Eastern Section of the Southern Zone
Summer Long Course Championship

Hosted by **STAR Aquatics**

July 11 – 14, 2019

Greensboro Aquatic Center

1921 W. Gate City Blvd., Greensboro, NC 27403
Held under the Sanction of USA Swimming, Inc.
Issued by **LSC Sanction #NC19107 and Time Trials Sanction #NC19107TT**

MEET DIRECTOR	MEET ENTRY COORDINATOR	MEET MARSHAL
Jay Dodson (336) 337-0169 Nanette Stevens (336) 686-4571 nanstevens@triad.rr.com	Beth Williams (336) 325-7226 bwilliams@loweandwilliams.com	Taylor Mitchell
MEET REFEREE	**ADMINISTRATIVE REFEREE**	**OFFICIALS CONTACT**
Kim Crounse kimcrounse@hotmail.com	Dave Smith das.davesmith@gmail.com	Kim Crounse kimcrounse@hotmail.com

HOST

STAR Aquatics
www.staraquatics.com

FACILITY AND POOLS

The Greensboro Aquatics Center is a 50-meter pool which can be broken into two short course venues with a separate diving well. This competition will use an 8-lane long course competition venue with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 7'. A Omega Timing System with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms.

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

No outside Food or Drink will be permitted. There is a spectator seating area with a capacity of 1850 persons. Spectators are not allowed on the deck at any time. The 650 bleacher seats on deck are reserved for swimmers only. **No chairs are permitted in the stands or on deck.**

Food and drink may be purchased from various Food Carts located throughout the venue.

Parking will be $5.00 per day with re-entry allowed. Parking for Coaches and Officials will be provided.

SCHEDULE

Session	Day	Warm-up	Meet Start
*	Wednesday evening (For other hours, teams may contact Kate McIntosh at katherine.mcintosh@greensboro-nc.gov to arrange for lanes.)	4:00-8:00 PM	*
1	Thursday Preliminaries	6:30-8:50 AM	9:00 AM
*	General Meeting	7:45 AM	*
2	Thursday Finals	4:30-5:45 PM	6:00 PM
3	Friday Preliminaries	6:30-8:50 AM	9:00 AM
4	Friday Finals	4:30-5:45 PM	6:00 PM
5	Saturday Preliminaries	6:30-8:50 AM	9:00 AM
*	Sectional meeting	30 minutes after prelims	*
6	Saturday Finals	4:30-5:45 PM	6:00 PM
7	Sunday Preliminaries	6:30-8:50 AM	9:00 AM
8	Sunday Finals	4:00-5:15 PM	5:30 PM

ELIGIBILITY

ESSZ Sectional meets are open to the members of the Eastern Section of the Southern Zone—USA Swimming registered clubs and unattached swimmers who are in good standing with specified LSCs, the ESSZ, and USA Swimming and meet the entry requirements. All USA Swimming registered clubs and unattached swimmers in the following LSCs are eligible to join the ESSZ: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern, and West Virginia. Teams and unattached swimmers may become annual members by paying the membership fee via check made payable to North Carolina Swimming Region Fund and mailed to the address provided by the meet director. Membership fees are $25 prior to December 31 and $150 after.

USA Swimming member athletes and clubs from outside these LSC boundaries are eligible to participate provided they 1) receive the approval to attend from the ESSZ Chair or delegate at least three months prior to the first day of the meet, 2) become registered associate members of the ESSZ prior to the meet entry deadline, and 3) meet the entry requirements. Associate membership fees of $45 must be paid via check made payable to North Carolina Swimming Region Fund and mailed to the address provided by the meet director.

All swimmers must be members of USA Swimming. Each club is responsible for the proper registration of its swimmers and coaches. The person signing the entry form accepts all

responsibility for compliance. Each coach attending the meet must be listed on the coach contact form. All coaches must be properly certified members of USA Swimming throughout the meet. Swimmers attending the meet without a coach must arrange to be supervised by a USA Swimming member coach from another team in attendance. There will be no on deck USA Swimming registration available at this meet.

