



**2011 USA SWIMMING
SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS
JULY 26 - JULY 31, 2011
SPONSORED BY: USA SWIMMING**

SANCTIONED BY: Held under the sanction of USA Swimming issued by North Carolina Swimming Sanction # NC11063.

HOST: North Carolina Swimming, Triangle Aquatic Center and Raleigh Swimming Association

FACILITY: The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. The 50 meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of seven to twelve feet that can be configured for separate 8-lane and 10-lane 25-yard competition courses. TAC's pools are USA Swimming certified. The competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 4 to 10 warm-up/swim-down lanes at any time. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,000 above deck offers bleacher seating with backs, tables and open seating. The facility may charge a fee for admission to the spectator seating area overlooking the pool. There is a Daktronics OmniSport 2000 Pro Swimming timing system with two matrix scoreboards.

PARKING: Parking in the TAC lot is reserved for officials and meet volunteers only. Meet participants parking is available in the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed and towed by the local Police Department at the owner's expense

TIMING SYSTEM: Daktronics OmniSport 2000 Pro Swimming

MEET MANAGEMENT: Meet Director: [Derek Wall](#)/Larry Godlewski
Meet Referee: Wayne Shulby
Safety Marshall: Ronnie Roach

MEET SCHEDULE:

Tuesday	Timed Finals: Warm-up: 12:00PM;	Session: 2:00 PM
Wednesday-Saturday	Prelim: Warm-up: 7:00 AM,	Session: 9:00 AM
	Finals: Warm-up: 4:00 PM,	Session: 5:30 PM
Sunday	Open Water,	See OW Meet Announcement

Please see attached warm-up schedule for lane assignment

RULES: Current USA Swimming rules will govern the meet

ELIGIBILITY: Currently registered, USA Swimming year-round athletes selected by their LSC. Any 15-18 year old swimmer who has ever achieved the 2009 USA Swimming US Open Championship Time Standard in any event (long or short course) prior to Monday, July 25, 2011 is ineligible for competition in the Southern Zone Age Group Championships. There is no time standard for 14 and under swimmers. **A copy of the LSC's official selection procedure for this meet must be delivered at the general meeting.**

AGE: As of July 26, 2011

ENTRY LIMIT:**EACH LSC IS LIMITED TO:**

- 48 Swimmers - 8 Females & 8 Males in each age group for 11-12, 13-14 and 15-18 years.
- 1 relay team per 400M events; Two relays in 200M events (Only A relay scores).
- Three individual entries per event for the 400 Free, 400 IM & 800/1500 Free.
- **Unlimited** individual entries per event for all other events.

DISABILITY INFO:

Each LSC may bring six (6) swimmers; 3 boys and 3 girls with disabilities who are 11 to 18 years of age; selected in any manner deemed appropriate and assisted by the Southern Zone Adapted Swimming Coordinator if necessary. Swimmers' disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: A permanent physical or mental impairment that substantially limits one or more major life activities. These swimmers with disabilities are in addition to the permitted 48 swimmers and are not required to meet the time standards for their age group/events, however, they must provide a time for each event they enter. Swimmers with disabilities may compete in finals, earn awards and score points for their team in the same manner as the able bodied swimmers.

EACH SWIMMER IS LIMITED TO:

6 individual events for the meet but no more than 3 events per day. The age of the swimmer on the first day of the meet will be their age for the entire meet.

ENTRY FEES:

\$7.50 per individual event and \$10.00 per relay. All zone meet participants will incur a \$7.50 surcharge for entry into the open water meet, regardless of actual participation.

Please make checks payable to: **Triangle Aquatic Center.**

All entry fees are to be hand delivered and paid in full to the Meet Director prior to the conclusion of the general meeting on the first day of the competition.

ENTRY FORMS:

Electronic entries are required and must be submitted using Hy-Tek format. Entries must include each swimmer's USA Swimming number, first and last name, age, seeding time to the 100th of a second and event number for each event entered. Your electronic submission must include an entry zip file, as well as a Word-Name and Entry fee document. A list of coaches and chaperones (up to 12) shall accompany the team entry.

