

STAR Swimming Presents



August 5-8, 2010
Erie Community College
Burt Flickinger Athletic Center
Buffalo, NY



STAR SWIMMING PRESENTS
THE 2010 SPEEDO CHAMPIONS SERIES
AUGUST 5-8, 2010
Held Under USA Swimming Sanction

USA Swimming registered swimmers from outside the Eastern Zone may request an invitation to the meet by contacting the Meet Director. Acceptance will be at the discretion of the Meet Director based on the size of the meet.

Order of Events
Long Course Meters

Preliminaries - 9:00 am
Women's Events

Finals - 5 PM
Men's Events

Day 1 - Thursday, August 5

1	1500 Meter Freestyle * +++		
2	200 Individual Medley		3
4	100 Meter Freestyle		5
6	100 Meter Breaststroke		7
	800 Meter Freestyle * +++		8

Day 2 - Friday, August 6

9	200 Meter Freestyle		10
11	100 Meter Butterfly		12
13	400 Meter Individual Medley		14
	10 Minute Warm-up Break Before Relays		
15	400 Meter Freestyle Relay * ##		16

Day 3 - Saturday, August 7

17	200 Meter Butterfly		18
19	100 Meter Backstroke		20
21	400 Meter Freestyle		22
	10 Minute Warm-up Break Before Relays		
23	800 Meter Freestyle Relay * ##		24

Day 4 - Sunday, August 8

25	800 Meter Freestyle * +++		
26	200 Meter Backstroke		27
28	50 Meter Freestyle		29
30	200 Meter Breaststroke		31
	1500 Meter Freestyle * +++		32
	10 Minute Warm-up Break Before Relays		
33	400 Meter Medley Relay * ##		34

* 800 & 1500 Freestyle & all Relay Events are positive check-in events. Swimmers/Teams must check in with the Clerk of Course by the scratch deadline for that event in order to be seeded.

Timed Final event, fastest two heats swim in Finals

+++ Timed Final event, fastest heat swims in Finals, all other heats will swim as indicated on page 6



Administrative Information

Meet Referee

Fran Werner (IN) (N3 Across the Board, No ADMIN)

317-319-8440

fwerner19@yahoo.com

Meet Directors

Brad Boyle

716-851-1217

boyleb@ecc.edu

Karyn Bimber

716-868-6611

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Meeting Schedule

Wednesday, August 4 6:00 PM
General Meeting ECC Aquatic Center

Each team is responsible for the information discussed at this meeting (207.12.1C).

It is the obligation of every athlete entered in the meet to attend or be represented at this meeting and to become acquainted with the changes, if any, and the decisions made at this meeting.

Thursday, August 5 7:30 AM
Initial Officials Briefing ECC Aquatic Center

- All other Officials Briefings will start 1 hour prior to the start of the session.

Prelims Events	August 5, 6, 7 & 8	9:00 AM
Finals Events	August 5, 6, 7 & 8	5:00 PM
Time Trial Events	August 5, 6, 7 & 8	½ hour after conclusion of Prelims

For Thursday Events:

Scratch Box closes 15 minutes after the conclusion of the General Meeting

All other days Events:

The Scratch Box will close at 5:30 PM for the next day's events



Ticket Information

All Session Pass	\$25
Daily:	
Prelims	\$ 4
Finals	\$ 7

Tickets will be available at the door.
Make checks payable to Star Swimming.
Prelim & Finals Programs - \$2 each

Facility

Erie Community College
Site of:

1993 World University Games
1997 USS Phillips 66 Senior Nationals
1998 Speedo Junior Championships (SC)
1999 Speedo Junior Championships (LC)
2000 Speedo Junior Championships (SC)

50 meter pool with continuous flow through gutters and Kieffer-McNeil lane dividers. Separate 25 yard six lane pool for continuous warm-up and warm-down. Colorado Electronic Timing System.

* **QUALIFYING PERIOD** - January 1, 2009 through the entry deadline.

** The seeding order is:
LC meters, SC meters, SC yards

Entry Information

ONLINE MEET ENTRY

Except for qualifying times achieved for the first time between July 27, 2010 and August 1, 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 July 27, 2010 at 11:59pm (EST).
OME will open for this meet on June 27, 2010 at
www.usaswimming.org/ome



TIMES ACHIEVED AFTER JULY 27, 2010

Additional entries from meets occurring between July 28, 2010 and August 1, 2010 are due by 10:00pm (EST) on Monday August 2, 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. 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, August 4, 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 July 28, 2010 and August 1, 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

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 July 27, 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 Long Course Meters 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 (July 28-August 1, 2010). These times must be submitted using Hy-Tek Team Manager. No fax entries can be accepted at any time. Meet Event file will be on www.starswimming.org under "Visiting Team Info" available for download July 27th.

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 including Time Trial events. Each team is allowed to enter up to two (2) relays in each event. At least one (1) swimmer swimming on each relay must be entered in the meet in an individual event.