ENTRY LIMITS

Swimmers may enter as many events for which they qualify and as many bonus events as they choose but may swim a maximum of three (3) individual events per day including Time Trials. **The swimmer is responsible for scratching from oversubscribed events.** Otherwise, swimmers will be automatically scratched from their fourth and subsequent events over the three event daily limit. Scratches must be received by the Admin Referee by the relevant scratch deadline in order not to count toward a swimmer's daily event limit.

Each team will be limited to two relay teams per event.

ENTRY REQUIRE-MENTS, QUALIFYING TIME STANDARDS, and QUALIFYING PERIOD

All ESSZ swimmers must enter at least one event for which they have attained the current Sectional meet time standard in long course meters or short course yards. Qualifying times must be available in SWIMS and have been achieved at a USA Swimming sanctioned, approved, or observed meet between the first day of the ESSZ Spring Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet. ESSZ teams with relay only swimmers must declare those swimmers on their OME roster.

Out-of-ESSZ swimmers must enter at least one event for which they have attained the current **Futures** meet time standard in short course yards or long course meters. Entries times in all other events must be equal to or faster than the current Sectional meet time standards in long course meters or short course yards. Qualifying times must be available in SWIMS and have been achieved at a USA Swimming sanctioned, approved, or observed meet between the first day of the ESSZ Spring Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet. Out-of-ESSZ teams are not permitted to enter relay only swimmers.

All swimmers must enter in the course in which they achieved the time standard (LCM/SCY.) Faster times achieved after the entry deadline will not be accepted as updates to previously entered times.

The qualifying period for the current Sectional meet is **Thursday, March 8, 2018 until Monday, July 8, 2019.**

BONUS EVENTS

Qualifiers may enter any number of bonus events for which they qualify subject to daily event limits. However, swimmers who compete in bonus events but fail to attain or better the ESSZ meet qualifying time standard are subject to fines as described below.

FAILURE TO ATTAIN TIME STANDARDS

ESSZ and out-of-ESSZ swimmers who compete but fail to equal or better the current ESSZ meet time standards in any individual event (regular or bonus) must be able to prove that they have previously achieved the current ESSZ meet qualifying time. The only acceptable

proof-of-time will be official meet results from a USA Swimming sanctioned, approved, or observed competition. Any qualifying time from the SWIMS database used as an entry time will automatically constitute proof unless an override entry time is used. Swimmers unable to provide proof of time will be assessed a $25 fine for each event they cannot prove. Proof of times is due by September 30. Beginning October 1, fines are doubled to $50 per occurrence regardless of provability.

In the event a swimmer does not pay an assessed fine, neither the swimmer nor the swimmer's team will be eligible to enter future ESSZ Sectional meets until such time as the fine is paid. Teams with outstanding fines must pay prior to the entry deadline of any Sectional meet in which they intend to compete. Fines will be deposited with no further need of proof. All fines collected go to the ESSZ Travel Fund.

DISABILITY SWIMMER ENTRIES

All disability swimmers must have met the current Can Am standards in long course meters, short course meters, or short course yards for EACH event entered. Times must have been achieved between the first day of the ESSZ Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet.

ENTRY PROCESS AND DEADLINES

An events file for organizing entries will be posted on www.staraquatics.com by **May 27, 2019,** or via email request to the entry coordinator at bwilliams@loweandwilliams.com.

Entry deadline for this meet is Monday, **July 8, 2019** at 3:00 PM.

OME will be used for all entries including relays and relay only swimmers. OME will close Monday of meet week**, July 8, 2019** at 3:00 PM. OME will open no later than Monday, **May 27, 2019**. Coaches can update entry times in OME until it closes. Questions or problems with OME should be directed to Beth Williams at bwilliams@loweandwilliams.com**.**

ESSZ teams should enter via the OME file labeled "**ESSZ Summer Championships."** Out-of-ESSZ swimmers who have been invited to participate should enter via the OME file labeled as **"ESSZ Summer Out of Section Entries."**

Entry requests received after OME closes will be considered late and accepted only as described below in LATE ENTRIES and only for open lanes in existing heats.

ENTRY VERIFICATION

A psych sheet will be issued to the person submitting the entry by 3:00 PM on Tuesday of meet week. Coaches have until 3:00PM on Wednesday of meet week to identify any missing entries, time corrections, or other entry errors and email corrections to the entry coordinator at bwilliams@loweandwilliams.com. Any changes after that point will be made at the discretion of the Meet Referee only.