DISABILITY ENTRIES:

Entries for swimmers with disabilities should be submitted on the attached entry form indicating preference for seeding, and highlighted on the hard copy of the LSC's meet entry. Classification of a swimmer with a disability is irrelevant. It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete in advance of the meet. The Meet Referee shall inquire about the swimmers' needs and determine any modifications that may be required. This information will be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned. The meet referee shall determine an appropriate method of seeding an athlete into events.

It is the responsibility of the USA Swimming Disability Swimming Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmers' responsibility to complete and submit an application for an American Record should one be set.

ENTRY DEADLINE:

All entries must be emailed to the Meet Director, [Derek Wall](#), by **12:00 noon Eastern Standard Time on Monday, July 25, 2011**. No other form of entry will be accepted. Receipt of all entries will be confirmed by email.

LATE ENTRIES:

No Late Entries - No Substitutions

RACING CERT:

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

- MEDICAL RELEASES:** The Southern Zone and Meet Host recommend a Coach carry emergency releases for their athletes.
- CODE OF CONDUCT:** All athletes and coaches are required to sign the enclosed Code of Conduct in order to participate in the meet. Forms must be turned in to the meet director at the general meeting.
- FORMAT:** The Meet Referee and the Meet Director reserve the right to run the preliminary sessions using “flyover” starts or as a dual ended meet with “chase” starts if necessary based upon the number of entries and subsequent preliminary timeline.
- Top eight swimmers from each event in the preliminary session will qualify for finals. There will be only one championship heat per event during finals.
- Eight lanes will be used for both prelims and finals. Additional information will be available at the General Meeting.
- SEEDING:** Only long course (50 meters) times will be accepted for purpose of seeding. Tuesday afternoon events (800/1500 Free) will be deck seeded timed finals requiring positive check-in by the end of the general meeting or by 10:30 AM; whichever comes first. The 800/1500 Free will be swum together and scored separately. The heats will be swum fastest to slowest, alternating women and men.
- SCRATCHES:**
- 1. Prelims:** There is no penalty for no shows in preliminary events.
 - 2. Deck Seeded Events:** Swimmers who are checked-in, and then fail to compete, will be barred from their next individual event.
 - 3. Finals:** Swimmers who qualify for the finals and then fail to scratch or declare their intention to scratch, to the admin referee within thirty (30) minutes of the announcement of the finalists for that event, and then fail to scratch within thirty (30) minutes of their last event of that session and then fail to compete in the event in the finals, will be barred from **ALL** subsequent competition in the meet. (Exception: the meet referee may allow a swimmer to compete further, if based on his/her judgment, the swimmer was ill or the reason for missing the final was beyond the control of the swimmer).
- RELAYS:** All relays will be swum in the evening session as timed finals. Relay cards will be filled out at the meet and turned in to the Clerk of Course as specified by the Meet Referee at the General Meeting.
- SCORING:** Individual Events: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2 (Only the A relay scores in 200M events)
- AWARDS:**
- Individual events:** 1st-8th place medals
Relays: 1st-3rd place medals
Team: 1st place: Banner & 50 t-shirts
2nd & 3rd place: Plaque/Trophy
Age Group: 1st place Women & Men in each age group-Banner or plaque.
- All awards will be given after each set of events, with the last set of events given the next day.**
- SPECIAL AWARDS:** Charlene Craddock Sportsmanship Award:
A banner & 50 swim caps will be awarded to the team who exhibits the highest level of sportsmanship throughout the meet. The winner will be decided by a vote during the last session of the competition. Each LSC, the meet director, meet referee and head starter will be entitled to one vote. A minimum of nine (9) votes will be required for selection.
- CREDENTIALS:** Credential Tags must be picked up at the registration desk. The registration desk will be open from 3:30-7:00 PM on Monday, July 25th and from 9:30 AM to 12:30 PM on Tuesday, July 26th. All officials and coaches will need to present a valid registration card to receive their credentials.
- Replacement Credential Tags will be \$10.**

Credential Tags must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. A maximum of 12 credential tags will be issued to each LSC for those coaches, managers and/or chaperones listed on the meet entry form. Credential Tags for media personnel must be arranged for in advance with the meet director.

CAPTAINS: Each LSC is required to designate at least one and no more than three athletes as captains. One captain must attend the general meeting.

GENERAL MEETING: There will be a mandatory meeting for all head coaches and at least one captain from each LSC on Tuesday, July 26, 2011 at 10:00 AM in hospitality at the Aquatic Center.

PARADE: The athlete parade will be on Friday prior to the Finals Session.

MEET COMMITTEE: The meet director and Southern Zone Age Group Chairman will appoint a meet committee. It will consist of:

Meet Referee,
Zone age group chairman or his designee,
3 coaches and
2 athletes from 5 different, randomly selected LSC's.

This committee will have jurisdiction over technical protests with the exception of officials' judgment calls. The committee will follow the USA Swimming *Rules and Regulations*, the *Southern Zone Age Group Swimming Championships Meet Handbook* and the meet information letter at all times.

OFFICIALS: The meet is approved as a national certification meet for officials. It is requested that any LSC with qualified officials, who are interested in working at the meet, please sign up using the [Official's Signup Form](#) or contact the Meet Referee, [Wayne Shulby](#). All officials should be prepared to present their LSC certification card, and to present and wear at all times, while on deck or in hospitality, their credentials. **Uniform** - white collared shirt and navy blue pants or shorts (*shorts prelims only*) long navy blue pants or long (knee length or longer) skirt, white socks and white shoes (no sandals, crocks, etc.). Except for Tuesday' events, Deck Referees, Starters and Chief Judges will be selected each day from those who applied and will be available.

Official briefings shall occur 45 minutes prior to the start of each session in hospitality

COACHES: All coaches will be checked for their own USA Registration Card, and **each coach will be required to conspicuously wear their credentials at all times while working on deck or in hospitality.**

LIABILITY: This meet is held under the sanction of USA Swimming, inc., and North Carolina Swimming, Inc. No entry will be accepted unless the swimmer is registered with USA Swimming and the LSC they represent. The complete USA Swimming Registration Number for each individual must be placed on the team entry form. In granting this sanction, it is understood and agreed that USA Swimming, Inc., North Carolina Swimming, and all meet officials shall be free from any liabilities or claims for damage arising by reason of injuries to anyone during the conduct of the event. Damage to the facility by any LSC teams or individuals from an LSC team, when proven, will cause the offender's LSC to be held accountable for repairs.

HOSPITALITY: There will be a hospitality room open to all coaches and working officials (conspicuously wearing their 2011 USA Swimming registration card), and standard refreshments will be available at the concession stand.

SOCIAL: There will be an athlete social following the timed final events on Tuesday. Details will be announced at the General Meeting.

2011 USA SWIMMING
SOUTHERN ZONE AGE GROUP CHAMPIONSHIP
July 26-31, 2011
ORDER OF EVENTS

Tuesday July 26, 2011

Timed Finals 2:00 PM

Women's Event #	Age Group	Event	Men's Event #
1	13-18	800 Free*	
	13-18	1500 Free*	2

*The 800 & 1500 Free will be swum fastest to slowest, alternating women then men.

Wednesday July 27, 2011

Prelims 9:00 AM

Finals 5:30 PM

Women's Event #	Age Group	Event	Men's Event #
3	11-12	200 Free	4
5	13-14	200 Free	6
7	15-18	200 Free	8
9	11-12	50 Breast	10
11	13-14	200 Breast	12
13	15-18	200 Breast	14
15	11-12	100 Fly	16
17	13-14	100 Fly	18
19	15-18	100 Fly	20
21	11-12	400 Medley Relay**	22
23	13-14	400 Medley Relay**	24
25	15-18	400 Medley Relay**	26

**All Relays are timed final events and will be swum in the finals.

Thursday July 28, 2011

Prelims 9:00 AM

Finals 5:45 PM

Women's Event #	Age Group	Event	Men's Event #
27	15-18	200 Back	28
29	13-14	200 Back	30
31	11-12	50 Back	32
33	15-18	100 Free	34
35	13-14	100 Free	36
37	11-12	400 Free	38
39	15-18	400 IM	40
41	13-14	400 IM	42
43	11-12	400 FR Relay**	44
45	13-14	400 FR Relay**	46
47	15-18	400 FR Relay**	48

**All Relays are timed final events and will be swum in the finals.

Friday July 29, 2011**Prelims 9:00 AM****Finals 5:45 PM**

Women's Event #	Age Group	Event	Men's Event #
49	11-12	100 Back	50
51	13-14	100 Back	52
53	15-18	100 Back	54
55	11-12	100 Breast	56
57	13-14	100 Breast	58
59	15-18	100 Breast	60
61	11-12	100 Free	62
63	13-14	400 Free	64
65	15-18	400 Free	66
67	11-12	200 Medley Relay**	68
69	13-14	200 Medley Relay**	70
71	15-18	200 Medley Relay**	72

**All Relays are timed final events and will be swum in the finals.

Saturday, July 30, 2011**Prelims 9:00 AM****Finals 5:30 PM**

Women's Event #	Age Group	Event	Men's Event #
73	11-12	200 IM	74
75	13-14	200 IM	76
77	15-18	200 IM	78
79	11-12	50 Free	80
81	13-14	50 Free	82
83	15-18	50 Free	84
85	11-12	50 Fly	86
87	13-14	200 Fly	88
89	15-18	200 Fly	90
91	11-12	200 Free Relay**	92
93	13-14	200 Free Relay**	94
95	15-18	200 Free Relay**	96

**All Relays are timed final events and will be swum in the finals.

WARMUPS: Lane Assignments

Lanes	Group 1	Group 2
1	Florida	Florida Gold Coast
2	Border	Mississippi
3	Georgia	North Carolina
4	Kentucky	North Texas
5	Gulf	South Carolina
6	Louisiana	Southwestern
7	South Texas	West Virginia
8	West Texas	Open

	1st Warm-up	2nd Warm-up
Tuesday	Group 1	Group 2
Wednesday	Group 2	Group 1
Thursday	Group 1	Group 2
Friday	Group 2	Group 1
Saturday	Group 1	Group 2

Times:

Tuesday PM:	12:00-12:45 PM	1st Warm-up
	12:45-1:30 PM	2nd Warm-up
	1:30-1:50 PM	Lanes 1,2,7,8 Pace Lanes 3-6 General Warm-up
Wed-Sat Prelims:	7:00-7:45 AM	1st Warm-up
	7:45-8:30 AM	2nd Warm-up
	8:30-8:50 PM	Lanes 1,8 Pace Lanes 2,7 Sprint Lanes 3-6 General Warm-up
Wed-Sat Finals:	4:00-5:10 PM	General Warm-up
	5:10-5:40 PM	Lanes 1,8 Pace Lanes 2,7 Sprint Lanes 3-6 General Warm-up

Sprint and Pace Lanes will be added at the discretion of the Meet Referee.

On Friday night, the day of the parade, the General Warm-up will end at 5:00 PM and the pool will close at 5:30 PM.

At least 5 lanes in the warm-up pool will be available during all sessions for general warm-up.

SAFETY GUIDELINES:

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
3. Coaches shall supervise their swimmers throughout the warm-up session.
4. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
5. Swimmers shall not step up on the starting blocks when a backstroker is waiting to start.
6. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
7. Swimmers are required to exit the pool upon completion of their allotted warm-up time.
8. The pool is not for visiting or playing during warm-up and/or in the warm-up/cool-down pool.
9. If "flyover" starts are used during the meet, except when the next heat is backstroke, swimmers shall remain in the pool after the short whistles for the next heat are sounded and move to the corner of their lane and remain still and quiet, without hands on the starting platform, until after the next heat has started or they are instructed to leave the pool.
10. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
11. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
12. Coaches shall supervise their swimmers throughout the warm-up session.
13. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
14. Swimmers shall not step up on the starting blocks when a backstroker is waiting to start.
15. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
16. Swimmers are required to exit the pool upon completion of their allotted warm-up time.
17. The pool is not for visiting or playing during warm-up and/or in the warm-up/cool-down pool.
18. If "flyover" starts are used during the meet, except when the next heat is backstroke, swimmers shall remain in the pool after the short whistles for the next heat are sounded and move to the corner of their lane and remain still and quiet, without hands on the starting platform, until after the next heat has started or they are instructed to leave the pool.

2011 USA Swimming US Open Time Standards

Any swimmer who has ever achieved the current 2009 US Open Standard in any event (long or short course) prior to the latest possible entry deadline is ineligible to compete in the Southern Zone Age Group Championships.

	WOMEN				MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM	
26.39	25.59	22.89	50 FREESTYLE	19.99	22.49	23.29	
56.99	55.39	49.69	100 FREESTYLE	43.89	49.29	50.89	
2:03.09	1:59.89	1:47.19	200 FREESTYLE	1:36.49	1:49.69	1:52.89	
4:19.39	4:12.99	4:45.49	400/500 FREESTYLE	4:22.69	3:53.59	3:59.99	
8:50.49	8:44.09	9:59.39	800/1000 FREESTYLE	9:17.29	8:14.09	8:19.29	
17:04.09	17:13.99	16:28.79	1500/1650 FREESTYLE	15:24.49	15:29.59	15:53.59	
1:03.89	1:02.69	54.79	100 BACKSTROKE	48.59	56.49	57.69	
2:17.49	2:15.09	1:58.29	200 BACKSTROKE	1:45.89	2:02.59	2:04.99	
1:12.29	1:10.29	1:02.39	100 BREASTSTROKE	54.89	1:02.69	1:04.69	
2:35.99	2:31.99	2:14.99	200 BREASTSTROKE	1:59.89	2:16.79	2:20.79	
1:01.59	1:00.19	53.89	100 BUTTERFLY	47.89	53.59	54.99	
2:16.69	2:13.89	1:59.29	200 BUTTERFLY	1:46.79	2:01.09	2:03.89	
2:19.59	2:16.39	2:00.29	200 INDIVIDUAL MEDLEY	1:47.59	2:03.99	2:07.19	
4:55.89	4:49.49	4:16.29	400 INDIVIDUAL MEDLEY	3:53.29	4:24.09	4:30.49	
3:51.09	3:44.69	3:25.99	400 FREE RELAY	3:00.49	3:20.29	3:26.69	
8:21.59	8:08.79	7:20.39	800 FREE RELAY	6:38.29	7:22.19	7:42.49	
4:16.19	4:09.79	3:45.09	400 MEDLEY RELAY	3:21.79	3:43.89	3:50.29	

AWARDS SCHEDULE:

Tuesday No Awards

Wednesday

Swim 200 Free
Awards for 800/1500 Free
Swim 50 & 200 Breast
Awards for 200 Free
Swim 100 Fly
Awards for 50 & 200 Breast
Swim Medley Relay
Awards for 100 Fly

Thursday

Swim 200 & 50 Back
Awards for Medley Relay
Swim 100 & 400 Free
Awards for 200 & 50 Back
Swim 400 IM
Awards for 100 & 400 Free
Swim Free Relay
Awards for 400IM

Friday

Swim 200 & 50 Fly
Awards for Free Relay
Swim 100 Breast
Awards for 200 & 50 Fly
Swim 400 & 100 Free
Awards for 100 Breast
Swim Medley Relay
Awards for 400 & 100 Free

Saturday

Swim 200 IM
Awards for Medley Relay
Swim 50 Free
Awards for 200 IM
Swim 100 Back
Awards for 50 Free
Swim Free Relay
Awards for 100 Backstroke & Free Relays

HOTELS:

Best Western Cary Inn and Extended Stay Suites 1722 Walnut Street, Cary NC 27511, (919) 481-1200	1.6 miles from TAC
Days Inn Cary 1716 Walnut Street, Cary NC 27511, (919) 481-4011	1.6 miles from TAC:
Hampton Inn and Suites 111 Hampton Woods Lane, Raleigh, NC 27607, (919) 233- 1798. www.carysuites.hamptoninn.com	1.9 miles from TAC
The Wingate byWyndham Raleigh/Cary 6115 Corporate Ridge Road, Raleigh, NC 27607, 919-809-8520	2.5 miles from TAC
Holiday Inn Hotel and Suites Cary 5630 Dillard Drive, Cary NC 27511, (919) 851-1220	2.9 miles from TAC
Four Points by Sheraton Raleigh Cary 500 Catiboo Dr, Cary, NC 27518, (919) 900-8840	3.1 miles from TAC
Comfort Suites of Cary 350 Ashville Avenue, Cary, NC 27518, (919) 852-4318	4.7 miles from TAC
Holiday Inn Raleigh North 2805 Highwoods Blvd, Raleigh NC 27604, (919) 872-3500	13.5 miles from TAC
Best Western Raleigh North 2715 Capital Blvd., Raleigh NC 27604, (919) 790-7741	13.4 miles from TAC

**2011 USA SWIMMING SOUTHERN ZONE CHAMPIONSHIP MEET
Swimmers with Disabilities Entry Form**

Name: _____ DOB: __/__/__ Male Female

Address: _____ USA Swimming #: _____

City: _____ State: ____ Zip: _____ Age on July 26, 2011: _____

Disability: _____ Classification (if known): _____

Swimmer/Parent E-mail Address: _____

Club: _____ Club Coach: _____ Phone: _____

Parent/Guardian's Name: _____

Phone: Day: _____ Evening: _____ Cell: _____

Emergency Contact: Name: _____ Phone: _____

Special Accommodations Needed: _____

ONLY LONG COURSE METER (LCM) TIMES WILL BE ACCEPTED FOR THE PURPOSES OF SEEDING. SEED WITH #EVENT
ENTRY TIME Age Group Different Distance Comparable DESCRIPTION (same age & (same age) Time distance)
(distance depends on entry time)

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the date on which the swim occurs. Take these factors into consideration when selection the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

I certify that the above listed times are correct.

Signed: _____ Date: _____

Club Head Coach/Age Group Coach (REQUIRED SIGNATURE)

USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS

CODE OF CONDUCT

The following code is in effect throughout the 2011 USA Swimming Southern Zone Age Group Swimming Championships. Anyone who, in the opinion of the LSC Zone Meet Coaching Staff, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other punishments including barring from future LSC trips or competition may be imposed.

- 1) The LSC may travel as a team to these meets/training sessions and everyone is expected to behave in an exemplary manner. The reputation of the LSC, as well as the other athletes with you, is dependent on your behavior.
- 2) The LSC Coaching Staff holds the final word on any rules, regulations or disciplinary actions.
- 3) a) The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. In addition, any member found or suspected to be in the **presence of others** (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from the LSC Zone Team. Any swimmer suspected of such activity will appear before a review committee composed of the LSC Coaching Staff, and LSC Zone Team Captains .b) Use of inappropriate language, including obscene language or gestures and other threatening language or conduct will not be tolerated while traveling with the LSC Zone Meet.
- 4) At no times will male and female athletes be in the same hotel room together. This applies to your LSC Zone Team members or members of any other LSC Zone Team.
- 5) No team meetings or practices may be missed. Be punctual to all meetings and warm-up times.
- 6) No team member may be out of their room after the assigned curfew time and no one may leave their room alone. Permission must be obtained from the LSC Coaching Staff to leave the room.
- 7) Any damages or thievery incurred at a hotel will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, such behavior should be kept to a minimum in your rooms. Make all phone calls (except within the hotel) from a pay phone.
- 8) Any individual damages or thievery incurred on the trip will be at the expense of the swimmer, and further disciplinary action will be taken, such behavior will not be tolerated.
- 9) All team members will be polite in restaurants. Leave a 15% tip (Minimum). If there is a problem with the service, see the LSC Coaching Staff.
- 10) Agree to follow these and any other rules having to do with the behavior and the LSC Zone Team, as established by the Coaching Staff and the LSC.

I recognize my responsibility to abide by these rules and requirements and those of the LSC Zone Team I am representing and I acknowledge that I have received and read such.

Swimmer's Printed Name _____ Dated _____

Swimmer's Signature _____ Dated _____

LSC Head Coach's Signature _____ Dated _____

Southern Zone A/G Championship Meet Evaluation Form

Meet: _____ Date: _____ Location: _____

This form will be used to assist future hosts, officials and the Zone in general, to improve competition for our athletes. Please complete and deposit in Meet evaluation box or mail directly to the:

Southern Zone Age Group Chairman
BRIAN DANGELMAIER
127 Varsity Circle
Arlington, TX 76013

(PLEASE CIRCLE A NUMBER FOR SECTIONS 1 THRU 5, #1 BEING LOW / #4 BEING HIGH)

- | | |
|--|---|
| <p>1. PRE-PLANNING</p> <p>Pre-meet information 1 2 3 4</p> <p>Packets 1 2 3 4</p> <p>Hotels & Restaurants 1 2 3 4</p> <p>Maps 1 2 3 4</p> <p>Transportation (cost/convenience)</p> <p style="padding-left: 20px;">a. Airlines 1 2 3 4</p> <p style="padding-left: 20px;">b. Car Rental 1 2 3 4</p> <p>Planning for Climatic Changes 1 2 3 4</p> | <p>4. OFFICIALS</p> <p>Meet Referee 1 2 3 4</p> <p>Administrative Referee(s) 1 2 3 4</p> <p>Deck Referee(s) 1 2 3 4</p> <p>Starter(s) 1 2 3 4</p> <p>Announcer(s) 1 2 3 4</p> <p>Chief Judge(s) 1 2 3 4</p> <p>Stroke & Turn(s) 1 2 3 4</p> <p>Relay take-off(s) 1 2 3 4</p> <p>Clerk of Course(s) 1 2 3 4</p> <p>Meet Director(s) 1 2 3 4</p> |
| <p>2. FACILITIES/GENERAL</p> <p>Parking 1 2 3 4</p> <p>Registration 1 2 3 4</p> <p>Restrooms/Dressing rooms 1 2 3 4</p> <p>Swimmers' Rest Areas 1 2 3 4</p> <p>Public Address System 1 2 3 4</p> <p>Spectator seating 1 2 3 4</p> <p>Warm up/down facilities 1 2 3 4</p> | <p>5. GENERAL APPRAISAL</p> <p>Meet Administration 1 2 3 4</p> <p>Hospitality 1 2 3 4</p> <p>Awards/Ceremonies 1 2 3 4</p> <p>Safety Procedures 1 2 3 4</p> <p>Overall success of meet 1 2 3 4</p> |
| <p>3. FACILITIES/COMPETITION POOL</p> <p>Pace Clocks 1 2 3 4</p> <p>Scoreboard/timing equip/computer 1 2 3 4</p> <p>Lighting 1 2 3 4</p> <p>Ventilation 1 2 3 4</p> <p>Water Conditions 1 2 3 4</p> <p>Starting System 1 2 3 4</p> <p>Pool set-up (deck space, media...) 1 2 3 4</p> | |

Use page 2 for general comments of if you gave any category a rating of 2 or lower.

Signed: _____ LSC _____

{ } Swimmer { } Coach { } Official - Position _____ { } Other -

Title _____

(Southern Zone Meet Evaluation Page 1 of 2)

**Southern Zone A/G Championship
LSC Mailing Roster**

LSC:

LSC General Chairman

Name:

Address:

City:

State: Zip:

LSC Age group Chairman

Name:

Address:

City:

State: Zip:

LSC Head Coach

Name:

Address:

City:

State: Zip:

LSC Permanent Office (If Applicable)

Name:

Address:

City:

State: Zip:

LSC Top 16 Tabulator

Name:

Address:

City:

State: Zip: