



USA Swimming Speedo Champions Series
Hosted by
CENTRAL ZONE SECTIONAL 3
March 21 - 24, 2013
Held Under the Sanction of USA Swimming # LE 1313 L
Time Trials # LE 1313 TT

DATES: Thursday, March 21 – Sunday, March 24, 2013

HOSTED BY: SPIRE Institute and
The Lake Erie Silver Dolphins

Website: www.LESD.org or www.spireinstitute.org

LOCATION:

Facility: The Spire Institute Aquatic Center
Address: 1822 South Broadway, Geneva, Ohio 44041
Phone #: 440-466-1002
Website: www.spireinstitute.org

CONTACT INFORMATION:

Meet Director:
Jim Bocci – 440-415-5409
Email: jbocci@spireinstitute.org
Jerry Holtrey – 216-287-7719
Email: jholt@hawken.edu

Meet Referee:

John Wilson
818 North Quincy Street. Apt. 1712
Arlington, Virginia 22203-2085
Cell – 706-369-1212
Email: jwilson@pjfweb.com

Entry Chairperson:

Pam Volpe
7940 Killington Ave. NW
North Canton, Ohio 44720-4991
Phone: 330-354-6791
PJVolpe@sbcglobal.net

Local Officials' Coordinator:

Bob Burwell
Phone: 330-414-5523
Email: shortpar5@gmail.com

FACILITY INFORMATION:

The competitive swimming pool measures 10 lanes by 50 meters Olympic size pool, with 2 moveable bulkheads for subdivision of the pool. The competition will take place in 10-lane 50-meter pool. The permanent seating capacity for spectators is 1,200, with an additional 1,000+ temporary seating capacity in addition to handicapped seating and elevator access to the spectator stands. The teaching pool which measure 25 yards by 6 lanes will be used for continuous warming-up and warming-down.

Men's and Women's locker rooms are off the pool deck. Colorado timing system and scoreboard will be used for the meet.

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

WATER DEPTH: The depth of the pool at the start end is 14 feet, and 8'6" at the turn end.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms

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 not available. Belongings may be stored on deck in team areas. *Spire Institute* is 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: Food, glass containers, coolers, lawn chairs and helium balloons and artificial noise makers.
- 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 Food Court.
- The *Spire Facilities* is a smoke free campus.

SCHEDULE:

Registration: Wednesday: 12-7pm *Pool Lobby*
Thurs.-Sun: 7am *Pool Lobby*

General Meeting: Wednesday: 5pm *Hospitality Room*

Section 3 Coaches Meeting: Saturday: After Prelims,
Hospitality Room



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WARM-UP & START TIMES:

All times are Eastern Daylight Time

Wednesday:

Open Warm up: 1-7 pm

Thurs-Sat:

Prelims

Warm up: 6-8:45 am

Competition: 9 am

Finals

Warm up: 4:00-5:15 pm

Competition: 5:30 pm

Sunday:

Prelims

Warm up: 6:00-8:45 am

Competition: 9 am

Finals

Warm Up: 3:00-4:15 pm

Competition: 4:30 pm

GENERAL MEETING:

Coaches should plan to arrive in time for the General Meeting, Wednesday, March 20, 2013 at 5:00 pm in the *Aquatic Center Hospitality Room*. Coaches are responsible for all business conducted at this meeting and should send a representative if unable to attend personally. There will be a Section 3 Coaches meeting on Saturday, March 23, 2012 immediately after prelims in the Hospitality Room.

ELIGIBILITY:

All swimmers must be current athlete members of USA Swimming. This meet is open to all athletes registered outside the Central Zone and Section 3 athletes (LE, OH, IN, MI,) and Section 1 athletes (IA, IL, MN, ND, SE, WI).

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

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

Swimmers with a disability who have been classified may enter any events at this meet for which they have achieved a national disability championships qualifying time during the qualifying period. Final determination of seeding of swimmers with a disability will be made by the

meet referee after consultation with the athlete and their coaches.

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, 2012 thru the entry deadline.

