



2016 Speedo Champions Series Eastern Section of the Southern Zone

Hosted by STAR Aquatics

July 14 – 17, 2016

Greensboro Aquatic Center

1921 West Lee Street, Greensboro, NC 27403

Held under the Sanction of USA Swimming, Inc.

Issued by North Carolina Swimming, Inc.

Sanction #**NC16123**

Time Trials Sanction #**NC16123TT**



MEET DIRECTOR(S)	MEET ENTRY COORDINATOR	MEET MARSHAL
Jay Dodson jay@staraquatics.net (336) 337-0169 Nanette Stevens nanstevens@triad.rr.com (336) 686-4571	Beth Williams bwilliams@loweandwilliams.com (336) 325-7226	Craig Henderson craighenderson@triad.rr.com (336) 684-4250
MEET REFEREE	ADMINISTRATIVE REFEREE	OFFICIALS CONTACT
Todd Webber Toddw0312@gmail.com (336) 207-0803	David Rigsbee swim.meet.referee@gmail.com (919) 698-6042	Todd Webber Toddw0312@gmail.com (336) 207-0803

HOST The STAR Aquatics website is: www.staraquatics.net. The North Carolina Swimming website is www.swimnc.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 Colorado Timing System 6 with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Colorado Competition 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.

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.

No outside food or drink will be permitted. Food and drink may be purchased from various Food Carts located throughout the venue.

PARKING: Parking will be \$5.00 per day with re-entry allowed. Weekend parking passes will be available at a reduced rate. Parking for Coaches and Officials will be provided.

SCHEDULE

Session	Day	Warm-up	Meet Start
*	Wednesday evening	4:00-8:00 PM	*
1	Thursday Preliminaries	6:30-8:50 AM	9:00 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
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

IMPORTANT TIMES (MEETINGS, SCRATCH AND POSITIVE CHECK IN DEADLINES)

EVENT	DAY	TIME
Scratches from Thursday events (email scratches to bwilliams@loweandwilliams.com)	Wednesday	7:00PM
Positive check in 800M Freestyle	Thursday	8:00AM
Scratches from Friday events	Thursday	7:00PM
Positive check in for 400M IM and 400M Free Relay	Friday	8:00AM
Scratches from Saturday events	Friday	7:00PM
Positive check in 400M Free, 800M Free Relay	Saturday	8:00AM
Positive check in 1500M Free (AM/PM option)	Saturday	End of Prelims
Sectional Meeting -- Hospitality	Saturday	30 minutes following prelims
Scratches from Sunday events	Saturday	7:00PM
Positive check in 400M Medley Relay (AM/PM option)	Sunday	8:00AM

ELIGIBILITY

Open to the members of the Eastern Section of the Southern Zone—USA Swimming registered clubs that are in good standing with the Section and USA Swimming registered swimmers. All USA Swimming registered clubs in the following LSCs are eligible to join the Eastern Section: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern and West Virginia. Swimmers and clubs from outside these LSC boundaries are eligible to participate provided they meet the summer USA Junior National qualifying standards, become registered club members of the Eastern Section, and are registered with USA Swimming. There will be on-deck Southern Zone Eastern Section registration for teams wishing to join. Entries from swimmers from non-member clubs may be accepted into the meet but, prior to competing, must pay the \$45 club registration fee. This fee may be paid with entry fees with a separate check made payable to North Carolina Swimming Region Fund.

No entries will be accepted without valid USA Swimming numbers. 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 entry form. All coaches must be properly certified members of USA Swimming. If a swimmer attends the meet without a coach, he or she must arrange to be supervised by a USA Swimming member coach from another team. There will be no on deck USA Swimming registration available at this meet.

**TIME
STANDARDS**

All swimmers must have met the 2016 summer meet time standards in long course meters, short course meters, or short course yards in EACH event entered. Swimmers must enter in the course in which they achieved the time standard (LCM/SCM/SCY). Please be sure to denote any non-conforming time. Swimmers will be seeded in the order of LCM/SCM/SCY. Qualifying times for all events must have been achieved between March 15, 2015 and the entry deadline. Faster times achieved after the entry is submitted will not be accepted as updates to previously entered times.

