



**USA Swimming Speedo Champions Series Meet  
 Region I Sectional Meet– Hosted by: STAR Swimming  
 Burt Flickinger Athletic Center - Erie Community College  
 21 Oak Street  
 Buffalo, NY 14203  
 March 11-14, 2010**

STAR Swimming would like to welcome you to the 2010 USA Swimming Speedo Champions Series meet. The 2010 Speedo Champions Series meet will be held under the Sanction of USA Swimming, through the Niagara LSC-meet Sanction Number . Time Trial Sanction Number .

**Meet Directors**

Brad Boyle  
 716-851-1217  
[boyleb@ecc.edu](mailto:boyleb@ecc.edu)

Karyn Bimber  
 716-868-6611  
[kkbimber@buffalo.edu](mailto:kkbimber@buffalo.edu)

**Meet Referee**

Peter LaGow  
 5960 Millrace Ct.  
 Columbia, MD21045-5289  
[peterlagow@comcast.net](mailto:peterlagow@comcast.net)

**LSC Officials Chairman**

Sue Seiler  
 6526 Tonawanda Creek Rd.  
 Lockport, NY 14094-7955  
[sseiler826@aol.com](mailto:sseiler826@aol.com)

**Meet Marshalls:** Shall be provided by STAR Swimming in accordance with the requirements of the Niagara LSC and USA Swimming. The Head Marshall for this meet shall be Renee Wolf.

**LOCATION**

Burt Flickinger Athletic Center  
 Erie Community College  
 21 Oak Street  
 Buffalo, NY 14203

The **Burt Flickinger Center** is a venue located in downtown [Buffalo, New York](#). It was originally constructed for the 1993 [World University Games](#) and is now used full-time by [Erie Community College](#). Containing a gymnasium that seats 3,200 and an Olympic-sized regulation swimming pool, events hosted in the past include the [World University Games](#), [ECW](#) shows, and professional [boxing](#) cards.

**FACILITY**

Eight lane 25-yard pool with continuous flow through gutters and Kieffer-McNeil lane dividers. Two 25 yard eight lane pools and separate 25 yard six lane pool for continuous warm-up and cool-down. Colorado 5000 Electronic timing System with gutter mounted touchpads, horn starts and scoreboard readouts at each end of pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.



## SCHEDULE (tentative)

	Warm-Up	Prelims		Warm-Up	Finals
Thursday	Coach's Meeting 2:00pm			9:00am	5:00pm
Friday	7:00a-8:50a	9:00a		4:30p-5:45p	6:00pm
Saturday	7:00a-8:50a	9:00a		4:30p-5:45p	6:00pm
Sunday	7:00a-8:50a	9:00a		3:30p-4:45p	5:00pm

## RULES

USA Swimming Rules will govern this competition. This includes the current national Championship rules including scratch rules (Section 207.12.10).

## ELIGIBILITY

The Eastern Zone Northern Region Speedo Championship Series is open to any registered USA swimmer with a qualifying time shown in the qualifying standards. The qualifying time period is January 1, 2009 through the meet entry deadline.

## TIME STANDARDS

See enclosed order of events with time standards.

## ONLINE MEET ENTRY

Except for qualifying times achieved for the first time between March 1, 2010 and March 7, 2010, all entries must be submitted through USA Swimming's website using OME (Online Meet Entry). All coaches planning on attending the meet MUST be included with the entry for the confirmation of coach credentials prior to receiving coach's packet or deck credentials. Any coach not on the original entry MUST show proof of current credentials proper to receiving the coach's packet or deck credentials (no exceptions).

## ENTRY DEADLINE

Entry deadline is Tuesday March 2, 2010 at 11:59pm (EST).

OME will open for this meet on February 2, 2010 at

[www.usaswimming.org/ome](http://www.usaswimming.org/ome)

## TIMES ACHIEVED AFTER MARCH 2, 2010

Additional entries from meets occurring between March 3, 2010 and March 7, 2010 are due by 10:00pm (EST) on Monday March 8, 2010. These entries must be submitted to the host club via email only, using a Hy-tek entry file. These entries should be emailed directly to [boyleb@ecc.edu](mailto:boyleb@ecc.edu). This is for first time cuts achieved in this specific time period. All other entries must use the on-line entry procedure.