REGISTRATION

Registration will begin on Wednesday, March 20, 2013 at 12 pm in the *Pool Lobby*. Registration will be available at 7am each day of the meet and will remain open until the end of the final session each day.

Coaches desiring deck passes should be listed on the original entry. Coaches must present their coach membership cards at registration in order to receive a deck pass.

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.

ENTRY LIMITS and BONUS EVENTS

Limits: 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.

Bonus Events: Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus event 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). Swimmers entering bonus events may be entered at their actual time or a NT. Please be certain to check the box indicating "bonus" for each event that is a bonus entry. When entering a NT, OME time must be entered as 59.59.59.

MEET FORMAT

This meet will be conducted in long-course meters. It is a 4- day meet. Distance freestyles will be conducted as timed finals with the fastest heat swum at finals. Relays will be conducted as timed finals except the top 2 heats of the 400 Medley Relays will be swum in finals. All other



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heats will swim in prelims. In all other events, the top 24 swimmers from preliminaries will advance to finals where bonus, Consolation and Championship heats will be contested in all events. The bonus heat will consist of swimmers 18 and under. Depending on the size of the meet, a "D" final maybe added to prelim/final events. Coaches will be informed of this decision by Friday, March 8, 2013.

ENTRY FEE:

Individual Events: \$ 10.00
Relay Events: \$ 20.00
Time Trial Events: \$10.00
Surcharge: \$ 5.00

Breakdown of Surcharges:

Section 3 – OME Fee \$2.00
LSC Surcharge Fee \$2.00
Central Zone Sectional Fee \$1.00

Make Checks payable to: *Spire Institute*

ENTRY PROCEDURES

Entries may be submitted using USA Swimming's Online Meet Entry system at www.usaswimming.org. Entries will be accepted beginning Feb. 1st through March 12, 2013 at 6pm. Confirmation of your entry using OME will be confirmed via email. If you do not receive an email confirmation, contact the Meet Director. 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 they have been paid for. Please make sure you check out properly.

IF NOT ENTERING ON OME

Email and paper entries will be accepted with a \$20.00 administrative fee for individuals entering and a \$100.00 fee for teams. The event file for Team Manager can be received by email. You may contact entry chair *Name and email*.

A Hy-Tek Team Manager entry file must be received by Tuesday, March 12, 2013 at 6pm. Entry times should be noted with L. S. Y. or NT. **Do not convert times in TM.** Any bonus events must be appropriately indicated by checking the "bonus" box in TM. Swimmers with a disability should be included in the original entry in the events that they are going to swim, even if they will be swimming events during the conduct of different events.

Hard copy and entry fees must be received by Tuesday, March 12, 2013 at 6 pm. Send entries to *Pam Volpe, 7940 Killington Ave. NW North Canton, OH 44720-4991.*

March 13 6:01 pm – Sunday, March 17 at 11 pm. Entry process (after OME closes)

Swimmers who achieve qualifying times after March 13, 2013 and before Monday, March 18, 2013, may be entered in the meet or in additional events. Such entries may not be electronically entered and must be sent into *Entry Chair Pam Volpe* by 11 pm, Sunday, March 17, 2013 – Do not send a revised entry file attachment. **Proof of time must be brought to the meet along with a valid USA membership card.**

A team who has inadvertently missed entering a swimmer and/or an event may do so after the March 12, 2013 deadline by paying the following fee:

**\$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 March 20, 2013 General Meeting.**

A **psych sheet** will be sent via email to all entered clubs by Friday, March 15, 2013. 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

Only if your club does not use the preferred method of OME or if you override a time not in SWIMS database, all times must be pre-verified (pre-proven.) Please send all individual and relay proof of times to your following LSC by Wednesday, March 13, 2013. All times must be pre-proven:

Lake Erie Swimming:

Pam Cook
301 Rockledge Dr.
Bay Village, OH 44140
440-808-9192 email: pamswim@aol.com

Ohio Swimming:

Erin Schwab
8769 Brooks Creek Dr. Apt 1826
Cincinnati, OH 45249
Phone: 513-673-3326 email: ohioswim@cinci.rr.com
Fax: 513-282-4090



