



**STAR Swimming Hosts:
The 2020 Speedo Sectional Championships
March 26 – 29, 2020
ECC Burt Flickinger Aquatic Center
21 Oak Street, Buffalo, NY 14203**

Held under the sanction of USA Swimming NI 1920-051

USA Swimming Inc., Niagara Swimming., Erie Community College, and STAR Swimming shall be held free and harmless from any and all liabilities or claims for damages arising by reason on injuries to anyone during the conduct of this event

Preliminaries – 9:00 AM

Finals – 6:00 PM

Women's Events

Men's Events

Day 1 – Thursday, March 26

1	200 meter Medley Relay	2
3	200 meter Individual Medley	4
5	100 meter Freestyle	6
7	100 meter Breaststroke	8
9	800 meter Freestyle	
	1500 meter Freestyle	10
11	200 meter Freestyle Relay	12

Day 2 – Friday, March, 27

13	200 meter Freestyle	14
15	100 meter Butterfly	16
17	400 meter Individual Medley	18
19	400 meter Freestyle Relay	20

Day 3 – Saturday, March 28

21	200 meter Butterfly	22
23	100 meter Backstroke	24
25	400 meter Freestyle	26
27	800 meter Freestyle Relay	28

Day 4 – Sunday, March 29

29	200 meter Backstroke	30
31	50 meter Freestyle	32
33	200 meter Breaststroke	34
35	1500 meter Freestyle	
	800 meter Freestyle	36
37	400 meter Medley Relay	38

Administrative Information:

Meet Director	Phil Aronica	starentries@gmail.com
Meet Referee	Bryan Wallin	thewallin5@comcast.net
Administrative Referee	Jack Neill	jjneill@gmail.com
Host Club Officials Chair	Lynda Blake	ljblake2000@yahoo.com
LSC Officials Chair	Brooks Howard	jbh5cfp@gmail.com
ECC Aquatics Director	Vince McCarthy	mccarthyv@ecc.edu

FACILITIES:

50 meter pool with continuous flow through gutters and Kiefer-McNeil lane dividers. Separate 25 yard, six lane pool for continuous warm-up and warm-down. Colorado Electronic Timing system with flat wall touch pads, horn starts, and scoreboard readouts. The competition course has not been certified in accordance with 104.2.2C(4). From the start end, the pool depth is 7 feet at 1 meter and 7 feet and 5 meters. From the turn end, the pool depth is 13 feet 6 inches at 1 meter and 13 feet 6 inches and 5 meters. Balcony seating is for 1200 spectators.

PARKING:

Parking is available at Mike's Parking at the corner of Elm & Swam Street and at the Adam's Parking Ramp at the corner of Washington and North Division Street. Mike's Parking has attendants supervising parking from ½ hour before the start of warm up through the last session of the day.

Officials:

Certified officials wishing to work the meet should submit applications by March 10th, 2020 for all positions. Assigned officials will be notified. The application form can be found [HERE](#). The meet is approved as an Officials Qualifying Meet for all positions up to N3 Final, under the National Officials Certification Program. Those officials desiring initial certification or re-certification evaluations above the LSC level should designate the request on the Application to Officiate.

General Warm up & General Meeting:

The pool will be open for general warm up on Wednesday March 25th, 2020 from 2:00 PM to 7:00 PM. The general meeting will take place at 4:00 PM on the 2nd floor in the mini-gym (hospitality room). Coaches are responsible for any and all information presented. Accordingly, please make sure there is at least one representative from your club is in attendance.

Facility Schedule:

Wednesday March 25: 12:00 PM to 7:00 PM

Thursday – Sunday, March 26 – 28: 6:15 AM to 30 minutes after last finals race

Registration Schedule:

Wednesday, March 25: 12:00 PM to 7:00 PM & Thursday, March 26: 6:45 AM to 11:00 AM. Other times, please contact the Meet Director.