Final Results

Complete meet results (including the meet manager results for TM and backup files) will be available on both the Eastern Zone and Star Swimming websites after the meet.



Scratch Procedures

The scratch box will be located at the Registration Desk prior to the start of the meet and until the General Meeting.

The scratch box will be at the General Meeting.

Following the General Meeting, the scratch box will be located with the Clerk of Course until the scratch box closes each day.

Positive Check-in Sheets for the 800 Freestyle, 1500 Freestyle, and all Relays will be located with the scratch box. The 1500 Free, 800 Free & Relays are timed final events. Entries must be checked in by the scratch deadline for that event in order to be seeded.

Scratch procedures and penalties will follow those listed in the USA Swimming Rule Book, section 207.12.6

Scratch Deadlines:

Thursday's Events

* 15 minutes following the adjournment of the General Meeting

Friday, Saturday, and Sunday's Events

* 5:30 PM the previous evening.

Please Note: No email, fax or phone scratches for positive check-ins will be accepted.

Relays and Relay Check-In Procedures

A. Relays - All relays are conducted on a timed final basis with only the two fastest heats to be swum in the final session. Teams are limited to two relay entries in each relay event. There will be a 10 minute warm-up break before the relays swim.

B. Relay Check-In- Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages and order of swimming, for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation at least one (1) hour prior to the start of relays. However, they may be changed up to the time of the swim.

C. At the relay Check-In teams may designate whether their Sunday Relays will swim in Prelims Only, or whether they are willing to swim in Finals.

Finals Event Order

There will be a bonus final in each Prelim- Final event. The order of the final events shall be C, B, and A (bonus, consolation, and championship). Finals Scratch Rules applies to C,B and A Finals (207.12.6.D)

Bios will be used for the A Finals.

Meet Scoring

Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.



Distance Freestyle

A. Distance Entry - Any swimmer who qualifies for the 800 and/or 1500 freestyle events may enter at their fastest time or at the time standard, if entered in two or more events on the days of the distance freestyle

B. Distance Check-In and Seeding - Entrants in the 800 and/or 1500 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before, except for Thursday's events, which will be published by 8 PM on Wednesday. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest

C. Order of Distance Events

Thursday events (W-1500 & M-800) & Sunday events (M-1500 & W-800) will swim, with only the fastest (single) heat swum in the final session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end at 4 PM. Both events will swim slowest to fastest. The heats swum in the afternoon will alternate between the Women's and the Men's events in the following pattern:

- a) Second fastest men's heat last
- b) Second fastest women's heat next to last
- c) Third fastest men's heat third from last
- d) Third fastest women's heat fourth from last and continuing until all heats are swum

In Finals the events will swim in numerical order.

Awards

Individual Awards: 1st – 8th place

Relay Awards: 1st - 3rd place

Team Awards: 1st & 2nd place

(These awards will be for Women, Men, & Combined).

Individual High Point Awards:

1st – 2nd place women, 1st – 2nd place men.

Ready Room

A ready room will be used at this Championship prior to each 'A' final event. Each swimmer participating in the 'A' finals **must** report to the ready room 10 minutes preceding the event.

Time Trials

Any swimmer entered in the meet may participate in Time Trials. Relay only swimmers **are** permitted to enter Time Trials.

Time Trials shall be swum as follows:

That day's events, followed by the events of the remaining days of the meet, followed by the events of the previous days. The 800 & 1500 Free will only be swum only on Friday – (or another day at the meet referee's discretion). Any change will be announced at the General Meeting.

Swimmers are limited to a maximum of 2 time trials for the meet, and must adhere to the daily



Site Information

*Information/Lost & Found

Information will be available at the Registration Table. The Lost & Found is located on the deck of the small pool.

* Lockers

Lockers are available for use. Swimmers should bring their own locks. Locks must be removed from the lockers at the end of each day. Each individual must assume responsibility for securing their valuables. Erie Community College and Star Swimming, Inc. are not responsible for lost or stolen items. Shaving down is not allowed in the facility.

* Medical Assistance

Lifeguards are trained for emergency situations. The municipal hospital is located 5 minutes from the facility.

* Parking

Parking is available at Mike's Parking at the corner of Elm & Swan Street and at the Adam's Parking Ramp at the corner of Washington and North Division Street. Mike's Parking has attendants supervising parking from 1/2 hour before the start of warm-up through the last session of the day. The Adam's Parking Ramp offers free parking on weekends but is unsupervised.

* Concessions

Concessions will be located in the lobby of the Flickinger Aquatic Center.

* Hospitality

A hospitality room for coaches and officials will be located in the Auxiliary Gym located on the second floor of the Aquatic Center.