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Indiana Swimming:

Lynn Kinstler
201 S. Capitol Ave., Suite 410
Indianapolis, IN 462225
317-237-5780 email: lynn@inswimming.org

Michigan Swimming:

Jan Cartmill
P O Box 1784
Midland, MI 48641-1784
989-631-4955 email: JBCartmill@hughts.net

Times not proven will be flagged on the psych sheet (*). If no proof of time is provided to the LSC representative by 7:30 am on Monday, March 18th, 2013, the swimmer will be scratched from the event.

For swimmers entered after March 12, 2013 and before 11 pm on Sunday, March 17, 2013, proof of time must be provided before the scratch deadline. 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. Host will submit a meet backup or a list of times to be proved to each participating LSC designee by noon, Wednesday, March 13, 2013. Host will accept LSC office verification of all individual entries entered by ORIGINAL deadline. Any entries received by the NEW CUT deadline will have to provide proof at meet (See paragraph above).

Acceptable verifications for any individual events not pre-proven through LSC office AND all relay proofs are official results from: USA Swimming sanctioned or approved meets; College, High School, Junior High, YWCA or YMCA, or Masters meets sanctioned by their respective governing organizations.

Verification / Proof of Time must be accordance with the type of time entered (LCM, SCY, SCM). Clubs are responsible for presenting any results they wish to use and may send copies along with their hard copy.

TIME TRIALS

Time trials will be available for swimmers participating 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

limited to 1 hour. Time trials for events 800 m and longer will be limited to one day, which will be chosen subsequent to the initial entry deadline. Teams will be informed of the distance time trial event day by Friday March 15, 2013. 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.

Time Trial Fees:

Individual Events: \$10.00
Relays: \$20.00

MEET CONDUCT

Rules: The meet will be conducted according to USA Swimming rules and regulations.

Seeding: Seeding order: Long Course Meters, Short Course Meters, Short Course Yards, NT. Eight lanes will be used at finals.

Scratch Rule: National scratch procedures (207.12.6) 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 207.12.6 E, Exceptions for Failure to Compete.

The scratch box will be available at Registration on Wednesday, at the General meeting and at the head table thereafter.

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

Thursday's events: 15 minutes after conclusion of the General Meeting on Wednesday, March 20, 2013.

All other days' events: 6 pm the prior evening.

The money for scratched events is NOT refundable.

Coaches/swimmers that have events requiring a positive check-in (relays and distance freestyle) may check-in via email to *Entry chair and email* if they will not be arriving prior to the applicable scratch deadline for that event.

RELAYS AND READY CHECK-IN PROCEDURE

Positive check-in for relays is required. Relays must be check-in prior to the scratch deadline in order to be seeded. Only two relays can score from each team.



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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 10 minutes 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.

The top 2 heats of the 400 Medley relays will be swum in the finals session, all other heats will swim in the prelims session. Teams not wanting to swim the relay during the final session should declare at check in that they do not wish to swim the event in the finals session by writing a P for prelims on the relay card.

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

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 6pm. Check-in will be available at the registration table prior to the General meeting, at the General meeting, and at the head table after the General meeting.

Thursday distance events (W800/M1500) will be swum fastest to slowest alternating women and men. The fastest heat of the Women's 800 and Men's 1500 will swim in finals.

Sunday's distance events (W1500/M800) will be swum fastest to slowest alternating women and men. The fastest heat of the Women's 1500 and the Men's 800 will be

swum in finals. Any swimmers who enter the Women's 1500 or the Men's 800 should declare at check-in that they do not wish to swim the event in the finals session by writing a P for prelim 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 with a P that 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.

LENGTH OF SESSION

If the length of a session requires, some bonus event swims may be swum at the end of the session and before time trials. Information regarding this will be posted on the web by Friday, March 15, 2013

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-meter 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.

The pool is available at 6 am all competition days.

SCORING

The meet will score to 20 places.