ENTRY FEES

Make checks payable to the host team. All fees are non-refundable. Payment in full is due no later than the General Meeting.	
Individual Event	$10.00 per event
Relays	$20.00 per relay
NCS Travel Fund	$3.00 per swimmer
Facility Surcharge	$20.00 per swimmer

Time Trials events	$10.00/20.00 per event
Late Entry Fee (double)	$20.00/$40.00

PAYMENT Payment must be made by check payable to the host team and is due in full no later than the General Meeting on Thursday. Any alternate payment arrangements must be negotiated with the Meet Director. Teams should bring copies of OME rosters and receipts for verification.

LATE ENTRIES Late entries for event will be accepted at the meet at the discretion of the Meet Referee on a first come/first served basis only if open lanes are available and will be seeded with NT. No additional heats will be created for late entries. Late entries will be accepted at the meet up until the time that the Clerk of Course closes before each session (see schedule under SCRATCH AND POSITIVE CHECK IN DEADLINES). Late entry fees will be doubled for individual and relay events-- $20.00 per individual event and $40.00 per relay. Late entered swimmers must present proof of current USA Swimming registration if they are not already entered in the meet. No on deck registration will be available.

RULES The meet will be conducted in accordance with USA Swimming Rules and Regulations except where the rules are optional and exceptions are stated.

SAFE SPORT Coaches are advised to supervise their swimmers closely at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. No running or horseplay will be tolerated. Access to the main locker rooms is restricted to swimmers only. Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Main locker rooms are reserved for participating swimmers only.

Deck changes are prohibited.

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. The swimmer must also declare to the Meet Director a coach of record and who will represent the swimmer at the meet.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas. Spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

BREAKS Breaks are noted in the Order of Events. Additional breaks may be inserted at the discretion of the Meet Referee.

SEEDING

The conforming time standard for this meet is long course meters (LCM). Swimmers who have achieved the SCY cut must enter with that time. Swimmers will be seeded in the order of LCM then SCY. Swimmers will be seeded and swim from slow to fast unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee.

SCRATCH AND POSITIVE CHECK IN PROCEDURES

This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are stated.

Swimmers who do not intend to swim an event, or must scratch down to the three events per day limit, or need to make room for a time trial should scratch by the indicated deadline. Scratch cards should be completed and deposited in the scratch box at Clerk of Course by the appropriate deadline. While there will be no penalty for failure to compete in preliminary heats of events 200M or less, swimmers and coaches should remember that late entries will only be accepted for empty lanes. Therefore, all coaches are asked to declare any scratches to the Clerk of Course before the deadlines to insure full heats and the best competition opportunities possible for all athletes.

A positive check in, located at the Clerk of Course, will be required for these events. Swimmers and relay teams who do not positively check in may not be seeded in the event:

- 800 Freestyle
- 400 Individual Medley
- 400 Freestyle
- 1500 Freestyle
- All Relays

SCRATCH AND POSITIVE CHECK IN DEADLINES

EVENT	DAY	TIME
Scratches from Thursday events (email and text scratches to the Administrative Referee are accepted)	Wednesday	7:00PM
Positive check in 800 Freestyle	Thursday	7:30AM
Positive check in 400 Free Relay*	Thursday	8:00AM
Scratches from Friday events	Thursday	7:00PM
Positive check in for 400 IM and 400 Medley Relay*	Friday	8:00AM
Scratches from Saturday events	Friday	7:00PM
Positive check in 400 Free	Saturday	7:30AM
Positive check in 800 Free Relay*	Saturday	8:00AM
Positive check in 1500 Free (AM/PM option)	Saturday	6:00PM
Scratches from Sunday events	Saturday	7:00PM

*Relay cards are due at least one hour before the relay is scheduled to swim but may be changed up until the relay swims.

SCRATCH PENALTIES

According to the scratch rule, a swimmer who is properly checked in for a positive check in deck seeded event, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee. There is no penalty for failure to compete in pre-seeded preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three events per day limit. There is no penalty for failure to compete in relay events.

