USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team and Hudson Explorers Aquatic Team
CENTRAL ZONE SECTIONAL 3 – LCM
Thursday, July 18 – Sunday, July 21, 2019
Held Under the Sanction of USA Swimming # LE 190888 LS Time Trials # LE 19089 LS

MEET DATES:
July 18-21, 2019

HOSTED BY:
Firestone Akron Swim Team/Hudson Explores Aquatic team (FAST/HEAT)
Website: firestoneakronswimteam.com

LOCATION:

Facility:
Cleveland State University-Busbey Natatorium
2451 Euclid Ave,
Cleveland, Oh 44115

CONTACT INFORMATON:

Meet Director(s):
Cindy Dial/ Carl Shallenberger
Phone: Cindy 330-310-1550/Carl 330-289-9220
Email: 2018usasectionalakron@gmail.com

Entry Chairperson:
Cindy Dial
470 Castle Blvd.
Akron, OH 44313
Email: 2018usasectionalakron@gmail.com

Meet Referee:
Paul Jones
Phone: 248-310-3300
Email: pwj6@outlook.com

Local Officials' Coordinator:
Bob Martens
Phone: 440-773-5038
Email: Bobmartens15@gmail.com

TIME ZONE:
All time references are local, **Eastern Daylight Time**, unless otherwise noted.

Rule Book: USA Swimming 2019 Rules and Regulations will govern the meet.

LIABILITY:
It is understood and agreed that USA Swimming, Firestone Akron Swim Team and Hudson Explorer Swim Team shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

FACILITY INFORMATION:
- 50 meters by 9 lanes, with Colorado Timing system and digital scoreboard
- Continuous warm-up and warm-down during competition will be available.

Pool Certification:
The competition course has been certified in accordance with 104.2.2C(4)(C). The copy of such certification is on file with USA Swimming.

Water Depth:
Competition Pool:
- Water depth range on start end 1-3m from wall: 12 ft.
- Water depth range on turn end 1-3m from wall: 4ft

Warm-up Pool:
- Water depth range on start end 1-3m from wall: 4 ft.
- Water depth range on turn end 1-3m from wall: 4 ft.

●

Parking:

Wednesday, July 17th – Thursday, July 18th

Teams can self-pay to park as visitors on campus where space is available. Below is a link to the CSU web site with all of the visitor locations and rates.

http://www.csuohio.edu/parking/general-information-visitor-parking-information

· Friday, July 19th – Sunday, July 21nd

East Garage (adjacent to pool) for a rate of $10 (cash only). Space will be limited on campus this weekend so any overflow parking will be redirected to Lot 57 for the same $10 cash rate.

Hospitality:

Coaches, officials and volunteer hospitality will be located in the back pool hall.

Locker Rooms:

Day lockers will be available. In locker rooms please provide your own lock and must be removed each day.

Camera Zones:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, 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 during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

Deck Changes:

Deck Changes are prohibited

Drones:

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.

OHIO'S 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.NFHSlearn.com/self_courses. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

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 officials or meet director.
- Locker rooms are located on the pool deck level. Locker space is available. Belongings may be stored on deck in team areas. FAST/HEAT and Cleveland State University are 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.
- The following items are not permitted in the facility: Glass, lawn chairs, coolers, and helium balloons.

- Team seating is available on a first-come basis by session. 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
- A food and drink concession is available for your convenience inside the Natatorium.
- Cleveland State University is a smoke free campus.

SCHEDULE:

Registration:	Wednesday, July 17 from 2:30-8:00 PM
General Meeting:	Wednesday, July 17, at 6:00 PM (room to be posted at registration)
Officials Meetings:	Thursday prelims at 7:30 AM; all other briefings 1 hour prior to the start of the session.
Section 3 Coaches Meeting:	Friday, July 19; immediately after prelims before time trials

Registration:

Registration will begin on Wednesday July 17, 2019, at 2:30 PM in the lobby area of Busbey Natatorium. Registration will be available at 7:00 AM each day of the meet and will remain open until the end of the final preliminary session.

Coaches desiring deck passes **must be entered in OME**. Coaches must present their coach membership cards or USA Swimming Deck Pass at registration in order to receive a deck pass. **There will be a $20.00 charge for any deck passes distributed to those who are not registered in OME.**

Each swimmer must be under the direct supervision of a coach. Swimmers whose coaches are not present will have a coach assigned to them at registration.

General meeting:

Coaches should plan to arrive in time for the General Meeting, Wednesday, July 17 at 6:00 PM. Coaches are responsible for all business conducted at this meeting and should send a representative if unable to attend personally.

