



NORTH CAROLINA SWIMMING | 2014 ZONE TEAM SELECTION

Memo To: NCS Clubs, Administrators, Coaches, Parents & Athletes
From: Jonathan Watson, 2014 Zone Team Head Coach → 01silversurfer@bellsouth.net
Date: Friday, May 30, 2014
Re: Zone Team Information

On behalf of the 2014 NCS Zone Team Staff, you are receiving a packet of information that we hope NCS athletes will find helpful as they consider applying for the 2014 NCS Zone Team which will be competing at the 2014 Southern Zone Age Group Championship Meet in San Antonio, Texas on July 29-August 3. NCS, five-time meet champions at the Southern Zone Meet (since the meet began in 1980) last won the meet in 1999. Since then, NCS has placed in the top-5 LSC's (Local Swim Committee's) of the 15 LSC's in the Southern Zone.

Every year, the Head Coach has the task of simplifying the application and the selection process that follows. Also, our staff is already on the lookout for interested athletes age 11-18 who may wish to participate on the 48-member Zone Team this summer. If after reading the document that follows, you have any questions, do not hesitate to email me at 01silversurfer@bellsouth.net and I will attempt to reply within 48 hours.

EVENT DATE & LOCATION

Southern Zone Championship Meet Dates:

Departure Date via Southwest Airlines:	Monday, July 28, 2014
Pool Championships:	Tuesday, July 29-Saturday, August 2, 2014
Open Water Championships:	Sunday, August 3, 2014 (TBD)

2014 Facility: Northside Independent School District (NISD) Complex (outdoor facility)
8400 N Loop 1604 W
San Antonio, Texas 78249



APPLICATION DEADLINES

Athletes age 11-14 at the Zone Meet:

- Option 1: MAIL in a completed application **and** check postmarked **no later than Monday, July 7, 2014**, or
Option 2: E-MAIL an application no later than Wednesday, July 9, 2014 to the Team Manager, Amy Faulk with the check mailed by July 7, 2014, or
Option 3: Applications can be hand-delivered to the Zone Team Manager (Amy Faulk, nomadcoachamy@gmail.com), until the end of Saturday's Prelims (July 19, 2014) at the NCS LC 14 and Under Championships Meet.

Athletes age 15-18 at the Zone Meet:

- Option 1: MAIL in a completed application **and** check postmarked no later than Monday, July 7, 2014, or
Option 2: E-MAIL an application no later than Wednesday, July 9, 2014 to the Team Manager, Amy Faulk with the check mailed by July 7, 2014, or
Option 3: Applications can be hand-delivered to the Zone Team Manager (Amy Faulk) until 10am on Friday, July 25, 2014.

Please note the deadline for hand submission at the NCS Senior Championship is earlier than required in the past. Due to the complexity of the selection process, the staff requests that everyone send in their application as early as possible to aid in the collection of times prior to the championship meets and for airline ticketing. In all cases, the Zone Staff reserves the right to accept applications after these deadline if not enough candidates have been secured or if in their judgment acquiring additional applications would benefit the team's Zone meet performance.

The cost per athlete for this year's trip will be \$500—plus roughly \$30-40 spending money per day for meals, snacks and incidentals. NC Swimming and its sponsors will cover the remainder of the expenses.

TEAM HOTEL

The hotel we will be staying in offers a breakfast buffet that includes varieties of fresh fruit, toast, bagels, muffins, pastries, cereal, yogurt, juices, coffee, tea, hot chocolate and milk which will be available. **All other meals are not included.** Chaperones, under the direction of the team managers, will coordinate and prepare meals. Swimmers are expected to contribute toward group meals and will be able to visit a local grocery store for personal need items at least twice during our stay. **Should any athletes have food allergies or any condition that causes difficulty eating certain types of foods, you are asked to clearly communicate that on the attached application.**

SpringHill Suites Richland/Sea World

138 Richland Hills Drive

San Antonio, TX 78245

Phone: 210 520-6655

Fax: 210 340-9580

What times can be used to qualify for the NC Zone Team?

- Athletes age 11-12 and 13-14** swimmers may use any long course meters time achieved from December 1, 2013 through the end of Sunday's finals (July 20, 2014) at the 2014 NCS long course 14 and Under Age Group Championships. All swims prior to the 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 2013-2016 Long Course AA time standards. Adding together the highest scoring six events produces a "total ZONE POINTS" score for each athlete.
- Athletes age 15-18*** – May use long course times achieved December 1, 2013 through the final day of the 2014 NCS Senior Championship Meet (July 27, 2014).
 - * **Note:** Should an athlete age up to age 15 between the 14&U Long Course Age Group Championships and the Zone Meet, the athlete can use times personally swum during any of the qualifying periods.
 - * **The age group of a swimmer is determined by his/her age on the first day of the Southern Zone Championship Meet (in 2014 the first day of the meet is Tuesday, July 29).** Whatever age group the athlete is in on that day is their age group for the whole meet.