Meet Schedule: Competition Pool

- **Wednesday March 25:** General Warm Up: 12:00 PM to 7:00 PM
- **Thursday – Saturday, March 26 – 28:** Prelim Warm Up: 7:00 AM – 8:50 AM/ Prelims Start 9:00 AM. Finals Warm Up: 4:30 PM to 5:50 PM. Finals Start 6:00 PM
- **Sunday March 31:** Prelim Warm Up: 7:00 AM – 8:50 AM/ Prelims Start 9:00 AM. Finals Warm Up: 4:00 PM to 4:50 PM. ***Finals Start 5:00 PM***

Warm Up Procedures: Current Niagara Swimming and USA Swimming Rules govern all aspects of the warm up. No diving and feet first entry only is required, except in designated lanes and times. Only swimmers entered in this meet may use the warm up lanes.

Warmup Format: Competition Pool (tentative)**Thursday, Friday, Saturday, and Sunday Prelims**

7:00-8:00 AM	Circle swim all lanes
8:00-8:30 AM	Pace: Lanes 1 and 8 Circle swim: Lanes 2 thru 7
8:30-8:50 AM	Pace Lanes: Lanes 1 and 8 Sprint Lanes: Lanes 2 and 7 Circle Swim: Lanes 3 thru 6
8:50 AM	Clear Pool

Thursday, Friday and Saturday Finals

4:30-5:00 PM	Circle swim all lanes
5:00-5:20 PM	Pace: Lanes 1 and 8 Circle swim: Lanes 2 thru 7
5:20-5:50 PM	Pace Lanes: Lanes 1 and 8 Sprint Lanes: Lanes 2 and 7 Circle Swim: Lanes 3 thru 6
5:50 PM	Clear Pool

Sunday Finals

4:00-4:30 PM	Circle swim all lanes
4:30-4:50 PM	Pace Lanes: Lanes 1 and 8 Sprint Lanes: Lanes 2 and 7 Circle Swim: Lanes 3 thru 6
4:50 PM	Clear Pool

Rules: Current USA Swimming Rules will govern all competition.

- Proper conduct on the part of all swimmer and spectators is expected at all times, and will be enforced by coaches, meet marshals, college officials, and college security. ANY SWIMMER found in the posted out of bounds areas will be barred from the remainder of the meet without recourse.
- The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway, balcony, and stands. Any swimmer competing that are found in an area designated out of bounds will be barred from participating in the remainder of the meet. Posted out of bounds areas include, but are not limited to: emergency stairwells, weight room, and the track and gym areas. **USE OF THE EMERGENCY DOORS BY ANYONE WITHOUT EXPRESS PERMISSION TO USE THE CODE IS PROHIBITED.**
- The USA Swimming Code of Conduct will be enforced. No glass containers are allowed in the pool and locker room areas. Misbehavior, vandalism, and theft will not be tolerated and can result in being barred from participation in the meet.
- 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 by the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus is prohibited over the venue (pool, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during conduct of the event.
- Deck access is restricted to USA Swimming athletes, coaches, officials, and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. Deck pass is an appropriate for of credentials
- All applicable 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 ("MAAP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Eligibility:

The Eastern Zone Long Course Speedo Championship Series Meet is open to any swimmer currently registered with USA Swimming *in the Eastern Zone*, with a qualifying time, as of the entry due-date.

Timers:

STAR Swimming will be providing timers throughout the meet. The Meet Director Reserves the right to ask all visiting teams to provide timers throughout the meet. Athletes must provide their own timer for time trials.

MEET FORMAT:

The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. **C-Final qualifiers must be 18 years old or younger.** The A and B Finals are open to any age based upon place in the morning Trials. If there are 600 or more athletes entered in individual events, a D-Final (18 & Under) will be added. In that case, the C-Final would not be 18 & Under.

