

K. EASTERN ZONE COMPETITION

The following is an excerpt from the Eastern Zone policy manual that outlines the procedures and rules that will be observed in order to participate in the Eastern Zone Championships:

1. Winter Short Course Competition

- a. Athletes who have competed in USA Nationals, USA Juniors, U. S. Open, or a trials class meet in an individual event are not eligible to enter this meet.
- b. 13&O athletes who achieve the current USA Swimming Junior National qualifying standard, prior to the entry deadline for the Eastern Zone championship meet, in any event, are ineligible to compete at the short course Eastern Zone championships in any individual or relay event effective with the SC 2006 zone meet. They may not compete on the comparable relay leg nor may their time be used to establish a relay QT time.
- c. Athletes 12 years of age or younger who have achieved USA National, USA Juniors, U.S. Open, or trials class qualifying times in an individual event but who have not competed in an individual event at these meets may enter that event in this meet.
- d. Each swimmer is allowed to swim a maximum of 6 events in which he/she qualified. A swimmer is not allowed to compete in more than 3 per day. Each swimmer must compete in the events for which he/she is qualified. The only exception to his policy exists when a swimmer qualifies in more than 6 events. In that instance, the Zone Team Head coach, at his/her discretion, will determine which events shall be dropped.
- e. Selection process:
 - (1) Information will be sent directly to the top 5 qualified swimmers per event no later than the 3rd week of February.
 - (2) 15&O swimmers
 - (a) The 2 fastest times achieved in SCY beginning 9/1 of the current year will automatically qualify for Zone selection. Only short course yard times will be accepted.
 - (b) Lead off splits, intermediate splits from any race, and the time trials from the Short Course Senior Championship Meet will not be included for consideration.
 - (c) Out of state meet results must be submitted to the Age Group Chairman, or a designee announced at the October House of Delegates meeting, in order to be considered for inclusion on the Zone list. These must be submitted by the Tuesday immediately preceding the Short Course VSI Championship Meet.
 - (d) Out of state meet results either submitted or achieved after the Tuesday immediately preceding the Short Course VSI Championship Meet will not be included for consideration.
 - (e) Corrections to the Zone list will not be accepted after the Tuesday immediately preceding the Short Course VSI Championship Meet and will not be included for consideration.

(extracted from *Virginia Swimming Policies and Procedures, 4/07*)

(3) 13-14 swimmers

- (a) The 2 fastest times achieved in SCY beginning 9/1 of the current year will automatically qualify for Zone consideration. Only short course yard times will be accepted.
- (b) Lead off splits, intermediate splits from any race, and time trials from the Short Course Age Group Championships will not be included for consideration.
- (c) Out of state meet results must be submitted to the Age Group Chairman, or a designee announced at the October House of Delegates meeting, in order to be considered for inclusion on the Zone list. These must be submitted by the Tuesday immediately preceding the Short Course VSI Junior Olympic Meet.
- (d) Out of state meet results either submitted or achieved after the Tuesday immediately preceding the Short Course Age Group Championships will not be included for consideration.
- (e) Corrections to the Zone list will not be accepted after the Tuesday immediately preceding the Short Course VSI Age Group Championships and will not be included for consideration.

(4) 12&Y swimmers

- (a) The 2 fastest times achieved in SCY beginning 9/1 of the current year will automatically qualify for Zone selection. Only short course yard times will be accepted.
- (b) Lead off splits, intermediate splits from any race, and time trials from the Short Course VSI Age Group Championships will not be included for consideration.
- (c) Out of state meet results must be submitted to the Age Group Chairman, or a designee announced at the October House of Delegates meeting, in order to be considered for inclusion on the Zone list. These must be submitted by the Tuesday immediately preceding the Short Course Age Group Championships.
- (d) Out of state meet results either submitted or achieved after the Tuesday immediately preceding the Short Course VSI Age Group Championships will not be included for consideration.
- (e) Corrections to the Zone list will not be accepted after the Tuesday immediately preceding the Short Course Age Group Championships and will not be included for consideration.

(5) Relays will be selected only from those swimmers entered in individual events.

f. Transportation

- (1) All swimmers must travel with the team to be considered in the selection process and agree to remain with the team.

g. Lodging and Meals

- (1) Swimmers will be required to dine and lodge with the team for the duration of the meet. This includes all designated rest times.

(extracted from *Virginia Swimming Policies and Procedures, 4/07*)

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(2) Rooming assignments, including the number of occupants per room, is at the sole discretion of the Team Manager. Special requests will not be accepted. Roommate requests will be considered but not guaranteed. Special dietary needs should be addressed at the appropriate registration.

h. Cost

(1) The cost per swimmer will be determined by the location, means of travel, length of meet, and the number of team members.

(2) The approximate cost of the trip will be included in the February mailing. That cost may be adjusted at the time of registration.

(3) The VSI Board of Directors reserves the right to assess an additional fee should the actual costs of the team exceed projected revenues.

(4) All fees must be paid in full at the time of registration. Only cash and checks made payable to "Virginia Swimming Inc." will be accepted.

(5) Fees once paid are not eligible for refund. The Board of Directors of Virginia Swimming may, at its' discretion, determine otherwise.

i. Uniforms

(1) A uniform will be provided at time of registration.

(2) The entire uniform is required.

(3) Team apparel should not be traded until the final session of the meet.

(4) Use of individual team apparel is discouraged.

j. Chaperones

(1) A chaperone request form will be included in the February mailing.

(2) Chaperones are selected according to the following priorities:

(a) Medical - 1 per departure location.

(b) Officials - USA stroke and turn certified. Preference will be given to USA National certified officials.

(c) A balance of males and females are needed across the age groups and departure points.

(d) 10-12 chaperones plus the Team Manager are required.

(e) Previous Zone chaperone experience may also be taken into consideration.

(extracted from *Virginia Swimming Policies and Procedures, 4/07*)

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(3) Cost

(a) The cost per chaperone will be determined by the location, means of travel, length of meet, and the number of team members.

(b) The approximate cost of the trip will be included in the February mailing. That cost may be adjusted at the time of registration.

(c) All fees must be paid in full at the time of registration. Only cash and checks to "Virginia Swimming Inc." made payable will be accepted.

(4) All chaperones share in timing at the meet, unless they are working as officials. In order for chaperones to be able to be on deck at the Zones meet, they must be deck certified. If a selected chaperone is already a non-athlete member of USA-S, the cost of chaperoning is \$100. If not, the cost of chaperoning is \$150.

k. Coaches

(1) Zone team coach selection and the verification of all zone coaching credentials is the responsibility of the VSI Coaches' Representative.

(2) 8 coaches are required including the Zone Team Head Coach.

(3) The Zone Team Manager must be notified of the selected Zone Team coaching staff no later than February 15.

2. Summer Long Course Competition

a. Athletes who have competed in USA Nationals, USA Juniors, U.S. Open, or a trials class meet in an individual event are not eligible to enter this meet.

b. 13&O athletes who achieve the current USA Junior National qualifying standard prior to the entry deadline for the Eastern Zone championship meet, in any event, are ineligible to compete at the long course Eastern Zone championships in any individual or relay event effective with the SC 2006 zone meet. They may not compete on the comparable relay leg nor may their time be used to establish a relay QT time.

c. Athletes 12 years of age or younger who have achieved USA Nationals, USA Juniors, U.S. Open, or trials class qualifying times in an individual event but who have not competed in an individual event at either USA Nationals or Juniors may enter that event in this meet.

d. Each swimmer is allowed to swim a maximum of 6 events in which he/she has qualified. A swimmer is not allowed to compete in more than 3 per day. Each swimmer must compete in the events for which he/she is qualified. The only exception to this policy exists when a swimmer qualifies in more than 6 events. In that instance, the Zone Team Head Coach, at his/her discretion, will determine which events shall be dropped.

(1) This is not a select meet. This is a qualifying meet with predetermined time standards published annually.

(2) Any swimmer who achieves 4 or more of these standards may attend this meet.

(extracted from *Virginia Swimming Policies and Procedures, 4/07*)

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(3) Times eligible for consideration must have been achieved no earlier than the preceding Long Course Zone meet. Only LCM times will be accepted. Absolutely no conversions will be allowed.

(4) The Age Group Chairman or an individual designated by the VSI BOD must receive a properly completed entry form for a swimmer to be considered for inclusion on the Zone list. These must be submitted by the Tuesday immediately preceding the appropriate Long Course VSI Championship meet.

(5) Out of state meet results must be received, preferably on disc, by the Age Group Chairman, or designee, no later than the appropriate deadline.

(6) Only qualifying times achieved at the appropriate LC VSI Championship meet or entered in accordance with the above policy will be accepted for consideration.

(7) 15&O swimmers

(a) The 2 fastest times achieved in LCM beginning with the preceding Long Course Zone meet will automatically qualify for Zone selection. Only long course meters times will be accepted.

(b) Lead off splits, intermediate splits from any race, and time trials from the Long Course Senior Championship meet will not be included for consideration. However, relay lead off splits will count toward the number of events for which the swimmer qualifies, but will not be considered one of the 2 fastest times achieved.

(c) Out of state meet results and LC Zone meet entries must be submitted to the Age Group Chairman, or a designee announced at the June House of Delegates meeting, in order to be considered for inclusion on the Zone list. These must be submitted by the Tuesday immediately preceding the Long Course VSI Senior Championship meet.

(d) Out of state meet results either submitted or achieved after the Tuesday immediately preceding the Long Course Senior Championship meet will not be included for consideration.

(e) Corrections to the Zone list and Long Course Zone meet entries will not be accepted after the Tuesday immediately preceding the Long Course VSI Senior Championship meet and will not be included for consideration.

(8) 13-14 swimmers

(a) The 2 fastest times achieved in LCM beginning with the previous Long Course Zone meet will automatically qualify for Zone selection. Only long course meters times will be accepted.

(b) Lead off splits, intermediate splits from any race, and time trials from the Long Course VSI Age Group Championships will not be included for consideration. However, relay lead off splits will count toward the number of events for which the swimmer qualifies, but will not be considered one of the 2 fastest times achieved.

(c) Out of state meet results and LC Zone meet entries must be submitted to the Age Group Chairman, or a designee announced at the June House of Delegates meeting, in order to be considered for inclusion on the Zone list. These must be submitted by the Tuesday immediately preceding the Long Course VSI Age Group Championships.

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(d) Out of state meet results either submitted or achieved after the Tuesday immediately preceding the Long Course VSI Age Group Championships will not be included for consideration.

(e) Corrections to the Zone list and Long Course Meet entries will not be accepted after the Tuesday immediately preceding the Long Course VSI Age Group Championships and will not be included for consideration.

(9) 12&Y swimmers

(a) The 2 fastest times achieved in LCM beginning with the preceding Long Course Zones meet will automatically qualify for Zone selection. Only long course meters times will be accepted.

(b) Lead off splits, intermediate splits from any race, and time trials from the Long Course VSI Age Group Championships will not be included for consideration. However, relay lead off splits will count toward the number of events for which the swimmer qualifies, but will not be considered one of the 2 fastest times achieved.

(c) Out of state meet results and LC Zone meet entries must be submitted to the Age Group Chairman, or a designee announced at the June House of Delegates meeting, in order to be considered for inclusion on the Zone list. These must be submitted by the Tuesday immediately preceding the Long Course VSI Age Group Championships.

(d) Out of state meet results either submitted or achieved after the Tuesday immediately preceding the Long Course VSI Age Group Championships will not be included for consideration.

(e) Corrections to the Zone list and Long Course meet entries will not be accepted after the Tuesday immediately preceding the Long Course VSI Age Group Championships and will not be included for consideration.

(10) Relays will be selected only from those swimmers entered in individual events

f. Transportation

(1) All team members must travel with the team and agree to remain with the team.

(2) Individual requests for early release should be directed to the Team Manager at the appropriate Championship level meet. No swimmer will be released prior to their age group's final session.

g. Lodging and Meals

(1) Team members will be required to dine and lodge with the team until released by the Zone Team Manager to their parent or guardian.

(2) Rooming assignments for team members, including the number of occupants per room, is at the sole discretion of the Team Manager. Special requests will not be accepted. Roommate requests will be considered but not guaranteed. Special dietary needs should be addressed at the appropriate registration.

(extracted from *Virginia Swimming Policies and Procedures, 4/07*)

h. Cost

- (1) Meet location, means of travel, length of meet and the number of team members will determine the per swimmer cost.
- (2) The approximate cost of the trip will be included in the June mailing. That cost may be adjusted at the time of registration.
- (3) The VSI Board of Directors reserves the right to assess an additional fee should the actual costs of the team exceed projected revenues.
- (4) All fees must be paid in full at the time of registration. Only cash and check made payable to "Virginia Swimming Inc." will be accepted.
- (5) Fees, once paid, are not eligible for refund. The Board of Directors of Virginia Swimming may, at its' discretion, determine otherwise

i. Uniforms

- (1) A uniform fitting will take place at the time of registration.
- (2) The entire uniform is required.
- (3) Team apparel should not be traded until the final session of the meet.
- (4) Use of individual team apparel is discouraged.

j. Chaperones

- (1) A chaperone sign up sheet will be available at the appropriate registration.
- (2) Chaperones are selected according to the following priorities:
 - (a) Medical - 1 per departure location.
 - (b) Officials - USA stroke and turn certified. Preference will be given to USA National certified officials.
 - (c) Previous Zone chaperone experience may also be taken into consideration.
- (3) Cost
 - (a) Meet location, means of travel, length of meet, and number of team members will determine the per chaperone cost.
 - (b) The approximate cost of the trip will be included in the June mailing. That cost may be adjusted at the time of registration.
 - (c) All fees must be paid in full at the time of registration. Only cash and checks made payable to "Virginia Swimming Inc." will be accepted.
- (4) All chaperones share in timing at the meet, unless they are working as officials. In order for chaperones to be able to be on deck at the

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Zones meet, they must be deck certified. If a selected chaperone is already a non-athlete member of USA-S, the cost of chaperoning is \$100. If **not**, the cost of chaperoning is \$150.

k. Coaches

- (1) Zone team coach selection and the verification of all zone coaching credentials is the responsibility of the VSI Coaches' Representative.
- (2) 8 coaches are required including the Zone Team Head Coach.
- (3) The Zone Team Manager must be notified of the selected Zone Team coaching staff no later than July 1 of the current year.

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