



USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team
CENTRAL ZONE SECTIONAL 3 (East) – LCM
Thursday, July 14 – Sunday, July 17, 2022

Held Under the Sanction of USA Swimming #LE 22011 LS Time Trials #LE 22012 LS

IF the 850 athlete cap has not been reached by June 24 @ 11:59 PM, meet will open to other LSC's.

MEET DATES:

July 14 – 17, 2022

HOSTED BY:

Firestone Akron Swim Team (FAST)

Website: firestoneakronswimteam.com

CONTACT INFORMATION:

Co-Meet Director(s):

Erin Crabtree/ Carl Shallenberger

Erin (330) 338-7916/Carl (330) 289-9220

fastmeetentry@gmail.com

Entry Chairperson:

Cindy Dial

(330) 310-1550 fastmeetentry@gmail.com

TIME ZONE:

All time references are local, **Eastern Daylight Time**, unless otherwise noted.

Rule Book: USA Swimming 2022 Rules and Regulations will govern the meet.

LIABILITY:

It is understood and agreed that USA Swimming, Firestone Akron Swim Team shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

FACILITY INFORMATION:

- 50 meters by 9 lanes, with Colorado Timing system and digital scoreboard
- Continuous warm-up and warm-down during competition will be available.

Pool Certification:

The competition course has been certified in accordance with 104.2.2C(4)(C). The copy of such certification is on file with USA Swimming.

Water Depth:

Competition Pool:

- Water depth range on start end 1-3m from wall: 12 ft.
- Water depth range on turn end 1-3m from wall: 4ft

Warm-up Pool:

- Water depth range on start end 1-3m from wall: 4 ft.
- Water depth range on turn end 1-3m from wall: 4 ft.

DRONES:

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas, and open ceiling

LOCATION:

Facility:

Cleveland State University-Busbey Natatorium
2451 Euclid Ave,
Cleveland, Oh 44115

Meet Referee:

Tom Mantkowski: tmantkowski@mindspring.com

Local Officials' Coordinator:

Jennifer Butler

(216) 338-6567 jle3@case.edu

PARKING:

Wednesday, July 13th – Thursday, July 14th

Teams can self-pay to park as visitors on campus where space is available. Below is a link to the CSU web site with all of the visitor locations and rates.

<http://www.csuohio.edu/parking/general-information-visitor-parking-information>

Friday, July 15th – Sunday, July 17nd

East Garage (adjacent to pool) for a rate of \$10 (cash only). Space will be limited on campus this weekend so any overflow parking will be redirected to Lot 57 for the same \$10 cash rate.

HOSPITALITY:

Coaches, officials and volunteer hospitality will be located in the back pool hall.

LOCKER ROOMS:

Day lockers will be available. In locker rooms please provide your own lock and must be removed each day.

CAMERA ZONES:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

DECK CHANGES:

Deck Changes are prohibited

locker-rooms) any time athletes, coaches, officials and/or spectators are present.



USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team
CENTRAL ZONE SECTIONAL 3 (East) – LCM
Thursday, July 14 – Sunday, July 17, 2022

Held Under the Sanction of USA Swimming #LE 22011 LS Time Trials #LE 22012 LS

IF the 850 athlete cap has not been reached by June 24 @ 11:59 PM, meet will open to other LSC's.

OHIO'S RETURN TO PLAY LAW:

Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at http://www.NFHSLearn.com/self_courses. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

VENUE RULES:

- Deck access is restricted to competing athletes, registered coaches, officials, and meet workers.
- No parent or spectator will be allowed on deck except at the request of the meet officials or meet director.
- Locker rooms are located on the pool deck level. Locker space is available. Belongings may be stored on deck in team areas. FAST and Cleveland State University are not responsible for any lost or stolen items.
- First Aid/Training Needs: Lifeguards are trained to handle water emergencies and first aid on the deck. Please report all first aid issues to the Aquatic Office.
- The following items are not permitted in the facility: Glass, lawn chairs, coolers, and helium balloons.
- Team seating is available on a first-come basis by session. Belongings should be removed from the deck between sessions for area cleaning. Spectator gallery is also available on a first come basis. Saving of seats is prohibited
- A food and drink concessions are available for your convenience inside the Natatorium.
- Cleveland State University is a smoke free campus.