Section 3 Coaches Meeting:

There will be a Section 3 Coaches meeting Friday, July 19. This meeting will be held immediately after the prelim session and before time trials. If any team is interested in bidding on the summer 2020 Sectional Meet, please contact Cindy Dial at: cvirdo@aol.com **prior** to the beginning of the meet.

Warm-up & Start Times:

All times are Eastern Daylight Time.

Wednesday:

Open Warm up: 4:00 – 9:00 PM

Thursday-Saturday:

Prelim Warm up: 6:30 - 8:45 AM

Competition: 9:00 AM

Final Warm up: 4:00 - 5:15 PM

Competition: 5:30 PM

Sunday:

Prelim Warm up: 6:30 - 8:45 AM

Competition: 9:00 AM

Final Warm Up**:** 3:00 - 4:15 PM

Competition: 4:30 PM

ELIGIBILITY:

This meet is a **CLOSED** meet, open to athletes registered in the following **LSCs: IN, LE, OH and MI**. All swimmers must be current athlete members of USA Swimming, as provided in Article 302. No on-site registration will be processed.

Eligible swimmers must have achieved the relevant qualifying times within the qualifying period. Official time standards are included with this entry information.

Relay Only Swimmers:

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

Disability Swimmers:

Swimmers with a disability who have been classified by **the National/ IPC**, but not achieved Speedo Sectional qualifying times, may enter any event(s) at this meet for which they have achieved a **National EMERGING** disability time standard during the qualifying period. Coaches of disability athletes who have achieved this standard and would like to enter the meet should contact the Meet Director prior to the entry deadline.

Final determination of seeding of swimmers with a disability will be made by the meet referee after consultation with the athlete and their coaches.

Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

Racing Starts:

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

QUALIFYING PERIOD:

The qualifying period is from January 1, 2018 thru the entry deadline.

ENTRY LIMITS AND BONUS EVENTS:

THIS MEET WILL BE CAPPED AT 850 ATHLETES

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.

Bonus Events:

Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus events so that the total of individual events (time standards 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). **All swimmers entered in bonus events must have met the bonus time standard for the event in which they wish to enter. When entering the OME, be sure to check the box indicating "bonus" for each event that is a bonus entry or the entry may not be accepted.**

MEET FORMAT:

This meet will be conducted in Long course meters. It is a 4- day meet. 9 lanes will be used for preliminary, timed finals and final events. Prelims and timed final events will be conducted using fly over starts. Fly overs will not be used at finals. Relays and distance freestyles will be conducted as timed finals. In all other events, the 4 (four) top heats from preliminaries will advance to finals where a D, C bonus, Consolation and Championship heats will be contested in all events. The "D" Final will be limited to athletes 18 and under. The order of finals will be: C Final, Consolation Final, Championship Final and D Final.

ENTRY FEE:

Make Checks payable to: FAST

Individual Events:	$ 12.00
Relay Events:	$ 24.00
Time Trial Events:	same as above
Surcharge:	$18.50
Breakdown of Surcharges	
Section 3 OME Fee	$2.50
Lake Erie Swimming	$3.00
Central Zone Sectional	$1.00
Facility fee	$12.00

ENTRY PROCEDURES:

Entries must be submitted using USA Swimming's Online Meet Entry system at www.usaswimming.org.

Entries are due by **Monday, July 8 by MIDNIGHT EDT**. Confirmation of your entry using OME will be confirmed via email. Bring all communications with you in the event of a problem. After events are entered, times can be modified, but events cannot be deleted after you have checked out. The OME system processes payment by credit card. Upon payment, a confirmation email providing a receipt and the summary of events 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 Jamie Lewis at USA Swimming (jlewis@usaswimming.org). If you have event-related questions, please contact the meet entry chair. After entries close at midnight on July 8, no time improvements will be accepted or updated.

New Qualifying Times July 9 –July 16:

Swimmers who achieve qualifying time(s) for the first time after MIDNIGHT July 8, 2019, when OME closes, and before July 16 at 12:00 PM (NOON) EDT, may be entered in the meet or in additional events. Such entries must be done through the late entry OME**.** This process may also be used for swimmers already entered in the meet who have achieved additional qualifying times for the first time.

Late Entries:

A team who has inadvertently missed entering a swimmer and/or an event may do so after the July 9 deadline by paying the following fee (this fee MUST be paid at the conclusion of the General Meeting with either cash or check):

- $100.00 Administration Fee (per team)
- Double the entry fee per individual event and/or relay event.
- Must be done by 15 minutes after the July 17 General Meeting.

Please contact the entry chair to enter your athlete/team.