- Thursday Distance Events (**W 800/M 1500**): The women's 800 meter Freestyle will alternate with the men's 1500 meter Freestyle, swum slowest-to-fastest. This will begin after the last preliminary event that day. These events are timed finals. The fastest heat of each will be swum in finals.
- Sunday Distance Events (**W 1500/M 800**): The fastest heat of 8 in the Women's 1500 meter freestyle and the Men's 800 meter Freestyle will be swum at the beginning of the evening final session. The remaining heats will swim on Sunday afternoon, alternating women and men, such that the last heat finishes at 4:00pm. The heat order and schedule will be published after the scratch deadline on Saturday night. These events are timed finals.
- There is also a Thursday & Sunday Early Distance option. During the positive check in process for Thursday & Sunday distance events, coaches will have the option of declaring for an early afternoon or regular option. Swimmers can also ensure an early distance swim by entering with a non-conforming, qualifying time.
- **Relay Events:** Relays are timed-final events. The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay but not both. Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event.

Sunday Relays (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 **MUST** indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the check-in deadline (Saturday at 5:30pm). The fastest 16 relays that wish to swim during the evening finals will swim during the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries.

- A/B Flight Format: Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an “A/B Flight” format. If adopted, details of this procedure, including the number of heats of each event to be swum in the “A Flight” session, will be announced at the general meeting.
- Flyover starts may be used at the discretion of the Referee.

Entry Information:

- Meet Entry Coordinator: Phil Aronica: starentries@gmail.com
- Qualification Period: January 1, 2019 through entry deadline for meet.
- Seeding Order: LCM, SCM, SCY. Bonus entries are seeded last in the same order.
- Entry Fees: \$12.50 per individual event, \$25.00 per relay, \$7.00 per swimmer surcharge, and a \$10.00 per team entry fee.
- Time Trials: \$15.00 for individual events, \$30.00 per relay event.
- Regular Entry Deadline: Monday, March 16, 2020 at 11:59 PM EST. OME will open for this meet on January 29, 2020, at <http://www.usaswimming.org/ome>

ENTRY RULES:

A swimmer may enter any number of individual events in which the qualifying time standard has been met. A swimmer may only swim a maximum of three (3) individual events per day (including time trials) and a maximum of seven (7) individual events for the meet. Each team is allowed to enter up to 2 relays in each event.

- **Bonus Events:** Swimmers making 1 qualifying time will be permitted to enter 1 bonus events. 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 are not permitted to enter bonus events. Bonus entries are seeded last. There shall be no bonus swims for the 800 freestyle or 1500 freestyle except for the following condition: any swimmer achieving a qualifying time in the 800 freestyle or 1500 freestyle may choose to enter the other distance event as a bonus entry. See Entry Information for seeding order.
- At least one swimmer participating on each relay team must also be entered and compete in at least one, non- bonus, individual event. All relay-only swimmers must be listed on the meet entry.

ONLINE MEET ENTRY:

All entries must be submitted through USA Swimming's website using OME (Online Meet Entry). Ensure that relay only swimmers are included in the team roster entry. All coaches planning to attend the meet **MUST** be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry **MUST** show proof of current credentials prior to receiving coach's packets or deck credentials.

- **Entry Instructions:** Payment for entries using OME is accepted using Visa, MasterCard, American Express or Discover. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial March 16, 2020 entry deadline. Once you have paid for your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database, or a custom time may be entered. All swims entered as a custom time must be proven in hard copy at the meet. Only times that are achieved at a USA Swimming sanctioned or observed/approved meets are valid. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than long course meters will be treated as "nonconforming" and will be seeded according to USA Swimming procedures. Do not convert times before entering them. Entries that have NOT used the OME entry process will not be accepted. No fax entries will be accepted at any time.
- **Questions Regarding OME?** Contact: Macie McNichols, at mmcnichols@usaswimming.org, 719-866-3506

Late Qualifying Times:

- Additional entries from meets occurring between March 17, 2020 and March 22, 2020 are due by 5:00 PM (EST) on Monday, March 23, 2020.
- OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2020 EZ LC Sectional Meet – LATE QUALIFIERS.
- Late entries may not be used to improve the seed time of an earlier entry.

LATE ENTRIES: 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 OME.
- Entries must be received no later than 11:59 pm (EST) Tuesday, March 24, 2020.
- The team or athlete must pay a one-time processing fee of \$150 *and* entry fees of \$30 per individual event.

FEES:

- Emails must include reports by name and by event with proof of times.
- Payment by check for any entries must be received at or before the pre-meet general meeting on Thursday, March 26, 2020. If payment is not received by this time, the entries in question will be scratched from the meet
- Checks for entry fees are payable To: STAR Swimming.

PROOF OF TIME:

Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) must be prepared to prove the times with a copy of the official meet result. Any proof of time must be submitted prior to the Scratch/Positive Check-in deadline for the session in which the event is being swum. High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming. Only times that are achieved at a USA Swimming Sanctioned or observed/approved meets are valid.

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 said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2020.

Scratch Procedures/ Positive Check in

The scratch box and positive check in will be located at the Registration Table until the General Meeting. The scratch box and positive check in will then be at the General Meeting. Following the General Meeting, the scratch box and positive check in will be located with the Clerk of Course 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 in the top 24 who does not show up to compete (without properly scratching) will be subjected to a \$50 fine and will be barred from all other events that evening. Checks will be made out to the Eastern Zone.**

Any swimmer who fails to compete in a preliminary event in which he/she has been entered and has not been scratched will be barred from further individual and relay events that day. In order to swim any events on 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.

Scratch Deadlines are as follows:

- **Thursday Events:** 15 minutes after the General Meeting ends on Wednesday March 25th. To be posted no later than 8:00 PM.
- **Friday Events:** 5:30 PM Thursday Evening
- **Saturday Events:** 5:30 PM Friday Evening
- **Sunday Events:** 5:30 PM Saturday Evening

Time Trials:

Time trial fees: \$15.00 per individual event; \$30.00 per relay event. All time trials will be randomly seeded with a NT and will start according to the following schedule: 15 minutes after the conclusion of the preliminaries session on Thursday, Friday, Saturday, and Sunday (time permitting). Time trials may be seeded with mixed events and genders in heats with no open lanes between them. Events longer than 200 meters may be combined regardless of distance.

Time trials are open to all swimmers entered into the meet, including relay only swimmers. Each swimmer is limited to a maximum of three time trials during the meet. Also, please be aware that time trials count towards the daily maximum of three events, but not the total of seven maximum events for the meet. Registration for time trials will close at 10:00 AM each day, unless otherwise noted at the general meeting. Time trials will be conducted as long as there is time available.

Time trials on Sunday will end 30 minutes prior to the heats of the Women’s 1500 Free/ Men’s 800 Free. Swimmers must provide their own timer for all time trial events. The meet referee has the option of changing the event order if necessary.

- Thursday time trials: Thursday/Friday/Saturday/Sunday events in that order
- Friday time trials: Friday/Saturday/Sunday/Thursday events in that order
- Saturday time trials: Saturday/Sunday/Thursday/Friday events in that order
- Sunday time trials: Sunday/Thursday/Friday/Saturday events in that order

Deck Access:

Please use designated pool entry areas. 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 deck passes for coaches using the following formula based on the number of athlete entered into individual events:

1 – 5	Swimmers in individual events or 1 relay only team with any number of alternates	1 deck pass
6 – 12	Swimmers in individual events	2 deck passes
13 – 22	Swimmers in individual events	3 deck passes
23 - 30	Swimmers in individual events	4 deck passes
31 – 39	Swimmers in individual events	5 deck passes
40 – 49	Swimmers in individual events	6 deck passes
50+	Swimmers in individual events	7 deck passes

Coaches must request a deck pass through OME. Deck passes will only be issued to individuals registered with USA Swimming. All coaches must be prepared to show a current USA Swimming registration card at the registration table to receive their deck pass. Replacements for lost credentials will cost \$25.00.

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 202.5.2). 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 sign supervision form before a credential can be issued.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

Scoring: Scoring will be to 16 places

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay:	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Awards:

Awards will not be presented during the evening finals. The coach of each event’s winning competitor should pick up their awards by the end of each night. A full sequencing of events will be published with the heat sheet for each finals session.

- Individual Events: Top 3 Finishers
- Relay Events: Top 3 Relay Teams
- Team Awards (female, male, and combined scores): Top 3 Teams
- Individual High Point: Top 3 female and top 3 male

CONCESSIONS:

There will be a concession stand open for the duration of the meet. The concession area is on the lower level of the pool, near the small pool.

HOSPITALITY:

A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the upstairs mini gym located across from the elevators.

SPECTATOR ADMISSION AND HEAT SHEETS:

The spectator seating area will open one hour before the start of each session. The spectator entrance is on the upper level of the Erie Community College Athletic Center.

Prices are as follows: - Admission Charge includes appropriate heat sheets:

- Individual Prelims Session: \$5.00
- Individual Finals Session: \$3.00
- All Sessions Pass: \$20.00

LOCKER ROOMS:

All competitors are to use the general locker room only. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Erie Community College and STAR Swimming is NOT responsible for lost or stolen property. There will be dry locker rooms available for coaches, officials, and volunteers. Coaches, officials, and volunteers are NOT permitted in the general locker room. There will be dry locker rooms available for coaches and meet staff. Athletes are NOT permitted in these locker rooms. Athletes caught using these locker rooms will be barred from competition.

Parking:

Parking is available at Mike's parking at the corner of Elm and Swan streets and at the Adam's parking Ramp at the corner of Washington and North Division. Mike's parking has attendants supervising parking from ½ hour before the start of warm-ups through the last session of the day. The Adam's Parking Ramp offers free parking on weekends, but is unsupervised.

Spring 2020 Eastern Zone Speedo Sectional Qualifying Times

Women				Men		
LCM	SCM	SCY	EVENTS	SCY	SCM	LCM
28.29	27.09	24.79	50 Freestyle	22.39	24.69	25.49
1:00.69	58.89	53.09	100 Freestyle	48.49	53.89	55.59
2:10.89	2:07.69	1:54.99	200 Freestyle	1:46.29	1:57.99	2:01.29
4:37.69	4:29.29	5:08.79	400 / 500 Freestyle	4:47.29	4:09.89	4:17.59
9:29.99	9:19.99	10:38.99	800 / 1000 Freestyle	9:59.49	8:43.49	8:58.39
18:16.79	17:43.29	17:49.39	1500 / 1650 Freestyle	16:43.99	16:35.19	17:18.99
1:07.89	1:05.79	59.29	100 Backstroke	54.49	59.99	1:01.99
2:26.19	2:23.29	2:08.89	200 Backstroke	1:58.59	2:11.79	2:14.79
1:16.89	1:15.49	1:08.19	100 Breaststroke	1:01.49	1:08.99	1:09.69
2:49.39	2:44.79	2:29.39	200 Breaststroke	2:14.99	2:29.89	2:32.59
1:06.29	1:04.99	58.49	100 Butterfly	53.19	58.99	1:00.19
2:29.09	2:25.59	2:12.09	200 Butterfly	2:01.19	2:14.19	2:16.19
2:28.29	2:24.49	2:10.69	200 Individual Medley	1:59.39	2:12.59	2:16.19
5:20.49	5:07.29	4:38.39	400 Individual Medley	4:15.09	4:43.19	4:49.89
1:57.79	1:56.19	1:44.59	4 x 50 Freestyle Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 x 100 Freestyle Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 x 200 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:42.09	4:28.29	4:10.29	4 x 100 Medley Relay	3:45.99	4:14.59	4:18.69

Qualifying times must be achieved after 1/1/2019

Must have the 400 medley relay time standard to enter the 200 medley relay