

2008 Middle Atlantic Long Course Zone Meet Information

This year's Long Course Zone Meet will be held in Rockville, Maryland August 6-9, 2008. The meet will be held at two locations: Montgomery Aquatic Center 5900 Executive Boulevard, MD 20852-2756 for 13 & Over and ALL finals and at the outdoor facility- Rockville Municipal Swim Center 355 Martins Lane Rockville, MD 20850 for 12 and unders.

Eligibility

All applicants must be current members of Middle Atlantic/USA Swimming. Swimmers must have participated in five Middle Atlantic meets in the two years preceding long course JO's. Swimmers having only one year of registration must participate in three Middle Atlantic meets preceding long course JO's. 13 and over entrants may not compete in 2008 zone meets if they have QT **in any event** equal to or faster than the published maximum qualifying times, if it was achieved prior to July 28, 2008. (Please refer to the meet brochure posted in the MA website) 12 and unders may not enter the zone meet if they have participated in an individual event in USA Swimming Nationals, Trials Class Meet, Short Course Nationals, 2008 Speedo Junior Nationals Championships or the 2008 US Open Championship.

Qualifying Times

All times must be in long course meters. NO CONVERSIONS are eligible for the zone meet. Times must be swum in long course meters from August 8, 2007 through July 30, 2008. NO CONSIDERATION TIMES WILL BE ACCEPTED! See the Eastern Zone time standards on the Middle Atlantic web page for qualifying times.

Swimmer Qualifications

Any swimmer who has achieved the qualifying time is eligible to swim in the zone meet. Swimmers may swim a total of six (6) events exclusive of relays and no more than three (3) events per day. Any swimmer who does not swim their qualifying time at zones will be asked to provide proof of that time. Any swimmer failing to prove that time will be fined \$50 per event. Failure to pay that fine will result in suspension from further participation in Middle Atlantic and Zone competitions.

Entry Deadline

The deadline to submit the Middle Atlantic swimmer entry form is **Monday, July 14, 2008 at 3:30 pm**. Send the completed entry form to: MA Swimming, LC Zone Entry, 2150 New Castle Avenue, New Castle, DE 19720. All entries must be submitted on the Middle Atlantic swimmer entry form to be accepted. No entries other than those times achieved at JO's will be accepted after the July 14th deadline. For those swimmers who already entered but achieved new qualifying times or faster times at JO's they may submit an add/update form at the Zone Table at JO's. It's important to note that JO times **will not be automatically updated**. You must fill out the add/update form **AT** JO's. There will be no times updated or events added after JO's.

Those swimmers who achieved their first Zone qualifying time at JO's can still enter to participate at the zone meet. You will need to fill out a Middle Atlantic swimmer entry form at the Zone Table at JO's.

Participation Requirement

If a swimmer makes finals or consoles at the zone meet, the parents and swimmer must understand that they are committed to swimming the event. Also, if a swimmer is swimming an individual event and that day they are chosen for a relay, they must swim the relay. If this requirement is not fulfilled, the parents will be fined \$50 and the swimmer will not be permitted to participate in MA meets until such fine is paid.

Cost

Each swimmer will pay for their equipment package and an entry fee of \$8.00 per event. Each swimmer will also be responsible for their hotel, meals, and transportation. The cost, which includes the practice night pizza party and team equipment is \$175.00. All fees must be paid by July 14th if qualifying times were achieved prior to JO's. If times are achieved at JO's the fees are due at JO's when the Middle Atlantic swimmer entry form is submitted.

Equipment

If the swimmer achieved qualifying times prior to JO's, they can pick up their equipment at the Zone Table, which will be set up for the duration of the JO's meet. If a swimmer qualifies at JO's they will complete a swimmer entry form and pick up their equipment but there is no guarantee on the sizes; although we will make every effort to accommodate everyone's equipment needs.

Hotel

During summer zones, swimmers stay with their parents.

Although Middle Atlantic does not require our team to stay at the same hotel, we are assigned blocks of rooms by the MD Visitor's Bureau so that each LSC team is guaranteed hotel accommodations. Our hotel:

Bethesda Marriott Pooks Hill
5151 Pooks Hill Road
Bethesda, Maryland 20814
1-800-228-9290

Please call the number above to make your reservations. Please state that you wish to stay in the Eastern Zone Championship Block. The rate is \$139 per night. We have rooms available Tuesday through Saturday night.

If you have any questions, please do not hesitate to contact me at markpaules@yahoo.com