PSYCH SHEET

A psych sheet will be sent via email to all entered clubs by July 11, 2018. 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, Meet Mobile, YWCA or YMCA, or Masters meets sanctioned by their respective governing organizations.

If you override an entry time in OME and enter with a time that is not in SWIMS database, such entry times must be pre-verified (pre-proven) by your LSC times' chairperson. **Please send all individual time and relay proof of times to your respective LSC by Monday, July 8,2019**

For swimmers entered after July 8 and before NOON on July 16, proof of time should be emailed to Cindy Dial, 2018usasectionalakron@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 (SCY, LCM).

TIME TRIALS:

Time trials will-be available time permitting for swimmers participating (including relay only swimmers) 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 mixed gender, events and seeded based on submitted time. Time trials will be limited to 1 hour. Time trials for events 800m and longer will be limited to one day, which will be chosen after the initial entry deadline. Teams will be informed of the distance time trial event at the 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 (3). Sign up for time trials will be taken at the head table until 10:30 AM.

Fees: individual events: $12.00; Relays: $24.00

MEET CONDUCT:

Rules:

The meet will be conducted according to USA Swimming rules and regulations and championship meet procedures.

Seeding:

Seeding order Long Course Meters, Short Course Yards.

Bonus times will be seeded following non-conforming times, and may be flighted to the end of session, prior to time trials, depending on length of session.

CHECK IN/SCRATCH BOX:

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 at the registration table on Wednesday, July 17. Thereafter, the scratch box will at the head table.

Check-in will be available at Registration, at the General meeting and at the head table thereafter.

Thursday events: 15 minutes after conclusion of the General Meeting on Wednesday, July 17, 2019. If the coach or athlete will not be in attendance for the General Meeting, they may e-mail their scratches to the entry chairperson, 2018usasectionalakron@gmail.com. All other days' events: 6:00 PM the prior evening. **The money for scratched events is NOT refundable.**

The penalty for failure to compete in an individual final heat in which such swimmer is entered and has not been scratched will be one of the following:

- **Being barred from all further individual and relay events of that day/meet as prescribed in section 207.11.6 of the USA Swimming Rules and Regulations or**
- **Payment of a fine of $200.00**

Relay Check-in Procedure:

Positive check-in for relays is required. Relays must check-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. The 400 Free Relay will be swum as the 2 fastest heats of Women, then the 2 fastest heats of Men. Relays will alternate Women and Men after the first 2 heats of each. On Sunday, all heats of the 400 Medley will be swum in prelims session in event order (women then men), slowest to fastest.

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

Distance Freestyle Check-in Procedure:

All Distance events will be swum fastest to slowest alternating women and men. The fastest heat of the Women and Men's events, not declaring a prelim swim, will swim in finals.

Entrants in the 800 and 1500 meter freestyle 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 Wednesday, 15 minutes after the conclusion of the General meeting.

Sunday distance swimmers (W1500/M800) not wanting to swim the event during the final session should declare they will swim in prelims by Saturday by 6:00 PM. Check-in will be available at registration table prior to the General meeting, at the General meeting, and at the head table after the General meeting.

Any swimmers who enter the 1500 or 800 should declare at check-in that they do not wish to swim the event in the finals session 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 they do not wish to swim the event at finals.

READY ROOM:

A ready room/area 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.

All other heats, D, C, and Consolation, and all relays should report directly to the blocks.

LENGTH OF SESSION:

Based on the meet attendance and session length, some of the bonus swims may be swum at the end of the session and before time trials. Information regarding this will be posted on http://www.firestoneakronswimteam.com by July 17, 2019.

WARM –UP PROCEDURE:

Specific details of warm-ups will be posted on the pool deck and included in the coaches' packets, which will be distributed at the General Meeting. A 25-yard warm up pool will be available for warm-up and warm-down before, during and after the meet. Pace and circle swimming only will be allowed in the warm-up pool. 3-point entry (one hand on the deck and slide into the water) MUST be used to enter the pool except at designated times and lanes.

The pool is available at 6:30 AM all competition days.

SCORING:

The meet will score to 18 places in individual and relay events: 22-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1

Relays will score double.

AWARDS:

Medals for 1st-9th place will be awarded in individual events and relay events. However, only the top 3 finishers will be presented their medals during the awards ceremonies.

Immediately following the championship heat, athletes are to report to the awards staging area with the coach of the winning athlete/relay. The awards ceremony will follow the D-final of each event. Prior to podium athletes should be appropriately attired in warm-ups.

The 400 Medley relay awards will be presented at its conclusion. All evening relays will be presented prior to the start of finals on the subsequent day.