PROOF OF TIMES

Swimmers who do not equal or better the applicable Eastern Section Southern Zone Senior Championship time standards in any event at the championship meet must be able to prove that they have previously achieved the qualifying time. 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 November 1. Fines are doubled to \$50 per occurrence regardless of provability after November 1. The only acceptable proof-of-time will be official meet results from a USA Swimming sanctioned, approved, or observed competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Eastern Section Southern Zone Championships until such time as the fee is paid. Teams with outstanding fines should come prepared to pay prior to participation in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the ESSZ Travel Fund.

RULES

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

FORMAT

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

400M Free:

- The 400M Free events will be deck-seeded after positive check in. The events will be circle seeded and swum slow to fast, in event order, all women's heats then all men's heats.

400M IM:

- The 400M IM events will be deck-seeded after positive check in. The events will be circle seeded. The fastest 4 women's heats will swim slow to fast, then the fastest 4 men's heats will swim slow to fast, then the remaining heats will swim fast to slow alternating women and men.

800M Free:

- The 800M Free events will be conducted as timed finals and will be deck-seeded after positive check in. The fastest heat (top 8) 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 200M Fly. The next three fastest heats of women will swim slow to fast, then the next three fastest heats of men will swim slow to fast, then the remaining heats will swim fast to slow alternating women and men. Swimmers must provide their own counters. Swimmers in the morning session must provide their own timers.

1500M Free:

- The 1500M Free events will be conducted as timed finals and will be deck-seeded after positive check in. Swimmers may select AM/PM preference. The fastest 8 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 400M Medley Relay, fast to slow alternating women and men. Swimmers must provide their own counters. Swimmers in the morning session must provide their own timers.

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

- All heats of the 400M Free relay will swim in the Finals session, fastest two heats of women swum slow to fast then fastest two heats of men swum slow to fast with remaining heats swum fast to slow alternating women and men.
- The fastest heat of each gender in the 800M Free relay will swim in Finals. Remaining heats will swim in Prelims, fast to slow alternating women and men.
- 400M Medley relay teams may select AM/PM preference. The fastest two heats of each gender in the 400M Medley relay **indicating PM** by the check in deadline will swim in Finals, slow to fast, both women's heats then both men's heats. Remaining heats will swim in Prelims, fast to slow alternating women and men.

The Meet Referee may combine heats and events as necessary.

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

ENTRY LIMIT Swimmers may enter as many events for which they qualify but may swim a maximum of three (3) individual events per day including Time Trials. Each team will be limited to two relay teams per event.

ENTRY DEADLINE AND PAYMENT OME will be used for online entries including relays and relay only swimmers. OME will close **Tuesday, July 5, 2016** at 3:00 PM. OME will open on Monday, June 6, 2016. Entry times can be updated until OME closes. Questions or problems with OME should be directed to Beth Williams at (336) 325-7226 or bwilliams@loweandwilliams.com.

IMPORTANT: Email Beth Williams at bwilliams@loweandwilliams.com upon completion. Payment must be made by check payable and mailed to STAR Aquatics and is due no later than the General Meeting on Thursday.

Please bring to the meet printed copies of OME rosters and entries for verification. Entries must include each swimmer's USA Swimming number, first and last name, age as of the first day of the meet, seeding time to the 100th of a second, and event number for each event entered. The enclosed team summary sheet, signed waiver, and all fees must be included with the entries. Please see the Meets tab on www.swimnc.com to download the Team Manager event file.

Entries received after the entry deadline will be considered late and accepted only as described below in LATE ENTRIES and only for open lanes in existing heats.

Payment of all fees must be made by check payable to STAR Aquatics and received no later than the General Meeting on the first day of the meet.