2014 ZONE TEAM SELECTION PROCESS

► **Team Size:**

North Carolina Swimming (NCS) will select 48 swimmers for the 2014 Zone Team as follows:

11-12 Boys	8 swimmers selected
11-12 Girls	8 swimmers selected
13-14 Boys	8 swimmers selected
13-14 Girls	8 swimmers selected
15-18 Boys*	8 swimmers selected
15-18 Girls*	8 swimmers selected

46 swimmers will be selected off of long course times as 2* were selected off of short course performances.

► **Selection Meets:**

The NCS Zone Team will be selected from NCS registered year-round athletes.

- 11-12 and 13-14 athletes may use any long course meters time achieved from December 1, 2013 through the end of Sunday's finals at the 2014 NCS long course 14 and Under Championships. All swims prior to the 14 and under Championships must be listed in the USA Swimming SWIM's Database in order to be considered.
- The 15-18 athletes selected during the 2014 Long Course season will be selected using LC times performed between December 1, 2013 and July 27, 2014 at the NCS Long Course Senior Championship.

All athletes who will swim at the 2014 Southern Zone Championship Meet as **11-14 year-old** athletes will be selected within 24 hours of the end of the **2014 NC Swimming Long Course 14 & Under Age Group Championship Meet** to be held in Cary, NC, July 17-20, 2014. The names of the selected athletes will be posted on the NCS website at www.ncswim.org, will be sent via email to applicants and NCS coaches and the Zone staff will attempt to contact each athlete no later than noon on July 21st.

All athletes who will swim at the 2014 Southern Zone Championship Meet in the **15-18 age group** will be selected within 3 hours of the end of the **2014 NC Swimming Long Course Senior Championship Meet** to be held on July 24-27, 2014 (end of Sunday's finals). The names of the selected athletes will be posted on the NCS website at www.ncswim.org, will be sent via email to applicants and NCS coaches and the Zone staff will use phone numbers provided to contact each athlete no later than 11pm on July 27th. The team departs for San Antonio the next morning (July 28th).

ADMINISTRATIVE DETAILS

All applying athletes must complete all the forms which accompany this document on **pages 6, 8, 13 for 11-14 age groups** and **pages 7, 8, and 13 for the 15-18 age group**. All documents needed must be submitted by the deadlines previously listed. **Pages 11 (11-14 age groups) and 12 (15-18 age group)** must be submitted at the time designated on that page.

- ▶ **Eligibility:** All NCS registered year-round athletes with at least two “AAA” times are eligible to apply for the team. Please note that any athlete who has achieved the current USA Swimming LC Junior National qualifying time standard (does not include bonus cuts) in any long course event prior to the July 28, 2014 meet entry deadline is ineligible to compete in the 2014 Southern Zone Age Group Championships.
- ▶ **Payment:** The cost of transportation, lodging, team outfitting, chaperone expenses and meet entry fees will cost each athlete, \$500. A check for \$500 payable to “North Carolina Swimming” must be submitted with all applications. In the event that a swimmer is not selected to the team, the \$500 check will be returned or shredded at the Team Manager’s discretion. If a swimmer is selected to the team and then chooses not to attend, the \$500 check is forfeited if an alternate for the spot cannot be secured in time. **NOTE: Food for the athletes is not covered by this fee.**
- ▶ **Medical Release Forms:** All Zone Teams must submit medical release forms for all athletes at the meet. Please be sure to sign the release for each athlete applying for the 2014 Zone Team and return it with the application.
- ▶ **Zone Points Worksheets:** 11-12 and 13-14 athletes earn “ZONE POINTS” based on their best times in each event that they swim. 15-18 athletes earn points based on a “POWER POINTS” system. It is the responsibility of each 11-14 year-old athlete to tabulate his/her own ZONE POINTS and submit the worksheet to the NCS Splash Zone booth which will be set up at the NCS LC 14&U Age Group Championship Meet. These worksheets are due no later than 15 minutes following the end of their final session at their selection meet. During the meet, please check by the booth to see if any new information has been posted there for applicants. The worksheets act as a check to be sure no human error occurs in the computation of Zone Points.

It is the responsibility of each 15-18 athlete to submit their top-eight individual event times on the POWER POINTS worksheet with their application.
- ▶ **Code of Conduct Signature:** Each NCS Athlete attending the meet must sign the Zone Code of Conduct (attached).
- ▶ **Media Release Form:** Each NCS Athlete attending the meet should sign the media release form giving the staff permission to use any photographs of the athlete for use with meet publicity and on the NCS website during and following the trip.
- ▶ **Team Application:** Please completely fill out the Zone Team Application form on page 6 (13-14 and 11-12 age groups) or page 7 (15-18 age group). All of the requested information is important for communication and reporting purposes. Please note that the deadline for the application varies by age group (15-18’s deadline is different from 11-12’s & 13-14’s).

CHAPERONE INFORMATION

Chaperones: Our plan is to have up to four chaperones, in addition to our staff, accompany the Zone Team. The chaperones for all age groups will be notified no later than the week of July 16th and 23rd, respectively after championship meets. If you are interested in being a chaperone, please check that box on the swimmer application or contact Amy Faulk at nomadcoachamy@gmail.com.

