



**USAS Swimming
Southern Zone
Meet Handbook**

**USA SWIMMING SOUTHERN ZONE
MEET HANDBOOK**

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SECTION I - RESPONSIBILITIES OF ZONE AGE GROUP CHAIRMAN

- The Zone Age Group Chairman (Z.A.G.C.) shall be elected by the Zone members in even years to serve a two-year term.
- Pre-meet
 - ❑ Act as Meet Coordinator for the Annual Southern Zone Age Group Championships and the Annual Southern Zone Age Group Open Water Championships.
 - ❑ Following the annual meeting, put together the general meet information for the upcoming year's host.
 - ❑ By January 1, forward drafts to Zone Directors, Zone Secretary and meet host for review.
 - ❑ Approve the final draft of the meet information for both meets, as completed by the meet host.
 - ❑ Ensure the meet host distributes meet information in accordance with Section IV.
 - ❑ To ensure smoothly run, quality competitions for the athletes, the Z.A.G.C. shall act as liaison between LSC's, meet host and Zone Directors regarding any questions or problems that may arise prior to the meets.
- Meets
 - ❑ The Z.A.G.C. or Designee will attend the meets to ensure smoothly run, quality competitions for the athletes; the Z.A.G.C. shall run the General Meeting prior to the start of competition and Chair the Meet Committee.
- Post-meet
 - ❑ Work with meet host to ensure that post-meet obligations are met in a timely manner.
 - ❑ Chair the Zone Championship Evaluation Committee and report on that Committee's meeting to the annual meeting of the Zone.
 - ❑ Update the Southern Zone Meet Records and distribute them to the member LSC's at the Annual Southern Zone Meeting at the USA Swimming Convention.
- Zone Handbook
 - ❑ Will update the Zone Handbook as required and directed by the voting membership of the Southern Zone LSC's attending the Southern Zone Meetings at each year's USA Swimming Convention.
 - ❑ Ensure that the distribution of the Southern Zone Handbook will be as follows:
 - One (1) Copy to each of the member LSC's General Chairman.
 - One (1) Copy to each of the member LSC's Age Group Chairman.
 - Twenty (20) Copies to the Zone Meet Host for distribution to the Head Coach of each Team participating, the Host Meet Director, and the Zone Meet Head Referee.
 - One (1) copy to each of the Southern Zone Directors.
 - ❑ Ensure that a copy of the Meet Handbook is posted on the Southern Zone Website, if applicable.

SECTION II - ZONE MEET EVALUATION COMMITTEE

➤ Membership

- ❑ The Z.A.G.C. shall serve as Chairman.
- ❑ At least six (6) additional members shall be appointed by the Z.A.G.C. If at all possible the committee should include:
 - the immediate past Zone Meet Director;
 - the immediate past Meet Referee;
 - no more than one (1) representative from each LSC;
 - representation from coaches, athletes and lay people.

➤ Purpose and Duties

- ❑ Shall meet at the annual convention to evaluate past meets and establish the meet format, order of events, fees and general procedures for the conduct of the meet.
- ❑ Any item included in this provision may be rejected by a two-thirds (2/3) vote of the SZC at the annual meeting. An amendment or substitute of a rejected item may be adopted by a majority vote of the SZC.

SECTION III - ZONE MEET BIDS

➤ Bid Procedures

- ❑ A written statement of LSC intention to bid must be submitted to the Z.A.G.C. thirty (30) days prior to the first session of the annual Zone meeting. (Convention) This written proposal shall include general information on the facilities (Appendix II). No additional bids will be accepted after this time.
- ❑ Zone Meet bids must be made 2 years in advance beginning with the 2004 USA Convention.
- ❑ All bidders must agree to meet or exceed all of the criteria and requirements contained in this handbook as well as in the USA Zone Age Group Championship Contract.

➤ Rotation

- The rotation was suspended at the Convention in 2007.

➤ Facility Requirements

- ❑ The facility shall meet the preferred standards for National Championships as found in the current USA Swimming Rules and Regulations.
- ❑ The preference shall be for facilities with the capability to run the meet in two courses or from "both ends" of the same course. Must have 50 split capabilities.
- ❑ An on-site warm-up pool is required.

➤ Awarding of Bids

- ❑ A majority vote of LSC Representatives attending the annual meeting is required for site selection.

SECTION IV - ZONE MEET HOST RESPONSIBILITIES

➤ Pre-meet Obligations

- By March 1, the meet host shall add specifics (i.e. key officials' names, pool specifications, warm-up procedure, admission fees (if any), hotels, restaurants, maps, special events, etc.) to the meet information draft provided by the Z.A.G.C. and return completed information letter to the Z.A.G.C.
- By March 1, the meet host shall distribute the completed meet information to the Z.A.G.C., Zone Directors, Zone Secretary and the LSC's in the following manner: one (1) copy each to the LSC General Chair, LSC Age Group Chair, Official's Chair and permanent office.
- By July 1, the meet host shall mail an invitation, registration to officiate form to the Official's Chair of each LSC, and a current address form for key positions in the LSC (see #2 above for positions) to the General Chairman of each LSC. Such forms should be returned to the meet host by the entry deadline.
- In addition, the host agrees to the following:
 - To sign and adhere to all requirements and agreements in the USA Swimming Zone Age Group Championship Meet contract and the USA Swimming Southern Zone Age Group Open Water Championships.
 - Post a Psych Sheet, Timelines and info needed 24 Hrs after the entries have been received.
 - To provide a specific, detailed warm-up schedule and procedure in the meet information letter and ensure the enforcement of these procedures by the Meet Marshals.
 - To provide pool time for practice/warm-up one (1) day prior to the start of the meet. Additional time may be scheduled at the discretion of the Meet Director. (the day of the distance/meeting event in the morning)
 - To provide a meeting room for the General Meeting which shall be held two (2) hours prior to the first event of the meet and 1 hour prior to the start of the first open water event.
 - Officials - The following minimum standards for the number of officials at the Zone Championships: 1 Referee; 1 Starter; 2 Place Judges; 2 Stroke Judges; 4 Turn Judges; Marshals as needed; Relay Take-Off Judges as necessary.
 - To provide heat sheets to all LSC coaches and meet officials.
 - To provide an **Exception Report** at the General Meeting for all to view and correct.
 - To check membership credentials of all coaches and officials as required by USA Swimming.
 - To determine, in consultation with the Z.A.G.C., the make-up of the Meet Committee.
 - The Committee shall include the Z.A.G.C. or Designee (Chairman) Head Referee, two (3) coaches and two (2) athletes appointed by three (5) randomly selected LSC's.
 - This committee shall have jurisdiction over questions of entry, eligibility, technical protests with the exception of officials' judgment calls and weather issues. The Meet Committee Meeting may only be called by the Z.A.G.C. (or Designee) or the Head Referee.
 - To apply for national certification for meet officials.
 - To provide all awards, individual and team, for the meet.
 - Provide a Championship Ready Room for finals as is preferred standard for National Championship Meets. Away from pool deck.