26-23-22-21-20-19-18-17-15-13-12-11-10-9-8-7-5-3-2-1
Relays will score double.

AWARDS

Medals for 1st-8th place will be awarded in individual and relay events.

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.

Awards will be given immediately after the championship final for each event. The last events of the day will be done prior to start of finals the next day. This is subject to change at the discretion of the meet referee.



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ADMISSION (Heat sheets included with admission)

All-Session Pass: \$35.00
Daily Prelims: \$6.00 adults/6-12 yrs \$3.00
Finals: \$7.00 adults/ 6-12 yrs \$3.00
Children under 6: Free.

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.

Note: 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 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.

Official's uniform: Ask meet referee
Officials meetings will be held one hour prior to the beginning of each session.

HOTEL INFORMATION:

<http://www.spireinstitute.org/contact/hotel-partners>

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 if 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 current Chair, Tina McCauley, at tina@b3aquatics.com. The Chairman will appoint a hearing body made up of one representative from each of the Section 3 LSC's plus one athlete at-large. Any further appeal shall be presented to the National Board of Review.

GENERAL INFORMATION:

LOCKER ROOMS

Day lockers will be available for use at the Aquatic Center for use by athletes, coaches and officials. Overnight use is prohibited.

PARKING

Parking for this event will be available in the parking areas located next to the Aquatic Center. Parking will be free.

HOSPITALITY

Coaches, officials and volunteer hospitality will be located across the hall from the pool.

VENDOR:

www.Swimvilleusa.org



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ORDER OF EVENTS

Please note that HOST is now on Eastern Daylight Time

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
Warm Ups: 6-8:45am		Thursday Events		Warm Ups: 4-5:15pm EDT	
Meet Starts: 9am EDT				Meet Starts at 5:30pm EDT	
2	200 Backstroke	3	1	800 Freestyle ***	
4	50 Freestyle	5	2	200 Backstroke	3
7	200 Breaststroke	8	4	50 Freestyle	5
1	800 Freestyle***	6		1500 Freestyle***	6
	1500 Freestyle***		7	200 Breaststroke	8
			9	800 Free Relay Women*	
Warm Ups: 6-8:45am		Friday Events		Warm Ups: 4-5:15pm EDT	
Meet Starts: 9am EDT				Meet Starts at 5:30pm EDT	
10	200 Freestyle	11	10	200 Freestyle	11
12	100 Butterfly	13	12	100 Butterfly	13
14	400 I.M.	15	14	400 I.M.	15
			*16	400 Free Relay	*17
Warm Ups: 6-8:45am		Saturday Events		Warm Ups: 4-5:15pm EDT	
Meet Starts: 9am EDT				Meet Starts at 5:30pm EDT	
18	100 Backstroke	19	18	100 Backstroke	19
20	400 Freestyle	21	20	400 Freestyle	21
22	100 Breaststroke	23	22	100 Breaststroke	23
24	200 Butterfly	25	24	200 Butterfly	25
				800 Free Relay Men	*26
Warm Ups: 6-8:45am		Sunday Events		Warm Ups: 3-4:15pm EDT	
Meet Starts: 9am EDT				Meet Starts at 4:30pm EDT	
27	200 I.M.	28	27	200 I.M.	28
31	100 Free	32	***29	1500 Freestyle	
33	400 Medley Relay	**34		800 Freestyle	*30
***29	1500 Freestyle	***30	31	100 Free	32
	800 Freestyle		**33	400 Medley Relay	**34

*Timed Finals with all relays being swum in finals session.

**The top 2 heats of the 400 Medley Relays will be swum in Finals. All other heats will swim in prelims.

*** Thursday distance events (W800/W1500) will be swum fastest to slowest alternating women and men

The fastest heat of each (W800/M1500) will be swum in finals.

****Sunday distance events (1500/800) will be swum fastest to slowest alternating women and men.

The fastest heat of each (W1500/M800) will be swum in finals.



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Meet Time Standards

Qualifying Period: January 1, 2012 through the entry deadline for Spring Meet
 ** For the Spring meet there are no bonus time standards. **

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