

**EASTERN ZONE  
AGE GROUP ALL STAR  
SWIMMING COMPETITION  
SUMMER LONG COURSE  
AUGUST 10-13, 2005**

**also at [www.starswimming.org](http://www.starswimming.org)**

**SPONSOR/HOST:** USA Swimming, Inc. and STAR Swimming, Inc.

**SANCTION:** Niagara Swimming, Inc. Sanction # NI 0533

**LOCATION:** #1 - Erie Community College Flickinger Aquatic Center  
21 Oak Street Buffalo, New York 14203

#2 - University at Buffalo Alumni Arena Pool  
North Campus Amherst, NY 14226

**FACILITIES:** Flickinger Aquatic Center - Fifty (50) meter eight lane indoor course with continuous flow through gutters and Kieffer-McNeil lane dividers. Separate 25 yard five lane pool for continuous warm-up and warm-down. Colorado 5000 Electronic Timing Systems, OMEGA touchpads – flat wall mounted at the bulkhead end, and gutter mounted at the start end of the pool - horn start and two separate scoreboard readouts.

Alumni Arena Pool - Fifty (50) meter eight lane indoor pool with continuous flow through gutters and Kieffer-McNeil lane dividers. Separate twenty (20) yard diving tank for continuous warm-up and warm-down. Colorado Timing System, Colorado touchpads, horn start and two separate scoreboard readouts.

**VENUES:** 10 & Unders swim timed finals and 11-12 swim prelims at the  
University at Buffalo Alumni Arena Pool.

13 & Overs will swim prelims at the Erie Community College Flickinger Aquatic Center.


All evening finals will be held at Erie Community College Flickinger Aquatic Center

**RULES:** This meet will be governed by USA Swimming Inc. rules .  
The Eastern Zone and Niagara Swimming rules of conduct will apply.  
The No recall False Start Rule will be used.

**EVENTS:** The meet will be conducted in accordance with the enclosed Schedule of Events.

**MEET DIRECTOR:** Dave Bimber  
5568 Coachman's Lane  
Hamburg, NY 14075  
(716) 649-2701  
[puffin5568@aol.com](mailto:puffin5568@aol.com)

### **ENTRY PROCEDURES:**

1. INDIVIDUAL EVENTS: \$4.00 per entry, RELAYS: \$8.00 per entry
2. Entry times must be in long course meters.
3. Entry must be done by Hy-Tek CL2 or HY3 file, or sdif file.
4. A printout of the entry should be sent with the emailed file.
5. Entry checks may be mailed to the Meet Director or brought to the meet. Checks should be made payable to Star Swimming, Inc.
6. Individual swimmers must enter through their LSC! 

Completed entries from each LSC should be sent by e-mail, backup documentation and the check for entry fees may be mailed to:

Dave Bimber  
5568 Coachman's Lane  
Hamburg, NY 14075  
(716) 649-2701  
puffin5568@aol.com

### **ENTRY DEADLINE: Thursday, August 4, 2005 at 5:00 PM. This is an absolute deadline that has been set as late as possible while still allowing time to print the meet programs!**

Entry disks and fees must be received by the Meet Entry Director no later than the above date and **NO FAX OR TELEPHONE ENTRIES WILL BE ACCEPTED!**

### **PROOF OF TIMES:**

All swimmers must be entered with their actual time. This time must have been achieved by the swimmer between August 5, 2004 and August 4, 2005. Each LSC is responsible for proof of time for its' entries. Proof of time has been defined as official meet results, including cover sheet, (printed copy) or a printout from records maintained by the LSC. Along with their meet entries, each LSC must provide written certification, via a LSC officer's signature, attesting to it's accuracy of its' entries. Within ninety (90) days of the completion of the meet, the Chair of the Meet Coordination Committee will conduct an audit of entry times vs. meet results and based on the results of this audit, LSC's may be required to provide proof of time for selected swims. Failure to prove a time will result in a fine of One Hundred (\$100.00) Dollars per swim and the LSC will be responsible for paying the fine. Failure to pay the fine will result in exclusion from future zone meets. (It is understood that LSC's entering the guaranteed minimum of two (2) swimmers are exempt from proof of time). **No converted times are allowed for entry to this meet.**

### **ENTRY ELIGIBILITY:**

- Each swimmer must be a 2005 USA Swimming registered athlete in the LSC which he/she represents.
- Each swimmer must be entered by the LSC prior to the entry deadline.
- Competition is restricted to Eastern Zone LSCs.
- Any athlete who has entered an individual event at any USA Swimming ConocoPhillips National Championship, any US Open, or USA Swimming Trials class meet is not eligible to enter this meet.
- Any 13 and over athlete who has achieved a qualifying time in an individual event for one of the USA Swimming ConocoPhillips National Championship Meets, for the US Open, or USA Swimming Trials class meet may not compete in that event at this meet nor may they compete in a relay for that stroke and distance, nor may their times be used to enter an LSC relay for that stroke and distance.

- Athletes aged 12 years and younger who have achieved USA Swimming ConocoPhillips National Championship, US Open or USA Swimming Trials class meet qualifying times in an individual event but who have not competed in an individual event at any of the above mentioned meets may enter that event in this meet.
- Each LSC may enter all swimmers who have achieved the time standard. If an LSC does not have two (2) swimmers who have achieved the time standards, the LSC may enter no more than two (2) swimmers in that event. These swimmers shall be entered with their actual time. All entry times must be in long course meters.
- Each swimmer may be entered in a total of six (6) events in the meet, exclusive of relays, not to exceed three (3) individual events per day. No relay only swimmers are allowed. Relays must be made up of swimmers entered in the meet in individual events.

**ENTRY SUBSTITUTIONS:**

1. Each LSC is entitled to substitutions only in the event that fewer than two (2) swimmers or relays would be available to compete in an event.
2. Swimmers used for entry substitutions must be already entered in the meet.
3. No adjustment in seeding will be made to accommodate the substitution.
4. The entry deadline for substitutions will be thirty (30) minutes prior to the starting time of each session.
5. A form for making substitutions will be provided in the manager's packet.

**SEEDING:** This is a pre-seeded meet. Eight (8) swimmers will advance to the finals.  
The Zone's Substitution rules will apply for this meet.

**SCRATCHES:** The scratch procedure will be done in accordance with USA Swimming rules 207.7.9.D & E

Scratches should be turned in on the prescribed form to the computer table no later than 30 minutes following the announcement of the preliminary results. No scratching is necessary for preliminary swims.

**AWARDS:**

Individual events:	Medals through 8th place.
Relays:	Medals through 3rd place.
Team Awards:	A Championship Banner (traveling) will be awarded to: <i>The Winning Girls team</i> <i>The Winning Boys Team</i> <i>The Winning Overall Team</i> <i>(The Current Holder of the award should bring it to the meet!)</i>
Individual Awards:	Members of the overall Championships Team will receive a pin and Championships certificate.
Participants:	All participants will receive a Participation Certificate
Record Breakers:	All record breakers will receive a Commemorative Certificate.

**SCORING:**

Individual Events:	9-7-6-5-4-3-2-1 (1st thru 8th)
Relays:	18-14-12-10-8-6-4-2 (1st thru 8th)

**FINALS:** **ALL FINALS SESSIONS WILL BEGIN AT 5:30 PM**  
Warm-up for finals will begin at 4:00 PM at ECC Flickinger Aquatic Center

**STARTING TIMES:** *All Days (subject to change, pending entry numbers)*

12 & Under Events	13 & Over Events
Warm-up: 8:00 AM	Warm-up: 7:00 AM
Prelims Start: 9:30 AM	Prelims Start: 8:30 AM
UB Alumni Arena	ECC Flickinger Aquatic Center

**RELAYS:** All relays will be conducted as timed finals in the evening session with the exception of 10 & Under Relays which will swim as timed finals in the preliminary session at UB.

**WARM-UPS:** Lanes for warm-ups will be assigned for each LSC. There will be no diving from the blocks or side of the pool unless the meet marshals have designated that lane as a one way sprint lane. No paddles or ancillary equipment may be used during the official warm-up period. LSC's are expected to patrol their assigned lanes to ensure a safe warm-up procedure.

**MEET MARSHALS:**

Marshals have the authority through the Meet Referee over warm-ups. A swimmer and/or coach may be removed from the deck for non-compliance with warm-up procedures.

**PROTESTS:** A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing. Protests regarding eligibility as stated in Rule 102.11 will not be accepted from anyone other than the Team Manager or his/her designee. The Meet Jury will consist of the Meet Director, the Meet Referee and depending on the session in which the protest originated, an Athlete, a Coach and a Team Manager appointed by their LSC when a Meet jury is called according to the following:

Session:	1	2	3	4	5	6	7	8	9	10	11	12
Athlete:	AD	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA
Coach:	AM	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD
Team Mgr:	CT	ME	MD	MR	MA	NE	NJ	NI	PV	VA	AD	AM

If the designated LSC is an interested party to the protest, Meet Jury representation will be made by the next disinterested LSC in the rotation. Any member of the Meet Coordination Committee may provide support to the Meet Jury as an Ex-officio member at the Meet Director's discretion.

**OFFICIALS:**

Each LSC will provide a minimum of one (1) stroke and turn judge at each pool (for each session). Additional officials are always welcome. Key officials, referees, starters, as endorsed by each LSC, will be assigned where possible. Final assignment and schedule of personnel will be established by the Meet Referee.

**MISCONDUCT:**

Any issues of conduct which occur within the meet venue will be adjudicated by the meet jury. Misconduct includes but is not necessarily limited to: violation of safety guidelines outlined in the meet announcement; disrespect to meet management personnel, officials or fellow athletes; stealing, destroying, vandalizing or possessing the property of others; possession or use of alcoholic beverages, tobacco products or illegal drugs. More serious violations may result in legal action by the host and local authorities.

**PRACTICE:**

The Flickinger Aquatic Center will be open from 3:00 PM to 9:00 PM on Tuesday, August 9, 2005 for warm-up. Team Managers should email the Meet Director by August 4th requesting lane assignments for the warmup session. (Please note that 5 – 7 PM is very popular. Lane availability will be more limited in that timeframe).

**TIMERS:**

Each LSC will be responsible for providing at least 2 timers for each preliminary session. Lane assignments will be provided to the Team Manager. The host will provide timers for evening finals (volunteers from other LSC's are always welcome).

**SEATING AND DECK CREDENTIALS:**

Seating will be on a first come first serve basis. Deck credentials will be provided only for working officials, members of the Meet Coordination Committee and designated LSC team representatives listed on the Team's Meet Summary. Each team is limited to eight (8) coaches plus the Team Manager, plus one team chaperone assigned to the team's seating area to watch the team's equipment.

**HOTELS:**

Hotel information is available on the Star Swimming website at:  
<http://www.starswimming.org> **PLEASE RESERVE EARLY.**

**PARKING:**

Parking in large municipal lots adjacent to the Flickinger Aquatic Center and college parking lots at University at Buffalo.

**PROGRAM & ADMISSION:**

Meet programs will be on sale for \$15.00.  
Final heat sheets will be \$2.00 each night.  
Spectator admission fee is \$2.00 per session for both prelims and finals.  
All session passes will be available for \$12.00.  
Children under 12 admitted free of charge.  
UB: Spectator area for 1000.  
ECC: Spectator area for 1200

**LSC ENTRY:**

The submission of an entry by an LSC represents a contract between the LSC and the host team. Entry in this meet represents the entering LSC's intention to comply with the rules and regulations of the meet as stated.

**TEAM MANAGER:**

Each LSC must provide the name of an individual to serve as official Team Manager. An alternate may also be named. Team Managers or alternates must represent the LSC at any meeting called by the Meet Director to discuss matters concerning the meet. Only the Team Manager or alternate is permitted to represent the LSC. Protests will not be accepted from anyone other than the Team Manager or alternate. Because of the dual pool operation, it is highly recommended that each LSC provide an Alternate Team Manager AND a Team Manager

**MEETINGS:**

**The Team Manager's meeting will take place at the ECC Flickinger Aquatic Center on August 9th at 6:00 pm. Team Managers or Official Alternate Team Managers from each LSC MUST be present at the meeting.**

The Officials Meeting will take place one (1) hour prior to the start of each session.

**REFRESHMENTS:**

Large refreshment concessions located in lobby of the Alumni Arena Pool and Flickinger Aquatic Center. Coaches and officials hospitality located in separate area.

**CONDUCT:**

Proper conduct at all times will be enforced by coaches, chaperones, parents, meet marshals, meet directors. **ANY SWIMMER FOUND IN OUT-OF-BOUNDS AREAS WILL BE BARRED FROM THE REMAINDER OF THE MEET.**

**Adapted Swimmers:**

Each LSC may bring two swimmers with disabilities age 12 & under, and two swimmers age 13-18 to the meet. These adapted swimmers are in addition to the swimmers who have qualifying times for the meet events. Each LSC may select the adapted swimmers at their own discretion. With the recommendation of the LSC coach or Manager, the meet staff will determine where the swimmer best fits into the meet (seeded with their peers, seeded with their peers but in a shorter distance, seeded with younger swimmers, etc.) and will place them accordingly. All adapted swimmers competing in the meet will receive participation medals.

**Procedures for Inclusion of Swimmers with Disabilities**

- ❖ Swimmers with disabilities may compete without having achieved the qualifying standard for their age group. However, they must provide a time for each event they enter. Swimmers with disabilities shall be entered on the form included on the next page. You can email this information – but all of the information on the entry form must be included in the email! Classification of a swimmer with a disability is irrelevant.
- ❖ Each LSC may select two swimmers with disabilities age 12 and under and two swimmers age 13-18 in any manner deemed appropriate. Examples of selection criteria and procedures are available from the Niagara Adapted Chairman Sue Gustafson at [gustafson5@aol.com](mailto:gustafson5@aol.com)
- ❖ Swimmers with disabilities may compete in finals, earn awards and score points for their team in the same manner as the able bodied swimmers.
- ❖ It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need in order to compete. In addition this information must be given in advance of the meet on the entry form. The Meet Referee shall determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
- ❖ Aside from the norm, the meet staff has the ability to seed the swimmer with a disability in a number of ways. These options include: seed the swimmer with others of the appropriate gender, allowing the swimmer to complete half the distance of their age group (swim the 100 yard backstroke during the 200 yard race), or swim with a younger age group where their entry time is similar to the able-bodied swimmers for the same distance (a 15 year old swimmer with a disability could swim the 100 freestyle with the 10 & under age group). The final meet results should show the swimmer with a disability listed in the correct age and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.
- ❖ It is the responsibility of the USA Swimming Adapted Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.

## Swimmers with a Disability Entry Form

Name \_\_\_\_\_

Club \_\_\_\_\_ LSC \_\_\_\_\_

USA Swimming # \_\_\_\_\_ Age first day of the meet \_\_\_\_\_

Swimmer email address \_\_\_\_\_

Swimmer phone number \_\_\_\_\_

Name of person completing this form \_\_\_\_\_

Email address \_\_\_\_\_ Phone # \_\_\_\_\_

Please enter events below. The maximum number of events for any swimmer is six (6). Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session & location that the swimmer swims. Changing the distance may change the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The meet staff has the final decision regarding seeding procedures.

Event #	Event Description	Entry Time	Seed with Age Group <small>(same age, same distance)</small>	Seed with Different Distance <small>(same age different distance)</small>	Seed with Comparable Time <small>(younger age, distance depends on entry time)</small>

### Wednesday, August 10, 2005

Morning Prelim Session:		13-14 and 15-18		
Warm-up: 7:00 am		Prelims: 8:30 am		
Girls	QT	Event	QT	Boys
7	1:04.89	13-14 100 Free	1:01.29	8
9	1:04.39	15-18 100 Free	58.69	10
15	1:24.89	13-14 100 Breast	1:18.59	16
17	1:22.59	15-18 100 Breast	1:14.09	18
21	2:37.39	13-14 200 Fly	2:30.69	22
23	2:31.59	15-18 200 Fly	2:20.89	24
3*	9:54.59	13-14 800 Free	9:42.79	4*
13*	9:48.39	15-18 800 Free	9:14.29	14*

Morning Prelim Session:		10 & Unders and 11-12		
Warm-up: 8:30 am		Prelims: 9:30 am		
Girls	QT	Event	QT	Boys
1	2:47.39	11-12 200 Back	2:47.39	2
31	1:15.29	10 & U 100 free	1:15.29	32
5	1:06.79	11-12 100 Free	1:06.79	6
33	45.59	10 & U 50 Breast	45.59	34
11	39.69	11-12 50 Breast	39.69	12
35	1:30.49	10 & U 100 Fly	1:30.49	36
19	1:15.49	11-12 100 Fly	1:15.49	20
37	No QT	10&U 200 R-Free	No QT	38

Finals Session:		11-12, 13-14, 15-18		
Warm-up: 4:30 pm		Finals: 6:00 pm		
Girls		Event		Boys
1		11-12 200 Back		2
3*		13-14 800 Free		4*
5		11-12 100 Free		6
7		13-14 100 Free		8
9		15-18 100 Free		10
11		11-12 50 Breast		12
13*		15-18 800 Free		14*
15		13-14 100 Breast		16
17		15-18 100 Breast		18
19		11-12 100 Fly		20
21		13-14 200 Fly		22
23		15-18 200 Fly		24
25		11-12 200 R-Free		26
27		13-14 400 R-Free		28
29		15-18 400 R-Free		30

\* The fastest heat (top 8) of each 800 Free will be swum at finals. All other heats of the 800 Free will be swum fastest to slowest, alternating girls and boys and age groups (i.e., 13-14 girls, 13-14 boys, 15-18 girls, 15-18 boys), as the last event in the preliminaries following the 200 Fly. All entrants for the 800 will be required to declare, to the Meet Director, their intention to swim the event

prior to the conclusion of the preliminary warm-up.

### Thursday, August 11, 2005

Morning Prelim Session:		13-14 and 15-18		
Warm-up: 7:00 am		Prelims: 8:30 am		
Girls	QT	Event	QT	Boys
41	2:38.59	13-14 200 Back	2:32.99	42
45	2:35.49	15-18 200 Back	2:21.99	46
49	2:18.99	13-14 200 Free	2:12.99	50
51	2:16.99	15-18 200 Free	2:07.69	52
55	5:38.19	13-14 400 IM	5:21.99	56
57	5:30.49	15-18 400 IM	5:07.09	58

Morning Prelim Session:		10 & Unders and 11-12		
Warm-up: 8:30 am		Prelims: 9:30 am		
Girls	QT	Event	QT	Boys
39	1:17.69	11-12 100 Back	1:17.69	40
65	1:27.19	10&U 100 Back	1:27.19	66
43	3:08.19	11-12 200 Breast	3:08.19	44
67	2:44.69	10&U 200 Free	2:44.69	68
47	2:25.39	11-12 200 Free	2:25.39	48
69	38.19	10&U 50 Fly	38.19	70
53	33.29	11-12 50 Fly	33.29	54
71	No QT	10 & U 400 R-Medley	No QT	72

Finals Session:		11-12, 13-14, 15-18		
Warm-up: 4:30 pm		Finals: 6:00 pm		
Girls		Event		Boys
39		11-12 100 Back		40
41		13-14 200 Back		42
43		11-12 200 Breast		44
45		15-18 200 Back		46
47		11-12 200 Free		48
49		13-14 200 Free		50
51		15-18 200 Free		52
53		11-12 50 Fly		54
55		13-14 400 IM		56
57		15-18 400 IM		58
59		11-12 400 R-Medley		60
61		13-14 200 R-Medley		62
63		15-18 200 R-Medley		64

### Friday, August 12, 2005

Morning Prelim Session:		13-14 and 15-18		
Warm-up: 7:00 am		Prelims: 8:30 am		
Girls	QT	Event	QT	Boys
73	1:14.19	13-14 100 Back	1:10.49	74
75	1:12.69	15-18 100 Back	1:06.69	76
79	4:52.69	13-14 400 Free	4:40.69	80
81	4:46.99	15-18 400 Free	4:28.89	82
85	3:00.79	13-14 200 Breast	2:51.49	86
87	2:56.29	15-18 200 Breast	2:39.79	88
91	1:12.29	13-14 100 Fly	1:08.19	92
93	1:09.89	15-18 100 Fly	1:03.69	94

Morning Prelim Session:		10:U and 11-12		
Warm-up: 8:30 am		Prelims: 9:30 am		
Girls	QT	Event	QT	Boys
101	40.29	10&U 50 Back	40.29	102
77	35.89	11-12 50 Back	35.89	78
103	5:40.89	10 & U 400 Free	5:40.89	104
83*	5:04.69	11-12 400 Free	5:04.69	84*
105	1:38.79	10&U 100 Breast	1:38.79	106
89	1:27.29	11-12 100 Breast	1:27.29	90
107	No QT	10&U 400 R-Free	No QT	108

Finals Session:		11-12, 13-14, 15-18		
Warm-up: 4:30 pm		Finals: 6:00 pm		
Girls		Event		Boys
73		13-14 100 Back		74
75		15-18 100 Back		76
77		11-12 50 Back		78
79		13-14 400 Free		80
81		15-18 400 Free		82
83*		11-12 400 Free		84
85		13-14 200 Breast		86
87		15-18 200 Breast		88
89		11-12 100 Breast		90
91		13-14 100 Fly		92
93		15-18 100 Fly		94
95		11-12 400 R-Free		96
97		13-14 200 R-Free		98
99		15-18 200 R-Free		100

\* The fastest heat (top 8) of the 11-12 400 Free will be swum at finals. All other heats of the 11-12 400 Free will be swum in preliminaries.

### Saturday, August 13, 2005

Morning Session:		13-14 and 15-18		
Warm-up: 7:00 am		Prelims: 8:30 am		
Girls	QT	Event	QT	Boys
111	2:37.99	13-14 200 IM	2:30.79	112
113	2:35.89	15-18 200 IM	2:24.59	114
119	29.69	13-14 50 Free	28.09	120
121	29.69	15-18 50 Free	26.99	122
117*	19:11.49	13-14 1500 Free	18:37.09	118*
125*	18:46.09	15-18 1500 Free	17:46.09	126*

Morning Prelim Session:		10 & U and 11-12		
Warm-up: 8:30 am		Prelims: 9:30 am		
Girls	QT	Event	QT	Boys
109	2:44.39	11-12 200 Fly	2:44.39	110
133	3:03.59	10&U 200 IM	3:03.59	134
115	2:44.19	11-12 200 IM	2:44.19	116
135	33.89	10&U 50 Free	33.89	136
123	30.59	11-12 50 Free	30.59	124
137	No QT	10&U 200 R-Medley	No QT	138

Finals Session:		11-12, 13-14, 15-18		
Warm-up: 4:30 pm		Finals: 6:00 pm		
Girls		Event		Boys
109		11-12 200 Fly		110
111		13-14 200 IM		112
113		15-18 200 IM		114
115		11-12 200 IM		116
117*		13-14 1500 Free		118*
119		13-14 50 Free		120
121		15-18 50 Free		122
123		11-12 50 Free		124
125*		15-18 1500 Free		126*
127		11-12 200 R-Medley		128
129		13-14 400 R-Medley		130
131		15-18 400 R-Medley		132

\* The fastest heat (top 8) of each 1500 Free will be swum at finals. All other heats of the 1500 Free swum fastest to slowest, alternating girls and boys and age groups (i.e., 13-14 girls, 13-14 boys, 15-18 girls, 15-18 boys). As the last event in the preliminaries. Following the 50 Free. All entrants for the 1500 Free will be required to declare, to the Meet Referee, their intention to swim the event by 6 PM Friday evening.