

## NC Swimming Zone Selection

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Team Size: North Carolina Swimming will select the following number of swimmers for the NC Zone Team.

15-18 Boys	8 swimmers selected
15-18 Girls	8 swimmers selected
13-14 Boys	8 swimmers selected
13-14 Girls	8 swimmers selected
11-12 Boys	8 swimmers selected
11-12 Girls	8 swimmers selected
Disability athletes	Up to 6 swimmers selected

### Selection Process:

Eligibility: Swimmer must be a currently registered NC Swimming year-round athlete.

Swimmers will apply for the appropriate age group based on his/her age of the first day of the Southern Zone Age Group Meet. Swimmers must be eligible to compete in the Southern Zone Age Group Championships based on the meet entry criteria. Disability athletes will be selected by a process determined by the Disability Committee.

### Selection Meets:

- 11-12 and 13-14 Swimmers may use any long course meters time achieved from March 1 of the current year through the end of Sunday's finals at the NCS Long Course Age Group Championships.
- 15-18 Swimmers will be selected off both the current SC and LC Seasons.

### 11-12 & 13-14 Selection Process:

1. The 11-12 and 13-14 swimmers may use any long course meters time achieved from March 1 of the current swim season through the end of Sunday finals at the NCS Long Course Age Group Championships. All swims prior to the Age Group Championships must be listed in the USA Swimming SWIM'S Database. Swimmers can amass ZONE POINTS for each swim equal to or faster than the current USA Swimming Motivational AA time standards. Adding together the highest scoring six events produces the "total ZONE POINTS" score for each athlete.
2. Swimmers should compute ZONE POINTS for all events swum at the qualifying meets and then submit the six highest scoring events on his/her worksheet. (Over distance events for 11-12 and the 13-14 Girls 1500 and 13-14 Boys 800 Free will NOT count for ZONE POINTS.)
3. The number of ZONE POINTS awarded per swim will be based on the proximity of the time swum to the 16<sup>th</sup> fastest time of the last year for which Top 16 were published. (latest published Top 16)
4. The top five 11-12 Girls, 11-12 Boys, 13-14 Girls and 13-14 Boys total point scorers will be extended an invitation to join the NC Zone Team.
5. An additional three 11-12 Girls, 11-12 Boys, 13-14 Girls and 13-14 Boys will be selected on an "at-large" basis by the Zone Head Coach in consultation with the Zone Coaching

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Staff. Selection of “at-large” team members will be based on likely scoring contribution to the team.

**TABLE A (Top 16 times)**

11-12 Girls	13-14 Girls	Events	13-14 Boys	11-12 Boys
28.44	27.11	50m Free	25.31	27.49
1:01.81	58.97	100m Free	55.23	59.53
2:13.79	2:07.15	200m Free	2:00.38	2:10.08
4:41.20	4:25.64	400m Free	4:13.54	4:33.61
	9:06.16	800m Free		
		1500m Free	16:50.28	
32.63		50m Back		32.07
1:09.81	1:06.54	100m Back	1:02.61	1:08.84
	2:21.84	200m Back	2:14.98	
35.80		50m Breast		35.43
1:18.31	1:14.15	100m Breast	1:10.51	1:17.53
	2:40.48	200m Breast	2:33.30	
30.42		50m Fly		29.79
1:07.55	1:04.23	100m Fly	1:00.44	1:06.41
	2:22.02	200m Fly	2:13.45	
2:31.52	2:23.53	200m IM	2:16.31	2:28.08
	5:02.37	400m IM	4:48.65	

**TABLE B = ZONE POINTS CHART** - Times **slower than** the National 16<sup>th</sup> Place Ranking of the last year for which Top 16 rankings were published will earn Zone points according to the percentage difference between the swimmer’s time and the 16<sup>th</sup> place time in each event. (See next page for sample computations).

% of Nat'l 16 <sup>th</sup> Place Time	Points Earned	% of Nat'l 16 <sup>th</sup> Place Time	Points Earned	% of Nat'l 16 <sup>th</sup> Place Time	Points Earned	% of Nat'l 16 <sup>th</sup> Place Time	Points Earned	% of Nat'l 16 <sup>th</sup> Place Time	Points Earned
100 %	50	110%	40	120%	30	130%	20	140%	10
101%	49	111%	39	121%	29	131%	19	141%	9
102%	48	112%	38	122%	28	132%	18	142%	8
103%	47	113%	37	123%	27	133%	17	143%	7
104%	46	114%	36	124%	26	134%	16	144%	6
105%	45	115%	35	125%	25	135%	15	145%	5
106%	44	116%	34	126%	24	136%	14	146%	4
107%	43	117%	33	127%	23	137%	13	147%	3
108%	42	118%	32	128%	22	138%	12	148%	2
109%	41	119%	31	129%	21	139%	11	149%	1

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### CALCULATING ZONE POINTS WHEN **SLOWER THAN THE 16<sup>th</sup> PLACE TOP 16 TIME**

Example Zone Points calculation: John Smith, an 11-12 Boys swim the 100m Back in **1:10.51**.

1. From Table A, we note that the time is slower than the 16<sup>th</sup> fastest time swum by 11-12 boys.
2. Convert the time swum to seconds. [1:10.51 = 60 + 10.51 = 70.51 seconds]
3. Divide the time in seconds by the 16<sup>th</sup> place time in seconds for 11-12 boys 100m back [ 70.51 / 68.84 = 1.024 ]
4. Multiply by 100 to get the percentage = 1.024 X 100 = 102.42% (for the charts purpose we kept it to round numbers, but for computing purposes we will not round up.)
5. Look up 102% on Table B, the Zone Points Chart and award the swim with 48 points.
6. Record the Zone points as 48 points on the Athlete Worksheet.

### CALCULATING ZONE POINTS WHEN **FASTER THAN THE 16<sup>th</sup> PLACE TOP 16 TIME**

Times achieved at any Zone qualifying meet which are better the 16<sup>th</sup> place time of the last year for which Top 16 rankings were published will be awarded 60 Zone points.

### SUMMARY

1. Each swimmer should tally their Zone points on their worksheet and determine the six events in which they score the most Zone points. This total may be verified by the team managers and coaching staff and used to determine automatic Zone Team selections. The top-5 swimmers in the 11-12 and 13-14 age groups by total Zone points will be selected to the Zone Team. Three additional 11-12 and 13-14 swimmers in both the girls and boys will be selected by the NCS Zone coaching staff based on the ability of each athlete to potentially score points at the meet.
2. If the total Zone points for two or more swimmers results in a tie, the swimmer(s) with the highest ranked percent in any event will make the team. If there is still a tie, the second highest percent will be used to break the tie.
3. If a time is exactly equal to the national 16<sup>th</sup> place time, the amount of points earned for that swim is 50.
4. The Zone Worksheet is due to the Zone Coaching Staff no later than 15 minutes following the conclusion of each applicant's final session. Deadlines for mailing and emailing zone applications will be found each year with the application and must be adhered to.

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### ZONE POINTS WORKSHEET for 11-12 and 13-14

If you are applying for the Zone Team and will be using any long course meter times achieved from March 1 and prior to the NCS Age Group Long Course Championships, please mail this worksheet with your application postmarked no later than the deadline on the application.

If you are attending the NCS Age Group Long Course Championships, return this worksheet to a Zone Coaching staff member at the NC Swimming Splash Zone within 15 minutes of the Age Group Meet conclusion of Sunday's finals (11-14 year olds). Good luck to everyone. Go, NC Swimming!

The 13-14 and 11-12 swimmers may use any long course meters time achieved from March 1 through the end of Sunday's finals at the NCS Long Course 14 and Under Championship Meet. All swims prior to NCS LC 14 and Under Championships must be listed in the USA Swimming SWIM's Database. Swimmers can amass ZONE POINTS for each swim equal to or faster than the current USA Swimming Motivational AA time standards. Adding together the highest scoring six events produces a "Total ZONE POINTS" score for each athlete.

Applicant's Name:		Sex (circle):		Age Group (age as of 1st day of Zones)		
		Male	Female	11-12	13-14	
TIME	EVENT/MEET	A Time Converted to seconds	B 16 <sup>th</sup> place time (sec)	A/B x 100 (to compute percent away from time)		Total Zone Points (Go to 2 decimal)
<i>Example</i> 1:11.51	<i>100 Back AG Champs</i>	<i>71.51 sec</i>	<i>68.37 sec</i>	<i>104%</i> (Go to 2 decimal)		<i>46 points</i>
1						
2						
3						
4						
5						
6						
7						
8						

Use the above chart as your worksheet to determine Zone points. After scratching the highest two percentages above, transfer your six (6) remaining percentages/highest Zone point-scoring events below:

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Events	Percentage	Point Value Achieved
1		
2		
3		
4		
5		
6		<b>TOTAL POINTS =</b>

**NOTE: The 11-12 over-distance events will not count toward Zone selection as these events are not being conducted at the Zone Championship Meet. The 800m Free results for men and 1500m Free results for women will also not be included as those events are not being conducted.**

### 15-18 Selection Process:

A maximum of 3 boys and 3 girls could be selected off the SC season based on times closest to the current LC Junior National time standards. The remainder of the team will be selected off the LC season.

### Short Course Selections:

Eligibility: 15-18 year-old swimmers with at least two short course 2013-2016 - 15-16 year-old AAAA time standards will be allowed to apply for the NCS Zone Team by submitting a completed application. Qualifying period is September 1 through April 15 of current swim season.

1. Swimmers applying are required to provide the entire non-refundable (is refundable if athlete is not selected) Zone fee (to be stated on the application) per athlete, with application. The application, posted on the NCS website at [www.ncswim.org](http://www.ncswim.org), must be postmarked no later than the date listed on the current application form. If the athlete achieves a current individual Summer Junior National 'A' time standard making them ineligible for the meet, the fee will be refunded in full and an additional athlete will be selected during the long course season.
2. Swimmers not selected are eligible to re-apply in the summer using long course times achieved March 1 of the current year through the end of the NC Swimming Senior Championships.
3. All 15-18 year-old swimmers selected from short course season performances will be chosen using power points derived from the USA Swimming SWIMS program. For a consistent assessment of all time point values, all times will be awarded points using only the 18 year-old single age group power points scale.
4. In the event that a swimmer chosen by short course performances declines their selection, the next qualified swimmer, based on points, may be invited to be on the NCS Zone Team.
5. All other 15-18 year-old athletes will be selected in the summer.

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### Long Course Selections:

1. 15-18 swimmers may use any long course meters time achieved from March 1 of the current swim season through the end of Sunday finals at the NCS Long Course Senior Championships. All swims prior to the Senior Championships must be listed in the USA Swimming SWIM'S Database.
2. Swimmers must fill out the worksheet and list his/her best 8 events, times and swim meet in which they were achieved prior to the deadline. The worksheet must be postmarked by the deadline on the Zone application.
3. The majority of the 15-18 year-old swimmers selected from will be chosen using power points derived from the USA Swimming SWIMS program. For a consistent assessment of all time point values, all times will be awarded points using only the 15 year-old single age group power points scale. The Head Zone Coach reserves the right to have 2 "at-large" selections based on likely scoring contribution to the team.

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### ZONE POINTS WORKSHEET for 15-18 AGE GROUP

If you are applying for the Zone Team and will be using any long course meter times achieved from March 1 through NC Senior Championships.

15-18 swimmers may use any long course meters time achieved from March 1 through the end of Sunday's finals at the NCS Senior Championships Meet. All swims prior to NCS LC Senior Sectionals Meet must be listed in the USA Swimming SWIM's Database. Swimmers can amass POWER POINTS for each event. The top six individual point swims are added together to create a TOTAL POWER POINT SCORE.

Applicant's Name:		Sex (circle):		Age Group at Zone meet (circle):
		Male	Female	15-18
TIME	MEET	EVENT		ZONES STAFF ONLY
<i>Example 1:11.51</i>	<i>AG Champs</i>	<i>100 Back</i>		
1				
2				
3				
4				
5				
6				
7				
8				

The Zone Staff will use the above chart as a worksheet to determine Zone points. After scratching the lowest two point totals from above, we will transfer your six (6) remaining percentages/highest Zone point-scoring events below:

Events	Percentage	Point Value Achieved
1		
2		
3		
4		
5		
6		<b>TOTAL POINTS =</b>

NOTE: The 800m Free results for men and 1500m Free results for women will not be included as those events are not being conducted