A swimmer initially qualifying for an A, B, C, or D Final who neither scratches with the Administrative Referee nor declares his or her intent to scratch within 30 minutes after the announcement of qualifiers for that event is considered checked in. If a checked in swimmer fails to compete in Finals, he or she shall be barred from further competition unless excused by the Meet Referee. In order to field full Finals heats, swimmers who qualify in the top 50 and have no intention of swimming in Finals should indicate this by scratching.

FORMAT

Individual Events: All individual events 400 M or less will be conducted as preliminaries and finals including the 400 IM and the 400 Free, which will be deck seeded after positive check in. The 800 Freestyle and the 1500 Freestyle will be conducted as timed finals and will be deck seeded after positive check in.

Finals: There will be a **Championship A Final,** a **Consolation B Final**, a **Bonus C Final**, and a **Bonus D Final, which will be limited to 18&Us,** for all prelim/final events. The Finals heats will be swum in the following order: D Final, C Final, B Final, and A Final. The A and B Finals will be scored. Championship A Finalists are invited to the Ready Room 5 minutes before their event for parading. D, C, and B Finalists should report to the blocks. Alternates should report to the starter prior to the D Final and will swim in the D or C Final should no shows occur.

400 Free:

- The 400 Free events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top **two** heats) and swum slowest to fastest, in event order, all women's heats then all men's heats.

400 IM:

- The 400 IM events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top **two** heats) then the fastest four women's heats will swim slow to fast, then the fastest four men's heats will swim slow to fast, then the remaining heats will swim fast to slow alternating women and men.

800 Free:

- The 800 Free events will be conducted as timed finals and will be deck-seeded after positive check in. The fastest heat of positively checked in swimmers of each gender will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session 10 minutes after the last heat of 200 Fly. The next three fastest heats of women will swim slowest to fastest, then the next three fastest

heats of men will swim slowest to fastest, then the remaining heats will swim fast to slow alternating women and men. Swimmers must provide their own counters. Swimmers in the morning session may be required to provide their own timers.

1500 Free:

- The 1500 Free events will be conducted as timed finals and will be deck-seeded after positive check in. Swimmers may indicate AM/PM preference. The fastest heat of positively checked in swimmers of each gender who **select PM** will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session 10 minutes after the last heat of the 200 Backstroke, fast to slow alternating women and men. Swimmers must provide their own counters. Swimmers in the morning session may be required to provide their own timers.

Relays: All relays will be deck seeded after positive check in and conducted as timed finals.

- All heats of the 400 Free Relays and the 400 Medley Relays will swim in the Finals sessions on Thursday and Friday. The fastest two heats of women will swim slow to fast, followed by the fastest two heats of men swum slow to fast, with remaining heats swum fast to slow alternating women and men.
- The fastest two heats of each gender in the 800 Free Relay will swim in Finals on Saturday, slow to fast, both women's heats then both men's heats. Remaining heats will swim at the end of the Preliminary session, fast to slow alternating women and men.

The Meet Referee may combine heats and events as necessary.

SCORING

The top 16 places in all events will score points as follows:

- Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. A and B Finalists must attain the ESSZ time standard for the individual event in order to score team or individual points.
- Relay events will score double.

AWARDS

- Individual & Relay Awards: Medals for 1st through 8th place for individuals and 1st through 3rd for relay events. Winners should report to the podium to receive their awards according to the schedule announced at the General Meeting.
- Team Awards: Plaques for 1st through 6th place combined teams.
- Individual High Point: Plaques for highest scoring woman and man.

RESULTS

Results will be posted on www.staraquatics.com within 24 hours of the meet's conclusion and teams will be emailed their results. MeetMobile and LiveResults will be used as facility internet connectivity permits.

WARM-UP PROCEDURES

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm up procedures. Open warm up will be offered from 6:30-8:30 AM. Specific warm ups will be offered at 8:30 in the main

competition pool during which at least two lanes will be assigned as pace lanes and at least two lanes will be assigned as one-way race start lanes. Meet Management reserves the right to change warm up times according to the number of entries. During the competition, there will be at least 6 lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direct supervision of a certified coach.