Flickinger Aquatic Center Hours

Wednesday, August 4	1:00 PM - 9:00 PM
Thursday, August 5	6:30 AM - 9:00 PM
Friday, August 6	6:30 AM - 9:00 PM
Saturday, August 7	6:30 AM - 9:00 PM
Sunday, August 8	6:30 AM - 9:00 PM



Credentials pickup for Swimmers, Coaches, & Officials

Wednesday, August 4 Noon - 8:00 PM
Thursday, August 5 6:30 AM – 10 AM
Friday, August 6 6:30 AM – 8:30 AM

As needed - contact Meet director

Credentials must be worn at all times. \$10 will be charged for replacement of badges.

Warm-up procedures are as follows and they will be posted on deck:

- General warm-up all lanes until 40 minutes prior to meet start, then lanes 3-6
- Sprint lane (2) or lanes (2 & 7) as needed from 40 minutes prior to meet start
- Pace lanes 1 & 8, 40 minutes prior to meet start
- Clear pool 10 minutes prior to meet start
- Training equipment not allowed during the last hour of each warmup session.

***Meet Jury**

A Meet Jury will adjudicate eligibility and issues of conduct only which may occur in the meet venue. All protests must be in writing. Meet Referee to appoint the jury.

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In granting the sanction for this meet it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by means of injuries to anyone during the conduct of the meet.



Long Course 2010 Speedo Super Sectional Qualifying Times

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.49	27.79	24.99	50 Freestyle	22.39	24.79	25.49
1:01.39	59.99	53.79	100 Freestyle	47.89	54.59	55.99
2:11.29	2:08.49	1:54.79	200 Freestyle	1:44.19	1:58.59	2:01.69
4:34.89	4:29.29	5:03.69	400 Freestyle	4:44.29	4:12.99	4:18.59
9:29.49	9:18.29	10:27.99	800 Freestyle	9:51.09	8:49.19	9:00.39
18:05.69	17:44.69	17:49.19	1500 Freestyle	16:49.09	17:02.89	17:23.89
1:09.19	1:07.79	59.69	100 Backstroke	53.99	1:02.39	1:03.79
2:28.29	2:25.49	2:08.69	200 Backstroke	1:57.79	2:14.09	2:16.89
1:18.69	1:17.29	1:07.49	100 Breaststroke	1:00.79	1:11.29	1:12.69
2:48.99	2:46.19	2:25.59	200 Breaststroke	2:13.29	2:36.19	2:38.99
1:07.79	1:06.29	58.89	100 Butterfly	52.69	59.59	1:00.99
2:27.89	2:25.09	2:09.69	200 Butterfly	2:01.39	2:14.09	2:16.89
2:28.89	2:26.09	2:08.89	200 Individual Medley	1:57.49	2:14.39	2:17.19
5:14.89	5:09.29	4:35.49	400 Individual Medley	4:14.79	4:48.99	4:54.59
4:15.39	4:09.79	3:43.79	4 X 100 Freestyle Relay	3:19.29	3:47.39	3:52.99
9:06.19	8:54.99	7:57.59	4 X 200 Freestyle Relay	7:13.39	8:14.99	8:26.89
4:47.99	4:42.39	4:09.49	4 X 100 Medley Relay	3:43.89	4:17.99	4:23.59

Long Course 2010 Speedo Super Sectional Bonus Event Qualifying Times

	WOMEN				Men		
LCM	SCM	SCY	Events	SCY	SCM	LCM	
28.99	28.29	25.49	50 Freestyle	22.89	25.29	25.99	
1:02.39	100.99	54.79	100 Freestyle	48.89	55.59	56.99	
2:13.29	2:10.49	1:56.79	200 Freestyle	1:46.19	2:00.59	2:03.69	
4:38.89	4:33.29	5:08.69	400 Freestyle	4:48.29	4:16.99	4:22.59	
9:29.49	9:18.29	10:27.99	800 Freestyle	9:51.09	8:49.19	9:00.39	
18:05.69	17:44.69	17:49.19	1500 Freestyle	16:49.09	17:02.89	17:23.89	
1:10.19	1:08.79	1:00.69	100 Backstroke	54.99	1:03.39	1:04.79	
2:32.29	2:29.49	2:12.69	200 Backstroke	1:59.79	2:16.09	2:18.89	
1:19.69	1:18.29	1:08.49	100 Breaststroke	1:01.79	1:12.29	1:13.69	
2:50.99	2:48.19	2:27.59	200 Breaststroke	2:15.29	2:38.19	2:40.99	
1:08.79	1:07.29	59.89	100 Butterfly	53.69	1:00.59	1:01.99	
2:29.89	2:27.09	2:11.69	200 Butterfly	2:03.39	2:16.09	2:18.89	
2:30.89	2:28.09		200 Individual Medley	1:59.49	2:16.39	2:19.19	
5:18.89	5:13.29	4:39.49	400 Individual Medley	4:18.79	4:52.99	4:58.59	

Bonus events:

Make 1 individual event receive 1 bonus event.

Make 2 individual events receive 2 bonus events.

Make 3 or more individual events receive 1 bonus event, not to exceed daily and meet limits.

No Bonus swims for the 800M or 1500M unless you qualify for one event distance event 800M or longer you may swim the other distance event, if you so choose.