

5.0 Eastern Zone Meets – last modified May 09

5.1 Short Course – All-Star Meet

The short course Eastern Zone All-Star Meet (SC Zone Meet) is the premier age group meet of the Short Course (SC) season. Outstanding swimmers from all over the Northeast, representing the twelve LSCs of the Eastern Zone, compete for top honors. It is a privilege to be selected to represent Middle Atlantic Swimming (MA) at the SC Zone Meet. The SC Zone Team is comprised of two (2) swimmers to represent MA in each individual event at the meet.

5.1.1 Short Course - Meet regulations

- a. Each LSC may enter two (2) swimmers in each individual event. Beginning in 2010 (and continuing at least through 2011), each LSC may enter three (3) swimmers in each 11-12 and 10 & Under individual event.
- b. Each LSC may enter one (1) relay in each relay event.
- c. Each swimmer may be entered in a maximum of three (3) individual events per day, and a maximum of six (6) individual events for the meet.
- d. Relays must consist of Zone Team members who are entered in individual events.
- e. All events for 11 and older swimmers, except distance events, are Prelims/ Finals (A-Final only); relays are swum at the Finals sessions. All 10 and under events are Timed Finals and are swum in the afternoon.
- f. A swimmer's age is governed by their age on the first meet day.

5.1.2 Short Course - Athlete eligibility

- a. Each participating Swimmer must be currently registered with Middle Atlantic Swimming and be free of debt, claims or sanctions by MA.
- b. Each eligible Swimmer must have participated in five (5) MA sanctioned meets in the two years preceding (and including) SC-JOs. Swimmers having only one year of registration in MA (i.e., beginning no earlier than September 1 of the previous year) must have participated in three (3) MA sanctioned meets during that period.
- c. Any swimmer who has participated in an individual event at a USA Swimming National Championships (LC or SC) or a USA Swimming Trials Class meet, the US Open, or a Speedo Junior National Championship is NOT eligible to compete at the SC Zone Meet.
- d. Furthermore, any swimmer 13 years or older who has achieved a current qualifying time in an individual event for any of the above meets (see 5.1 .2c) is NOT eligible to compete at the SC Zone Meet. Swimmers 12 years and younger who have achieved a qualifying time for the above meets are eligible to participate in the SC Zone Meet.
- e. Athletes must submit a Zone All-Star Team application, including the required application fee, to the MA office by the stated deadline. Applications are available on the MA website (www.maswim.org) and at most Middle Atlantic and A-level meets throughout the SC season. There will be no exceptions to this requirement.

5.1.3 Short Course - Selection of athletes

- a. Swimmers will be selected from the group of athletes that meet all of the requirements in section 5.1.2 above.
- b. The qualifying period is September 1 of the previous year through the end of the MA Spring SC Junior Olympics (SC-JOs). In years when the MA Short Course Senior Championships (SC-Mids) is held after the SC-JOs and concludes at least five (5) days prior to the SC Zone Meet entry deadline, the qualifying period will be extended through the end of the SC-Mids for swimmers age 15 and older only.
- c. The swimmers with the two fastest times in each individual event (three fastest times for 11-12/10&U individual events) will be selected for the Team. In the event of a tie for the final qualifying position, the selection will be made by the MA Zone Team Committee.
- d. If a swimmer qualifies for more than six (6) individual events, selection of the events for that swimmer will be at the sole discretion of the Zone Team Coaches, with review and approval by the Zone Team Committee. Third or lower ranked swimmers may be chosen for the Team when appropriate.
- e. The Zone Team coaching staff and Zone Team Committee will meet and make the final Team

- selection following the SC-JO meet.
- f. The Zone Team coaches will notify each swimmer of his/her selection for the Zone All-Star team. Information regarding preparations for the trip will be given out at this time.
 - g. The Zone Team Committee shall consist of the MA General Chair, the MA Age-Group Chair and the MA Senior Coach Representative.

5.1.4 Short Course - Zone team database

- a. The following meets will automatically be entered into the MA Zone Database of top times:
 - 1. December "Holiday" meets (e.g., Trident, Pitt, Eastern Express, Buffalo, Potomac Valley)
 - 2. Middle Atlantic Elite Meet
 - 3. Middle Atlantic SC and LC Senior Champs (i.e., Mids)
 - 4. Middle Atlantic Junior Olympics
- b. Times from YMCA Championship meets, High School District meets, and High School State Championship meets will be accepted for consideration ONLY if there is an Observed or Approved Meet Application on file at the MA office and a copy of the official meet results signed by one of the observing officials is sent to the MA Office no later than the Tuesday preceding SC-JOs (or faxed to the MA Office by the conclusion of the SC-JO Meet).
- c. Consideration will be given to times attained in sanctioned meets other than those listed in section 3 (a) ONLY if the times are submitted to the Zone Team database manager by the Tuesday preceding SC-JOs along with a copy of the official results of the meet. The MA Zone Team Committee shall have final say on whether times achieved in such other meets shall be considered for Zone Team selection.
- d. Times attained in a Time Trial at the MA SC-JO meet will NOT be considered for Zone Team selection.