TIME TRIALS Time trials will be offered after all Preliminary and Finals sessions, time permitting. Time trials count toward a swimmer's three events per day individual event limit.

Qualifiers may swim up to two time trials subject to daily event limits. ESSZ relay only swimmers are eligible to swim up to two time trials provided they actually compete on a relay during the meet.

Sign up deadlines on days when time trials are offered will be 10:30 AM for time trials after Preliminaries and 6:00 PM for time trials after Finals.

The 1500 and 800 Frees may be time trialed after one Preliminary session to be determined by the Meet Referee.

The order in which time trial events will be conducted will follow National event order (e.g., that day's events, followed by next day, etc., finishing up with the previous day's events) except that the 50M events will be the first or last event of the session as determined by the Meet Referee. Heats and events may be combined, and, in the session that they are offered, the distance frees will be the last events of the session or next to last if 50s are last. Time permitting and at the discretion of the Meet Referee, events not offered at the ESSZ meet may be time trialed and will be contested at the end of the time trial session unless they are combined with earlier events.

Time trial fees are $10.00 per individual event and $20.00 for relays payable in cash at sign up. Swimmers must provide their own timers and counters for time trials. Time trials will begin no later than 15 minutes after the session conclusion.

GENERAL MEETING The General Meeting will be held at 7:45AM on Thursday in Hospitality. Teams are responsible for knowing and complying with information distributed and decisions made at the General Meeting.

COACHES All coaches on deck must be registered and certified with USA Swimming. Deck Pass is acceptable proof of USA Swimming membership. Meet Management will require all coaches to show proof of current certification/registration and coaches must display their meet credentials or have easy access to their printed or virtual USA Swimming membership card at all times while on deck. There may be a coaches' meeting after Friday warm ups or other meetings at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

TIMERS Volunteer timers from visiting teams are welcome.

OFFICIALS

Officials will be required to show proof of current USA Swimming membership and certification. Deck Pass is acceptable proof of USA Swimming membership. There will be an officials' meeting 1 hour prior to each session in the officials' room. All USA Swimming certified officials are welcome. If you are able to work as a S&T Judge, contact the Meet Referee, however you are not required to do so in order to officiate.

CJs/Starters/Referees: Officials who are interested in assigned positions should complete an Application to Officiate found on the Southern Zone website, www.szoneswim.com by June 1.

Uniform for this meet is white polo over navy pants/skirt/skort with white shoes and socks. Long navy pants or skirts are preferred for finals.

National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 and N3 all positions by USA Swimming. Officials wishing to be evaluated may submit an application to the Meet Referee by June 1 for assigned positions and June 21 for S&T. Evaluation requirements and applications can be found at www.USASwimming.org.

MEET COMMITTEE

A meet committee pool will consist of two coaches and two swimmers selected at random, plus the Meet Referee, Meet Director, and ESSZ Chair or their designees. The appropriate number of people will be selected from this pool should a jury be required.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials. Concessions will be available for purchase.

SWIMMERS AND MEMBERS WITH DISABILITIES

The host team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in this meet. Coaches entering swimmers with disabilities and Members who require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the host team's ability to accommodate all requests.

BAD WEATHER

In case of an "Act of God" or bad weather scenario that jeopardizes a session, meet management will make the final decision how the meet will safely proceed.

COMMENTS

Any comments regarding the conduct of the meet or problems that are not resolved in a satisfactory fashion should be communicated in writing to the ESSZ Chair.

TRAVEL INFO

For hotels, flight information, and swim-friendly restaurants, see the STAR Aquatics website at https://www.teamunify.com/EventShow.jsp?id=1031784&eeeee=ncssa&team=ncssa

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

Speedo Champions Series ESSZ Summer LC Senior Championships

FINALS ORDER OF EVENTS

Thursday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:30 Finals Start: 6:00

Women's Event	Event Qualifying Standard			Event Qualifying Standard		Men's Event
	SCY	LCM	**Event**	LCM	SCY	
1	10:42.49	9:32.39	**800MFree***	8:59.39	10:08.19	2
3	2:11.49	2:30.49	**200 IM**	2:18.39	1:59.79	4
5	0:24.69	0:28.49	**50 Free**	0:25.89	0:22.29	6
7	2:10.29	2:27.89	**200 Fly**	2:15.09	2:00.09	8
9	n/a	n/a	**400 Free Relay****	n/a	n/a	10

*Positive check in deck seeded event. Top 8 swim in Finals. Other heats swim at the end of Prelims 10 minutes after last heat of 200 Fly. Note that event order differs for Prelims. ** All Thursday relays swim in Finals.