Payment for the entries must be received at the pre-meet coaches meeting (no exceptions) on Wednesday, March 10, 2010. If payment is not received at this time, these entries will be scratched from the meet. Please remember that this "late entry period" is for **new** qualifying times that occur between March 3, 2010 and March 7, 2010. Once the OME deadline passes no time updates are permitted.



## QUESTIONS REGARDING OME

USA Swimming On-Line Meet Entry Questions contact:

Susan Woessner

Office: 719-866-3589

Cell: 719-332-0184

[www.usaswimming.org/ome](http://www.usaswimming.org/ome)

## 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 2, 2010 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. Times must be entered in the proper course in which achieved, converted times will not be accepted. Times other than Short course yards will be treated as "non-conforming" 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, except for those times achieved during the extended entry period (March 1-7, 2010). These times must be submitted using Hy-Tek Team Manager. No fax entries can be accepted at any time.

## ENTRY FEES

\$10 per individual event, \$10 per bonus event, \$25 per relay, there is also a \$2 per swimmer Swimming Surcharge, and a \$5 per team surcharge.

## EVENT LIMITATIONS

Swimmers may enter any number of events in which he/she has qualified, but may not compete in more than three (3) individual events per day, and a total of seven (7) for the meet. Each team is allowed to enter up to two (2) relays in each event.

## BONUS EVENTS

Swimmers making 1 Qualifying Time	1 Bonus Events
Swimmers making 2 Qualifying Times	2 Bonus Events

Limits on daily individual events three (3) and total meet events (7) will still apply.

## PROOF OF TIMES/FINES

Verification of all times for all events including relays is required. Times submitted through OME will be automatically verified through USA Swimming SWIMS database, unless a custom time is used. Coaches entering with custom times should be prepared to prove the time with a copy of the official meet results. High School, College, YMCA, and similar non-USA-S swims must be from a swim officially authorized by USA Swimming. ANY TIMES NOT ABLE TO BE PROVEN ARE SUBJECT TO A \$100 FINE.

**Additionally, the Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any Swimmer in the initially announced top 24 that does not show up to compete will be subjected to a \$50 fine. Checks will be made out to the Eastern Zone.**



## COACH'S MEETING

A coach's meeting will be held on Thursday at 2:00pm. If necessary, additional coach's meetings will be held as determined by the meet referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coach's meetings. Coaches are responsible for all information from these meetings including changes in the meet conduct.

## OFFICIALS CERTIFICATION

This meet will be designated as a "Qualifying Meet" and "National Evaluators" will be in attendance for certification and re-certification evaluations. Those desiring initial certification or re-certification above the LSC level should download the application for this purpose. There will be opportunities at the meet to be evaluated for the N2 and N3 level positions.

Certified officials wishing to work the meet should submit applications to the Eastern Zone Officials Chairman. Application to be found by selecting the following link: [Application to Officiate](#)

## CONDUCT OF THE MEET

All events, except the 1000 and 1650 freestyle and relay events, will be conducted with preliminary and C, B, and A (Bonus, Consolation, and Championship) final heats. The 1000 free, 1650 Free and all relays are timed final events requiring positive check-in.

All relays MUST positively check-in and declare their intent to swim by the scratch deadline for that day's events TO BE SEEDED. **When checking in Sunday's relays, coaches shall declare whether they wish those relays to swim in prelims or finals. Those relays wishing to swim in finals (up to 16 fastest) will be so seeded. All other relays will be seeded in prelims according to their seed time. (aka "Sunday Relay Rule")**

SEEDING ORDER  
SC Yards, SC Meters, LC Meters

All distance swims MUST positively check-in and declare their intent to swim by the scratch deadline for that day's events TO BE SEEDED.

## DISTANCE EVENTS

Thursday-Women's 1650 free and Men's 1000 free will be conducted as timed finals on Thursday Evening. The heats will be swum slowest to fastest.

Sunday-The fastest heat of the Women's 1000 free, and the fastest heat of the men's 1650 free will be swum at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 3:30pm. The heats will be swum alternating women and men such that the second fastest men's heat swims last, the second fastest women's heat swims next-to-last, etc. The heat order will be published after the scratch deadline. These events are timed finals.



## RELAYS

**Relays** are timed final events. The fastest two heats will swim with finals during the evening session. The Sunday Relay Rule will be in effect for Sunday Relays. Remaining heats will swim with preliminaries during the morning sessions. All relays must be positively checked-in by the appropriate scratch deadline. 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. 200 Yard Medley Relay entry times must be provable 400 Medley Relay times.

### SCRATCH AND POSITIVE CHECK-IN PROCEDURES

The USA Swimming Scratch Policy Rule 207.12.10 A-E will apply through the meet.

Scratches from finals shall be made with the Administrative Referee. All other scratches shall be made in the Scratch Box, which shall be located at the meet check-in table until the General Meeting, at the General Meeting and then at the Clerk-of-Course.

All relays and distance events (1000 Free, 1650 Free) **must** be checked in with the Clerk of Course.

Both the Scratch Deadlines and Positive Check-In Deadlines for all events will be as follows:

- Thursday Events: 15 minutes following the conclusion of the General Meeting.
- Friday Events: 5:30pm Thursday Evening
- Saturday Events: 6:30pm Friday Evening
- Sunday Events: 6:30pm Saturday Evening

### SCORING

#### Place

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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#### Individual Scores

20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
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#### Relay Scores

40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2
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### TEAM AWARDS

The top 3 teams in combined scoring, and the top 3 teams in Women's and Men's Scoring will receive awards.

### INDIVIDUAL AND RELAY AWARDS

Medals: Individual 1<sup>st</sup>-8<sup>th</sup>, Relays 1<sup>st</sup>-3<sup>rd</sup>



## AWARDS CEREMONIES AND READY ROOM

Swimmers competing in the A final events are expected to report to the ready room area no more than 10 minutes prior to their event. The A finalists are expected to remain in the ready room until the march-out for their event. The awards will be presented following the schedule listed under the break order.

## 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 Format: Competition Pool (tentative)

#### Thursday Timed Finals

9:00am-3:00pm	Circle Swim all lanes		
3:00pm-4:15pm	Pace: Lanes 1 & 8		Circle Swim: Lanes 2-7
4:15pm-4:45pm	Pace: Lanes 1 & 8	Sprint: Lane 7	Circle Swim: Lanes 2-6
4:45pm	Clear Pool		

#### Friday, Saturday, Sunday Prelims

7:00am-8:00am	Circle Swim all lanes		
8:00am-8:30am	Pace: Lanes 1 & 8		Circle Swim: Lanes 2-7
8:30am-8:50am	Pace: Lanes 1 & 8	Sprint: Lanes 2 & 7	Circle Swim: Lanes 3-6
8:50am	Clear Pool		

#### Friday, Saturday, Sunday\* Finals

4:30pm-5:00pm	Circle Swim all lanes		
5:00pm-5:20pm	Pace: Lanes 1 & 8		
5:20pm-5:45pm	Pace: Lanes 1 & 8	Sprint: Lanes 2 & 7	Circle Swim: Lanes 3-6
5:45pm	Clear Pool		

*The Deep End of the pool will be available for continuous warm-up/cool-down, as well as the small pool if necessary.*

*\*Sunday Warm-ups for finals will begin one hour earlier (3:30-4:45)*

## USA Swimming Membership

All swimmers, coaches, and officials must be current 2010 members of USA Swimming. Any team or individual entering a swimmer without a current USA Swimming membership may be subject to a \$100 per swimmer fine. There will be NO deck registration.

## DECK ADMITTANCE

All participating swimmers, coaches, and working officials will be issued deck credentials. These must be worn at all times. Please use designated pool entry areas.

## REGISTRATION AND CREDENTIALS

Coach packets and credentials for athletes, coaches and officials will be available in the entrance area. Credentials must be visible at all times when on deck.



