

2013 USA SWIMMING
SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS
July 30 - August 3, 2013
SPONSORED BY: USA SWIMMING

Meet Sanction:	Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number: SC13103LC
Host Club:	Team Greenville and Greenville Rec
Meet Director: Meet Referee: Admin Referee: Starter:	Karen Alexander, pixabugg@bellsouth.net , 864-506-2016 Colleen Gillan, csgillan@charter.net Walter Smalley
Meet Entries to: Safety Marshal:	Karen Alexander, pixabugg@bellsouth.net , 864-506-2016 Dede Leftwich, dleftwich@charter.net , 864-325- 9161
Facility:	Westside Park & Aquatic Complex 2700 West Blue Ridge Drive (SC Highway 253) Greenville, SC 29611 864-295-0032 Westside Aquatic Complex is a semi-open air facility with eight (8) 50 meter lanes and adjacent five (5) lane warm-up/warm-down pool. Both pools are bottom striped, wall targeted and equipped with non-turbulent lane lines. Bleacher seating is available for up to 1000 spectators along with ample deck space and bleacher seating for swimmers. The water depth of the competition is seven (7) feet three (3) inches measured from one (1) meter to five (5) meters at the starting end of the course and six (6) feet measured from one (1) meter to five (5) meters at the turn end of the course. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Facility Rules: <ul style="list-style-type: none"> *NO smoking is allowed inside the facility *NO coolers allowed inside the facility *NO glass containers allowed inside the facility *NO food or beverages allowed on deck, in the locker rooms or in spectator areas *NO folding chairs allowed in spectator area or on deck. Bleacher seating will be available. *Spectators limited to designated areas *Reserving seats between sessions is prohibited
Parking:	The lot immediately adjacent to the pool is <u>reserved</u> parking for coaches, officials, and TG meet personnel. A parking attendant will be stationed at the entrance and <u>only coaches and officials dressed to work with credentials will be allowed access, volunteers must present parking pass, coaches and officials dressed to work must present their credentials, no exceptions.</u> <ul style="list-style-type: none"> • Parking on the ball fields or across the street at the church is prohibited. Cars parked in unauthorized areas will be towed at the owners expense. • RV overnight parking is prohibited.
Timing system:	Colorado 6 Timing system, 2 x 10 lane LED Scoreboards and Colorado AquaGrip touchpads.
Meet Schedule:	Tuesday Timed Finals: Warm-ups 11:00 AM; Competition 1:00 PM Wednesday-Saturday Prelim: Warm-ups 7:00 AM; Competition 9:00 AM Finals: Warm-ups 4:00 PM; Competition 5:30 PM Sunday Open Water: See OW Meet Announcement Please see attached warm-up schedule for lane assignments. Warm-up schedule prior to Tuesday events posted on Team Greenville website: www.tgswim.com.
Rules:	Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

Athlete Eligibility:	<p>Swimmers shall be currently registered, USA Swimming year-round athletes selected by their LSC.</p> <p>Any 15-18 year old swimmer who has ever achieved the current Summer Junior National Championship Time Standard in any event (long or short course) prior to Monday, July 29 is ineligible for competition in the Southern Zone Age Group Championships. A copy of the LSC's official selection procedure for this meet must be delivered at the General Meeting.</p> <p>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 included with the entry file and all paperwork associated with it.</p> <p>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.</p>
Age:	<p>The age of the swimmer on the first day of the meet (July 30, 2013) will be their age for the entire meet.</p>
Entry Fees:	<p>\$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.</p> <p>Please make checks payable to: Team Greenville.</p> <p>All entry fees must be emailed or 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.</p>
Entry Limit:	<p>Each LSC is limited to:</p> <ul style="list-style-type: none"> • 48 swimmers – Eight (8) females & eight (8) males in each age group for 11-12, 13-14, and 15 -18 years. • Each LSC is allowed one relay per event. • There shall be a maximum of three (3) individual entries per event for the 400 Free, 400 IM and 800/1500 Free. There can be unlimited individual entries per event for all other events. <p>Each swimmer is limited to: 6 individual events for the meet and 3 events per day.</p> <p>DISABILITY INFORMATION:</p> <p>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 six (6) individual events for the meet with no more than three (3) events per day.</p>
Entry Deadline:	<p>All entries must be emailed to pixabugg@bellsouth.net by 12:00 noon Eastern Standard Time on Monday, July 29, 2013. No other form of entry will be accepted. Receipt of all entries will be confirmed by email.</p>
Late Entries:	<p>No late entries- No substitutions</p>
Voice Confirm:	<p>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 received. Voice confirm number: 864-506-2016.</p>
Entry Forms:	<p>Electronic entries are required and must be submitted using Hy-Tek SDIF 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. E-mailed entries must include an entry zip file, as well as a Word or PDF document export summaries listed below.</p> <p>E-Mail: Send electronic entries to pixabugg@bellsouth.net. E-mailed entries must also be accompanied by Word or PDF document export summaries of:</p> <ul style="list-style-type: none"> • Individual entries by swimmer • Relays by event • Fee summary <p>Make checks payable to Team Greenville. A list of coaches and chaperones (up to 12) shall accompany the team entry. Please submit a contact name, email address and phone number of the person submitting the entries in-case of questions.</p>

Disability Entries:	<p>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. This information must be given 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.</p> <p>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.</p>
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:	PRELIMS: Chase starts will be utilized, swum slow to fast. Odd heats will start from the scoreboard end and even heats will start from the non scoreboard end. ALL 50 meter events will start from the NON scoreboard end of the pool. 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.
Distance Events:	Tuesday afternoon events (400/ 800/1500 Free) will be deck seeded, timed finals and require positive check in by the end of the General Meeting. The 800/1500 Free will be swum together and scored separately. The 400/800/1500 Free will be swum fast to slow, alternating heats of women and men- NO chase starts.
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.
Seeding:	Only long course (50 meter) times will be accepted for purpose of seeding. First day events 400/800/1500 Free 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:	<p>1. Prelims: There is no penalty for scratches on the blocks in the preliminaries.</p> <p>2. Deck Seeded Events: Swimmers who are checked-in, and then fail to compete, will be barred from their next individual event.</p> <p>3. Finals: Swimmers who qualify for the finals and then fail to scratch or declare their intention to scratch, to clerk -of-course 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).</p>
Awards:	<p>Individual events: 1st-8th place medals.</p> <p>Relays: 1st-3rd place medals.</p> <p>Team: 1st place: "Champions Medals" & 50 t-shirts; 2nd & 3rd place: Plaque/Trophy.</p> <p>Age Group: 1st place Women & Men in each age group- trophy or plaque.</p> <p>Awards will be presented at the middle of finals session on Wednesday (after the 200 Breast), then at the beginning and middle (after 100 Free and 100 Breast) Thursday- Friday, and at the beginning, middle (after 50 Free) and end on Saturday.</p>
Scoring:	<p>Individual Events: 9-7-6-5-4-3-2-1</p> <p>Relay Events: 18-14-12-10-8-6-4-2</p>
Disability Scoring:	Events will be scored based upon the event with the highest number of entries. For example, if the 100 Free has 4 entries then scoring for all disability events are scored 5-3-2-1.
Charlene Craddock Sportsmanship Award:	Medals and 50 swim caps will be given 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.

Medical Releases:	The Southern Zone and meet host recommend that the coach carry emergency medical releases for their athletes.
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 29th and from 8:30 AM to 11:30 PM on Tuesday, July 30th. 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 management staff.
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 the first day of the meet, Tuesday, July 30, 2013 at 9:00 AM in the swim meet hospitality room.
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 <i>Rules and Regulations</i> , the <i>Southern Zone Age Group Swimming Championships Meet Handbook</i> and the meet information letter at all times.
Liability:	This meet is held under the sanction of USA Swimming, issued by South Carolina Swimming, Sanction Number: SC13103LC. 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, South Carolina Swimming, Team Greenville, Greenville Rec, 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.
Officials:	The meet is approved as a national certification meet for officials. <i>Visiting officials are welcome to work the meet. Officials interested in working the meet should complete the application to officiate AND complete the advance sign up using the following link. Link to officials' sign up:</i> http://www.scswimming.org/SubTabGeneric.jsp?team=szscslsc&stabid=83366 . Official's uniform shall be white over navy bottoms. Pants/shorts/skirts/skortis recommended for preliminary sessions. Pants/skirts/skortis for <i>finals only</i> .
Coaches:	<i>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.</i>
Spectator Admission:	<i>All Meet Pass: \$40.00, Per Day Pass: \$10.00, Individual Session Pass: \$5.00.</i>
Heat Sheets:	Prelims: \$20.00 - All days included+ timed finals. Finals: Free with coupon. Finals Individual Sales (no coupon): \$4.00 each day
Hospitality:	There will be a hospitality room open to all coaches and working officials (conspicuously wearing their 2013 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.

**2013 USA Swimming Southern Zone Age Group Swimming Championship
July 30-August 3, 2013**

Important contact Information:

<p>Karen Alexander- Meet Director 5010 Six Mile Highway Six Mile, SC 29682 864-506-2016 (cell) 864-868-2456 (home) pixabugg@bellsouth.net</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</p>
<p>Tim Bauer- Zone Director- Coach 23715 Tristan Bay Ct. Spring, Texas 77386-4070 (281) 364-0056 (home) (281) 224-9054 (cell) tmbswim@aol.com</p>	<p>Jay Thomas- Zone Director- Non Coach 301 SW 63rd Ter. Plantation, Florida 33317 954-873-3370 (cell) 888- 782-4091 (fax) jayfthomas@comcast.net</p>

2013 USA Swimming Southern Zone Age Group Swimming Championship

July 30-August 3, 2013

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC13103LC

Order of Events

	Tuesday	Timed Finals 1:00 pm
Event # (Female Odd, Male Even)	Age Group	Distance/Stroke
1-2	11-12	400 Free*
3	13-18	800 Free*
4	13-18	1500 Free*
	*The 400, 800, & 1500 Free will be swum fastest to slowest, alternating women then men.	
Prelims 9:00 am	Wednesday	Finals 5:30 pm
5-6	11-12	200 Free
7-8	13-14	200 Free
9-10	15-18	200 Free
11-12	11-12	50 Breast
13-14	13-14	200 Breast
15-16	15-18	200 Breast
17-18	11-12	100 Fly
19-20	13-14	100 Fly
21-22	15-18	100 Fly
23-24	11-12	400 Medley Relay**
25-26	13-14	400 Medley Relay**
27-28	15-18	400 Medley Relay**
	**All relays are timed finals and will be swum in the finals.	
Prelims 9:00 am	Thursday	Finals 5:30 pm
29-30	15-18	200 Back
31-32	13-14	200 Back
33-34	11-12	50 Back
35-36	15-18	100 Free
37-38	13-14	100 Free
39-40	15-18	400 IM
41-42	13-14	400 IM
43-44	11-12	400 Free Relay**
45-46	13-14	400 Free Relay**
47-48	15-18	400 Free Relay**
	**All relays are timed finals and will be swum in the finals.	

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Order of Events

Prelims 9:00 am	Friday	Finals 5:30 pm
49-50	11-12	100 Back
51-52	13-14	100 Back
53-54	15-18	100 Back
55-56	11-12	100 Breast
57-58	13-14	100 Breast
59-60	15-18	100 Breast
61-62	11-12	100 Free
63-64	13-14	400 Free
65-66	15-18	400 Free
67-68	11-12	200 Medley Relay**
69-70	13-14	200 Medley Relay**
71-72	15-18	200 Medley Relay**
	**All relays are timed finals and will be swum in the finals.	
Prelims 9:00 am	Saturday	Finals 5:30 pm
73-74	11-12	200 IM
75-76	13-14	200 IM
77-78	15-18	200 IM
79-80	11-12	50 Free
81-82	13-14	50 Free
83-84	15-18	50 Free
85-86	11-12	50 Fly
87-88	13-14	200 Fly
89-90	15-18	200 Fly
91-92	11-12	200 Free Relay**
93-94	13-14	200 Free Relay**
95-96	15-18	200 Free Relay**
	**All relays are timed finals and will be swum in the finals.	

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Schedule for Awards

Tuesday

No Awards

Wednesday

Swim 200 Free

Swim 50 Breast

Swim 200 Breast

Awards for 400/800/1500 Free

Swim 100 Fly

Swim 400 Medley Relay

Thursday

Awards for 200 Free

Awards for 50 & 200 Breast

Awards for 100 Fly

Awards for 400 Medley Relay

Swim 200 Back

Swim 50 Back

Swim 100 Free

Awards for 200 Back

Awards for 50 Back

Awards for 100 Free

Swim 400 IM

Swim 400 Free Relay

Friday

Awards for 400 IM

Awards for 400 Free Relay

Swim 100 Back

Swim 100 Breast

Awards for 100 Back

Awards for 100 Breast

Swim 100 Free

Swim 400 Free

Swim 200 Medley Relay

Saturday

Awards for 100 Free

Awards for 400 Free

Awards for 200 Medley Relay

Swim 200 IM

Swim 50 Free

Awards for 200 IM

Awards for 50 Free

Swim 50 Fly

Swim 200 Fly

Swim 200 Free Relay

Awards for 50 & 200 Fly

Awards for 200 Free Relay

2013 USA Swimming Southern Zone Age Group Swimming Championship

Swimmers with Disabilities Entry Form

Name: _____ DOB: ___/___/___ Male ___ Female ___

Address: _____ USA Swimming #: _____

City: _____ State: ___ Zip: _____ Age on July 30, 2013 : _____

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</u> <u>DESCRIPTION</u>	<u>ENTRY TIME</u>	<u>SEED WITH</u>	
		<u>Age Group</u> (same age & (same age) distance)	<u>Different Distance Comparable Time</u> (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 selecting 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)

2013 USA Swimming Southern Zone Age Group Swimming Championship

Code of Conduct

The following code is in effect throughout the **2013** 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 _____

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Coaches:

Please use this checklist to make sure you return all the required items. This form must be filled out and included with your entry.

_____ Financial Summary Form (including e-mail address).

_____ Hard copy of entries.

_____ Check for all fees (payable to Team Greenville).

I certify that this entry is completed to the best of my ability and that all swimmers entered have achieved the entry time required in each event.

Coach's Signature

Date

LSC

Abbreviation

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Meet Entry Summary Sheet

LSC _____ Abbreviation _____

Coach(s) _____

LSC Contact Person _____

Home/Cell Phone Number _____ Work Phone Number _____

E-Mail Address _____

Mailing Address _____

Number of Swimmers _____ X \$7.50 Open Water surcharge per swimmer \$ _____

Number of Individual Events _____ X \$7.50 each \$ _____

Number of Relays _____ x \$10.00 each \$ _____

Total Amount Enclosed (checks payable to Team Greenville) \$ _____

I, the undersigned coach or LSC representative verify that all the swimmers and coaches listed on the enclosed entry forms are registered with USA Swimming. USA Swimming, South Carolina Swimming, Greenville County Recreation District, TG Timing, Team Greenville, its agents, employees, and coaches shall be held free from any liability or claim rising by reason of injury to anyone during the conduct of the meet.

Signature/Title _____

2013 USA Swimming Southern Zone Age Group Swimming Championship

Warm-up Procedures

Pool will be open for general warm-ups during the following times before the meet begins:

- Monday 4:00-8:00 PM
- Tuesday 8:00-10:00 AM

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

	1st warm-up	2nd warm-up	3rd warm-up
Tuesday	Group 1	Group 2	Group 3
Wednesday	Group 3	Group 1	Group 2
Thursday	Group 2	Group 3	Group 1
Friday	Group 1	Group 2	Group 3
Saturday	Group 3	Group 1	Group 2

Warm-up Times:

Tuesday	11:00-11:30 PM 11:30-12:00 PM 12:00- 12:45PM 12:30- 12:45 PM	Group 1 Warm-up Group 2 Warm-up Group 3 Warm-up Lanes 1, 2, 7, 8 Pace lanes Lanes 3 & 6 One Way Starts Lanes 4 & 5 General warm-up
Wed-Sat Prelims:	7:00-7:30 AM 8:00-8:30 PM 7:30-8:00 AM	1st Warm-up 2nd Warm-up 3rd Warm-up
Warm- up	8:30- 8:50 AM	Lanes 1, 8 Pace Lanes 2, 3, 6, 7 One Way Starts Lanes 4 & 5 General Warm-up
Wed-Sat Finals:	4:00-4:45 PM 4:45-5:15 PM	Lanes 1-8 General Warm-up Lanes 1 & 8 Pace Lanes Lanes 2, 3, 6, 7 One Way Starts Lanes 4 & 5 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 4:45 PM and the pool will close at 5:00 PM.

The warm-up pool will be set up with lane lines and will be available during all sessions for general warm-up.

2013 USA Swimming Southern Zone Age Group Swimming Championship Travel Information

Local Airport

Greenville-Spartanburg International Airport
2000 GSP Drive, Suite 1
Greenville, SC 29651-9202
Conveniently located just 16 miles from WAC

Additional Regional Airport

Jim Hamilton LB Owens Airport
1400 Jim Hamilton Boulevard
Columbia, South Carolina 29205
Located 113 miles from WAC

Regional Airports

Asheville Regional Airport
708 Airport Road
Fletcher, NC 28732-8620
Located 49 miles from WAC

Charlotte/Douglas International Airport
5501 Josh Birmingham Pkwy
Charlotte, NC 28208
Located 99 miles from WAC

Car Rental Agencies

Alamo	800/327-9633
Avis	800/230-4898
Budget Rent-A-Car	800/527-0700
Dollar	800/800-3665
Enterprise	800/736-8222
Hertz	800/654-3131
National	800/227-7368
Thrifty	800/847-4389

DRIVING DIRECTIONS TO WESTSIDE AQUATIC COMPLEX

From Asheville, NC	Take I-26 E/US-74 E toward Hendersonville. Take exit 54 to merge onto US 25 South toward Greenville. Continue on US 25 By-Pass after Travelers Rest. Turn left on SC route 253. Westside Park and Aquatic Complex is one-half mile on the left.
From Spartanburg, SC	Take I-85 South toward Greenville. Take the I-385 exit, EXIT 51C towards downtown Greenville. Go through town past the Hyatt on your left and County Library on your right. Take S.C. 183 towards Pickens. At S.C. route 253 turn left. Westside Park and Aquatic Complex is @ 1 mile on right.
From Columbia, SC	Take I-26 West toward Greenville. Take exit 51 I-385 N continuing through downtown Greenville. Go through town past the Hyatt on your left and County Library on your right. Take S.C. 183 towards Pickens. At S.C. route 253 turn left. Westside Park and Aquatic Complex is @ 1 mile on right.
From Atlanta, GA	Take I-85 North toward Greenville. From Interstate 85 take exit 44 (White Horse Road, U.S. 25 By-Pass). Go north on 25 for approximately five miles. Turn right on S.C. route 253. Westside Park & Aquatic Complex is about one-half mile on the left.
From Greenville/Spartanburg Airport	Leaving Airport take I-85 South. Take the I-385 exit, EXIT 51C towards downtown Greenville. Go through town past the Hyatt on your left and County Library on your right. Take S.C. 183 towards Pickens. At S.C. route 253 turn left. Westside Park and Aquatic Complex is @ 1 mile on right.

2013 USA Swimming Southern Zone Age Group Swimming Championship Meet Evaluation

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 76013-2427.**

(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
- Hotel & 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 Climatic Changes 1 2 3 4

2. Facilities/General

- Parking 1 2 3 4
- Registration 1 2 3 4
- Restrooms/Changing 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 1 2 3 4
- Lighting 1 2 3 4
- Ventilation 1 2 3 4
- Water Condition 1 2 3 4
- Starting System 1 2 3 4
- Pool set-up 1 2 3 4

4. Officials

- Meet 1 2 3 4
- Admin 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
- Stroke & 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 OR IF YOU GAVE ANY CATEGORY A RATING OF 2 OR LOWER

Signed: _____ LSC _____

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

6. LIST THINGS THAT WERE PARTICULARLY GOOD:

7. LIST THINGS THAT NEED TO BE IMPROVED TO MAKE THE NEXT MEET BETTER:

8. LIST GENERAL COMMENTS YOU WOULD LIKE TO MAKE ABOUT THIS MEET:

9. IF YOU GAVE ANY CATEGORY A RATING OF 2 OR LOWER, PLEASE EXPLAIN:

2013 USA Swimming Southern Zone Age Group Swimming 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: _____

**2013 USA Swimming Southern Zone Age Group Swimming Championship
Local Hotel Options**

***Cut and paste this interactive website link into your browser for more information:
tinyurl.com/aor44pt***

Hampton Inn - Travelers Rest

Special rate of \$89 per night. Free breakfast and WI-FI. For reservations, call (864) 834-5550 and reference "USA Swimming Block" or book on line at www.greenvillesc.hamptoninn.com and use the Group Code.

Hyatt Regency

Special rates of \$127 sgl/dbl, \$137 triple and \$147 quad occupancy. For reservations, call (864) 235-1234.

Hyatt Place

Special rate of \$92 per night. Free hot breakfast and WI-FI. For reservations, call (864) 232-3000 and reference "USA Swimming".

Clarion Inn & Suites

Special rate of \$70 per night. Free hot breakfast and WI-FI. For reservations, call (864) 254-6383 and reference "USA Swimming".

La Quinta Inn & Suites - Haywood Rd

Special rate of \$71 per night. Free breakfast and WI-FI. For reservations, call (864) 233-8018 and reference "USA Swimming".

Comfort Inn Millennium

Special rate of \$69.95 per night. Free breakfast and WI-FI. For reservations, call (864) 288-6900 and reference "USA Swimming".

Drury Inn & Suites

Special rate of \$85 per night. Free hot breakfast, hot food and cold beverages 5:30p.m. - 7:00p.m. and WI-FI. For reservations, call (800) 325-0720 and reference code "2171537".

Holiday Inn Express - Woodruff Rd

Special rate of \$89 per night. Free breakfast and WI-FI. For reservations, call (864) 678-5555 and reference "USA Swimming".

Microtel Hotel - Woodruff Rd

Special rate of \$75 per night. Free breakfast and WI-FI. For reservations, call (864) 297-3811 and reference "USA Swimming".

Hampton Inn - Woodruff Rd

Special rate of \$99 per night. Free breakfast and WI-FI. For reservations, call (864) 213-8200 and reference Group Code "SZA".

Marriott Hotel

Special rate of \$89 per night. Please contact Katherine Flanagan at (864) 679-1115 or katherine.flanagan@marriott.com and reference "Southern Zone Age Group".

MainStay Suites

Standard rooms @ \$65 per night or upgraded room @ \$75 per night. Free breakfast and WI-FI. For reservations, call (864) 987-5566 and reference "USA Swimming".

2013 USA Swimming Southern Zone Open Water Championships

Date of Meet:	August 4, 2013		
Meet Sanction:	Held under the sanction of USA Swimming issued by SC Swimming. Sanction Number: SC13104OW		
Host Club:	Team Greenville		
Meet Directors:	Jacqueline Grossman	jelgrossman@gmail.com	864-646-8836
	Victoria Montgomery	vicjmont@gmail.com	803-622-5299
Meet Referees:	Ken Christensen	kenchris2@gmail.com	
	Jim Keogh	jakeogh@att.net	
Meet Entries to:	Karen Alexander	pixabugg@bellsouth.net	864-506-2016
Safety Marshal:	Roy Dessloch	coachroy@gcrd.org	864-220-0209
Facility:	Lake Jocassee Beach, Devils' Fork State Park, 161 Holcombe Circle, Salem, SC 29676. Water depth is dependent upon spring rains. Start will be 5-14 feet, remainder of the course up to 200 feet at the 2.5Kturn. Water temperature is expected to be in the low 80°F.		
Rules:	<p>Meet to be conducted in accordance with the current USA Swimming Rules and Regulations and SC Policy and Procedures and information herein.</p> <p>All safety requirements will be enforced for the well-being of athletes.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.</p> <p>In the event of race abandonment, air horns and safety craft will direct the swimmers to shore. Once on the shore athletes will walk back to the start area where swimmers will be directed to cover and safety.</p>		
Athlete Eligibility:	<p>This meet is open to all current members of USA Swimming Southern Zone Team members and any other USA Swimming registered members of the Southern Zone. Age is determined by age on August 4, 2013.</p> <p>NO DECK REGISTRATIONS WILL BE ACCEPTED.</p>		
Entry Limit:	Each swimmer is limited to their age-group appropriate event.		
Entry Fees:	<p>2013 Southern Zone Team Members: All swimmers entered into the 2013 Southern Zone Meet will pay a \$7.50 entry fee. <i>Entry deadline for Zone teams is at the General Meeting held on Tuesday, July 30, 2013.</i></p> <p>Southern Zone Members that are not entered in the 2013 Southern Zone Meet: Individual entry fee is \$25.00. Checks for entry fees shall be made payable to <i>Team Greenville</i>. <i>Entry deadline for individual entries must be received by Friday, July 26 at 6pm.</i></p> <p>Name, phone number and email address of the person preparing entries shall be provided with the entries. 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.</p>		

Meet Format:	<p>Both 5K and 3K races are out and back, swum along a buoyed line that follows the west shore of Lake Jocassee.</p> <p>Events are: 5K: for 13-14 and 15-18; 3K: for 11-12</p> <p>Race check-in: 7:00 am. Warm-ups: 7:00 -7:30 am Race Technical Meeting: 7:30 am. This includes both distances. 5K start: 8:00 am. 3K start: 8:15 am.</p> <p>All swimmers who have not completed the course within 2 hours will be retired. If the water/air temperature is above USA-Swimming's Guidelines the 5K may be shortened.</p> <p>Safety boats will monitor the entire course. Water and a sports drink will be available on every boat on the course and at the turn. Swimmers must wear race cap, numbers on both arms and back for identification. Medical personnel will be at the site.</p> <p>All like-distances will be seeded as a single event, without regard to a swimmer's age or gender. Places, awards, and published results will be separate for each event, age group, and gender. Results will be included with the events of the pool events but scored separately.</p> <p>Meet Director reserves the right to change seeding if numbers of entries warrants changes. 1500 Free time will be used for seeding the 5K and 800 Free times for the 3K if needed.</p>
Time of Meet:	<p>Event and Distance: 5K: 13-14 and 15-18 and 3K: 11-12 Check-In 7:00 am Warm Up:7:00 – 7:30 am Pre-Race Meeting:7:30 am Event start not before : 5K – 8:00 am 3K – 8:15 am Estimated END OF EVENT: 11:30 am Estimated finish: 1:00 pm</p> <p>Warm-ups can be done as needed in guarded areas of the beach.</p>
Entries:	<p>2013 Southern Zones Team entries should be made by Hy-Tek. Entries must include each swimmer's USA Swimming ID number, first and last name, age, event number, 1500 Free time for the 5K or 800 Free time for the 3K. Emailed entries must include an entry zip file, as well as a Word or PDF document export summaries of individual entries by swimmer and fees. Please submit a contact name, email address and phone number of the person submitting the entries in-case of questions. Entry deadline for Zone Team members is at the General Meeting held on Tuesday, July 30, 2013.</p> <p>Southern Zone Members that are not entered in the 2013 Southern Zone Meet should use the entry form attached to this information. Entry form must be filled out completely. Entry deadline for non-Zone's Team swimmers is Friday, July 26, 2013, 6:00 pm.</p> <p>This event will be contested as timed finals and will be deck seeded.</p>
Awards:	Southern Zone Medals will be awarded to places 1-8 by gender and age group.
Scoring:	<p>The Top 16 Open Water swimmers will score in each age group and gender. The scoring will be as follows: Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</p>
Timing:	Timing is done by stopwatch. Psych sheets will be posted near the start/finish line.
Coaches Eligibility:	Coaches representing swimmers must be coach members of USA Swimming and must have their credentials visible at all times.
Other Information:	Hospitality for athletes after their swim is provided. Concessions are available through Devils' Fork State Park, but may be limited.

2013 USA Swimming Southern Zone Open Water Championships

August 4, 2013

Lake Jocassee, SC

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number: SC13104OW

Order of Events

Event and Distance	Check-In	Warm-Up	Pre-Race Meeting	Event Start
1-4 13-18* 5K	7:00 am	7:00–7:30 am	7:30am	8:00am
5-6 11-12* 3K	7:00 am	7:00–7:30 am	7:30am	8:15am

*GENDERS WILL SWIM TOGETHER BY AGE GROUP BUT SCORED SEPARATELY

2013 USA Swimming Southern Zone Open Water Championships

August 4, 2013

Lake Jocassee, SC

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number: SC13104OW

**INDIVIDUAL EVENT ENTRY FORM
(FOR NON-Southern Zone TEAM Members Only)**

Please print neatly and clearly. Fill in all contact information should we need to reach you to resolve a discrepancy. Include a legible copy of your 2013 USAS registration card and the \$25.00 meet entry fee payment.

You must be a member of the USA Swimming Southern Zone in order to compete.

Event: 3K 800m Free Time: _____ 5K 1500m Free Time: _____

Gender: M F

Age Group 11/12 13/14 15/18

Entry must be RECEIVED by 6:00PM Friday, July 26, 2013. Enclose a legible copy of your 2013 USAS registration card. Check or money order payable to Team Greenville.

In entering this meet it is understood and agreed that USA Swimming, SC Swimming, Team Greenville, Greenville County Recreation District, Devils' Fork State Park, meet sponsors and volunteers shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

SIGNATURE _____

DATE _____

PRINT NAME _____

DATE OF BIRTH ____/____/____ AGE ____ (on 08/04/2013)

CLUB _____ LSC: _____

CLUB ABBREVIATION _____ ZONE: _____

DAY TEL (_____) _____ - _____

EVE TEL (_____) _____ - _____

EMAIL ADDRESS _____

Mail entries to:
Karen Alexander
Zone Age Group Championships
5010 Six Mile Highway
Six Mile, SC 29682

2013 USA Swimming Southern Zone Open Water Championships

August 4, 2013

Lake Jocassee, SC

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number: SC13104OW

Directions to Devils' Fork State Park

From Westside Aquatic Complex (2700 W Blue Ridge Drive, Greenville, SC 29611)

To Open Water Venue (Lake Jocassee Beach, Devils' Fork State Park, 161 Holcombe Circle, Salem, SC 29676)

1. Head **southwest** on **W Blue Ridge Dr**
toward **Cortez St**
0.7 mi
2. Turn right onto **White Horse Rd**
3.0 mi
3. Turn left onto **S Carolina 183/Farrs
Bridge Rd**
14.0 mi
4. Turn left onto **Jewell St**
0.4 mi
5. Continue onto **S Carolina 183/E Main St**
Continue to follow S Carolina 183
1.3 mi
6. Slight right onto **Shady Grove Rd**
7.8 mi
7. Turn right onto **S Carolina 133/Crowe
Creek Rd**
3.3 mi
8. Turn left onto **S Carolina 11 S/Cherokee
Foothills Scenic Hwy**
3.3 mi
9. Turn right onto **Boone Creek Rd/State Rd
S-37-127**
1.0 mi
10. Turn right onto **Jocassee Lake Rd/State
Rd S-37-25**
2.7 mi
11. Continue onto **Francis Falls Dr**
322 ft
12. Continue onto **Jocassee Lake Rd**
384 ft
13. Slight right onto **Holcombe Cir**
243 ft

Holcombe Cir

Salem, SC 2967

Proceed to the right for bus parking.

Signs and personnel at the Park with
assist with directions.