Friday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:30 Finals Start: 6:00

Women's Event	Event Qualifying Standard			Event Qualifying Standard		Men's Event
	SCY	LCM	**Event**	LCM	SCY	
11	1:55.89	2:12.29	**200 Free**	2:02.09	1:47.29	12
13	1:00.29	1:09.89	**100 Backstroke**	1:03.39	0:54.79	14
15	4:37.79	5:17.59	**400 IM***	4:54.79	4:16.59	16
17	n/a	n/a	**400 Medley Relay****	n/a	n/a	18

*Positive check in deck seeded event. **All Friday relays swim in Finals.

Saturday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:30 Finals Start: 6:00

Women's Event	Event Qualifying Standard			Event Qualifying Standard		Men's Event
	SCY	LCM	**Event**	LCM	SCY	
19	5:07.79	4:37.49	**400 Free***	4:19.89	4:49.69	20
21	0:59.39	1:07.59	**100 Fly**	1:00.69	0:53.89	22
23	1:08.29	1:18.69	**100 Breast**	1:10.79	1:01.89	24
25	n/a	n/a	**800 Free Relay****	n/a	n/a	26

*Positive check in deck seeded event. ** Top 2 heats of each relay swim in Finals. All others swim at the end of Prelims.

Sunday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:00 Finals Start: 5:30

Women's Event	Event Qualifying Standard			Event Qualifying Standard		Men's Event
	SCY	LCM	**Event**	LCM	SCY	
27	0:53.79	1:01.29	**100 Free**	0:56.69	0:48.79	28
29	17:38.49	18:17.69	**1500 Free***	---	---	
			200 Breast	2:34.19	2:14.79	30
31	2:27.69	2:49.69	**200 Breast**			
	---	---	**1500 Free***	17.13.49	16:53.69	32
33	2:09.69	2:30.19	**200 Back**	2:17.39	1:59.09	34

*Positive check in deck seeded event. AM/PM option. Top 8 selecting PM swim in Finals. Other heats swim at the end of Prelims 10 minutes after the last heat of 200 Backstroke. Note that event order differs for Prelims: 27, 28, 31, 30, 33, 34, 29/32.

ESSZ Summer LC Senior Championships Contact, Entry Summary/Payment/Waiver Form

Complete the coach contact form, the entry summary/payment form, and the waiver form. Mail/Email forms along with entry fee checks payable to **STAR Aquatics** to:

STAR Aquatics
PO Box 16311
High Point, NC 27261

If you have any questions, contact Jay Dodson at 336-337-0169

Coach Contact Form

Team Name	
Club Code-LSC	
Head Coach	
Head Coach Phone	
Head Coach Email	

Please list all coaches attending this meet to assist with meet communications.

Coach Name	**Cell Phone**	**Email**

ESSZ Summer Senior LC Championships Event Summary/Payment, Waiver, and Liability Release:

Team Name:	Club Code/LSC:
Head Coach:	
Coach Cell Phone:	Coach Email:
Team Address:	

Entry Summary:	Total Swimmers	Total Individual Entries	Total Relay Entries	
Women				
Men				
Total Swimmers				
Fees per swimmer/event	$23.00	$10.00	$20.00	
Total Fees Due	$	$	$	$

MAKE CHECKS PAYABLE TO STAR Aquatics. All forms and payment must be received for entries to be considered complete. Mail to:

STAR Aquatics
PO Box 16311
High Point, NC 27261

ESSZ Membership: Is your club a member of the Eastern Section of the Southern Zone? Yes / No

Waiver and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and [LSC] regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. STAR Aquatics, Greensboro Aquatic Center, North Carolina Swimming, Inc, USA Swimming Southern Zone, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

_____

SIGNATURE (Coach or Club Representative) TITLE/CLUB/DATE