ENTRY VERIFICATION A psych sheet will be issued to the person submitting the entry by 3:00 PM on Thursday, July 7, 2016. Coaches have until 6:00PM on Saturday, July 9, 2016, to identify any missing entries, time corrections, or other entry errors and email corrections to 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 STAR Aquatics. All fees are non-refundable. Payment due no later than the General Meeting.	
Individual Event	\$10.00 per event
Relays	\$15.00 per relay
Facility Surcharge	\$20.00 per swimmer
NCS Travel Fund	\$3.00 per swimmer
Time Trials events	\$10.00 per Individual event \$20.00 per Relay event
Late Entry Fee (double)	\$20.00/\$30.00

LATE ENTRIES Late entries for event will be accepted at the discretion of the Meet Referee. Late entries will be accepted at the meet up until the scratch deadline for 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 \$30.00 per relay. Late entered swimmers must present proof of current USA Swimming registration. No on deck registration will be available.

SEEDING	The conforming time standard for this meet is long course meters (LCM). Swimmers who have achieved the SCM or SCY cut must enter with that time. Please be sure to denote any non-conforming time. Swimmers will be seeded in the order of LCM/SCM/SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. STAR Aquatics reserves the right to combine heats and events at the discretion of the Meet Referee.
SCRATCH AND POSITIVE CHECK IN PROCEDURES	<p>This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are stated.</p> <p>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 scratch deadline. While there will be no penalty for failure to compete in preliminary heats of events 200M or less, we ask all coaches 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.</p> <p>A positive check in, located at 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:</p> <ul style="list-style-type: none"> • 800M Freestyle • 400M Individual Medley • 400M Freestyle • 1500M Freestyle • All Relays
SCRATCH PENALTIES	<p>According to the scratch rule, a swimmer who is properly checked in for a positive check in 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.</p> <p>A swimmer qualifying for an A, B, C, or D Final who neither scratches with the Administrative Referee nor declares his 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 shall be barred from further competition unless excused by the Meet Referee. In order to field full Finals heats, it is requested that swimmers who qualify in the top 50, 70 on Sunday, and have no intention of swimming in Finals indicate this by scratching.</p>
SCORING	<p>The top 16 places in all events will score points as follows:</p> <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Team Awards: Plaques for 1st through 6th place combined teams.

- Individual & Relay Awards: Medals for 1st through 8th place for individuals and 1st through 3rd for relay events.
- Individual High Point: Plaques for highest scoring woman and man.

RESULTS

Results will be posted on STAR Aquatics' website www.staraquatics.net within 24 hours of the meet's conclusion and teams will be emailed their results. Meet Mobile and Live Results will be used as facility internet connectivity permits.

TIME TRIALS

Time Trials will be offered after all Preliminary and Finals sessions, for up to one hour. Time Trials may be conducted after Sunday's Preliminary session as long as the Time Trials are completed before an hour and 15 minutes prior to the start of Sunday's Finals session. Time Trials count toward a swimmer's three events per day event limit. Relay only swimmers are not eligible to swim time trials.

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 1500M and 800M Frees may be Time Tried 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).

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

SECTIONAL MEETING

The sectional membership meeting will be held 30 minutes after the conclusion of the preliminary session on Saturday in Hospitality. All member teams are expected to attend. Agenda items include bidding for meets and other ESSZ business.

TIMERS

Timers are the responsibility of the host team. Volunteers are welcome. Please contact the Meet Director if you are interested in volunteering.

WARM-UP

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 with specific warm ups at 8:30 in the main competition pool. Meet Management reserves the right to change warm up times according to the number of entries. During the competition, there will be at least four 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.

SAFE SPORT

The North Carolina Swimming Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers 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 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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.

OFFICIALS

There will be an officials' meeting 1 hour prior to each session in the Official's Room. We welcome all certified officials on deck. If you are able to work as a S&T Judge, contact the Meet Referee or sign up in advance at www.swimnc.com.

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 the deadline.

The uniform is white collared shirts over blue bottoms and white shoes. Long 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 should submit the application found on the Southern Zone website. Officials are required to work a minimum of 4 sessions to be evaluated. Evaluation requirements can be found at www.USASwimming.org.

MEET COMMITTEE

A meet committee will consist of two coaches and two swimmers selected at random, plus the Meet Referee, Meet Director and ESSZ Chair or their designee.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and coaches shall prominently display their credentials 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.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials. Refreshments will be for sale at concession stands. Outside food is not permitted by the facility.

**SWIMMERS
WITH
DISABILITIES**

STAR Aquatics welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the ability to accommodate all requests.

**BAD
WEATHER**

In case of an “Act of God” or bad weather scenario which cancels 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 Section Chairman, Alan Pfau @ apfau@swimmaccarolina.org

TRAVEL INFO

Rental Car Companies at PTI Airport

<p><u>Alamo</u> (336) 665-2542 or 1-800-327-9633</p> <p><u>Avis</u> (336) 665-5700 or 1-800-831-2847</p> <p><u>Budget</u> (336) 665-5882 or 1-800-527-0700</p> <p><u>Enterprise</u> (336) 662-0188 or</p>	<p><u>Hertz</u> (336) 668-7961 or 1-800-654-9649</p> <p><u>National</u> (336) 668-7657, (336) 665-2542, or 1-800-227-7368</p> <p><u>Thrifty/Dollar</u> (336) 664-9335 or 1-866-434-2226</p> <p><u>Triangle</u> (336) 668-2644 or</p>
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Ground Transportation

As a transportation hub in the Piedmont Triad region, PTI is easy to reach by car, bus, hotel shuttle or taxi. We are served by a number of local transportation services to help us get you on your flight and on your way quickly and affordably.

PART (Piedmont Authority for Regional Transportation)

PART serves PTI with buses, vans and carpools for affordable, comfortable transportation. Call 336-883-7278 to make a reservation or [visit their Web site](#). To make reservations or for more information contact Triad Transportation at (336) 668-9808.

Triad Transportation

Taxi/van services are provided by Triad Transportation. They can be reached at (336) 668-9808 or 1-877-796-LIMO (5466). Triad Transportation is located lower level center in the terminal building.

AMTRAK – 336-855-3385 or 1-800-872-7245

Airlines Serving Piedmont Triad International Airport (airport symbol: GSO)

www.flyfrompti.com

[Allegiant](#) 1-702-505-8888

[American Airlines/American Eagle](#) 1-800-433-7300

[Continental Airlines](#) 1-800-525-0280

[Delta Airlines](#) 1-800-221-1212

[United](#) 1-800-241-6522

[US Airways](#) 1-800-428-4322

Long Course Senior Sectionals Meet
 Preferred Hotels
 Greensboro Aquatics Center ~ Greensboro, NC
 July 13-17, 2016

HOTEL	RATE	BREAKFAST INCLUDED	DISTANCE TO GAC
Comfort Inn 1103 Lanada Road 336-297-1055	\$94.99 Single Occupancy \$99.99 Double Occupancy	Yes	4 Miles
Courtyard by Marriott 4400 West Wendover Avenue 336-294-3800	\$109.00 Single Occupancy	No	5 miles
Fairfield Inn and Suites – Wendover 4308 Big Tree Way 336-369-1300	\$119.00 for Single or Double Occupancy	Yes	5 miles
Holiday Inn Express & Suites Wendover 4305 Big Tree Way 336-707-2530	\$109.00 Double and Single Occupancy	Yes	4 miles
Holiday Inn Greensboro Coliseum 3005 W. Gate City Blvd. 336-294-4565	\$115.00 Double and Single Occupancy	Yes	1 miles
Hyatt Place 1619 Stanley Road 336-852-1443	\$102.00 Double and Single Occupancy	Yes	5 miles
LaQuinta Inn and Suites 1201 Lanada Road 336-316-0100	\$100.00 Double or Single Occupancy	Yes	4 miles
Sheraton Greensboro Hotel 3121 W. Gate City Blvd. 1-800-242-6556	\$125.00 Double or Single Occupancy	Yes Two (2) per sleeping room	1 miles

PLEASE NOTE: When securing your hotel reservation, please refer to the group, STAR Aquatics Long Senior Sectionals

The above listed rates are valid until June 27, 2016.

