



Speedo Champions Series
Eastern Section of the Southern Zone
Spring SC Championship
 Hosted by [STAR Aquatics]
 [March 9 – 12, 2017]

The Greensboro Aquatic Center
 1921 West Lee Street, Greensboro, NC 27403]
 Held under the Sanction of USA Swimming, Inc.

Issued by [NC Swimming Sanction #NC17057 ; Time Trials Sanction #NC17057TT]

MEET DIRECTOR	MEET ENTRY COORDINATOR	MEET MARSHAL
[Jay Dodson (336) 337-0169 jay@staraquatics.net Nanette Stevens (336) 686-4571 nanstevens@triad.rr.com]	[Beth Williams (336) 325-7226 bwilliams@loweandwilliams.com]	[Patty Allen]
MEET REFEREE	ADMINISTRATIVE REFEREE	OFFICIALS CONTACT
[David Rigsbee swim.meet.referee@gmail.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 two short course competition venues that are 10 lanes or 8 lanes (depending on entries) 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. There are 650 bleacher seats on deck for swimmers. Folding chairs are not allowed in the facility.]

SCHEDULE

Session	Day	Warm-up	Meet Start
*	Wednesday (For other hours, teams may contact [Kate McIntosh at Katherin.McIntosh@greensboro-nc.gov] to arrange for lanes.)	*	*
1	Thursday	7:30-11:00 AM	*
*	General Meeting Thursday	5:45 PM	*
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 Saturday	30 min. 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

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 associate club members of the Eastern Section, and are registered with USA Swimming. There will be on deck Eastern Section of the Southern Zone registration for teams wishing to join. Entries from swimmers from non-member clubs may be accepted into the meet but, prior to entry deadline, 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.

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. 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.

ENTRY TIME STANDARDS AND QUALIFYING PERIOD

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

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 Summer Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet.

The qualifying period for the current meet is **Thursday, July, 9, 2015 until Monday, March 6, 2017.**

Swimmers must enter in the course in which they achieved the time standard (SCY/LCM/SCM). Swimmers will be seeded in the order of SCY/LCM/SCM. Faster times achieved after the entry deadline 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 in any individual event at the championship meet must be able to prove that they have previously achieved the qualifying time. Any OME entry time from the SWIMS database will constitute proof unless an override entry time ISs 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 1. Fines are doubled to \$50 per occurrence regardless of provability after June 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.

ENTRY PROCESS AND DEADLINES

An events file for organizing entries will be posted on www.staraquatics.com by January 23, 2017 or via email request to the entry coordinator at bwilliams@loweandwilliams.com.

The entry deadline for this meet is Monday, [March 6, 2017](#) at 3:00 PM.

OME will be used for all entries including relays and relay only swimmers. OME will close Monday of meet week, [March 6, 2017](#) at 3:00 PM. OME will open no later than Monday, [January 23, 2017](#). Coaches can update entry times in OME until it closes. Questions or problems with OME should be directed to bwilliams@loweandwilliams.com.

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 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. **The swimmer is responsible for scratching from oversubscribed events.** Scratches must be received by the Admin Referee by the relevant scratch deadline in order not to count toward a swimmer’s event limit. Otherwise, swimmers will be automatically scratched from their fourth and subsequent events over the three event daily limit.

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

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	\$15.00 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/\$30.00

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 \$30.00 per relay—and payable in cash upon entry. 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. [The NCS Safety Program is in effect for this meet.] 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

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 short course yards (SCY). Swimmers who have achieved the LCM or SCM cut must enter with that time. Swimmers will be seeded in the order of SCY/LCM/SCM. 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:

- 1000 Freestyle
- 400 Individual Medley
- 500 Freestyle
- 1650 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)	Thursday	5:00PM
Positive check in 1000 Freestyle	Thursday	5:00PM
Positive check in 800 Free Relay*	Thursday	5:00PM
Scratches from Friday events	Thursday	7:00PM
Positive check in for 400 IM and 400 Free Relay*	Friday	8:00AM
Scratches from Saturday events	Friday	7:00PM
Positive check in 500 Free	Saturday	8:00AM
Positive check in 400 Medley Relay*(AM/PM option)	Saturday	11:00AM
Positive check in 1650 Free (AM/PM option)	Saturday	11:00AM
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, top 70 on Sunday, and have no intention of swimming in Finals should indicate this by scratching.

FORMAT

Individual Events: All individual events 500 Y or less will be conducted as preliminaries and finals including the 400 IM and the 500 Free, which will be deck seeded after positive check in. The 1000 Freestyle and the 1650 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.

1000 Free:

- The 1000 Free events will be conducted as timed finals and will be deck-seeded after positive check in. The fastest three heats of women will swim first, slow to fast, followed by the fastest three heats of men swum slow to fast, then with remaining heats swum fast to slow alternating women and men. Swimmers must provide their own counters and may be required to provide their own timers.

400 IM:

- The 400 IM events will be deck-seeded after positive check in. The fastest **three** preliminary heats will be circle seeded. The fastest **four** women's heats will swim first 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.

500 Free:

- The 500 Free events will be deck-seeded after positive check in. The fastest **three** preliminary heats will be circle seeded. The fastest **four** women's heats will swim first 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. Swimmers must provide their own counters.

1650 Free:

- The 1650 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 after the last heat of the 400 Medley Relay, 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.

- Heats of the 800 Free Relay will swim fastest two heats of women slow to fast, followed by fastest two heats of men slow to fast, with remaining heats swum fast to slow alternating women and men.
- The fastest two heats of each gender in the 400 Freestyle Relay will swim in Finals on Friday, slow to fast, both women's heats then both men's heats. Remaining heats will swim in the Preliminary session 10 minutes after the last

heat of 400 IM, slow to fast, all women then all men. There is no AM/PM option for these relays.

- The fastest two heats of each gender in the 400 Medley Relay **selecting PM** will swim in Finals on Sunday, slow to fast, both women's heats then both men's heats. Remaining heats will swim in the Preliminary session 10 minutes after the last heat of 200 IM, slow to fast, all women then all men.

The Meet Referee may combine heats and events as necessary and assign events to separate pools. If two pools are used, genders may not alternate.

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 morning 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 **seven** 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 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 1650 and 1000 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). However, in the session that distance frees are offered, they will be the last events of the session.

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 5:45 PM on Thursday in [Hospitality]. Teams are responsible for knowing and complying with information distributed and decisions made at the General Meeting.

ESSZ BUSINESS MEETING

The sectional meeting will be held no more than 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 upcoming championship meets and other ESSZ business.

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 if issued by the host team 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 15.

Uniform for this meet 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 wishing to be evaluated may submit an application to the Meet Referee by July 6. Officials are required to work a minimum of 4 sessions to be evaluated. Evaluation requirements and applications 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 designees.

**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** 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 that 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

Hotels

Please see the STAR Aquatic web page for a complete list of discounted hotel rates for this meet.

<https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Dncssa&id=687270&team=ncssa>

Rental Car Companies at PTI Airport

Alamo

(336) 665-2542 or
1-800-327-9633

Avis

(336) 665-5700 or
1-800-831-2847

Budget

(336) 665-5882 or
1-800-527-0700

Enterprise

(336) 662-0188 or
1-800-736-8222

Hertz

(336) 668-7961 or
1-800-654-9649

National

(336) 668-7657, (336) 665-2542, or
1-800-227-7368

Thrifty/Dollar

(336) 664-9335 or
1-866-434-2226

Triangle

(336) 668-2644 or
1-800-365-4745]

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

Greyhound Bus – 336-272-8950 or 1-800-231-2222

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

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Speedo Champions Series ESSZ Spring SC Senior Championships
FINALS ORDER OF EVENTS

Thursday

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

Women's Event	Event Qualifying Standard			Event	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
1	10:48.89	9:33.39	9:38.09	1000 Freestyle*	9:04.79	9:03.19	10:14.29	2
				10 minute break				
3	NQT	NQT	NQT	800 Free Relay*	NQT	NQT	NQT	4

*Positive check in deck seeded event.

Friday

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

Women's Event	Event Qualifying Standard			Event	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
5	1:56.99	2:09.89	2:13.59	200 Freestyle	2:03.29	2:00.29	1:48.29	6
7	1:08.89	1:16.49	1:19.39	100 Breaststroke	1:11.49	1:09.39	1:02.49	8
9	59.99	1:06.59	1:08.19	100 Butterfly	1:01.29	1:00.39	54.39	10
11	4:40.59	5:11.49	5:20.79	400 Ind. Medley*	4:57.69	4:47.59	4:19.09	12
				10 minute break				
13	NQT	NQT	NQT	400 Free Relay' **	NQT	NQT	NQT	14

*Positive check in deck seeded event. **Fastest two heats of 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	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
15	2:11.59	2:26.09	2:29.29	200 Butterfly	2:16.39	2:14.69	2:01.29	16
17	24.89	27.69	28.69	50 Freestyle	26.09	24.99	22.49	18
19	2:29.09	2:45.49	2:51.39	200 Breaststroke	2:35.69	2:31.09	2:16.09	20
21	1:00.89	1:07.59	1:10.59	100 Backstroke	1:03.99	1:01.39	55.29	22
23	5:10.89	4:34.89	4:40.29	500 Freestyle*	4:22.49	4:18.89	4:52.59	24

*Positive check in deck seeded event.

Sunday

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

Women's Event	Event Qualifying Standard			Event	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
25	54.29	1:00.29	1:01.89	100 Free	57.19	54.69	49.19	26
27	17.49.09	18:00.39	18.28.69	1650 Free*				--
29	2:10.99	2:25.39	2:31.69	200 Backstroke***	2:18.69	2:13.59	2:00.29	28
				1650 Free*	17:23.89	17:14.89	17:03.99	30
31	2:12.79	2:27.39	2:31.99	200 Ind. Medley	2:19.79	2:14.29	2:00.99	32
				10 minute break				
33	NQT	NQT	NQT	400 Med Relay**	NQT	NQT	NQT	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 after the last heat of 400 Medley Relay.

** Positive check in deck seeded event. AM/PM option. Top 16 selecting PM swim in Finals. Other heats swim at the end of Prelims 10 minutes after the last heat of 200 IM.

***Note that 29 swims before 28 in Prelims.

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

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

Jay Dodson
jay@staraquatics.net
(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 Senior SC 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
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