 13027-0054. (315) 446-1409.
meetentry@medleyaquatics.com

Location and Facility:

Ithaca College, Athletics & Events Center, 953 Danby Road, Ithaca, NY 14850.

- Ithaca Pool is a 21 Lane pool complete with flow through lane lines and a Colorado Timing System VI. Ample team and spectator seating is available. The water depth at the start end is no less than 2.5m at a distance of 1m/5m. The competition course is not certified in accordance with §104.2.2C(4).
- HR Smith starting blocks consist of Colorado relay take off pads, starting fins and Myrtha backstroke ledges.

Eligibility:

- This Meet is open to any registered USA Swimming athlete with a qualifying time published on the Eastern Zone website, except for athletes from the following LSCs: MD, AM, MA, VA, PV.

General Meeting:

- The General Meeting will take place in the Athletics and Events Center on Thursday, March 23, 2023 at 2:00pm. Exact location will be email out once entries are received.
- All and any final decision will be communicated at this meeting.
- Coaches and teams are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

Deck Open

Thursday, March 23: 1:30pm - 9:00pm
 Friday, March 24 – Sunday, March 26: 6:00am-30 minutes after the end of Time Trials
 and will reopen 30 minutes prior to the next session’s warm-ups until the end of the finals
 session.

Team Registration Schedule:

Thursday, March 23: 1:00p – 1:45p; 3:00p – end of Thursday session
 Friday, March 24: 6:00am – 11:00am
 Other times: Contact the Meet Host

Meet Schedule:

Wednesday, March 22:
 General Warm-up: 6:30pm-8:30pm
 Thursday, March 23:
 General Warm-up: 2:00pm - 3:15pm
 Session 1 Warm-up: 3:15pm - 4:15pm
 Meet Starts: 4:30pm
 Friday, March 24 – Sunday, March 26:
 Prelim Warm-up: 6:30am – 8:15am. Prelims Start: 8:30am
 Finals Warm-up: 4:15pm - 5:20pm. Finals Start: 5:30pm

Warm-Up Procedure:

Current Niagara Swimming and USA Swimming rules govern all aspects of the warm-up. No diving, and feet first entry is required, except in designated lanes and times. Warm-up procedures will be posted on deck.

Meet Format:

- The meet will be swum with circle-seeded preliminary heats in the morning session.
- If 599 or fewer swimmers are entered, the A and B Finals will be open to any age, based on that day’s preliminary heat results. The C Final will be open to 18&Under athletes only. If 600 or more swimmers, the A, B and C Finals will be open to any age, based on that day’s preliminary heat results. The D Final will be open to 18&Under athletes only.
- All relay events, as well as the 1000 freestyle and 1650 freestyle will be swum as timed final events. Please see scoring for additional information.
- Depending on the number of entries, the preliminary sessions may be contested in an 8, 9, 10, or 12 Lanes or in two courses. Information regarding course set up will be sent out prior to the meet.
- Flyover starts may be used at the discretion of the Referee during all preliminary sessions.

Thursday Distance Events (W 1650/M 1000):

- The women's 1650 yard Freestyle will conclude prior to the Men's 1000 yard Freestyle.
 - Both events will be swum slowest-to-fastest.
 - Swimmers must supply own timer and counter.
- All distance swimmers must positively check-in and declare their intent to swim by the scratch deadline in order to be seeded.

Friday 800 yard Freestyle Relay:

- The 800 yard Freestyle Relay will follow the 400 yard Individual Medley, where the event will be swum slowest-to-fastest, women's concluding prior to men's start.

Sunday Distance Event (W 1000/M 1650):

- The fastest heat in the women's 1000 yard Freestyle and men's 1650 yard Freestyle will be swum at the beginning of the evening finals session.
- The remaining heats will swim on Sunday afternoon, so that the 2nd fastest heat of men's 1650 Free will end at 4:30pm.
- The heat order and schedule will be published after the scratch deadline on Saturday night.
- Swimmers must supply own timer and counter.
- All distance swimmers must positively check-in and declare their intent to swim by the scratch deadline in order to be seeded.
- Swimmers can choose to swim in the afternoon session rather than at finals by indicating their intention on the check-in sheet.

Relay Events:

- The fastest two heats will swim with finals during the evening session.
- Remaining heats will swim with preliminaries during the morning session.
- Relays that do not check-in by the appropriate deadline will not be seeded.
- Relay participants must be declared to the Administrative table one hour before the relay swims but may be changed up to the time of the swim.
- 200 yd Medley Relay entry times must be a provable 400 Medley Relay times.