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

➤ **At the Meet**

- ❑ The host shall provide preliminary heat sheets; finals heat sheets and final results.
 - Each of the publications shall include the Southern Zone Meet Records (Appendix V), all National Qualifying Times and National Top 16 Reportable Times.
 - The prelim heat sheets shall be available no later than the start of the General Meeting. The finals heat sheets shall be available prior to the start of finals each day.
- ❑ A maximum of twelve (12) deck passes will be issued to each LSC for those coaches, managers and/or chaperones listed on the meet entry form. Excluding disability assistance with a maximum of two (2) passes.
- ❑ The host shall be responsible for providing all timers and officials necessary to conduct the meet. Any visiting officials are encouraged to assist in officiating the meet. At which time the meet host cannot provide adequate timers the team timing assignments shall apply, two (2) timing passes will be issued to each LSC to be worn only by the timer when timing. (see warm-up procedure for timing assignments)
- ❑ There shall be an OVC official or OVC applications at the meet, in order that OVC's may be issued in a timely manner.
- ❑ The host shall designate a "trading post" area where swimmers may exchange equipment.
- ❑ The host shall distribute a copy of the Meet Evaluation Form to the Head Coach of each LSC, the Head Referee, the Z.A.G.C. or Designee and the 2 athletes on the Meet Committee and collect them prior to the Conclusion of the meet.
- ❑ Meet production shall include: Finalist Ready Room (this must be away from the pool deck); Athlete/Coach Credentials; Athlete, Seating on deck; Finalist Introductions and Awards Ceremony. The athlete parade will commence Friday before the finals session.

➤ **Post-Meet**

- ❑ Electronic copies of the final results must be presented within fifteen (15) days after the completion of the competition to Swimming World Magazine, the Zone Directors, Z.A.G.C., Zone Secretary, USA Swimming Open Water Swimming Coordinator, and the following from each participating LSC: General Chairman; Age Group Chairman, Head Coach and permanent office. Electronic copies should be sent to the USA Swimming Domestic Technical Director. Head Coaches, wishing to receive a copy, should leave e-mail addresses with the meet host.
- ❑ Final results must include each participant's age and LSC designation.
- ❑ One disk copy of the final results in SDI format shall be sent to each participating LSC's Top 16 Tabulator and the National Top 16 Coordinator and the Z.A.G.C, along with a hard copy.
- ❑ All financial reports (Appendix III) must be filed with the Zone Directors, Z.A.G.C. and USA Swimming Athlete Development Director no later than thirty (30) days following the last day of the competition.
- ❑ The Meet Director's report/meet evaluation and the Meet Evaluations filled out at the meet shall be submitted to the Z.A.G.C. no later than thirty (30) days following the last day of the competition.

SECTION V - VISITING LSC OBLIGATIONS

➤ Responsibilities

- The official contact within each LSC shall be the Age Group Chair unless the LSC informs the Meet Director and Z.A.G.C. otherwise.
- Each LSC shall determine its own team selection procedure within the following guidelines.
- Any swimmer who has ever achieved the 2009 USA Swimming US Open Championship Time Standard in any event (long or short course) prior to the latest possible entry deadline {the actual date shall be published in the meet information letter} is ineligible for competition in the Southern Zone Age Group Championships.
- Maximum of six (7) participants of each sex in each age group 11-12 and 13-14 with the 15-18 age group having (10) participants of each sex.
- Maximum total number on each LSC's team is Forty-eight (48) Master entry shall include each athlete's name, age, home club and complete USA Swimming number.
- Master entry shall include the name, address and phone number of the person in charge of entries for the LSC.
- Entries for the pool meet must be on Hy-Tek disk with electronic delivery or hand delivered to the Meet Director by 12:00pm on the Monday of the week of the Southern Zone Age Group Swimming Championships. A psych sheet and timeline for the meet must be posted on the Southern Zone website by midnight on Monday. The entries for the Open Water Competition shall be brought to or faxed in by the entry deadline listed in the Zone Open Water Meet Information Letter.
- The person in charge of entries for the LSC shall phone the Meet Director after e-mailing the entries to ensure the entries have been received by the host.
- Entry Fees for both meets shall be hand delivered to the Meet Director prior to the conclusion of the General Meeting at the Southern Zone Age Group Swimming Championships.
- Each Head Coach is responsible for ensuring his/her team's compliance with the published warm-up guidelines and procedures for the host LSC and Facility.
- Each LSC shall at the earliest possible date forward to the Meet Director a list of officials who are interested in working at the meet.
- Each LSC shall designate at least one (1) and no more than three (3) team captains, at least one of whom shall attend the general meeting.
- Each LSC shall have a Team Staff with Coaches and Chaperones at a ratio of one (1) adult (Coach/Chaperone) to every five (5) swimmers attending the meet, with a mandatory requirement of up to a maximum of eight (8) adults. These Zone Team Staff Members **must** stay with the team throughout the duration of the trip.
- The Southern Zone Age Group Open Water Championships will be open to all Year-round USA Swimming registered members of the Southern Zone.

SECTION VI - ZONE MEET RULES AND REGULATIONS

- **Dates**
 - The dates of the meets shall be determined by a majority vote of LSC representatives at the annual meeting.
- **Rules**
 - The meets shall be conducted according to the rules of USA Swimming.
- **Eligibility ***
 - All swimmers shall be USA Swimming year-round registered athletes.
 - Each LSC may select a maximum of forty-eight (48) athletes for its team. They may select a maximum of seven (7) females and seven (7) males in each of the following age groups: 11-12, 13-14 and ten (10) females and ten (10) males from the 15-18 age groups.
 - Any swimmer who has ever achieved the 2009 USA Swimming US Open Championship Time Standard in any event (long or short course) prior to the latest possible entry deadline {the actual date shall be published in the meet information letter} is ineligible for competition in the Southern Zone Age Group Championships.
 - The age of a swimmer on the first day of the respective meet shall determine the swimmer's age for that meet.
- **Events**
 - The order of events is published in Appendix I.
- **Open Water**
 - USA Swimming Open Water Guidelines are published in Appendix IV.

Entries

- Entries for each meet must be submitted using Hy-Tek. A zip file of the team entries as well as an MSWord or .pdf by Name document and Entry Fee Report document are required, and must be e-mailed to the meet director or meet entry chairman. No other forms of entry shall be accepted.
- Each LSC shall identify in the electronic message, the name and telephone of the person responsible for their entries.
- Each LSC shall bring to the general meeting, a copy of their LSC's Official Selection Procedure for this meet.
- Entries shall include each swimmer's first and last name, age as of the first day of the meet, home club and their complete USA Swimming number.
- A list of coaches and chaperones up to 12 individuals **must** accompany the entries and may be e-mailed.
- Entry limits
 - Each LSC is limited to
 - Three (3) individual entries for the 400 Free/400 IM/800 /1500 FREE
 - **Unlimited** entries for all other individual events,
 - One (1) relay team per relay event.
 - Each swimmer is limited to
 - Six (6) individual events for the meet (entered),
 - Three (3) individual events per day (entered).
- Entry fees for Southern Zone Age Group Swimming Championships:
 - Individual events - \$7.50/event.
 - Relay events - \$10.00/event.
 - Fees may be changed by a majority vote of the LSC representatives in attendance at the annual meeting.

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

Entries (con't)

- Entry fees for Southern Zone Age Group Open Water Championships:
 - \$25.00 per event (in 2006)
 - 2007 and beyond – **All swimmers** entered in the Southern Zone Meet will pay a \$7.50 Surcharge, which will go to the Open Water Host. Swimmers not in the Southern Zone Meet will pay the entry fee of \$25.00.

- Seeding
 - Only long course times shall be used for seeding.
 - The 13-14 and 15-18 800/1500 Free shall be deck-seeded, timed final events. Positive check-in will be required. The heats in these events will be swum **fastest to slowest**, alternating women and men.
 - All other individual events will be seeded as Prelim/Final events.
 - All relays will be swum as timed finals during the Finals sessions.
 - Re-seeding shall only be done in the case of administrative error by the host.
 - Under no circumstance will any swimmer left off the LSC's original Entry Form be permitted to swim any event(s) in the meet.

➤ **Scratches**

- No penalty for scratches on the blocks in the preliminaries.
- For deck-seeded events, swimmers who are checked in and then fail to compete will be barred from their next individual event.
- For the Finals, those swimmers who qualify for the finals and fail to declare their intention to scratch to the Head Referee or Clerk of Course (which ever is applicable) 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 Head Referee may allow a swimmer to compete further if based on his judgment, the swimmer was ill or the reason for missing the final was beyond the control of the swimmer.).

➤ **Scoring**

- Each meet shall be scored separately. Each LSC shall be scored as a team for the Southern Zone Age Group Swimming Championship. Each Zone Team and Individual team entering the Southern Zone Age Group Open Water Championship shall be scored separately for this meet.
- Each event shall be scored according to the amount of lanes in use at said facility. (Ex, 8 Lanes score to 8, 10 Lanes score to 10).
 - Each event shall be scored to eight places under the following system:
 - Individual events: 9-7-6-5-4-3-2-1/11-9-8-7-6-5-4-3-2-1-
 - Relay events: 18-14-12-10-8-6-4-2/22-18-16-14-12-10-8-6-4-2
- Southern Zone Age Group Open Water Championship:
 - The Top 16 Open Water swimmers will score in each age group and sex. The scoring will be as follows:
 - Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

➤ Awards

- ❑ All Awards shall be given after each set of events with the last set of events being awarded the next night.
- ❑ The following awards shall be presented at the Southern Zone Age Group Swimming Championships:
 - Individual events: 1st-8th place medals,(or lanes in use ie.10 lanes)
 - Relay events: 1st-3rd place medals,
 - Team Awards: 1st Place Banner and 50 t-shirts. 2nd & 3rd Place: Plaque/Trophy
 - Age Group Awards: 1st place Women and Men in each age group – Banner
 - Open Water Awards: Medals: 1st – 8th place

 - The Charlene Craddock Sportsmanship Award: Banner and 50 caps swim caps.
 - Shall be awarded to the team who exhibits the highest level of sportsmanship throughout the meet. (*This is a Sportsmanship Award as opposed to a Spirit Award*).
 - Shall be voted on by the Meet Director, Head Referee, Chief Starter and LSC's (one (1) vote each) during the last session of the competition.
 - A minimum of nine (9) votes shall be required for selection.

➤ Warm-up

- ❑ The competition pool shall be open on the travel day (Monday) for approximately 2 hours. The competition pool shall be open approximately 2 hours the morning of the meet prior to exclusive meet warm-up.
- ❑ The competition pool shall be available exclusively for meet warm-up at least two (2) hours prior to the start of the preliminary sessions.
- ❑ The competition pool shall be available exclusively for meet warm-up at least one and one-half (1 1/2) hours prior to the start of the final sessions.
- ❑ Warm-up procedures shall be set by the Host LSC and Facility and will comply with the current USA Swimming Rules and Regulations.