5.1.5 Short Course - General Information

- a. A meeting of the Zone All-Star Team members will be held at a facility within Middle Atlantic on the weekend before the Eastern Zone Championship meet. ATTENDANCE IS MANDATORY for selected swimmers and/or a parent/guardian. All fees must be paid at this time and each swimmer is responsible to pick up his/her equipment.
- b. Zone team equipment is available only to those swimmers who qualify for and attend the SC Zone Meet.
- c. Swimmers 11 and older are required to travel with the Team and attend all sessions through the end of Finals on Saturday night. At that time they may be released to a parent/guardian with written notification to the Team Manager. All swimmers are required to participate in Team meals.
- d. Swimmers 10 & under will travel to the meet, and reside with and be supervised by their parents except when on deck at the meet. Swimmers are expected to attend the Team Dinner; other meals are the responsibility of the parents.
- e. All swimmers MUST participate in their Individual events and Relays as designated/selected by the coaching staff. 11 & Over swimmers must attend all sessions with the Team. 10 & Under swimmers are required to be in attendance for all Individual/Relay events for which they have been selected.

5.2 Short Course - Staff

The short course All-Star team will be accompanied on the trip by a Team Manager, Head Coach, Assistant Coaches and chaperones.

5.2.1 Short Course - Coaches

- a. Head coach
 - 1. Applications for the Zone Head Coach position are available on the MA website and must be submitted to the MA office by December 31 of each year. Candidates for the Head Coach position are expected to have prior experience as a Zone Team coach
 - 2. The Zone Head Coach will be selected from the qualified applicants by a committee consisting of the Middle Atlantic General Chair, the Age Group Chair and the Senior Coach Representative.
 - 3. The responsibilities of the Zone head coach are;
 - Serve as Head Coach at both Winter (SC) and Summer (LC) Zone meets.
 - Actively encourage other coaches to apply for the Zone Team coaching staff.

- With the Age Group Chair and the Coaches Rep, select the assistant coaching staff.
- Assign each coach (self included) responsibility for one age group.
- Participate with the coaching staff and Zone Team Committee in selecting the team and team captains and inform staff of duties and expectations before and during the meet.
- Supervise staff in contacting and informing prospective team members of their selection.
- Be present throughout the entire meet.
- Conduct team meetings as needed.
- Organize the distribution of certificates and pins after the meet.
- Submit summation report to the zone manager at the conclusion of the each meet.

b. Assistant coaches

1. Applications for Zone Assistant Coach positions are available on the MA website and must be submitted to the MA office by December 31 of each year. The assistant coaching staff should be a mix of veteran Zone coaches and those for whom this will be their first Zone experience.
2. The Zone assistant coaching staff will be selected in January by a committee consisting of the Middle Atlantic Age Group Chair, Coach's Representative and the current Zone Head Coach.
3. The responsibilities of the Zone coaching staff are:
 - Become familiar with the swimmers in their assigned age group before team is selected.
 - Assist the Head Coach in selecting team and team captains and informing prospective team members of their selection.
 - Be responsible for their assigned age group beginning when the team is selected and continuing through completion of the Zone Meet.
 - Coordinate responsibilities with the chaperones for the assigned age group.
 - Be present throughout the entire meet.

5.2.2 Short Course - Team Manager

1. Responsibilities of the Short Course Team Manager are:
 - Work with the Zone Team Head Coach throughout the year
 - Hotel accommodations: number and type rooms, rooming lists, any other facility considerations, generally booked one year in advance of meet.
 - Food: arranging meals and any special needs (diabetics, allergies, religious considerations)
 - Transportation: from MA to hotel at meet location, between hotel & facility, home again
 - Athlete application: accept applications and create periodic applicant list updates
 - Entries: maintain database of all meets containing times for applicants in order to make rankings available prior to SC-JOs. Prepare Team entry to be sent to the host club
 - Equipment bids – obtain one year in advance: orders, distribution at pre-meet practice and meeting, reorders and distribution
 - Organizing packets for swimmers, coaches, chaperones
 - Arranging for facility for practice/meeting after team is selected.
 - Arranging for practice at meet.
 - Assigning chaperones.
 - Emergencies.
 - Be accessible to parents and answer questions throughout the year.
 - Budget & accounting for monies received and disbursed.
 - Attend Managers meeting at meet; serve on Meet jury, if selected.
 - Prepare a post-meet report for the MA Board of Directors, including financial accounting for all receipts and expenses.

5.2.3 Short Course - Chaperones

1. Parents wishing to become chaperones for the All-Star team should submit their name to the MA office in writing by the Tuesday before Junior Olympics.
2. Parents are not permitted to chaperone their own child's age group.
3. Final selection of chaperones will be made after the All-Star team has been chosen.

5.3 Long Course –

The Long Course Zone meet (LC Zone Meet) is held in the summer and is open to any eligible swimmer that has bettered the posted qualifying time for each event.

5.3.1 Long Course – Meet regulations

- a. Each LSC may enter all (i.e., un-limited) swimmers who qualify in each individual event.
- b. Each LSC may enter one or more relay(s) in each relay event.
- c. A swimmer may swim a maximum of three (3) individual events per day, and a maximum of six (6) events for the meet.
- d. A swimmer's age is governed by their age on the first meet day.
- e. Relays will consist of Zone Team members who have qualified in individual events. Relay participants are chosen by the MA Zone Coaching staff.

Note: If a swimmer is selected by the MA Coaching staff to swim on a Relay on a day in which the swimmer has an individual event, that swimmer must participate on that relay or will be subject to a \$50 fine.

5.3.2 Long Course - Athlete eligibility

- a. Each Swimmer must have current registration with Middle Atlantic/ USA Swimming and be free of debt, claims or sanctions by MA.
- b. Swimmers must have participated in five (5) MA Sanctioned meets in the two years preceding LC-JOs. Swimmers having only one year of registration in MA (i.e., beginning no earlier than September 1 of the previous year) must participate in three (3) MA meets in that period.
- c. Qualifying period is September 1 of the previous year through Junior Olympics/Sectionals (LC-JOs) of the current LC season.
- d. Any swimmer who has participated in an individual event at a USA Swimming National Championships (LC or SC) or a USA Swimming Trials Class meet, the US Open, or a Speedo Junior National Championship is NOT eligible to compete at the LC Zone Meet.
- e. Furthermore, any swimmer 13 years or older who has achieved a current qualifying time in an individual event for any of the above meets (see section 5.3.2d) is NOT eligible to compete at the LC Zone Meet. Swimmers 12 years and younger who have achieved a qualifying time for the above meets are eligible to participate in the LC Zone Meet.

5.3.3 Long Course – Meet Entry

- a. All meet entries must be submitted by Middle Atlantic.
- b. Swimmers must submit their best qualifying time in an individual event, along with proof of this time (electronic meet results are preferred) to the MA Zone Team database manager for entry into the meet.
- c. Consideration times (e.g., times from meets other than MA sanctioned meets) may or may not be accepted for the LC Zone meet. The Zone Team Committee will make this decision.
- d. Entry fees must accompany each individual event entry. Relay fees will be paid by Middle Atlantic.

5.3.4 Long Course - General Information

- a. Middle Atlantic does not provide lodging, transportation or meals for the LC Zone Meet. The Zone Team Manager will obtain a block of rooms near the meet location. Information regarding reservations will be available to parents of swimmers who are attending the meet.
- b. Zone team equipment is available only to those swimmers who qualify for and attend the Eastern Zone Championship meet. Equipment is usually handed out at JO's and it is the responsibility of the swimmer/parent to pick-up equipment at that time.

5.4 Long Course - Staff

A team manager, head coach and assistant coaches will accompany the long course Zone Team to the meet.

5.4.1 Long Course - Coaches

- a. Head coach
 1. The head coach selected in January will serve as the head coach for the Long Course Zone Championship meet.

2. The responsibilities of the Zone head coach are outlined in above Section 5.2.1a - Staff.
- b. Assistant coaches
 1. Applications for Zone assistant coach are available on the MA website and must be submitted to the MA office by the date specified on the application.
 2. The Zone assistant coaching staff will be selected by a committee consisting of the Middle Atlantic Age Group Chair, Coach's Representative and the current Zone Head Coach.
 3. The responsibilities of the Zone coaching staff are outlined in above Section 5.2.1b - Staff.

5.4.2 Long Course - Team Manager

Responsibilities of the All-Star Team Manager are outlined in Section 5.2.2 - Staff.

(Approved 1/12/04; rev 4/10/06, 11/10/08 by