Sunday Relays (200 free relay, 400 medley relay):

- The "Sunday Relay Rule" will be in effect. Any relay that wishes to swim with preliminaries during the morning session may do so.
- All Sunday relays will be asked to indicate a preference for swimming with preliminaries or with finals at the Administrative table.
- The preliminaries/finals preference must be declared by the check-in deadline (Saturday at 6:00pm).
- The fastest two(2) heats of relays that declare PM will swim in the evening finals session.
- All other Sunday relays will swim during the Sunday morning preliminaries.

Entry Information & Contact

- Will Chidsey, (315) 430-5481. meetentry@medleyaquatics.com
- All Entries are to be emailed using the hytek file. OME is not available at this time from USA swimming.
- Send your initial list of coaches that will be in attendance, with their full names, with your entry file. Additional coaches can be added later.
- Qualification Period: January 1, 2022 through meet entry deadline.
- Regular Entry Deadline: Monday, March, 13, 2023 at 9:59 PM EST.
- Seeding Order: SCY, LCM, SCM. Bonus entries are seeded last in the same order.
- Entry Fees:
 - \$15.00 for individual events
 - \$30.00 for relay events
 - \$7.50 per swimmer surcharge
- Time Trial Fees:
 - \$20.00 for individual events
 - \$35.00 for relay events
- Payment by check for any entries must be received at or before the first session in which the team has swimmers entered. If payment is not received by this time, the entries in question will be scratched from the meet.
- Pay by check or Cash Only:
 - Syracuse Chargers Swimming
 - PO Box 369
 - Baldwinsville, NY 13027
- Secondary Qualifying Period:
 - First time qualifiers from meets occurring between March 14, 2023 and March 19, 2023 are due by 5:00 PM (EST) on Monday, March 20, 2023
 - Entries submitted during the Secondary Qualifying Period may not be used to improve the seed time of an earlier entry.
 - If an athlete achieves a qualifying time during the Secondary Entry Period for an event they were already entered in as a bonus event, please contact the Meet Entry Chair for instructions.
- Late Entry Provision:
 - Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:
 - Late Entries must be submitted through the Meet Entry Chair. Contact via e-mail for further instructions.
 - Entries must be submitted no later than 5:00pm, Monday March 20, 2023.
 - Team or entrant must pay a one-time processing fee of \$150 and \$30 per event.
 - Late Entry fees are by cash/check only at time of check in.

Entry Rules:

- Entry Limits:
 - A swimmer may enter any number of events in which he/she has met the qualifying time standard.
 - Max per day: Three (3) individual events, including Time Trials.
 - Max per Meet: Seven (7) individual events, NOT including Time Trials.
 - Each team may enter up to two (2) relays in each event.
 - Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay but not both.
- Bonus Events:
 - Swimmers making 1 qualifying time will be permitted to enter 1 bonus event.
 - Swimmers making 2 qualifying times will be permitted to enter 2 bonus events.
 - Swimmers making 3 qualifying times will be permitted to enter 1 bonus event.
 - Swimmers making 4 or more qualifying times will not be permitted to enter bonus events.
 - Bonus entries are seeded last.
 - There shall be no bonus swims for the 1000 freestyle or 1650 freestyle except for the following condition: any swimmer achieving a qualifying time in the 1000 freestyle or 1650 freestyle may choose to enter the other distance event as a bonus entry. Please contact entry chair for details.

Instructions and Guidelines for Swimmers with Disabilities

- Each swimmer with a disability that achieves their Sectional Parallel Time Standard can participate in the meet. There is no limit on the number of athletes with a disability accepted that achieved the standard.
- Proof of time for each event entered must be e-mailed, along with a Disability Necessary Accommodation Form, which can be found on the last page of the meet announcement. Please indicate the P1-3 category that you feel your swimmer should be categorized in.
- 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 and Meet Director/ Entry Chair 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 approve 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).
 - 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.

Proof of Time:

- Proof of times for all events (including relays) is required.
- Proof of Times, which shall include the date and name of the meet where there time was achieved, must be included with the entry file.
 - o For Team Unify users, this report can be generated by going to the committed athlete tab, and clicking entry report. Under display option in this screen click show proof of times. Then generate report. Send that report along with your entries.
 - o If you do not have Team Unify, a similar report from the team is required for entries to be accepted that includes all necessary information.
- Any additional requested Proof of Times must be submitted to meetentries@medleyaquatics.com prior to the Scratch deadline for the session in which the event is being swum. The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event and time swum.
- Times achieved in an observed High School meet or an approved College, YMCA and similar non-USAS swims that can be found in the SWIMS database.
- After the meet, the meet host will conduct an audit of entry times vs. meet results. Based on the results of this audit, the meet host may require a club or unattached swimmer to provide Proof of Times for selected swims for which entry times were not previously 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).
- If a club or unattached swimmer fails to provide a valid Proof of Time, the club or unattached swimmer will be fined one hundred dollars (\$100) for each entry time not proven. Failure to pay the fine will result in exclusion from future Niagara Championships for the club or unattached swimmer until the fine is paid.
- Warning: Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2023.

Scoring and Awards:

Scoring:

- This meet will be scheduled to be competed in a 9-lane course at finals. Scoring will be to 18 places as follows:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
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Individual	2 2	1 9	1 8	1 7	1 6	1 5	1 4	1 3	1 2	1 0	8	7	6	5	4	3	2	1
Relay	4 4	3 8	3 6	3 4	3 2	3 0	2 8	2 6	2 4	2 0	1 6	1 4	1 2	1 0	8	6	4	2

Awards:

- Relay and Individual events: Top 3 finishers
- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top Female and Top Male
- If only three (3) heats are swum in finals, awards will be presented during the evening Finals when there is no D Final.
 - A full sequencing of events and awards will be published with the heat sheet for each finals session.
 - Awards for the Thursday distance events will be presented during the Friday evening finals.
- If more than three (3) heats are swum in finals, awards will be distributed at a later time.

Scratch Procedure:

- Scratch deadlines:
 - Thursday, 3:30pm: All Thursday events
 - Thursday, 6:00pm: All Friday events
 - Friday, 6:00pm: All Saturday events
 - Saturday, 6:00pm: All Sunday events
- Scratch Box Location:
 - The scratch box will be located at the Registration Table until the General Meeting.
 - The scratch box will then be at the General Meeting.
 - Following the General Meeting, the scratch box will be located with the Administrative Referee on Deck.
- This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6.
- Specific procedures will be explained at the General Meeting on Thursday afternoon.
- Scratches from finals can only be done directly with the Administrative Referee. Do not use the scratch box.
- The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer initially announced that qualified for Finals who does not show up to compete (without properly scratching) will be subjected to a \$50 fine. Fine is payable to the Eastern Zone.
- In all timed final events (all relays, 1000 Free and 1650 Free) and all prelim events, after the events have been either positively checked in or seeded, any swimmer who fails to compete in an individual event in which they are entered and from which they have not been scratched properly will be barred from all further individual and relay events of that day. Note: It is not possible to DFS in a positive check-in event. In order to swim any events on the remaining days, the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events.
- Head Coaches will be asked to provide a cell number for contact in case a swimmer scratches into finals once the event is closed. While all reasonable efforts will be made to contact coaches

if a swimmer scratches into finals, it remains the coaches' responsibility to monitor their athletes' standings while the event is still open.

Time Trials:

Time trials will be offered each day, time permitting.

- All time trials will be seeded by time.
- Thursday time trials may be seeded into empty lanes in the scheduled events. Otherwise, they will start immediately following the conclusion of the session.
- Friday, Saturday, and Sunday time trials will start approximately 15 minutes following the conclusion of each day's preliminary session.
- Time trials may be seeded with mixed events and genders in heats with no open lanes.
- Time trials are open to all swimmers entered in the meet, including relay-only swimmers.
- Each swimmer is limited to a maximum of three time trials during the meet. Be aware that time trials count towards the daily maximum of three events.
- Registration table for time trial signups are open:
 - Thursday: 2pm - 4:30pm at the Administrative table.
 - Friday – Sunday: 8:30am - 10:00am at the time trial table near the diving boards.
- Time trials will end no later than 3:00pm on Friday. Time trials on Sunday will end no later than 30 minutes prior to the start of the heats of the Women's 1000 free/Men's 1650 free. Swimmers must supply own timers and counters (if needed).
- The order of events for time trials is listed below. Note that the 1000 freestyle, 1650 freestyle and 800 Freestyle Relay are only offered on Thursday.
 - Thursday time trials: 1000 Free, 1650 Free, 800 Free Relay events only.
 - Friday time trials: Friday/Saturday/Sunday events, in that order.
 - Saturday time trials: Saturday/Sunday/Friday events, in that order.
 - Sunday time trials: Sunday/Friday/Saturday events, in that order.

Coach Information and Deck Access

- Please use designated pool entry areas.
- All coaches planning to attend the meet MUST check in at the team check in table and provide proof of valid credentials. Credentials must be valid through the last day of the meet to receive deck access.
- Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck.
- These must be visible at all times when on deck.
- Teams will be allocated free deck passes for coaches using the following Niagara LSC formula based on the number of athletes entered in individual events:
 - 1-5 swimmers in individual events or 1 relay-only team: 1 coaching pass
 - 6-12 swimmers in individual events: 2 coaching passes
 - 13-22 swimmers in individual events: 3 coaching passes
 - 23-30 swimmers in individual events: 4 coaching passes
 - 31-39 swimmers in individual events: 5 coaching passes

- 40-49 Swimmers in individual events: 6 coaching passes
- 50+ swimmers in individual events: 7 coaching passes
- Unattached swimmers entered without a team: 1 coaching pass
- Unattached swimmers with a team will be counted in the numbers for the team
- Additional deck passes can be purchased at the Meet Registration Desk for \$35.
- Deck passes will only be issued to individuals registered with USA Swimming. All coaches must be prepared to use USA Swimming's *Deck Pass* or show a registration card at the registration table to receive their deck pass.

Hospitality:

- Hospitality will be in the Wet Classroom located just off the Competition Pool deck. The hospitality area is for officials, coaches, and meet staff must have appropriate credentials to enter the hospitality area.

Locker Rooms:

- There are two sets of locker rooms for both women and men. One each is located on the deck, while the second is in the basement of the complex. Please follow the signs.
- Locker Rooms will be available for athletes.. Do not leave locks on lockers overnight; locks may be cut off. Ithaca College and Syracuse Chargers Swimming are NOT responsible for lost or stolen property.
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Medical Assistance:

- Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.

Spectator Admissions and Heat Sheets:

- The spectator seating area will open one hour before the start of each session.
- Admission prices are as follows and include appropriate heat sheets:
 - All Sessions: \$30
 - Thursday Timed Finals Session: \$5
 - Friday, Saturday or Sunday (prelim/final) Day pass: \$15

Vendors:

- Ultimate Swim Shop will be on-site for equipment needs. Please call them at (800) 628-SWIM to pre-order or special requests.
- Northwest Designs will be on-site for official meet merchandise.

Concessions:

- There will be a concession stand operated by Ithaca College.

Timers:

- No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.5.3). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to supervise him or her before a credential can be issued.
- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

Meet Management Committee:

- Consists of the following personnel: Meet Directors, Meet Entry Chair, Volunteer Coordinator, Meet Referee and Computer Operator.

Meet Jury:

- Meet Referee will appoint an Eligibility and a Technical Jury and announce the members at the General Meeting.

EVENT ORDER

Thursday, March 23, 2023		
<i>4:30pm start</i>		
Women	Event	Men
1	1650 yard Freestyle	
	1000 yard Freestyle	2

Friday, March 24, 2023		
<i>Prelims: 8:30am start</i>		
Women	Event	Men
3	200 yard Freestyle	4
5	100 yard Breaststroke	6
7	100 yard Butterfly	8
9	400 yard Individual Medley	10
11	800 yard Free Relay	12

Saturday, March 25, 2023		
<i>Prelims: 8:30am start</i>		
Women	Event	Men
13	200 yard Medley Relay	14
15	200 yard Butterfly	16
17	50 yard Freestyle	18
19	200 yard Breaststroke	20
21	100 yard Backstroke	22
23	500 yard Freestyle	24
25	400 yard Free Relay	26

Sunday, March 26, 2023		
<i>Prelims: 8:30am start</i>		
Women	Event	Men
27	200 yard Free Relay	28
31	200 yard Backstroke	32
33	100 yard Freestyle	34
35	200 yard Individual Medley	36
37	400 yard Medley Relay	38
AFTERNOON		
29	1000 yard Freestyle	
	1650 yard Freestyle	30

Necessary Accommodation Form

Meet:

Date:

Swimmer's name/ team:

Performance Grouping

- P1
- P2
- P3

Coaches Name:

Coaches Cell #:

Identified Accommodations (Necessary for swimmer with a disability to access facility and maneuver to the blocks:

Event Modification per Article 105 in accordance with 105.1.2. (Any modifications of the technical rules allowing parallel performance for a swimmer)

Session	Event			Modification(s) Per Article 105

Referees acknowledgement of communication with coach regarding this athlete

Referee Signature:

Date: