

August 3-6, 2022 Ithaca College

953 Danby Rd, Ithaca, NY 14850

## Overview of EZ LC Age Group Champs

### Zones Team Practices:

- July 31<sup>st</sup>, 7:30 – 9:00am @ Greenknoll Branch YMCA (RYWC). 2 Huckleberry Hill Road, Brookfield, CT 06804
- TBA – Velo-CT\_

### FORMAT

All events will be pre-seeded except the 400/800/1500 freestyle and the 400 IM 11/12 and 13/14 age groups

- Prelims/finals format in morning sessions
- 11/12 400 freestyle and 13/14 800 /1500 freestyle events will be timed final events with top nine (9) athletes swimming in finals.
- All relays will be swum in Finals. **This is subject to change based on size of meet. IF it is decided to change to prelims, LSCs will be notified NLT Friday, July 29th.**

10 & Under athletes will swim timed final events in afternoon sessions

### SEEDING

The heats unless otherwise noted will be swum LCM seeded fastest to slowest then SCY fastest to slowest. NT and Converted times not accepted.

The fastest nine (9) swimmers will advance to finals in each prelim/final event.

The following events are positive check-in events -the 400/800/1500 freestyle and the 400 IM. Positive check-in deadlines are as follows:

- Wednesday 7:30 am: 800 freestyle
- Thursday 7:30 am: 400 IM
- Friday 30 minutes after start of session warmups: 400 freestyle
- Saturday 7:30 am: 1500 freestyle

Any swimmer failing to “check-in” for a positive check-in event will not be seeded into the event. The fastest nine (9) swimmers per event in the 800 and 1500 Freestyles will swim in finals with the remaining heats being swum in prelims.

The fastest nine (9) swimmers per event in the 400 freestyle for 11/12 age group will be swum in finals with the remaining heats being swum prelims.

**Teams will be seated inside the venue. (There are plenty of bleachers on the pool deck)**

### **Splash Fees:**

- Individual Events: \$12
- Relays: \$16
- Athlete Surcharge: \$10

**Spectators will be allowed** inside the venue. Information about purchasing tickets in advance will be included in the meet announcement. Heat sheets will be provided free of charge as will a link for video-streaming.

### **LSC Team Size/Selection (please note this is being verified):**

- Athlete Max of 3 individual events per day
- Athlete Max of 8 individual events for the meet

### **WARM-UP PROCEDURES**

- The competition pool will be available on Tuesday from 3-5 pm and 7-9 pm. Coaches will communicate when CT will use the pool for warmups.
- The pool will open for warm-ups each morning of the meet (Wednesday through Saturday) at 7:00 am.
- The warmup assignments will be determined after all entries are received. This information will be emailed to all LSCs and will be posted on the Virginia Swimming and Eastern Zone websites.
- Tentative start times for each session are provided on the Order of Events and will be finalized once all entries are received. Based on the number of meet entries, start times are subject to change.
- Except for Tuesday afternoon, lanes for warm-ups will be assigned for each LSC.
- Use of training equipment, which may include but is not limited to kick boards, pull buoys, paddles, bungee cords, and snorkels, is prohibited during the official warm-up period.
- LSC's are expected to monitor their assigned lanes to ensure a safe warm-up procedure.

### **OFFICIALS:**

- Certified USA Swimming officials interested in working at the meet should submit an application by Tuesday, July 19th, for any assigned positions.
- A request has been submitted for this meet to be a National Certification Qualifying Meet for most positions under the National Officials Certification Program. Any official interested in being evaluated should indicate intent on the Application to Officiate. Details of the certification program can be found on the USA Swimming Website.
- There will be an officials' briefing one hour prior to the start of each session, except for the first, which will start 90 minutes prior to the session start. The briefing location to be determined.

### **VOLUNTEERS**

- Individuals may sign up to time at: <https://www.signupgenius.com/go9040a4fadad2fa7fb6-20222>
- Depending upon the number of individuals who sign up to time, each LSC may be asked to assist with providing with timers.

### **ATHLETE AND SPECTATOR SEATING**

- There are multiple bleachers around the pool deck for athlete seating.

- Spectator seating is in the mezzanine area.
  - Spectator 4 Day Pass, \$35: includes entry to all meet sessions.
  - Spectator Day Admission, \$15: includes entry to 3 meet sessions that day.
  - 10 and younger spectators are admitted free.
  - Tickets may be purchased in advance at: PROGRAMS • Heat Sheet/Meet Program will be available for download at no charge from the Host website and Eastern Zone website.