

What is the Eastern Zone All-Star Championships?

The Eastern Zone All-Star Championship Meets are end of season meets. The meets are held at the end of both the short course (end of March) and long course (2nd week of August) seasons.

Spring Short Course Zones:

- The format for the Short Course Zones meet has changed! This change was driven by the larger LSC's and was voted against by the Adirondack LSC. Submission is now by club, not by LSC. What does that mean for Adirondack? We can no longer send an Adirondack Team to compete at this competition. If you are still interested in swimming at the Spring Short Course Zone Meet, please talk to your coach as the submission and all arrangements are at the club level. This also means that relays will be compiled at the club level (if your club is not sending 4 swimmers in the same age group, there will be no relay). Qualifying times are posted on the Eastern Zone website.

Summer Long Course Zones:

- The summer zones team (long course) is made up of teams from each of the LSC's which make up the Eastern Zone of USA Swimming. The LSC's in the Eastern Zone are: ADIRONDACK, Niagara, Metropolitan (NY), Middle Atlantic, Alleghany Mountain, Maryland, Virginia, Potomac Valley, New Jersey, Connecticut, New England, and Maine. All four Zones (Eastern, Southern, Central, and Western) conduct All Star competitions for teams within their zones. It is FUN for both athletes and their parents.
- All qualified Adirondack Zones swimmers participate as one team representing the LSC and receive Adirondack Team equipment, which are included in the application fee.
- Each LSC may enter all swimmers that achieve qualifying times. If an LSC does not have two swimmers with qualifying times in an event, the LSC may enter no more than two swimmers in that event regardless of qualifying times. The Zone Selection Committee will determine the final make-up of the team. The meet is 4 days long and each swimmer may be entered in up to 6 events (3 max per day) over the course of the meet, not including relays.
- The Adirondack Zone Team travels to the venue as a team, on a bus. The entire team of coaches and athletes stay at the same team hotel and travel to and from the meet together as a team.
- All athletes are required to ride the team bus to and from the meet, to and from the pool, stay at the team hotel, eat meals with the team (when provided), and attend all team functions. All athletes and coaches must stay the full duration of the meet. (The 10&U are the only swimmers who are allowed to leave after Saturday's timed finals, but are encouraged to stay for the last finals session)
- Each athlete must submit an application, with the application fee and a completed "Code of Conduct / Medical" form. See the current application for complete details.
- All pertinent information about the Adirondack Zone Team can be found on the Adirondack web site, including all general qualifying information. Follow the "Zones Information" link on the main page.

Please help get the word out now so athletes and parents can start planning for the Summer Long Course Zones Meet (scheduled for August 8-11).

Questions? Contact JoAnn Faucett at (518) 496-6136 or faucettjm@aol.com