SCHEDULE:

Registration: Wednesday, July 13
2:30-8:00 PM

Virtual Technical Meeting: Monday, July 11 at 6:00 PM

Officials Meetings: Thursday prelims at 7:30 AM; all other briefings 1 hour prior to the start of the session.

Section 3 Coaches Meeting: Friday, July 15; immediately after prelims before time trials

REGISTRATION:

Registration will begin on Wednesday, July 13, 2022, at 2:30 PM in the lobby area of Busbey Natatorium. Registration will be available at 7:00

AM each day of the meet and will remain open until the end of the final preliminary session.

Coaches desiring deck passes **must be entered in OME**. Coaches must present their coach membership cards or USA Swimming Deck Pass at registration in order to receive a deck pass. **There will be an additional \$20.00 charge for any deck passes distributed to those who are not registered in OME.**

Each swimmer must be under the direct supervision of a coach. Swimmers whose coaches are not present will have a coach assigned to them at registration.

VIRTUAL TECHNICAL MEETING:

Monday, July 11 at 6:00 PM

A meeting invitation will be sent out to registered teams the week prior. This meeting is REQUIRED for all head coaches.

SECTION 3 COACHES MEETING:

There will be a Section 3 Coaches meeting Friday, July 15. This meeting will be held immediately after the prelim session and before time trials. If any team is interested in bidding on the Summer 2023 Sectional Meet, please contact Cindy Dial at: cvirido@aol.com **prior** to the beginning of the meet.

Warm-up & Start Times:

All times are Eastern Daylight Time.

Wednesday:

Open Warm up: 4:00 – 9:00 PM

Thursday-Saturday:

Prelim Warm up: 6:30 - 8:45 AM

Competition: 9:00 AM

Final Warm up: 4:00 - 5:15 PM

Competition: 5:30 PM

Sunday: Prelim Warm up: 6:30 - 8:45 AM

Competition: 9:00 AM

Final Warm Up: 3:00 - 4:15 PM

Competition: 4:30 PM



USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team
CENTRAL ZONE SECTIONAL 3 (East) – LCM
Thursday, July 14 – Sunday, July 17, 2022

Held Under the Sanction of USA Swimming #LE 22011 LS Time Trials #LE 22012 LS

IF the 850 athlete cap has not been reached by June 24 @ 11:59 PM, meet will open to other LSC's.

ELIGIBILITY:

This meet is a **CLOSED** meet, open to athletes registered in the following **LSCs: IN, LE, MI and OH**. All swimmers must be current athlete members of USA Swimming, as provided in Article 302. No on-site registration will be processed.

Eligible swimmers must have achieved the relevant qualifying times within the qualifying period. Official time standards are included with this entry information.

RELAY ONLY SWIMMERS:

Teams may enter an unlimited number of relay-only swimmers. Names of relay-only swimmers must be listed on the original entry.

DISABILITY SWIMMERS:

Swimmers with a disability who have been classified by **the National/IPC**, but not achieved Speedo Sectional qualifying times, may enter any event(s) at this meet for which they have achieved a **National EMERGING** disability time standard during the qualifying period. Coaches of disability athletes who have achieved this standard and would like to enter the meet should contact the Meet Director prior to the entry deadline.

Final determination of seeding of swimmers with a disability will be made by the meet referee after consultation with the athlete and their coaches.

Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

SAFE SPORT 360:

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations. The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming MAAPP and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition. Pursuant to USA Swimming Rules and Regulations and federal law, it is every

member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after July 14, 2022, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after July 14, 2022, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually. Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshal, is harmful to others or to others' property may be required to leave the competition.

RACING STARTS:

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 without the use of the backstroke ledge. 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.

QUALIFYING PERIOD:

The qualifying period is from January 1, 2021 thru the entry deadline.

ENTRY LIMITS AND BONUS EVENTS:

THIS MEET WILL BE CAPPED AT 850 ATHLETES

A swimmer may enter an unlimited number of individual events but may compete in no more than 6 individual events for the meet and in no more than 3 individual events per day *including* time trials.

BONUS EVENTS:

Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus events so that the total of individual events (time standards plus bonus swims) does not



USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team
 CENTRAL ZONE SECTIONAL 3 (East) – LCM
 Thursday, July 14 – Sunday, July 17, 2022

Held Under the Sanction of USA Swimming #LE 22011 LS Time Trials #LE 22012 LS

IF the 850 athlete cap has not been reached by June 24 @ 11:59 PM, meet will open to other LSC's.

exceed 4 for the meet. (i.e. 1 qualified and 3 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus). **All swimmers entered in bonus events must have met the bonus time standard for the event in which they wish to enter. When entering the OME, be sure to check the box indicating "bonus" for each event that is a bonus entry or the entry may not be accepted.**

MEET FORMAT:

This meet will be conducted in long course meters. It is a 4- day meet. 9 lanes will be used for preliminary, timed finals and final events. Prelims and timed final events will be conducted using fly over starts. Fly overs will not be used at finals. Relays and distance freestyles will be conducted as timed finals. In all other events, the 4 (four) top heats from preliminaries will advance to finals where a D, C bonus, Consolation and Championship heats will be contested in all events. The "D" Final will be limited to athletes 18 and under. The order of finals will be: C Final, Consolation Final, Championship Final and D Final.

ENTRY FEE:

Entry fees must be paid through OME:

Individual Events:	\$ 16.00
Relay Events:	\$ 25.00
Time Trial Events:	same as above
Surcharge:	\$20.00

ENTRY PROCEDURES:

Entries must be submitted using USA Swimming's Online Meet Entry system at www.usaswimming.org.

Entries are due by **Monday, July 5, by 12:00 PM (noon)**. Confirmation of your entry using OME will be confirmed via email. Bring all communications with you in the event of a problem. After events are entered, times can be modified, but events cannot be deleted after you have checked out. The OME system processes payment by credit card. Upon payment, a confirmation email providing a receipt and the summary of events will be returned. Entries are not in the meet until payment has been processed; please be sure to check out properly. If you have technical questions regarding OME, please contact Macie McNichols at USA Swimming mmcnichols@usaswimming.org. If you have event-related questions, please contact the meet entry chair fastmeetentry@gmail.com. After entries close at noon July 5, no time improvements will be accepted or updated.

NEW QUALIFYING TIMES July 5 –July 11:

Swimmers who achieve qualifying time(s) for the first time after 12:00 PM July 5, 2022, when OME closes, and before July 11 at 12:00 PM (NOON) EDT, may be entered in the meet or in additional events AS LONG AS THE MEET HAS NOT REACHED CAPACITY. Such entries must

be done through the late entry OME. This process may also be used for swimmers already entered in the meet who have achieved additional qualifying times for the first time.

LATE ENTRIES:

AS LONG AS THE MEET HAS NOT REACHED CAPACITY, a team who has inadvertently missed entering a swimmer and/or an event may do so after the July 5 deadline by paying the following fee (this fee MUST be paid at the conclusion of the General Meeting with either cash or check):

- \$100.00 Administration Fee (per team)
- Double the entry fee per individual event and/or relay event.
- Must be done by 6:00 PM daily. **The scratch deadline for Thursday, July 14, events may be emailed to Cindy Dial at: fastmeetentry@gmail.com by 6:00 PM on Wednesday, July 13.**

PSYCH SHEET:

A psych sheet will be sent via email to all entered clubs by July 8, 2022. Teams are responsible for reviewing the psych sheet for errors and for proof of time (*), APT completion prior to competition (!), or registration problems (#). Bonus events will be noted with a "B" next to the time on the psych sheet.

PROOF OF TIME:

Acceptable verifications for any individual events not pre-proven AND all relay proofs must be official results from: USA Swimming sanctioned or approved meets; College, High School, Junior High, Meet Mobile, YWCA or YMCA, or Masters meets sanctioned by their respective governing organizations.

If you override an entry time in OME and enter with a time that is not in SWIMS database, such entry times must be pre- verified (pre-proven) by your LSC times' chairperson. **Please send all individual time and relay proof of times to your respective LSC by Tuesday, July 5, 2022**

For swimmers entered after July 5 and before NOON on July 11, proof of time should be emailed to Cindy Dial, fastmeetentry@gmail.com.

Times not proven will be flagged on the psych sheet (*). **Proof of time must be provided before the scratch deadline for that event. If NO proof of time is provided, the swimmer will be scratched from the event.**

The responsibility of proving times lies with the entering club.

Verification / Proof of Time must be accordance with the type of time entered (SCY, LCM).

TIME TRIALS:

Time trials will-be available time permitting for swimmers participating (including relay only swimmers) in the meet, starting 15 minutes after the conclusion of preliminaries on Thursday, Friday, Saturday and Sunday. The 50's will be the first events each day followed by the



USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team
CENTRAL ZONE SECTIONAL 3 (East) – LCM
Thursday, July 14 – Sunday, July 17, 2022

Held Under the Sanction of USA Swimming #LE 22011 LS Time Trials #LE 22012 LS

IF the 850 athlete cap has not been reached by June 24 @ 11:59 PM, meet will open to other LSC's.

events from the current day with events for subsequent days following in order. Time Trials will be mixed gender, events and seeded based on submitted time. Time trials will be limited to 1 hour. Time trials for events 800m and longer will be limited to one day, which will be chosen after the initial entry deadline. Teams will be informed of the distance time trial event at the Technical Meeting. If on any day preliminary sessions end less than 45 minutes before the start of finals warm-ups, time trials will not be conducted on that day. On a given day, time trial events must be included in the individual event limit of three (3). Sign up for time trials will be done on OME and will close two (2) hours before the end of prelims each day.

Fees: individual events: \$16.00; Relays: \$25.00

MEET CONDUCT:

RULES:

The meet will be conducted according to USA Swimming rules and regulations and championship meet procedures.

SEEDING:

Seeding order Long Course Meters, Short Course Yards.

Bonus times will be seeded following non-conforming times, and may be flighted to the end of session, prior to time trials, depending on length of session.

CHECK IN/SCRATCH BOX:

Scratch Rule:

National scratch procedures (207.11.6) will be observed. Additionally, a non-refundable \$100.00 fine will be assessed to a club for each swimmer failing to compete in Sunday finals without scratching, except as noted in 207.11.6 E, Exceptions for Failure to Compete.

The scratch box will be at the registration table on Wednesday, July 13. Thereafter, the scratch box will be at the head table.

Check-in will be available at Registration, at the General meeting and at the head table thereafter.

Scratch & Positive Check-In Deadlines: The scratch and positive check-in deadline is 6:00 PM for the next day's events. This includes Thursday events. **The entry fees paid for scratched events are NOT refundable.**

The penalty for failure to compete in an individual final heat in which such swimmer is entered and has not been scratched will be one of the following:

- Being barred from all further individual and relay events of that day/meet as prescribed in section 207.11.6 of the USA Swimming Rules and Regulations or
- Payment of a fine of \$200.00

RELAY CHECK-IN PROCEDURE:

Positive check-in for relays is required. Relays must check-in prior to the scratch deadline in order to be seeded. Only two relays can score from each team.

All relays are timed finals. All 400 Free relays and 800 Free relays will be swum in finals. The 800 Free Relays will be swum fastest to slowest.

There will be a 10-minute break before the start of the Women's and Men's 800 free relay. The 400 Free Relay will be swum as the 2 fastest heats of Women, then the 2 fastest heats of Men. Relays will alternate Women and Men after the first 2 heats of each. On Sunday, all heats of the 400 Medley will be swum in prelims session in event order (women then men), slowest to fastest.

Relay cards will be available at the head table during warm-up each morning. Coaches must list swimmers' first and last names and swimming order on the card and return the cards to the scorer's table one hour prior to the projected relay start time. The cards may be changed up until the relay swim.

DISTANCE FREESTYLE CHECK-IN PROCEDURE:

All Distance events will be swum fastest to slowest alternating women and men. The fastest heat of the Women and Men's events, not declaring a prelim swim, will swim in finals.

Entrants in the 800 and 1500 meter freestyle must check in prior to the scratch deadline in order to be seeded. If a swimmer fails to check-in by applicable deadline (s), they will only be allowed to swim if there is an empty lane (no new heat will be created).

Thursday distance swimmers (W800/M1500) not wanting to swim the event during the final session should declare they will swim in prelims by Wednesday, 15 minutes after the conclusion of the General meeting.

Sunday distance swimmers (W1500/M800) not wanting to swim the event during the final session should declare they will swim in prelims by Saturday by 6:00 PM. Check-in will be available at registration table prior to the General meeting, at the General meeting, and at the head table after the General meeting.

Any swimmers who enter the 1500 or 800 should declare at check-in that they do not wish to swim the event in the finals session on the check-in sheet next to their names. Swimmers should anticipate that many people seeded ahead of them may opt out of finals and should also indicate they do not wish to swim the event at finals.

READY ROOM:

A ready room/area will be provided each evening for the Championship heat in all individual events and the top seeded heat of distance freestyles. Swimmers should report to the ready room 10 minutes prior to the start of their event so they may march to the starting blocks together.



USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team
CENTRAL ZONE SECTIONAL 3 (East) – LCM
Thursday, July 14 – Sunday, July 17, 2022

Held Under the Sanction of USA Swimming #LE 22011 LS Time Trials #LE 22012 LS

IF the 850 athlete cap has not been reached by June 24 @ 11:59 PM, meet will open to other LSC's.

All other heats, D, C, and Consolation, and all relays should report directly to the blocks.

LENGTH OF SESSION:

Based on the meet attendance and session length, some of the bonus swims may be swum at the end of the session and before time trials. Information regarding this will be posted on <http://www.firestoneakronswimteam.com> by July 8, 2022.

WARM –UP PROCEDURE:

Specific details of warm-ups will be posted on the pool deck and included in the coaches' packets, which will be distributed at the Technical Meeting. A 25-yard warm up pool will be available for warm-up and warm-down before, during and after the meet. Pace and circle swimming only will be allowed in the warm-up pool. 3-point entry (one hand on the deck and slide into the water) MUST be used to enter the pool except at designated times and lanes.

The pool is available at 6:30 AM all competition days.

SCORING:

The meet will score to 18 places in individual and relay events: 22-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1

Relays will score double.

AWARDS:

Medals for 1st-9th place will be awarded in individual events and relay events. However, only the top 3 finishers will be presented their medals during the awards ceremonies.

Immediately following the championship heat, athletes are to report to the awards staging area with the coach of the winning athlete/relay. The awards ceremony will follow the D-final of each event. Prior to podium athletes should be appropriately attired in warm-ups.

The 400 Medley Relay awards will be presented at its conclusion. All evening relays will be presented prior to the start of finals on the subsequent day.

All other medals will be available for coaches to pick up.

Awards will be presented to the top team in each of the following categories: Combined, Men's, Women's.

Awards will be presented for Men's and Women's individual high point.

ADMISSION:

All admissions will be done through Hometown Ticketing. A QR code will be emailed to coaches and will be available for on- site usage. No cash will be accepted for admissions.

Admission: Prelims: Adult: \$8.00/ Children 6-12 \$3.00

Finals: Adult: \$7.00/ Children 6-12 \$3.00

All session \$50.00

Heat sheets: Free via Meet Mobile

OFFICIALS:

National Championship Certification:

The meet is designated as an "Officials Qualifying Meet" under the national certification procedure. Evaluations will be offered through N3 for eligible officials assigned to work the meet. Please see USA Swimming website – Members Resources/Officials Tracking/Certification section to view the latest procedures regarding evaluation and certification.

To be evaluated for certification or re-certification at any level, an official must work at least 4 sessions at the meet, even if the evaluation requirement is for only 2 or 3 sessions in a specific position.

First priority for assigned positions (Chief Judge, Starter, or Referee) will be given to those seeking certification, as well as a commitment to working all sessions of the meet. This better serves the athletes and provides a consistent training experience. Officials interested in officiating at the meet please visit the Central Zone website (www.centralzones.org) and submit an application.

OFFICIALS' UNIFORMS:

Officials' uniform will be white over navy for all sessions. Shorts are permitted for Preliminaries. Long pants, crops, or skirts (knee length or longer) will be worn for finals. White athletic or deck shoes for all sessions.

OFFICIALS' BRIEFING:

Officials' briefing will be held 7:30 AM on Thursday. All other briefing will commence one hour prior to the start of each session.

UNPAID FINES:

Host will send a notification of fine for failure to compete without scratching to the offending club listing the amount owed, purpose of the fine, directions for payment, and the payment deadline (which may include a penalty in not paid by the deadline) A copy of this notification will also be sent to the current Sectional Chairman. If the fine remains unpaid by the specified deadline, the offending club will be denied representation in any subsequent Sectional meets until the amount has been paid.

FINE APPEAL PROCESS:

Club may appeal the fine and/or penalty by submitting a written notice to the Eligibility Jury, which will be established by the General Meeting. Any further appeal shall be presented to the National Board of Review.

VENDOR:

Swimville



USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team
 CENTRAL ZONE SECTIONAL 3 (East) – LCM
 Thursday, July 14 – Sunday, July 17, 2022

Held Under the Sanction of USA Swimming #LE 22011 LS Time Trials #LE 22012 LS

IF the 850 athlete cap has not been reached by June 24 @ 11:59 PM, meet will open to other LSC's.

ORDER OF EVENTS

WOMEN	PRELIMINARIES	MEN	WOMEN	FINALS	MEN
Warm Ups: 6:30-8:45 AM		Thursday Events		Warm Ups: 4:00 – 5:15 PM	
Meet Starts: 9:00 AM				Meet Starts: 5:30 PM	
103	200 Backstroke	104	101	800 Freestyle ***	
105	50 Freestyle	106	103	200 Backstroke	104
109	200 Breaststroke	110	105	50 Freestyle	106
				1500 Freestyle***	108
101	800 Freestyle***		109	200 Breaststroke	110
	1500 Freestyle***	108	111	800 Free Relay Women**	
Warm Ups: 6:30 - 8:45 AM		Friday Events		Warm Ups: 4:00 - 5:15 PM	
Meet Starts: 9:00 AM				Meet Starts: 5:30 PM	
201	50 Backstroke	202	201	50 Backstroke	202
			203	200 Freestyle	204
203	200 Freestyle	204	205	100 Butterfly	206
205	100 Butterfly	206	207	400 I.M.	208
207	400 I.M.	208	209	400 Free Relay**	210
209	400 Free Relay	210			
Warm Ups: 6:30 - 8:45 PM		Saturday Events		Warm Ups: 4:00 - 5:15 PM	
Meet Starts: 9:00 AM				Meet Starts: 5:30 PM	
301	50 Butterfly	302	301	50 Butterfly	302
			303	100 Backstroke	304
303	100 Backstroke	304	305	400 Freestyle	306
305	400 Freestyle	306	307	100 Breaststroke	308
307	100 Breaststroke	308	309	200 Butterfly	310
309	200 Butterfly	310		800 Free Relay Men**	312
Warm Ups: 6:30 - 8:45 AM		Sunday Events		Warm Ups: 3:00 - 4:15 PM	
Meet Starts: 9:00 AM				Meet Starts: 4:30 PM	
401	50 Breaststroke	402	401	50 Breaststroke	402
405	200 I.M.	406	405	200 I.M.	406
407	100 Free	408	403	1500 Freestyle***	
409	400 Medley Relay*	410		800 Freestyle***	404
403	1500 Freestyle***		407	100 Free	408
	800 Freestyle***	404			

* Timed Finals Prelim Only All heats of the 400 Medley will be swum in event order (women then men) slowest to fastest.