Speedo Champions Series ESSZ LC Senior Championships

July 14 – 17, 2016

FINALS ORDER OF EVENTS

Thursday, July 14

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

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

Girls Event	Event Qualifying Standard			Event	Event Qualifying Standard			Boys Event
	SCY	SCM	LCM		LCM	SCM	SCY	
1	10:42.49	9:33.39	9:32.39	800M Free*	8:59.39	9:03.19	10:08.19	2
3	2:11.49	2:27.39	2:30.49	200M IM	2:18.39	2:14.29	1:59.79	4
5	0:24.69	0:27.69	0:28.49	50M Free	0:25.89	0:24.99	0:22.29	6
7	2:10.29	2:26.09	2:27.89	200M Fly	2:15.09	2:14.69	2:00.09	8

*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 200M Fly. Note that event order differs for Prelims.

Friday, July 15

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

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

Girls Event	Event Qualifying Standard			Event	Event Qualifying Standard			Boys Event
	SCY	SCM	LCM		LCM	SCM	SCY	
9	1:55.89	2:09.89	2:12.29	200M Free	2:02.09	2:00.29	1:47.29	10
11	1:00.29	1:07.59	1:09.89	100M Backstroke	1:03.39	1:01.39	0:54.79	12
13	4:37.79	5:11.49	5:17.59	400M IM*	4:54.79	4:47.59	4:16.59	14
15	n/a	n/a	n/a	400M Free Relay**	n/a	n/a	n/a	16

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

Saturday, July 16

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

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

Girls Event	Event Qualifying Standard			Event	Event Qualifying Standard			Boys Event
	SCY	SCM	LCM		LCM	SCM	SCY	
17	5:07.79	4:34.89	4:37.49	400M Free*	4:19.89	4:18.89	4:49.69	18
19	0:59.39	1:06.59	1:07.59	100M Fly	1:00.69	1:00.39	0:53.89	20
21	1:08.29	1:16.49	1:18.69	100M Breast	1:10.79	1:09.39	1:01.89	22
23	n/a	n/a	n/a	800M Free Relay**	n/a	n/a	n/a	24

*Positive check in deck seeded event. ** Top 8 relays swim in Finals.

Sunday, July 17

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

Warm-up: 4:00 Finals Start: 5:30

Girls Event	Event Qualifying Standard			Event	Event Qualifying Standard			Boys Event
	SCY	SCM	LCM		LCM	SCM	SCY	
25	0:53.79	1:00.29	1:01.29	100M Free	0:56.69	0:54.69	0:48.79	26
27	17:38.49	18:00.39	18:17.69	1500M Free*, **	---	---	---	
	---	---	---	200M Breast	2:34.19	2:31.09	2:14.79	28
29	2:27.69	2:45.49	2:49.69	200M Breast	---	---	---	
	---	---	---	1500M Free*, **	17:13.49	17:14.89	16:53.69	30
31	2:09.69	2:25.39	2:30.19	200M Back	2:17.39	2:13.59	1:59.09	32
33	n/a	n/a	n/a	400M Med Relay', ***	n/a	n/a	n/a	34

*Positive check in deck seeded event. **Top 8 PM swim in Finals. Other heats swim at end of Prelims 10 minutes after the last heat of the 400M Medley Relay. *** Top 16 PM relays swim in Finals. Note that event order differs for Prelims.

ESSZ Senior LC Championships Coach Contact, Entry Summary/Payment, Waiver Forms

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

STAR Aquatics
ATTN: Jay Dodson
PO Box 16311
High Point, NC 27261

You may email forms to bwilliams@loweandwilliams.com and mail entry fee checks.

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 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	\$15.00	
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
 ATTN: Jay Dodson
 PO Box 16311
 High Point, NC 27261

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 North Carolina Swimming, Inc. 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