## MEET JURIES

The meet jury shall be announced by the meet referee at the general meeting. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the meet referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone other than registration personnel. The fee is refundable if the protest is upheld. (207.12.8 & 207.12.9)

## TIME TRIALS

Time trials will be offered, time permitting, and at the discretion of the meet directors, 15 minutes after the completion of each preliminary session and after Thursday events. Swimmers must be entered and compete in at least one individual or relay event in order to participate in time trials. Swimmers must sign up for time trials by 5:00pm Thursday and 60 minutes prior to the scheduled end of each day's preliminary events. The entry fee is \$10 for individual events and \$25 for relays. Checks should be made payable to STAR Swimming. Time trials will be swum in the following order:

Thursday (only 1000 and 1650 will be offered)

Friday Time Trials: Friday/Saturday/Sunday events in that order

Saturday Time Trials: Saturday/Sunday/Friday events in that order

Sunday Time Trials (Time Permitting): Sunday/Friday/Saturday events in that order

*The 1000 and 1650 will also be offered as the last event on either Friday or Saturday. The day will be announced at the General Meeting.*

## ADMISSIONS AND PROGRAMS

Meet Program	\$15 (Psych Sheet for Prelim and Timed Final events, and a voucher for a heat sheet for each day's finals).
Thursday Admission	\$5
Friday-Sunday Admission	\$6 per day (prelims & finals)
All Sessions Pass	\$20 (does not include program)
Finals Heat Sheets	\$3

## CONCESSIONS

Concessions will be available throughout the meet.

## PARKING

Parking is available at Mike's parking at the corner of Elm & 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 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.

## MEET RESULTS

Printed copies of the meet results will be available for a \$10 fee. Live results will be posted on the Eastern Zone Swimming's website and at [www.starsswimming.org](http://www.starsswimming.org).



## 2010 Speedo Champions Series Eastern Zone Northern Sectional Order of Events

### Thursday, March 11, 2010

Women				Timed Finals: 5:00 Start			Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
18:16.79	17:43.29	16:54.39	1	1650 Yard Freestyle*					
				1000 Yard Freestyle*	2	10:01.99	8:52.99	9:08.79	

### Friday, March 12, 2010

Women				Prelims: 9:00a Start Finals: 6:00p Start			Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
2:11.49	2:08.19	1:55.99	3	200 Yard Freestyle	4	1:46.49	1:58.09	2:01.49	
1:18.29	1:15.89	1:08.29	5	100 Yard Breaststroke	6	1:02.19	1:09.19	1:10.39	
1:06.99	1:05.79	59.19	7	100 Yard Butterfly	8	53.89	59.59	1:00.89	
5:18.79	5:07.29	4:36.79	9	400 Yard IM	10	4:15.09	4:43.19	4:49.89	
9:06.69	8:58.89	8:05.39	11	800 Yard Free Relay*	12	7:22.39	8:06.69	8:14.79	

### Saturday, March 13, 2010

Women				Prelims: 9:00a Start Finals: 6:00p Start			Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
4:44.09	4:40.29	4:12.29	13	200 Yard Medley Relay*	14	3:46.99	4:15.59	4:19.69	
2:29.49	2:25.99	2:11.49	15	200 Yard Butterfly	16	2:00.89	2:14.19	2:16.29	
28.59	27.29	24.99	17	50 Yard Freestyle	18	22.49	24.99	25.59	
2:49.39	2:44.79	2:28.39	19	200 Yard Breaststroke	20	2:15.39	2:30.29	2:32.99	
1:08.99	1:06.99	1:00.29	21	100 Yard Backstroke	22	55.09	1:01.19	1:02.89	
4:37.19	4:29.89	5:06.99	23	500 Yard Freestyle	24	4:48.39	4:10.89	4:18.59	
4:14.99	4:10.99	3:45.79	25	400 Yard Free Relay*	26	3:21.89	3:44.09	3:48.69	

### Sunday, March 14, 2010

Women				Prelims: 9:00a Start Finals: 5:00p Start			Men		
LCM	SCM	SCY	#	Event	#	SCY	SCM	LCM	
1:57.79	1:56.19	1:44.59	27	200 Yard Free Relay*	28	1:32.69	1:42.19	1:45.49	
9:34.99	9:19.99	10:39.19	29	1000 Yard Freestyle					
				1650 Yard Freestyle	30	16:43.99	16:35.19	17:21.99	
2:28.99	2:24.79	2:10.39	31	200 Yard Backstroke	32	1:59.39	2:12.59	2:15.39	
1:01.89	59.99	53.99	33	100 Yard Freestyle	34	48.79	54.19	55.69	
2:29.69	2:25.09	2:10.89	35	200 Yard IM	36	1:59.79	2:12.99	2:16.59	
4:44.09	4:40.29	4:12.29	37	400 Yard Medley Relay*	38	3:46.99	4:15.59	4:19.69	

\*Require positive check-in.