** Timed Finals with all relays being swum in finals session fastest to slowest. A ten minute break will only precede the 800 Free relays.
 The 400 Free will be swum fastest to slowest, 2 women's heats, 2 men's heats and then alternating gender for the balance of the heats.

*** Thursday and Sunday distance events (800/1500) will be swum fastest to slowest alternating women and men. The fastest heat of each (800/1590) not declaring a prelim swim will be swum in finals.



USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team
 CENTRAL ZONE SECTIONAL 3 (East) – LCM
 Thursday, July 14 – Sunday, July 17, 2022

Held Under the Sanction of USA Swimming #LE 22011 LS Time Trials #LE 22012 LS

IF the 850 athlete cap has not been reached by June 24 @ 11:59 PM, meet will open to other LSC's.

MEET TIME STANDARDS

Qualifying Period: January 1, 2021 through the entry deadline for Summer Meet.

WOMEN		Event	MEN	
SCY	LCM		LCM	SCY
24.79	28.49	50 FREE	25.69	22.39
53.89	1:01.19	100 FREE	55.99	48.59
1:56.69	2:11.89	200 FREE	2:01.89	1:45.89
5:08.99	4:36.09	400/500 FREE	4:16.89	4:46.39
10:38.29	9:31.89	800/1000 FREE	9:00.49	9:57.99
17:49.89	18:15.59	1500/1650 FREE	17:20.99	16:43.89
1:00.09	1:10.09	100 BACK	1:03.19	55.39
2:09.99	2:29.69	200 BACK	2:18.59	1:58.79
1:08.59	1:18.59	100 BREAST	1:11.99	1:01.59
2:27.69	2:48.79	200 BREAST	2:36.19	2:13.79
59.19	1:07.29	100 FLY	1:00.59	53.29
2:11.19	2:27.49	200 FLY	2:16.19	1:59.29
2:11.89	2:29.59	200 IM	2:17.69	1:59.39
4:37.69	5:15.99	400 IM	4:55.79	4:16.99
3:41.99	4:09.99	400 FREE RELAY*	3:50.99	3:18.99
7:45.99	8:50.99	800 FREE RELAY	8:15.99	7:13.99
4:05.99	4:40.99	400 MEDLEY RELAY*	4:17.99	3:42.99



USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team
 CENTRAL ZONE SECTIONAL 3 (East) – LCM
 Thursday, July 14 – Sunday, July 17, 2022

Held Under the Sanction of USA Swimming #LE 22011 LS Time Trials #LE 22012 LS

IF the 850 athlete cap has not been reached by June 24 @ 11:59 PM, meet will open to other LSC's.

BONUS TIME STANDARDS

Qualifying Period: January 1, 2021 through the entry deadline for Summer Meet.

WOMEN

MEN

SCY	LCM	Event	LCM	SCY
26.99	30.19	50 FREE	26.99	23.99
57.39	1:04.09	100 FREE	58.69	50.59
1:59.69	2:15.69	200 FREE	2:06.99	1:50.79
5:17.99	4:44.99	400/500 FREE	4:26.99	4:55.99
10:47.39	9:43.09	800/1000 FREE	9:13.99	10:08.99
18:00.09	18:30.79	1500/1650 FREE	17:34.89	16:55.89
1:03.99	1:13.29	100 BACK	1:06.69	59.39
2:14.59	2:34.09	200 BACK	2:23.09	2:03.09
1:12.19	1:23.19	100 BREAST	1:15.49	1:05.09
2:33.99	2:56.29	200 BREAST	2:42.99	2:19.99
1:03.99	1:11.09	100 FLY	1:03.59	55.89
2:15.59	2:33.99	200 FLY	2:22.99	2:03.99
2:15.99	2:34.99	200 IM	2:22.99	2:03.99
4:45.09	5:26.99	400 IM	5:06.99	4:23.99

ENTRY LIMITS and BONUS EVENTS:

Limits: A swimmer may enter an unlimited number of individual events BUT may compete in no more than 6 individual events for the meet and compete in no more than 3 individual events per day. Time trial events count toward a swimmer's daily limit of 3 events but do not count toward a swimmer's meet limit of 6 events. All 50's of stroke MUST be entered at the athletes 100 time.

Bonus Events: Swimmers who have achieved fewer than 4 individual event time standards may supplement their entry with bonus event(s) so that the total of individual events (qualified swims PLUS bonus swims) does not exceed 4 for the meet. Ex: 1 qualified and 3 bonus, 2 qualified and 2 bonus, 3 qualified and 1 bonus. Swimmers entering bonus events MUST meet the bonus time standard as outlined in the grid above.



USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team
 CENTRAL ZONE SECTIONAL 3 (East) – LCM
 Thursday, July 14 – Sunday, July 17, 2022

Held Under the Sanction of USA Swimming #LE 22011 LS Time Trials #LE 22012 LS

IF the 850 athlete cap has not been reached by June 24 @ 11:59 PM, meet will open to other LSC's.

WARM-UP SCHEDULE FOR COMPETITION POOL

NO EQUIPMENT (FINS, SNORKELS, BOUYS, PADDLES, KICK BOARDS, ETC.) IS PERMITTED IN THE COMPETITION POOL DURING WARM-UPS.

TIME	LANES	ACTIVITY
PRELIMS		
6:30- 7:30 AM	All Lanes	General Warm-up; circle swimming only
7:30 – 8:00 AM	Lanes 1,9	Pace Lanes: push off only, circle swimming only
	Lanes 2-8	General Warm-up; circle swimming only
8:00 – 8:50 AM	Lanes 1,9	Pace Lanes: push off only, circle swimming only
	Lanes 2,8	Sprint Lanes; one-way only with racing starts from start end of the pool**
	Lanes 3-7	General Warm-up; circle swimming only **Additional sprint lanes will be opened by meet officials as required in the following order: 3,6,4,5,7
FINALS		
Until 4:00 PM*	All Lanes	General Warm-up; circle swimming only
4:00-4:30 PM*	Lanes 1,9	Pace Lanes: push off only, circle swimming only
	Lanes 2-8	General Warm-up; circle swimming only
4:30 – 5:15 PM*	Lanes 1,9	Pace Lanes: push off only, circle swimming only
	Lanes 2,8	Sprint Lanes; one-way only with racing starts from start end of the pool**
	Lanes 3-7	General Warm-up; circle swimming only **Additional sprint lanes will be opened by meet officials as required in the following order: 3,6,4,5,7
* On Sunday all warm-up times will be one hour earlier, due to 4:30 PM start time.		

General Considerations:

1. Please follow the established schedule.
2. NO EQUIPMENT is permitted in the competition portion of the pool at any time during warm-ups. Items may ONLY be used in the non-competition pool.
3. 3-point entry (one hand on the deck and slide into the water) MUST be used to enter the pool except at designated times and lanes.
4. If a special circumstance exists, or additional sprint lanes are needed, please contact the officials on deck to assist.
5. Coaches should maintain contact with athletes during warm-up period.
6. Please cooperate with marshals regarding procedures and lane transitions.



USA Swimming Speedo Champions Series

Cleveland, OH

Hosted by Firestone Akron Swim Team
CENTRAL ZONE SECTIONAL 3 (East) – LCM
Thursday, July 14 – Sunday, July 17, 2022

Held Under the Sanction of USA Swimming #LE 22011 LS Time Trials #LE 22012 LS

IF the 850 athlete cap has not been reached by June 24 @ 11:59 PM, meet will open to other LSC's.

7. Swimmers should not step up on the block in a sprint lane when a backstroker is preparing to start.

HOTEL INFORMATION:

Visit [FAST 2022 SUMMER SPEEDO SECTIONAL SITE](#) for a link to more information.