All other medals will be available for coaches to pick up.

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

Awards will be presented for Men's and Women's individual high point.

ADMISSION: Credit Cards not accepted.

Admission:	Prelims	Adult $7.00/ Children 6-12 $3.00
	Finals	Adult $6.00/ Children 6-12 $3.00
	All session $45.00 (includes finals and 1 heat sheet each session)	
Heat sheets:	Prelims	$4.00
	Finals	$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.

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 (Chief Judge, Starter, or Referee) 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 please visit the Central Zone website (www.centralzones.org) and submit an application.

Officials' Uniform:

Official's uniform will be white over navy for all sessions. Shorts are permitted for Preliminaries. Long pants, crops, or skirts (knee length or longer) will be worn for finals. White athletic or deck shoes for all sessions.

Officials' Briefing:

Officials' briefing will be held 7:30 AM on Thursday. All other briefing will commence one hour prior to the start of each session.

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 in not paid by the deadline) A copy of this notification will also be sent to the current Sectional Chairman. If the fine remains unpaid by the specified deadline, the offending club will be denied representation in any subsequent Sectional meets until the amount has been paid.

FINE APPEAL PROCESS:

Club may appeal the fine and/or penalty by submitting a written notice to the Eligibility Jury, which will be established by the General Meeting. Any further appeal shall be presented to the National Board of Review.

VENDOR:

Swimville

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ORDER OF EVENTS

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
Warm Ups: 6:30-8:45 AM		**Thursday Events**		**Warm Ups: 4:00 – 5:15 PM**	
Meet Starts: 9:00 AM				**Meet Starts: 5:30 PM**	
103	200 Backstroke	104	101	800 Freestyle ***	
105	50 Freestyle	106	103	200 Backstroke	104
109	200 Breaststroke	110	105	50 Freestyle	106
				1500 Freestyle***	108
101	800 Freestyle***		109	200 Breaststroke	110
	1500 Freestyle***	108	111	800 Free Relay Women**	
Warm Ups: 6:30 - 8:45 AM		**Friday Events**		**Warm Ups: 4:00 - 5:15 PM**	
Meet Starts: 9:00 AM				**Meet Starts: 5:30 PM**	
201	50 Backstroke	202	201	50 Backstroke	
			203	200 Freestyle	202
					204
203	200 Freestyle	204	205	100 Butterfly	206
205	100 Butterfly	206	207	400 I.M.	208
207	400 I.M.	208	209	400 Free Relay**	210
209	400 Free Relay	210			
Warm Ups: 6:30 - 8:45 PM		**Saturday Events**		**Warm Ups: 4:00 - 5:15 PM**	
Meet Starts: 9:00 AM				**Meet Starts: 5:30 PM**	
301	50 Butterfly	302	301	50 Butterfly	302
			303	100 Backstroke	304
303	100 Backstroke	304	305	400 Freestyle	306
305	400 Freestyle	306	307	100 Breaststroke	308
307	100 Breaststroke	308	309	200 Butterfly	310
309	200 Butterfly	310		800 Free Relay Men**	312
Warm Ups: 6:30 - 8:45 AM		**Sunday Events**		**Warm Ups: 3:00 - 4:15 PM**	
Meet Starts: 9:00 AM				**Meet Starts: 4:30 PM**	
401	50 Breaststroke	402	401	50 Breaststroke	402
405	200 I.M.	406	405	200 I.M.	406
407	100 Free	408	403	1500 Freestyle***	
409	400 Medley Relay*	410		800 Freestyle***	404

403	1500 Freestyle***		407	100 Free	408
	800 Freestyle***	404			

* Timed Finals Prelim Only All heats of the 400 Medley will be swum in event order (women then men) slowest to fastest.

** Timed Finals with all relays being swum in finals session fastest to slowest. A ten minute break will only precede the 800 Free relays.

The 400 Free will be swum fastest to slowest, 2 women's heats, 2 men's heats and then alternating gender for the balance of the heats.

*** Thursday and Sunday distance events (800/1500) will be swum fastest to slowest alternating women and men. The fastest heat of each (800/1590) not declaring a prelim swim will be swum in finals.

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MEET TIME STANDARDS

Qualifying Period: January 1, 2018 through the entry deadline for Summer Meet.

WOMEN			MEN	
New SCY	New LCM	**Event**	New LCM	New 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

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BONUS TIME STANDARDS

Qualifying Period: January 1, 2018 through the entry deadline for Summer Meet.

WOMEN			MEN	
New SCY	New LCM	**Event**	New LCM	New SCY
26.99	30.19	50 FREE	26.99	23.99
57.39	1:04.09	100 FREE	59.59	51.49
1:59.69	2:15.69	200 FREE	2:06.99	1:50.79
5:17.99	4:44.99	400/500 FREE	4:26.99	4:55.99
10:47.39	9:43.09	800/1000 FREE	9:13.99	10:08.99
18:00.09	18:30.79	1500/1650 FREE	17:34.89	16:55.89
1:03.99	1:13.29	100 BACK	1:06.69	59.39
2:14.59	2:34.09	200 BACK	2:23.09	2:03.09
1:12.19	1:23.19	100 BREAST	1:15.49	1:05.09
2:33.99	2:56.29	200 BREAST	2:42.99	2:19.99
1:03.99	1:11.09	100 FLY	1:04.09	56.89
2:15.59	2:33.99	200 FLY	2:22.99	2:03.99
2:15.99	2:34.99	200 IM	2:22.99	2:03.99
4:45.09	5:26.99	400 IM	5:06.99	4:23.99
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

WARM-UP SCHEDULE FOR COMPETITION POOL

NO EQUIPMENT (FINS, SNORKELS, BOUYS, PADDLES, KICK BOARDS, ETC.) IS PERMITTED IN THE COMPETITION POOL DURING WARM-UPS.

TIME	LANES	ACTIVITY
PRELIMS		
6:30- 7:30 AM	All Lanes	General Warm-up; circle swimming only
7:30 – 8:00 AM	Lanes 1,9 Lanes 2-8	Pace Lanes: push off only, circle swimming only General Warm-up; circle swimming only
8:00 – 8:50 AM	Lanes 1,9 Lanes 2,8 Lanes 3-7	Pace Lanes: push off only, circle swimming only Sprint Lanes; one-way only with racing starts from start end of the pool** General Warm-up; circle swimming only **Additional sprint lanes will be opened by meet officials as required in the following order: 3,6,4,5,7
FINALS		
Until 4:00 PM*	All Lanes	General Warm-up; circle swimming only
4:00-4:30 PM*	Lanes 1,9 Lanes 2-8	Pace Lanes: push off only, circle swimming only General Warm-up; circle swimming only
4:30 – 5:15 PM*	Lanes 1,9 Lanes 2,8 Lanes 3-7	Pace Lanes: push off only, circle swimming only Sprint Lanes; one-way only with racing starts from start end of the pool** General Warm-up; circle swimming only **Additional sprint lanes will be opened by meet officials as required in the following order: 3,6,4,5,7
* On Sunday all warm-up times will be one hour earlier, due to 4:30 PM start time.		

General Considerations:

1. Please follow the established schedule.
2. NO EQUIPMENT is permitted in the competition portion of the pool at any time during warm-ups. Items may ONLY be used in the non-competition pool.
3. 3-point entry (one hand on the deck and slide into the water) MUST be used to enter the pool except at designated times and lanes.
4. If a special circumstance exists, or additional sprint lanes are needed, please contact the officials on deck to assist.
5. Coaches should maintain contact with athletes during warm-up period.
6. Please cooperate with marshals regarding procedures and lane transitions.
7. Swimmers should not step up on the block in a sprint lane when a backstroker is preparing to start.

HOTEL INFORMATION:

Summer Sectional Hotel Information

CLEVELAND, OHIO

Marriott Courtyard Cleveland Independence

5051 West Creek Road

Independence, OH 44131

800-321-2211 or 216-901-9988 & ask for Speedo Sectional Room Block

Rooms are reserved from July 17th thru July 21st (check out date). Rate is $109 a night plus tax. Rooms are two double beds. No breakfast included in room rate. Parking is free. Room block expires June 17, 2019.

Holiday Inn Express

629 Euclid Ave

Cleveland, OH 44114

855-914-9622 (Reservation Phone Number) or 216-443-1000 & ask

For Speedo Sectional Room Block

Rooms are reserved from July 17th thru July 21st (check out date). Rate is $135 a night plus tax. Majority of rooms are two queens. Seven rooms are standard king. Complimentary breakfast each day. Valet parking is $24, plus tax. Other parking is available off site at additional charge. Room block expires July 3, 2019.

Holiday Inn Cleveland Clinic

8650 Euclid Ave

Cleveland, OH 44106

(844)748-2877 & ask for Speedo Sectional Room Block

Rooms are reserved from July 17th thru July 21st (check out date). Rate is $109 a night plus tax. Rooms are two queen beds. Breakfast for two people is included in room rate. Discounted overnight valet parking at $14.00 per night. Complimentary wireless access. Room block expires on June 17, 2019.