SECTION VII - ZONE MEET DISABILITY INFORMATION

1. Disability Eligibility / Time Standards

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 by their LSC in conjunction with the LSC's Adapted Swimming Chair and assisted by the Southern Zone Adapted Swimming Coordinator if necessary. Swimmer's 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 groups/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.

2. 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.

3. 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. This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmer's needs and determine any modifications that may be required. This information shall 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 the 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 swimmer's responsibility to complete and submit an application for an American Record should one is set.

APPENDIX - I

**SOUTHERN ZONE AGE GROUP SWIMMING
CHAMPIONSHIP
AND
SOUTHERN ZONE OPEN WATER SWIMMING
CHAMPIONSHIP**

**MEET INFORMATION LETTERS
(SAMPLES)**

**2006 USA SWIMMING
SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS
AUGUST 2 - AUGUST 5, 2006 (SAMPLE)**

Sponsored by: USA Swimming

Sanctioned by: Host LSC sanction #

Host & facility: Host Team

Meet director:

Head referee:

Head starter:

Head stroke & turn:

Head marshall:

Pool specs:

Timing system:

Meet schedule: Tuesday, Aug 1 Warm-up - 12:00pm; Timed finals - 2:00pm
Wed.-Sat Aug 2-5 Warm-up - 7:00am; Prelims - 9:00am
Warm-up - 4:00pm; Finals - 6:00pm

Please see attached warm-up schedule for lane assignments

See meet website for warm-up schedule prior Tuesday's events.

Rules: Current USA Swimming rules will govern the meet

Eligibility: Currently registered, USA Swimming year-round athletes selected by their LSC.
Any swimmer who has ever achieved the 2009 USA Swimming US Open Championship Time Standard in any event (long or short course) prior to the latest possible entry deadline (the actual date shall be published in the meet information letter) is ineligible for competition in the Southern Zone Age Group Championships.

Entry limit: Each LSC is limited to:

*48 swimmers - 7 females & 7 males in each age group for 11-12 and 13-14 and 10 females and 10 males for the 15-18 age group.

*One relay team per event;

*Three individual entries per event for the 400 free, 400 IM & 800/1500 FR;

***Unlimited** individual entries per event for all other individual events.

Each swimmer is limited to:

6 individual events for the meet & 3 events per day the age of the swimmer on the first day of the meet will be their age for the entire meet.

Seeding: Only long course (50 meter) times will be accepted for the purpose of seeding. First day events 800/1500 will be deck-seeded timed finals; positive check-in by the end of the general meeting. The heats in each event will be swum fastest to slowest, alternating women and men.

Scratches:

1. No penalty for scratches on the blocks in the preliminaries.
2. For deck seeded events, swimmers who are checked in, and then fail to compete will be barred from their next individual event.
3. For the finals, those swimmers who qualify for the finals and then fail to declare their intention to scratch, to the head referee, or clerk of course (whichever is applicable) 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 head referee may allow a swimmer to compete further if based on his 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.

Entry form: entries shall be submitted using Hy-Tek format. An entry zip file, MSWord or .pdf Name and entry fee document shall be included electronically. A list of coaches and chaperones (up to 12) shall accompany the team entry. A copy of the LSC's official selection procedure for this meet must be delivered at the general meeting.

Entry fees: \$7.50 per individual event and \$10.00 per relay. All zone meet participants will incur a \$7.50 surcharge to go to open water meet host.

Please make checks payable to:

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 deadline: All entries must be e-mailed or hand delivered to the meet director by 12:00 midnight on the Monday of the week of the meet. No other form of entry will be accepted. It is the responsibility of each LSC to contact the voice confirmation number after e-mailing their entries to ensure that the entries have been properly received.

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

- Voice confirm:** _____ **(number)**
- 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 into the meet director at registration or the general meeting.
- Awards:**
- Individual events: 1st-8th place medals (or lanes used)
 - Relays: 1st-3rd place medals
 - Team awards: 1st place: banner & 50 t-shirts
2nd & 3rd place: plaque/trophy
 - Age group awards: 1st women & men by age group-banner
 - all awards will be given after each set of events with the last set of events given the next day)
- Scoring:**
- individual events: 9-7-6-5-4-3-2-1
 - relays: 18-14-12-10-8-6-4-2
- 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, head referee and chief starter will be entitled to one vote. A minimum of nine (9) votes will be required for selection.
- Medical releases:** The Southern Zone and meet host recommend that the coach carry emergency medical releases for their athletes.
- Captains:** Each LSC is required to designate at least one and no more than three athletes as captains. One captain must attend the pre-meet general meeting.
- General meeting:** There will be a mandatory meeting for all head coaches and at least one captain from each LSC on the first day of the meet a minimum of 2 hours prior to start of warm-up for the meet.
- Parade:** The athlete parade will be on Friday prior to Finals.
- Meet committee:** **The meet director and Southern Zone Age Group Chairman will appoint a meet committee. It will consist of the head 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.

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

Important contact information:

<p>_____ - meet director _____ _____ _____ (home) _____ (office) _____ (e-mail)</p>	<p>Brian Dangelmaier- Zone Age Group Chairman 127 Varsity Circle Arlington, Texas 76013 817-925-0505 (home) 817-274-9214 (fax) coachbrian@marswim.org (e-mail)</p>
<p>Shannon Gillespy – Zone Director - Coach 1601 Bonham Pkwy Lantana, TX 76226 (214) 697-4145 (home) 972-539-1591 (office) gillespys@lisd.net (e-mail)</p>	<p>Richard Pockat (e-mail) rpockat@carolina.rr.com</p>

Timers:

Southern zone timing assignments

Tuesday-timed finals & all preliminaries

Lane	Start end	Turn end
1	Florida	Florida Gold Coast
2	Border	Mississippi
3	Georgia	North Carolina
4	Kentucky	North Texas
5	Gulf	South Carolina
6	Louisiana	Southeastern
7	South Texas	West Virginia
8	West Texas	Open-Host

Finals

	Odd # years	Even # years
Wednesday	Group 1	Group 2
Thursday	Group 2	Group 1
Friday	Group 1	Group 2
Saturday	Group 2	Group 1

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

Warm-up: Southern Zone warm-up procedures

1. Pool will be open for warm-up during the following times before the meet begins:

Monday 4:00-8:00 pm **Tuesday** 8:00-10:00 am

2. Assignments for warm-up:

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	Southeastern
7	South Texas	West Virginia
8	West Texas	Open-host

Odd # years

	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

Even # years

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

Warm-up times:

Tuesday pm:	12:00-12:45 pm	first team warm-up	
	12:45-1:30 pm	second team warm-up	
	1:30-1:50 pm	lanes 1,2,7,8	pace lanes
		lanes 3-6	general warm-up

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

Wed-Sat prelims:	7:00-7:45 pm	first team warm-up
	7:45-8:30 pm	second team warm-up
	8:30-8:50 am	lanes 1, 8 pace lanes
		lanes 2,7 sprint lanes
		lanes 3-6 general warm-up
Wed-sat finals:	4:00-5:10 pm	lanes 1-8 general warm-up
	5:10-5:40 pm	lanes 1,8 pace lanes
		lanes 2,7 sprint lanes
		lanes 3-6 general warm-up

****sprint and pace lanes will be added at the discretion of the meet referee.**

3. 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.

**2007 USA SWIMMING
SOUTHERN ZONE AGE GROUP CHAMPIONSHIP
AUGUST 1-5, 2007**

Order of Events Women odd # events Men even # events

**Tuesday August 1, 2006
Timed Finals 2:00 PM**

Event #	Age Group	Event	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 August 2, 2006
Prelims 9:00 AM
Finals 6:00 PM**

Event #	Age Group	Event	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

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

Thursday August 3, 2006

Prelims 9:00 AM

Finals 6:00 PM

Event #	Age Group	Event	Event #
21	15-18	200 Back	22
23	13-14	200 Back	24
25	11-12	50 Back	26
27	15-18	100 Free	28
29	13-14	100 Free	30
31	11-12	400 Free	32
33	15-18	400 IM	34
35	13-14	400 IM	36

Friday August 4, 2006

Prelims 9:00 AM

Finals 6:00 PM

Event #	Age Group	Event	Event #
37	11-12	100 Back	38
39	13-14	100 Back	40
41	15-18	100 Back	42
43	11-12	100 Breast	44
45	13-14	100 Breast	46
47	15-18	100 Breast	48
49	11-12	100 Free	50
51	13-14	400 Free	52
53	15-18	400 Free	54
55	11-12	200 Medley Relay**	56
57	13-14	200 Medley Relay**	58
59	15-18	200 Medley Relay**	60

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

Saturday, August 5, 2007

Prelims 9:00 AM

Finals 6:00 PM

Event #	Age Group	Event	Event #
61	11-12	200 IM	62
63	13-14	200 IM	64
65	15-18	200 IM	66
67	11-12	50 Free	68
69	13-14	50 Free	70
71	15-18	50 Free	72

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

73	11-12	50 Fly	74
75	13-14	200 Fly	76
77	15-18	200 Fly	78
79	11-12	200 Free Relay**	80
81	13-14	200 Free Relay**	82
83	15-18	200 Free Relay**	84

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

**Complete information regarding lodging and activities will be inserted into the invitation after the meet date has been confirmed.

**2006 USA SWIMMING SOUTHERN ZONE CHAMPIONSHIP MEET
Swimmers with Disabilities Entry Form**

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

Address: _____ USA Swimming #: _____

City: _____ State: ____ Zip: _____ Age on August 1, 2006: _____

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

#	<u>EVENT DESCRIPTION</u>	<u>ENTRY TIME</u>	<u>SEED WITH</u>		<u>Comparable Time</u> (distance depends on entry time)
			Age Group (same age & distance)	Different Distance (same age)	
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)

**2006 USA SWIMMING
SOUTHERN ZONE AGE GROUP OPEN WATER CHAMPIONSHIPS
AUGUST 6, 2006
(SAMPLE)**

SPONSORED BY: UNITED STATES SWIMMING

SANCTIONED BY: **HOST LSC and #**
HOST: HOST TEAM or LSC.

LOCATION:

SCHEDULE OF EVENTS: 7:00AMREGISTRATION/CHECK-IN
7:40AMMEETING FOR ALL PARTICIPANTS
8:00AM.....5K.....START FOR 13-18 SWIMMERS
8:15AM.....3K.....START FOR 11-12 SWIMMERS

IF A LARGE NUMBER OF SWIMMERS ENTER THE MEET, THE SCHEDULE MAY BE ADJUSTED SO THAT EACH AGE GROUP SWIMS SEPARATELY ON THE COURSE. ALL EVENTS SHOULD BE FINISHED BY 1:00PM.

COURSE: SWIMMERS WILL START IN THE WATER, AND WILL COMPLETE _____ OR MORE CIRCUITS OF A _____ WELL MARKED _____ MILE COURSE. THE COURSE DEPTH WILL BE APPROXIMATELY. THE WATER TEMPERATURE IS EXPECTED TO BE APPROXIMATELY _____.

SAFETY: DIFFERENT COLORED CAPS WILL BE ISSUED TO SWIMMERS IN EACH AGE GROUP SO THAT MEET DIRECTORS CAN MONITOR THE SWIMMERS' PROGRESS THROUGH THE COURSE. MEET/SAFETY PERSONNEL WILL PATROL THE COURSE. QUALIFIED FIRST AID PROVIDERS WILL BE ON SITE. IN THE CASE OF INCLEMENT WEATHER, THE MEET COMMITTEE MAY MODIFY STARTING TIMES OR CANCEL EVENTS.

ELIGIBILITY: OPEN TO ALL USS/SOUTHERN ZONE REGISTERED ATHLETES IN THE FOLLOWING AGE GROUPS, 11-12, 13-14 OR SENIOR, AS OF AUGUST 6, 2006

QUALIFYING STANDARDS: NONE.

ENTRIES: ENTRIES MUST BE SUBMITTED USING THE ENCLOSED FORMS. THEY MUST BE RECEIVED BY ALL ENTRY FEES SHALL BE HAND-DELIVERED TO THE MEET DIRECTOR PRIOR TO THE CONCLUSION OF THE GENERAL MEETING AT THE SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS.

ENTRY LIMIT: THE MEET MANAGEMENT RESERVES THE RIGHT TO LIMIT THE NUMBER OF PARTICIPANTS IN EACH AGE GROUP TO THE FASTEST 50 SWIMMERS ENTERED.

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

ENTRY FEE: **\$25.00 PER EVENT. MAKE CHECKS PAYABLE TO:**

_____.

SEEDING: THE FOLLOWING LONG COURSE METER EVENTS BE USED FOR ENTRY PURPOSES:

<u>11-12</u>	<u>13-18</u>
3k	5K

HEAT SHEETS: PSYCHE SHEETS WILL BE POSTED NEAR THE START/FINISH LINE.

WARM UP: WARM UP PROCEDURES WILL BE DISCUSSED DURING THE PRE MEET MEETING.

AWARDS: THE FIRST PLACE TEAM SHALL RECEIVE A BANNER. INDIVIDUAL 1ST-8TH PLACE MEDALS IN EACH AGE GROUP BY SEX WILL BE AWARDED.

SCORING: **EACH ZONE TEAM AND INDIVIDUAL TEAM ENTERING THE SOUTHERN ZONE AGE GROUP OPEN WATER CHAMPIONSHIP SHALL BE SCORED SEPARATELY. SIXTEEN PLACES WILL BE SCORED AS FOLLOWS:**

20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

RESULTS: RESULTS OF THE OPEN WATER EVENTS WILL BE INCLUDED WITH THE EVENTS OF THE "POOL" EVENTS, BUT THEY WILL BE SCORED SEPARATELY.

MEET DIRECTOR: _____

MEET REFEREE: _____

STARTER: _____

MARSHALL: _____

ORDER OF EVENTS:

1-4	13-18*	5K
5-6	11-12*	3K

*SEXES WILL SWIM TOGETHER BY AGE GROUP BUT SCORED SEPARATELY

APPENDIX - II

**SOUTHERN ZONE AGE GROUP SWIMMING
CHAMPIONSHIP
AND
SOUTHERN ZONE AGE GROUP OPEN WATER
CHAMPIONSHIP**

MEET BID APPLICATION

APPLICATION FOR SOUTHERN ZONE AGE GROUP SWIMMING AND OPEN WATER CHAMPIONSHIPS

The _____ Local Swimming Committee wishes to bid for the 20__ Southern Zone Age Group Swimming and Open Water Championships.

Chairman, Local Swimming Committee
USA Swimming, Inc.

The organization that will be assigned the Championship is the:

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (____) _____

The organization President is:

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (____) _____ (____) _____
Home Work

FACILITY INFORMATION

Please read the Southern Zone Championship Meet Handbook and Article 103 - Facility Standards, *USA Swimming Rules and Regulations*. Please be certain you understand the requirements for hosting the meets.

If the organization is awarded these Championships, we propose to conduct the meet at the following facilities.

SWIMMING CHAMPIONSHIPS:

1. Name of Facility: _____
2. Name of Pool (if different): _____
3. Organization Administering Facility: _____
4. Facility Administrator: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (____) _____
5. Pool Street Address: _____
City: _____ State: _____ Zip: _____
6. The pool is ____ years old. It opened for the first time on _____ (date).
7. The pool is: ___ indoor ___ outdoor ___ indoor / outdoor

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

8. What is the depth of the pool? Start end:_____ Center:_____ Turn end::_____.
Are all lanes the same depth? _____. If not, explain:_____

Please sketch a profile of the pool bottom with the depths marked:

9. There are ____ lanes for racing. Each lane is ____ wide.
10. Does the pool have a water heater? _____
A water cooling system? _____
11. Can you guarantee that the water will be the correct temperature range for competition? ____
with no current _____.
12. What is the candlepower lighting three feet above the water with existing lights? _____
Candlepower at finishing and turning end? _____
13. Brand name of lane dividers _____
14. What type of gutter system is installed? _____
15. Warm-Up Pool(s): (min of 6 lanes)
Length _____ Width _____ Depth at Shallow end: _____
Number of lanes _____ Width of lanes _____
Starting Platforms _____ Indoor/Outdoor pool _____
Distance from competitive pool _____
Will lane dividers be provided? _____ What type? _____
16. Starting platform information:
A. Size of platform surface Length _____ Width _____
B. If slanted, the degree of slant _____
C. Height above water surface _____
D. Are all surfaces non-skid _____
17. Timing system trade name and model of automatic timing system: _____

- A. Is it installed or rented? _____
B. Name of touch pads _____
C. Name of back up system _____
D. Where is it located? _____
E. Is a readout scoreboard installed? _____
If not will you rent one? _____
How many lines? _____
18. Do you have, or will you have a sound starting device under each lane? _____
19. Computerization:
What computer system and meet management program will be used for the meet? _____

20. Scoreboard:
Will you have a team scoreboard for 1 - 15 places? _____
What type? _____
21. What are the deck measurements? Left side _____ Right side _____
Turning end _____ Behind start _____
22. Total seating capacity in pool area _____ (min of 1200 seating) (min deck space 550-700)
Right side of pool _____
Left side of pool _____ Starting end _____ Turning end _____
Comments: _____

23. Resting Area:
Is it convenient? _____ Is it shaded? _____ How large? _____ Indoor/Outdoor? _____
How far from the rest area to the pool? _____

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

24. Locker Facilities: (20 swimmer+ equipment min)
Women: # lockers _____ Men: # lockers _____
showers _____ # showers _____
toilets _____ # toilets _____
25. P.A. System:
In pool area? _____ In locker rooms? _____ In rest area? _____
Are acoustics acceptable if indoors? _____
Are speakers adequate if outdoors? _____
26. Will the facilities be available to the swimmers only on a full-time basis beginning one day before the meet? _____
27. Is a Certification of Pool Length Application on file at the United States Swimming National Headquarters? _____
28. Do you have any policies that would restrict USA sponsorship obligations? _____
-
29. Per USA Swimming Rules and Regulations NO NOISE MAKERS WILL BE ALOUD AT MEET.
30. Will meet marshals be available throughout the meet? _____

OPEN WATER CHAMPIONSHIPS:

1. Name of Facility: _____
2. Name of Body of Water (if different): _____
3. Organization Administering Facility: _____
4. Facility Administrator: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (____) _____
5. Facility Street Address: _____
City: _____ State: _____ Zip: _____
6. The facility is _____ years old. It opened for the first time on _____ (date).
7. What is the depth of the water? Start : _____ Ave. course depth: _____.
Please sketch a profile of the body of water with the course and depths marked:
8. What will the water temperature (estimate)? _____
9. Timing system trade name and model: _____
A. Name of back up system _____
B. Where is it located? _____
C. Is a readout scoreboard installed? _____
If not will you rent one? _____
10. Do you have, or will you have a sound starting device at both ends of start? _____
11. Computerization:
What computer system and meet management program will be used for the meet? _____
12. Scoreboard:
Will you have a team scoreboard for 1 - 15 places? _____
What type? _____
13. Resting Area:
Is it convenient? _____ Is it shaded? _____ How large? _____ Indoor/Outdoor? _____
How far from the rest area to the water? _____
14. Locker Facilities:
Women: # lockers _____ Men: # lockers _____
showers _____ # showers _____
toilets _____ # toilets _____

SO. ZONE MEET HANDBOOK, rev. 10/99 (updated 02/09)

15. P.A. System:

In start area? _____ In locker rooms? _____ In rest area? _____
Are speakers adequate for outdoors? _____

16. Do you have any policies that would restrict USA sponsorship obligations? _____

OTHER INFORMATION:

1. Hotel Headquarters:

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (____) _____
Manager's Name: _____
Number of rooms: _____ Distance from hotel to pool: _____
Room rates: Single _____ Double: _____ Quad: _____

Describe facilities, including the restaurants and hours of operation: _____

2. Other Hotels:

Please attach a list of other hotels with the following information:

Name: _____ Number of rooms: _____
Room rates: Single _____ Double _____ Quad _____ Driving time to pool: _____
Address: _____
Contact Name: _____ Phone: (____) _____

3. Please indicate the number of restaurants in each category:

Fast food: 1-5 miles _____ 6-10 miles _____ 11-20 miles _____
Inexpensive: 1-5 miles _____ 6-10 miles _____ 11-20 miles _____
Moderate: 1-5 miles _____ 6-10 miles _____ 11-20 miles _____

4. Transportation To And From The City:

Airlines serving the city: _____

Distance from airport to the pool: _____

Will there be free transportation from the hotels to the pool? _____ Schedule? _____

How many rental vans are available at the airport? _____

Car rental companies serving the city: _____

Is there a traffic problem getting to the pool from housing? _____ If so, explain: _____

APPENDIX - III
SOUTHERN ZONE AGE GROUP SWIMMING
AND
OPEN WATER CHAMPIONSHIP

RECAP & FINANCIAL REPORT
MEET EVALUATION FORM
ADDRESS ROSTER
CODE OF CONDUCT

USA SWIMMING EVENT FINANCIAL REPORT

EVENT: _____
SITE: _____
DATE: _____

EXPENSES	REVENUES	
Rental Facilities _____	Ticket Sales _____	
Championship Coordination Meeting (in Colorado) _____	Entry Fees _____	
Rental Equipment _____	Event Sponsorship Sales _____	
Temporary Help _____	Program Advertising Sales _____	
Printing (copies, tickets, programs, heat sheets) _____	Program Sales _____	
Computer Expenses _____	Final Results Sales _____	
Medals and Awards _____	Heat Sheet Sales _____	
Promotion and Publicity _____	Concessions - Net Sales _____	
Hospitality _____	Souvenirs _____	
Press Room Set-up _____	Snack Bar _____	
Telephone _____	USA Swimming Gift Services _____	
Postage _____	USA Swimming Sponsorship _____	
Office Supplies _____	Funds (contingent upon contract fulfillment) _____	
Black and White Photos _____	Contributions _____	
Officials' shirts, stipend gifts _____	*Other _____	
Officials Room Expenses _____		
Surcharge Fee Paid To LSC _____	TOTAL REVENUE	\$ _____
Sanction Fee Paid To LSC _____		
*Other _____		
 TOTAL EXPENSES		\$ _____
 TOTAL REVENUE		\$ _____
TOTAL EXPENSES		\$ _____
NET PROFIT (LOSS)		\$ _____
 TIME TRIALS		\$ _____

*Please detail Other Revenue and Other Expenses on separate sheet(s) and attach.

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, SZ Age Group Chair, 127 Varsity Circle, Arlington, TX 76013 (PLEASE CIRCLE A NUMBER FOR SECTIONS 1 THRU 5, #1 BEING LOW / #4 BEING HIGH)

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

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 A/G Championship
LSC Mailing Roster**

LSC: _____

LSC General Chairman: _____ LSC Age group Chairman: _____

Name: _____ Name: _____

Address: _____ Address: _____

City: _____ City: _____

State: _____ Zip: _____ State: _____ Zip: _____

LSC Head Coach

LSC Permanent Office (If Applicable)

Name: _____ Name: _____

Address: _____ Address: _____

City: _____ City: _____

State: _____ Zip: _____ State: _____ Zip: _____

LSC Top 16 Tabulator

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

**USA SWIMMING SOUTHERN ZONE
AGE GROUP SWIMMING CHAMPIONSHIPS
CODE OF CONDUCT**

The following code is in effect throughout the 2009 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 Signature _____ Dated _____

LSC Head Coach's Signature _____ Dated _____

**APPENDIX IV
ZONE MEET RECORDS
SOUTHERN ZONE MEET RECORDS**

(Updated: 08/02/09)

YEAR	NAME	LSC	TIME	11-12 EVENT	TIME	LSC	NAME	YEAR
09	Simone Manuel	GU	27.10	50 FR	25.60	FL	Caleb Dressel	09
09	Simone Manuel	GU	58.42	100 FR	56.37	MS	Ben Davidson	93
03	Chelsea Franklin	FLA	2:06.31	200 FR	2:02.83	WV	Danny Ott	87
09	Summer Finke	FL	4:23.56	400 FR	4:17.74	SC	Reeve Irvin	91
06	Sabrina Benson	NC	30.90	50 BK	28.49	GA	Seth Beer	09
07	Lily Tang	GA	1:06.66	100 BK	1:01.35	GA	Seth Beer	09
05	Kaylin Burchell	KY	33.90	50 BR	32.45	FGC	Cassidy Quinn	08
94	Pricila Humberstone	GA	1:15.29	100 BR	1:12.15	GU	Maverick Smalley	00
05	Lauren Harrington	SE	28.63	50 FL	27.49	GA	Seth Beer	09
09	Megan Moroney	FGC	1:04.24	100 FL	1:01.22	WV	Danny Ott	87
06	Lauren Driscoll	FGC	2:23.20	200 IM	2:16.58	WV	Danny Ott	87
03	Stewart, Pesacerta, Smith, Long	NC	1:53.14	200 FR	1:47.05	SE	Thomas, Kerr, Kim, Carbone	09
06	Benson, Boykin, Lester, Johnson	NC	2:05.95	200 MR	2:00.83	GA	Beer, Leo, Garratt, Tang	09
YEAR	NAME	LSC	TIME	13-14 EVENT	TIME	LSC	NAME	YEAR
05	Stephanie Eisenring	FGC	26.88	50 FR	24.38	FGC	Daniel Spas	09
09	Angela Algee	FL	58.38	100 FR	53.50	FGC	Daniel Spas	09
09	Angela Algee	FL	2:05.19	200 FR	1:56.74	SE	Brooks Stovall	02
09	Danielle Valley	FL	4:22.65	400 FR	4:04.57	SE	Brooks Stovall	02
08	Cha-Cha Bugatti	FL	8:57.01	800 FR	8:42.06	FGC	John Atkinson	97
				1500 Fr	16:16.70	GA	Steven Kekacs	08
09	Sarah Reynolds	SE	1:05.07	100 BK	59.60	FGC	Bradley Alley	01
07	Arden Pitman	SE	2:20.93	200 BK	2:10.79	NC	Collin Higgins	08
05	Laura Johnson	SE	1:12.28	100 BR	1:07.55	SE	Tyler Kaliszek	07
04	Candace Burgen	SE	2:23.84	200 BR	2:24.74	SC	Zach Lierly	09
09	Nicole Stafford	GA	1:02.45	100 FL	58.40	FGC	Juan Sequera	08
09	Nicole Stafford	GA	2:18.24	200 FL	2:07.82	GU	Dan McMahon	02
09	Madeline Hazle	GU	2:21.71	200 IM	2:10.28	NC	Robert Padgett	02
09	Kara Kopsco	LA	4:57.92	400 IM	4:35.39	SC	Zach Lierly	09
04	Long, Stewart, Pasacreta, Reich	NC	1:48.96	200 FR	1:38.32	FGC	Spas, Ballestras, Holland, Cassidy	09
06	Chaney, Goss, Harrington, White	SE	2:01.75	200 MR	1:52.07	NC	Godson, Berens Dover, Padgett	02
YEAR	NAME	LSC	TIME	15-18 EVENT	TIME	LSC	NAME	YEAR
09	Caroline Thomas	KY	26.57	50 FR	23.72	SES	Troy Tillman	09
05	Julianne Lago	FGC	58.51	100 FR	51.95	SES	Troy Tillman	09
08	Nicole Metzler	GA	2:05.75	200 FR	1:53.36	FL	Jonathan Taddeo	09
07	Kristen Redmond	GA	4:23.17	400 FR	4:02.03	FL	Patrick Ceddia	07
03	Elizabeth Stowe	FGC	8:58.93	800 FR	8:39.06	WV	Joe Krysak	97
				1500 Fr	15:55.75	FL	John Orban	08
09	Chrissy Oberg	SC	1:03.97	100 BK	58.22	FG	Bradley Alley	02
09	Chrissy Oberg	SC	2:16.60	200 BK	2:05.60	FG	Ben Gafelind	02
09	Jessie Kopsco	LA	1:11.73	100 BR	1:05.47	GA	Dillion Connelly	04
09	Jessie Kopsco	LA	2:34.29	200 BR	2:21.70	GA	Dillion Connelly	04
08	Ana Anaya	FGC	1:02.70	100 FL	55.88	SE	Hayden Baker	08
08	Raquel Raybon	KY	2:15.71	200 FL	2:05.08	FL	Mark Cox	07
05	Lauren Cartwright	GA	2:20.45	200 IM	2:07.78	FL	Jonathan Taddeo	09
08	Raquel Raybon	FL	4:57.03	400 IM	4:33.17	SC	Tristan Davidson	01
09	Thomas, Gasior, Weber, Sears	KY	1:48.53	200 FR	1:36.09	LA	Dorsey, Gallego, Butler, Carr	09
09	Pheil, Bodin, Davis, Frantz	FL	2:00.06	200 MR	1:45.65	SES	Bolton, Kerns, Davis, Tillman	09