Chaperones should be hard-working individuals. Chaperones work most of the time while on this trip and are involved with meal planning, transportation, overseeing the athletes at all times, seeing to their needs, and working at the swim meet as timers. Officials chosen as chaperones may or may not be allowed to work at the meet, but, if so, must be prepared to fulfill chaperone duties as well. There will be a complete list of chaperone duties emailed to all chaperone applicants. The selection of good chaperones has an enormous impact on the Zone Team in previous years. Please come ready to provide positive support throughout the week. Team Manager, Amy Faulk, will direct the activities of all chaperones.

▶ **Chaperone Financial responsibilities:**

- You pay for your own food.
- Your travel expenses (hotel & transportation) are covered by trip fees.
- It is recommended that swimmers have \$30-\$40 per day for food, snacks, and incidentals. This is a high-end estimate. Staff and Chaperones will do a good job keeping meal costs low.

▶ **Chaperone responsibilities:**

- The job of chaperones on this trip is to help keep the swimmers fed, hydrated, and organized. The team will have up to **4** adult chaperones to assist the coaching staff in managing the team during their competition at the pool as well as away from the pool.
- Understand that you are a chaperone to all the Zone swimmers on the trip, not just a parent to your child.
- You may be asked to help do laundry, drive a van, fill-up water bottles (help keep kids hydrated), sit in team areas to hold spots during warm up, organize “food runs”, clean-up food area, check hotel rooms at check-out time, keep up with any medical needs--the regular “24/7” chaperoning job!

▶ **Correspondence:**

The Zone Team Manager welcomes correspondence from any potential volunteer chaperones wishing to make this a special trip for NC Swimmers. Please e-mail Amy Faulk to express your interest at anytime between now and the departure for this trip: nomadcoachamy@gmail.com.

2014 ZONE TEAM APPLICATION FOR 11-12s AND 13-14s

For the 11-12 & 13-14 age groups, please fill out the information below and send with check:

Postmarked no later than Monday July 7, 2014: Amy Faulk 2014 Zone Team Application 413 Kenilworth Rd. Statesville, NC 28677-3107	Or e-mail by Wednesday, July 9, 2014: Email to: Amy Faulk, Zone Team Manager nomadcoachamy@gmail.com
Applications can be handed to the Zone Team Manager (AMY FAULK), until the end of <u>Saturday's Prelims</u> at the NCS LC 14 and Under Championship Meet on July 19 th . We would appreciate receiving as many applications as possible by July 7, 2014.	

As applications are received, the names of the applying athletes will be added to our Zone tally board where swimmers will be able to check Zone point totals as the meet proceeds. The information requested below must be completely filled out AND accompanied by the **\$500** check payable to **"NC Swimming"**. If not selected, the check will be shredded. Please note we are looking for eight chaperones who are interested in attending this meet. Please check the appropriate boxes if you would be interested in being a chaperone on this trip. Chaperones will be confirmed by the Team Manager around the time that the Zone athletes are selected.

INFORMATION NEEDED:

Last Name:	Legal First Name:	Middle Name:
Street Address:		Home Phone: () -
City:	State:	Zip Code:
NCS Club:	*USA Swim ID #: <div style="display: flex; justify-content: space-between; width: 100%;"> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> <div style="width: 10px;"></div> </div>	
Parent/s Name/s:		Coach's Phone Number: () -
		Parent's Work Phone Number: () -
Preferred Contact for Selection notification (please note you may be traveling back from the NC Swimming Championships, so a cell phone # is preferred): Cell Phone: () Other Phone ()		
E-Mail (parent):	E-mail (athlete, if any):	Outfitting Information:
11-12 and 13-14 swimmers may use any long course meters time achieved from Dec. 1, 2013 through the end of Sunday's finals at the 2014 NCS Long Course 14 and Under Championships. All swims prior to 14 and under Championships must be listed in the USA Swimming SWIM's Database.		T-shirt Size (check): Youth-Large Adult-Small Adult-Medium Adult-Large Adult-XL
Please be sure to attach the following forms and/or information: Medical Release Signature Swimmer Consent Statement Zone Code of Conduct Zone Points Worksheet Check for \$500 payable to "NCS" Copy of the athlete's best Long Course Times NOTE: Fee does not cover all food costs.	One parent of the swimmer named on this application is interested in being a: Trip Chaperone Meet Official Volunteer's name and phone number: <div style="border: 1px solid black; height: 20px; width: 100%; margin-top: 5px;"></div>	As shirts will have been ordered prior to the selection of each athlete, we will do our best to supply everyone with t-shirts near his/her own size.

* Your **USA Swimming ID #** is composed of: 1) Your birthday + 2) the first three letters of your first name + middle initial and 3) the first four letters of your last name. If the swimmer does not have a middle initial, use an asterisk (*). Use an asterisk (*) also if your name does not have the necessary number of letters. [Example: Jo E. Smith = 092574JO*ESMIT]

2014 ZONE TEAM APPLICATION FOR 15-18s

Please fill out the information below and send with check:

Postmarked by Monday, July 7, 2014: Amy Faulk 2014 Zone Team Application 413 Kenilworth Rd. Statesville, NC 28677-3107	Or email by Wednesday, July 9, 2014: Email to: Amy Faulk, Zone Team Manager nomadcoachamy@gmail.com
Applications can be handed to the Zone Team Manager (AMY FAULK), until Friday, July 25th at the NCS LC Senior Championships Meet. We would happily accept applications by mail or email	

The information requested below must be completely filled out AND accompanied by the **\$500** check payable to “**NC Swimming**”. If not selected, the check will be shredded or returned. Please note we are looking for chaperones who are interested in attending this meet. Please check the appropriate boxes if you would be interested in being a chaperone on this trip. Chaperones will be selected by the Team Manager around the time that the Zone athletes are selected.

INFORMATION NEEDED:

Last Name:	Legal First Name:	Middle Name:
Street Address:		Home Phone: () -
City:	State:	Zip Code:
NCS Club:	*USA Swim ID #:	
Your Coach's Name:		Coach's Phone Number: () -
Parent/s Name/s:		Parent Work Phone Number: () -
Preferred Contact for Selection notification (please note some athletes may be traveling, so a cell phone # is preferred): Phone: () - Cell Phone: () -		
E-Mail (parent):	E-mail (athlete, if any):	Outfitting Information:
Selection Period: North Carolina Swimming will select seven (7) 15-18 year-old girls and seven (7) 15-18year-old boys based on long course times achieved during the period of Dec. 1, 2013 – the conclusion of the LC Senior Championship on July 27, 2014. After four boys and four girls based on points have been invited and their deposit received, the Head Coach, in consultation with the 15-18 coaches, will select three girls and three boys based on scoring potential at Zones.		T-shirt Size (check one): Youth- Large Adult-Small Adult-Medium Adult-Large Adult-XL Short Waist Size Adult Small Adult Medium Adult Large Adult XL
Please be sure to attach the following forms and/or information: Medical Release Signature Swimmer Consent Statement Zone Code of Conduct Top times report from Dec 1, 2013-July 20, 2014 & SWIMS single event power points Check for \$500 payable to “NCS” NOTE: Fee does not cover all food costs.	One parent of the swimmer named on this application is interested in being a: Trip Chaperone Meet Official Medical Advisor Volunteer's name and phone number:	As shirts will have been ordered prior to the selection of each athlete, we will do our best to supply everyone with t-shirts near his/her own size.

* Your **USA Swimming ID #** is composed of: 1) Your birthday + 2) the first three letters of your first name + middle initial and 3) the first four letters of your last name. If the swimmer does not have a middle initial, use an asterisk (*). Use an asterisk (*) also if your name does not have the necessary number of letters. [Example: Jo E. Smith = 092574JO*ESMIT]

MEDICAL RELEASE STATEMENT FOR ALL ZONE MEET PARTICIPANTS

I, _____ (**parent**) hereby agree to allow my child to participate as a member of the 2014 NCS Zone Team that will be competing in San Antonio, Texas representing North Carolina Swimming. I consent to my child signing the Code of Conduct Statement below and further agree to release USA Swimming, Inc., NC Swimming, Inc., the meet sponsors, meet hosts, 2014 NCS Zone Team coaching staff, managers and chaperones from all liability for any and all injuries or loss suffered by my child at the event or during this trip. **I understand that if my child is in violation of the NCS CODE OF CONDUCT that he/she can be dismissed immediately from the event and that I am responsible for providing my child with transportation from wherever the team may be.** In the case of a medical emergency, I hereby authorize any of the Zone coaches, officials, managers or chaperones to give consent for medical treatment to be administered to my child.

Parent Signature: _____ Date: _____

SWIMMER CONSENT STATEMENT

I, _____ (**swimmer**) hereby apply to become a member of the 2014 NCS Zone Team that will be competing in San Antonio, Texas and representing NC Swimming, Inc. **I understand that by representing NC Swimming my behavior must be beyond reproach. I further understand that I will abide by the ZONE TEAM CODE OF CONDUCT agreement.** I agree to release from liability USA Swimming, Inc., NC Swimming, Inc., the meet sponsors, meet hosts, the 2014 Zone team coaching staff, managers and chaperones for any and all injuries suffered by me at the event or while I am on this trip.

Athlete's Signature: _____ Date: _____

MEDIA RELEASE STATEMENT

As part of the 2014 Zone Team trip, we will be producing daily updates on our swimmers' performances and may post photographs on the NCS website. Athletes are asked to sign below to give us permission to use their photos for the website, for the 2014 NCS Martha McKee Awards Banquet and for publicity surrounding the Zone meet in the future.

Athlete Signature: _____ Parent's Signature: _____

BEST LONG COURSE TIMES

Coaches often need a swimmer's best times from other current long course competition. To assist the coaches with deciding relay personnel and individual event selection, it would be extremely helpful if swimmers could get their home team coach to submit a Team Manager Best Times printout of current 2014 long course times in all events with this application.

ATHLETE MEDICAL HISTORY

Physician's Name	Phone Number: () -	Insurance Company:
Please list any Allergies as well as treatments:		Insurance Policy No:
Is the athlete taking any prescribed medications?		

During the July 28- August 3 , 2014 Zone Team trip, where can at least one parent be reached in the event of an emergency:

Name of Person: Relationship to athlete:
Location: Phone: () -

For meal planning purposes, please list any foods to which this athlete is allergic or has difficulty tolerating in this space:

ZONE POINTS COMPUTATION PROCESS FOR 11-12 & 13-14 AGE GROUPS

There are 15 LSC's in the Southern Zone and each selects their Zone Team using their own methods. Here is an outline of how the North Carolina Swimming selection process works.

11-12 and 13-14 ATHLETE SELECTION

The 13-14 and 11-12 swimmers may use any long course meters time achieved from December 1, 2013 through the end of Sunday's finals at the 2014 NCS long course 14 and Under Championships. All swims prior to the 14 & 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 2013-2016 AA time standards. Adding together the highest scoring six events produces a "total ZONE POINTS" score for each athlete.

Swimmers should compute ZONE POINTS for all events swum at the qualifying meets and then submit the six highest scoring events on their worksheet (PAGE 11).

The number of ZONE POINTS awarded per swim will be based on the proximity of the time swum to the 16th fastest time of the last year for which National Top-10 rankings were published.

From those applying to become a member of the NCS Zone Team, the top five 13-14 boys, the top five 13-14 girls, the top five 11-12 boys, and the top five 11-12 girls "total Zone Point scorers" will be extended an invitation to join the NCS Zone Team.

An additional three 13-14 boys, three 13-14 girls, three 11-12 boys, and three 11-12 girls will be selected on an "at-large" basis by the Zone Head Coach in consultation with the Zone Coaching staff. Selection of "at-large team members" will be based on likely scoring contribution to the team and performance information supplied to the staff.

TABLE A – NATIONAL 16th BEST TIME CHART

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 16th 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 16th place time in each event. (See below for sample computations).

% of Nat'l 16 th Place Time	Points Earned	% of Nat'l 16 th Place Time	Points Earned	% of Nat'l 16 th Place Time	Points Earned	% of Nat'l 16 th Place Time	Points Earned	% of Nat'l 16 th 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

CALCULATING ZONE POINTS FOR TIMES **SLOWER THAN** THE NATIONAL 16th PLACE TIME

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

From **Table A**, we note that the time (1:10.51) is slower than the National 16th fastest time swum by boys in John's age group (11-12 Boys).

Convert John's time swum to seconds. (**1:10.51 = 60 + 10.51 = 70.51 seconds**)

Divide his time (now in seconds) by the 16th place time in seconds (from TABLE A) for 11-12 boys

100m back: (**70.51 / 68.84 = 1.024**)

Multiply the result (1.024) by 100 to get a percentage = $1.024 \times 100 = 102.42\%$ (in TABLE B above we provide percentages in round numbers, so for all computing purposes we will **not** round up.), so....

Look up 102% on Table B, the Zone Points Chart above, and award the swim with 48 points.

Record the Zone points as 48 points on the Athlete Worksheet.

CALCULATING ZONE POINTS WHEN **FASTER THAN** THE NATIONAL 16th PLACE TIME

Times achieved at any Zone qualifying meet which are better the 16th place time of the last year for which Top 16 rankings were published (TABLE A) will be awarded **60** Zone points.

SUMMARY

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 will 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 (3 girls, 3 boys) will be selected by the NCS Zone coaching staff based on the ability of each athlete to potentially score points at the meet and any other performance documents supplied.

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.

If a time is exactly equal to the national 16th place time, the amount of points earned for that swim is 50.

The Zone Worksheet is due to the Zone Coaching Staff no later than 15 minutes following the conclusion of each applicant's final session. Please do not mail applications postmarked later than Monday, July 7, 2014 or emailed later than Wednesday, July 9, 2014.

2014 ZONE POINTS WORKSHEET for 11-12 and 13-14 APPLICANTS

If you are applying for the 2014 Zone Team and will be using any long course meter times achieved from Dec 1, 2013 and prior to the 2014 NCS Age Group Long Course Championships, please mail this worksheet with your application postmarked no later than Monday, July 7, 2014 or email no later than Wednesday, July 9, 2014.

If you are attending the 2014 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).

The 11-12 and 13-14 swimmers may use any long course meters time achieved from December 1, 2013 through the end of Sunday's finals at the 2014 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 2013-2016 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 (as of July 29, 2014 (circle):	
		Male	Female	11-12	13-14
TIME	EVENT/MEET	A Time Converted to seconds	B 16 th place time (sec)	A/B x 100 (to compute percent away from time)	Total Zone Points
<i>Example 1:10.51</i>	<i>100 Back AG Champs</i>	<i>70.51 sec</i>	<i>68.84 sec</i>	<i>102% (do not round up)</i>	<i>48 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:

EVENTS	PERCENT	ZONE POINTS RECEIVED
1		
2		
3		
4		
5		
6		

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.

2014 ZONE POINTS WORKSHEET for 15-18 AGE GROUP

If you are applying for the 2014 Zone Team and will be using any long course meter times achieved from December 1, 2013 through 2014 NCS LC Senior Championships, please mail this worksheet with your application postmarked no later than Friday, July 7, 2014 or emailed no later than Wednesday, July 9, 2014.

15-18 swimmers may use any long course meters time achieved from December 1, 2013 through the end of Sunday's finals at the 2014 NCS LC Senior Championship Meet. All times achieved prior to the 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 (as of July 29, 2014 (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	PERCENT	POINT VALUE
1		
2		
3		
4		
5		
6		TOTAL ZONE POINTS=

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

USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS CODE OF CONDUCT

The following code is in effect throughout the 2014 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.

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 NCS, as well as the other athletes with you, is dependent on your behavior.

The NCS Coaching Staff holds the final word on any rules, regulations or disciplinary actions.

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 NCS Zone Team. Any swimmer suspected of such activity will appear before a review committee composed of the NCS Coaching Staff, and NCS Zone Team Captains.

At no time will male and female athletes be in the same hotel room together. This applies to your LSC Zone Team members and members of any other LSC Zone Team.

No team meetings or practices may be missed. Be punctual to all meetings, departures to the pool and warm-up times.

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 NCS Coaching staff to leave the room.

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.

Any individual damages or thievery incurred on the trip will be at the expense of the swimmer, and further disciplinary action will be taken as such behavior will not be tolerated.

All team members will be polite in restaurants. Leave a 15% tip (minimum). If there is a problem with the service, see the NCS coaching staff.

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 Team.

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 _____

NCS SOUTHERN ZONE AGE GROUP CHAMPIONSHIP PSYCHE SHEET – GIRLS

11-12 GIRLS EVENTS	2011-Cary, NC			2012-Rockwall, TX			2013-Greenville, SC			MEET REC
	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	
50m FREE	28.29	28.57	29.04	27.60	28.57	28.90	27.10	28.35	28.50	27.10
100m FREE	59.91	1:01.81	1:02.46	59.62	1:01.61	1:02.32	59.80	1:01.10	1:02.52	58.42
200m FREE	2:08.55	2:14.30	2:16.93	2:09.24	2:13.11	2:14.79	2:09.48	2:13.22	2:15.53	2:06.31
400m FREE	4:29.49	4:41.65	4:45.98	4:32.49	4:37.29	4:42.37	4:37.85	4:39.47	4:46.19	4:23.56
50m BACK	31.49	32.97	33.61	31.80	33.12	33.33	31.23	32.44	33.01	30.90
100m BACK	1:06.99	1:10.73	1:11.47	1:07.46	1:10.89	1:11.13	1:06.42	1:10.59	1:11.09	1:06.42
50m BREAST	34.14	36.49	37.12	35.38	36.75	37.73	34.64	36.19	37.14	33.90
100m BRST	1:13.62	1:19.55	1:20.73	1:18.53	1:21.46	1:22.10	1:13.82	1:20.54	1:21.59	1:13.62
50m FLY	29.11	30.50	31.38	29.66	30.28	30.64	29.17	30.62	30.93	28.59
100m FLY	1:04.11	1:08.17	1:09.21	1:05.09	1:06.97	1:07.38	1:05.93	1:07.92	1:09.37	1:04.11
200m IM	2:23.80	2:32.13	2:33.79	2:27.28	2:30.95	2:34.94	2:27.58	2:33.31	2:35.70	2:23.20
13-14 GIRLS EVENTS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	MEET REC
	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	
50m FREE	27.23	27.53	27.79	26.76	28.09	28.27	26.92	27.58	27.82	26.76
100m FREE	58.43	59.44	59.87	58.94	1:00.43	1:00.60	59.16	59.72	1:00.20	58.38
200m FREE	2:05.01	2:08.73	2:10.17	2:06.17	2:09.75	2:11.05	2:06.60	2:10.12	2:10.57	2:05.01
400m FREE	4:23.70	4:29.78	4:32.19	4:24.05	4:31.98	4:35.72	4:27.16	4:31.21	4:35.32	4:22.65
800m FREE	9:01.15	9:16.94	9:24.02	9:06.08	9:17.93	9:27.04	9:05.62	9:21.56	9:24.55	8:57.01
100m BACK	1:05.39	1:07.62	1:08.01	1:05.99	1:07.63	1:08.23	1:05.21	1:07.62	1:09.11	1:05.07
200m BACK	2:20.36	2:24.35	2:26.17	2:20.70	2:26.22	2:27.83	2:19.84	2:26.27	2:27.01	2:18.60
100m BRST	1:14.09	1:17.11	1:18.41	1:15.40	1:17.76	1:18.35	1:13.16	1:18.21	1:19.82	1:12.28
200m BRST	2:37.13	2:43.36	2:46.01	2:42.43	2:45.53	2:49.45	2:35.30	2:43.85	2:49.56	2:35.30
100m FLY	1:02.92	1:04.53	1:05.79	1:04.35	1:05.95	1:06.41	1:03.46	1:04.40	1:05.92	1:02.45
200m FLY	2:18.78	2:25.12	2:27.28	2:18.85	2:25.73	2:27.68	2:19.62	2:24.23	2:25.53	2:18.24
200m IM	2:23.66	2:28.36	2:28.78	2:23.43	2:30.10	2:30.81	2:21.85	2:26.96	2:29.03	2:21.71
400m IM	5:03.08	5:08.95	5:13.29	5:03.07	5:14.99	5:16.21	5:00.25	5:13.36	5:17.57	4:57.92
15-18 GIRLS EVENTS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	MEET REC JR CUT
	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	
50m FREE	26.88	27.51	27.75	27.14	27.68	27.88	26.72	27.47	28.08	26.57 26.69
100m FREE	58.48	59.51	1:00.02	58.69	59.65	59.97	58.63	59.87	1:00.50	58.48 57.79
200m FREE	2:04.68	2:07.57	2:08.95	2:05.60	2:07.93	2:08.85	2:06.47	2:10.37	2:11.13	2:04.68 2:04.69
400m FREE	4:22.79	4:27.01	4:31.50	4:24.59	4:29.56	4:36.13	4:28.39	4:35.66	4:38.96	4:22.19 4:22.19
800m FREE	8:59.13	9:10.16	9:22.52	9:02.10	9:15.37	9:24.14	9:17.41	9:20.85	9:32.86	8:58.93 9:00.29
100m BACK	1:05.76	1:07.12	1:08.05	1:04.20	1:06.99	1:07.78	1:05.98	1:07.14	1:08.57	1:03.97 1:04.59
200m BACK	2:19.03	2:24.72	2:26.79	2:19.91	2:25.32	2:27.48	2:22.12	2:25.04	2:26.69	2:16.60 2:18.69
100m BREAST	1:14.28	1:16.84	1:18.41	1:15.52	1:17.40	1:18.31	1:14.42	1:16.83	1:18.14	1:11.73 1:13.49
200m BREAST	2:41.74	2:45.41	2:49.56	2:41.75	2:45.78	2:48.15	2:40.26	2:42.80	2:46.66	2:34.29 2:38.69
100m FLY	1:03.29	1:04.39	1:05.36	1:02.20	1:04.81	1:05.54	1:04.45	1:06.63	1:06.65	1:02.20 1:02.59
200m FLY	2:18.64	2:24.40	2:28.20	2:19.28	2:22.02	2:22.69	2:20.31	2:27.88	2:30.47	2:15.71 2:17.39
200m IM	2:21.58	2:24.77	2:27.16	2:23.91	2:26.62	2:27.72	2:23.28	2:27.59	2:29.37	2:20.45 2:21.39
400m IM	5:00.24	5:06.59	5:15.78	5:06.21	5:10.64	5:13.50	5:05.24	5:12.53	5:16.99	4:57.03 4:58.09

NCS SOUTHERN ZONE AGE GROUP CHAMPIONSHIP PSYCHE SHEET - BOYS

11-12 BOYS EVENTS	2011-Cary, NC			2012-Rockwall, TX			2013-Greenville, SC			MEET REC
	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	
50m FREE	26.05	27.55	27.70	25.74	27.39	27.90	25.53	26.87	27.41	25.53
100m FREE	56.03	1:00.27	1:00.47	56.21	58.85	59.97	56.08	59.19	1:00.21	55.45
200m FREE	2:03.07	2:10.36	2:12.91	2:05.08	2:10.04	2:10.92	2:02.64	2:08.12	2:11.87	2:02.64
400m FREE	4:26.36	4:34.59	4:40.74	4:24.67	4:32.80	4:39.94	4:21.39	4:28.60	4:32.75	4:17.74
50m BACK	29.73	31.62	32.35	28.73	31.75	32.07	29.65	31.11	32.22	28.49
100m BACK	1:03.20	1:07.95	1:08.84	1:02.74	1:06.80	1:08.62	1:02.62	1:08.26	1:09.04	1:01.35
50m BREAST	33.80	35.02	36.07	33.79	35.61	36.73	33.13	35.79	36.47	32.45
100m BRST	1:13.53	1:16.91	1:18.87	1:15.75	1:18.63	1:20.32	1:14.11	1:18.78	1:20.45	1:12.15
50m FLY	28.77	29.61	30.23	27.99	29.62	30.44	27.75	29.75	30.06	27.49
100m FLY	1:02.50	1:05.01	1:06.36	1:01.75	1:06.52	1:07.25	1:02.58	1:06.13	1:07.31	1:01.03
200m IM	2:21.38	2:28.35	2:31.49	2:20.13	2:29.01	2:31.02	2:21.26	2:28.65	2:30.46	2:16.58
13-14 BOYS EVENTS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	MEET REC
	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	
50m FREE	25.31	25.68	25.91	24.93	25.76	26.04	24.66	25.44	25.81	24.38
100m FREE	54.70	55.48	55.54	53.58	55.61	56.03	53.85	55.27	56.08	53.46
200m FREE	1:58.48	2:00.79	2:01.46	1:55.95	1:59.48	2:01.80	1:57.52	2:00.55	2:02.11	1:54.88
400m FREE	4:09.35	4:15.26	4:17.76	4:11.02	4:16.10	4:17.92	4:07.70	4:13.82	4:16.93	4:02.25
1500m FREE	16:35.53	16:56.13	17:07.19	16:23.66	16:43.97	16:52.07	16:28.00	16:53.25	17:23.65	16:08.80
100m BACK	59.94	1:02.63	1:04.36	1:01.13	1:02.90	1:04.21	59.73	1:01.10	1:02.51	59.60
200m BACK	2:09.97	2:13.54	2:16.87	2:10.28	2:15.26	2:17.55	2:08.82	2:12.47	2:14.89	2:09.38
100m BRST	1:09.73	1:11.25	1:11.96	1:07.31	1:10.85	1:12.55	1:07.74	1:10.84	1:11.78	1:05.31
200m BRST	2:29.00	2:34.73	2:37.00	2:28.40	2:34.30	2:36.46	2:27.10	2:33.78	2:34.94	2:23.03
100m FLY	58.78	59.92	1:00.42	57.98	1:00.11	1:00.58	58.43	59.76	1:00.48	57.98
200m FLY	2:07.07	2:12.90	2:16.48	2:09.77	2:13.38	2:17.04	2:08.47	2:14.16	2:16.19	2:07.07
200m IM	2:13.73	2:18.05	2:18.68	2:13.23	2:16.61	2:19.30	2:09.64	2:16.34	2:18.24	2:07.03
400m IM	4:44.55	4:51.34	4:55.16	4:39.89	4:48.78	4:52.42	4:41.82	4:49.89	4:53.35	4:34.78
15-18 BOYS EVENTS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	MEET REC JR CUT
	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	1 ST PLACE FINALS	4 th PLACE PRELIMS	8 th PLACE PRELIMS	
50m FREE	24.32	24.74	25.09	24.19	24.66	25.08	24.13	24.84	24.97	23.72 24.49
100m FREE	52.77	53.91	54.56	52.47	53.66	54.27	53.19	54.11	54.60	51.95 52.19
200m FREE	1:52.65	1:57.89	1:58.58	1:55.64	1:58.35	1:58.65	1:56.16	1:58.13	1:58.87	1:52.65 1:54.69
400m FREE	4:02.31	4:11.65	4:13.58	4:05.73	4:11.32	4:12.71	4:06.72	4:10.89	4:13.13	4:02.03 4:03.59
1500m FREE	16:19.04	16:23.93	16:39.58	16:12.10	16:23.28	16:45.21	16:30.12	16:38.67	16:59.04	15:55.75 16:08.09
100m BACK	59.28	1:00.24	1:00.71	58.99	1:01.63	1:02.06	58.60	1:00.98	1:01.76	58.22 58.99
200m BACK	2:05.41	2:10.73	2:11.76	2:05.85	2:11.77	2:14.91	2:08.17	2:12.82	2:13.53	2:05.41 2:07.39
100m BREAST	1:07.00	1:08.49	1:09.97	1:06.68	1:08.48	1:09.36	1:07.49	1:08.93	1:10.19	1:05.47 1:06.29
200m BREAST	2:27.05	2:28.79	2:31.82	2:22.39	2:28.23	2:30.30	2:26.86	2:29.44	2:30.57	2:21.70 2:23.69
100m FLY	56.69	57.75	58.43	57.11	57.97	58.75	56.75	57.74	58.76	55.88 56.69
200m FLY	2:03.97	2:09.13	2:11.10	2:07.79	2:09.86	2:13.60	2:06.22	2:11.28	2:12.68	2:03.79 2:05.49
200m IM	2:08.46	2:11.68	2:14.45	2:09.72	2:12.87	2:14.08	2:09.92	2:13.09	2:15.37	2:07.78 2:08.69
400m IM	4:34.52	4:39.67	4:44.40	4:35.40	4:42.41	4:46.20	4:38.30	4:42.60	4:43.55	4:32.65 4:33.89

ADDITIONAL INFORMATION

- ▶ For accurate directions to the facility put the following address into Google Maps, 13200 Skyhawk, San Antonio, TX 78249.
- ▶ Important updates and other useful information pertaining to the meet and local amenities will be available on the Southern Zone website which can be reached via the USA Swimming website, usaswimming.org or the South Texas website, www.stswim.org. Meet Mobile will also be active during the meet.
- ▶ The pool facility is a state of the art 8-lane, 50M course with depths of 6.7ft at both the start and turn ends.
- ▶ Shaded stadium seating is available for 2500 spectators
- ▶ Officials interested in helping at this meet can contact Southern Zone Officials Chair, Wayne Shulby (wayne.a.shulby@GSK.com) or Meet Referee, Ron Zolno (rzolno@gmail.com). Interested officials must fill out the application form available at <http://www.szoneswim.com>.
- ▶ There will be an athlete's parade on Friday, August 1, prior to the finals session.
- ▶ Swimmers that have ever achieved the current summer Junior National qualifying standard are not eligible to compete unless they achieved the result within two weeks of the entry deadline. The entry deadline is Monday, July 28, 2014 at 12noon CDT.
- ▶ Entry Limits: 3 athletes per LSC in the 400 Free, 400 IM, 800 Free, 1500 Free; 1 relay team per relay event; unlimited entries for all other events.
- ▶ Each swimmer is limited to six (6) individual events for the meet; three (3) individual events per day.
- ▶ Daily Schedule
Tuesday, July 29 – Warm-ups – 11am; Competition – 1:00pm
Wed-Sat, July 30-Aug 1 – Prelims – 7:00AM; Competition – 9:00AM
Finals Warm-ups – 4:00PM; Competition – 5:30PM
- ▶ Open Water Meet – There is an open water meet planned for Sunday, August 3, but at press time there has been very little information available. We will keep everyone posted as those plans develop.