



# 2015 USA Swimming Southern Zone Age Group Swimming Championships

August 4 - 8, 2015



Sponsored by: USA Swimming and Mississippi Swimming  
Hosted by: Shockwave Aquatics Swim Team  
[www.shockwaveaquatics.com](http://www.shockwaveaquatics.com)

**Sponsored by:** USA Swimming

**Sanction #:** MSI - #1513

**Meet Dates:** August 4 - 8, 2015

**Venue:** Tupelo Aquatic Center  
692 North Veterans Blvd  
Tupelo, MS 38804  
662.840.3768

**Directions:** Please use Google Maps and put in the address above for accurate directions

**Meet Updates:** Important updates and other useful information pertaining to the meet and local amenities will be available on Southern Zone website, located on the USA Swimming webpage, the Mississippi Swimming website ([www.msswim.org](http://www.msswim.org)), and the Shockwave Aquatics website ([www.shockwaveaquatics.com](http://www.shockwaveaquatics.com))

**Parade:** Wednesday, August 5 at 4:45 p.m.  
This will be an introduction of all the zone teams by a walk in and walk around the pool area.  
Attire: Your team t-shirts/shorts/warm-ups

**Facility:** State of the art indoor facility  
Eight (8) land 50 meter racing course  
All automatic Colorado Timing System starting and timing  
Meet Management by HY-TEK Meet Manager 5.0  
Deck seating for athletes, coaches and officials is 500  
Stadium seating for 970 athletes and spectators  
Paragon Track Start Competitor Blocks  
Two Colorado System Full Matrix LED Scoreboards (6'4" x 12'6" and 9' x 12')  
Competition Pool: Eight (8) 50 meters lanes  
Additional Warm Up Lanes: Five (5) 25 yard lanes  
Concessions and swim shop available  
This pool has been certified in accordance with USA Swimming Rule 104.2.2 (C) and a copy is on file with USA Swimming. The course have been professionally surveyed and certified.  
A Ready Room for finalists will be available. Its location will be briefed during the General meeting.

**Pool**

**Measurement:** The competition course is certified, in accordance with USA Swimming Rule 104.2.2(C). The water depths of the competition course measure:

	Start End	Middle	Turn End
Competition Pool	7'5"	7'0"	4'6"

**Liability:** In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., Mississippi Swimming, Inc. (MSI), the Shockwave Aquatics Swim Team (SWAT), the City of Tupelo, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

**Sanction:** Held under the sanction of USA Swimming this meet is sanctioned by Mississippi Swimming and 2015 USA Swimming rules and any current relevant sections of the Mississippi Policies & Procedures Manual will apply. All swimmers must be registered for 2015 with USA Swimming by the entry deadline.

**Meet Format: Finals:** 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. An additional Finals heat for the swimmers with disabilities may be swum. Additional information will be available at the General Meeting. With the approval of the Zone Age Group Chair, the Meet Referee and the Meet Director reserve the right to make changes to meet logistics, if deemed appropriate.

**Meet**

<b>Management: Meet Director</b> Barbara Aguirre 601.401.7550 southernzone.tupelo@gmail.com	<b>Entries Chair</b> Alissa Kojima 847.809.9550 ak813@comcast.net	<b>Administrative Referee</b> TBD
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**Other Important Contact Information:**

<b>Dave Smith- Meet Referee</b> 850.305.6877 (cell) <a href="mailto:davesmith4@cox.net">davesmith4@cox.net</a>	<b>BJ Allenstein- Zone Age Group Chairman</b> <a href="mailto:bjbigsplash@hotmail.com">bjbigsplash@hotmail.com</a>
<b>John Roy- Zone Director- Coach</b> <a href="mailto:coachjohn@bellsouth.net">coachjohn@bellsouth.net</a>	<b>Clark Hammond- Zone Director- Non Coach</b> <a href="mailto:clarkhammond2797@gmail.com">clarkhammond2797@gmail.com</a>

**Officials:** Help from visiting officials is always welcome, and appreciated. All deck officials must be currently certified by USA Swimming, and have a current background check. All positions will be assigned through an application process. All officials are asked to submit their completed application form (available at <http://www.szoneswim.com/TabGeneric.jsp?tabid=43797&team=szlsc>) via email to the Southern Zone Officials Chair, Wayne Shulby ([wayne.a.shulby@gsk.com](mailto:wayne.a.shulby@gsk.com)) and the Meet Referee, Dave Smith ([davesmith4@cox.net](mailto:davesmith4@cox.net)). All officials must attend a mandatory meeting one-hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be light blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. All officials will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Officials should prominently display their meet credential while on deck. The wearing of name tags is encouraged.

Official Certification: This meet has been approved as an Officials Qualifying Meet. Officials who are interested in being evaluated need to indicate that on their official's application (see above).

**Captains:** Each LSC is required to designate at least one (1) and no more than three (3) athletes as captains. One (1) captain must attend the General Meeting.

#### **General**

**Meeting:** There will be a mandatory meeting in the Tupelo Aquatic Center Multi-Purpose Room for all head coaches and at least one captain from each LSC on the first day of the meet, Tuesday, August 4, at 9:00 AM.

#### **Safety**

**Guidelines and Warm Up Procedures** See attached Safety Guidelines and Warm-Up Procedures on pages 15-16.

**Eligibility:**

- All swimmers shall be USA Swimming year-round registered athletes.
- Each LSC may select a maximum of forty-eight (48) athletes for its team. They may select a maximum of eight (8) females and eight (8) males in each of the 11-12, 13-14 and 15-18 age groups.
- Swimmers that have ever achieved any current Junior National summer standard are not eligible to participate in the meet, unless they achieved the result within two weeks of the entry deadline.
- The age of a swimmer on the first day of the respective meet shall determine the swimmer's age for that meet.

#### **Entry**

**Process:**

- The **only** acceptable mode of entry is via Hy-Tek Commlink File
- A hard copy of your entries **MUST** be hand delivered or attached to your email.
- An "HYV" File for Team Manager is available on the Zone Page at [www.shockwaveaquatics.com](http://www.shockwaveaquatics.com)
- Entry files will be accepted via mail, email or hand delivery to the entry chairperson as noted below. - - - - Receipt of entries, regardless of how submitted (mail, email or hand delivery) will be acknowledged via email.
- If you have an entry question, please contact Entries Chair Alissa Kojima (ak813@comcast.net). Email is preferred.
- Each LSC shall identify the name and telephone of the person responsible for their entries.
- Each LSC shall bring to the general meeting, a copy of their LSC's Official Selection Procedure for this meet.
- A list of coaches and chaperones up to 12 individuals **must** accompany the entries and may be e-mailed.

#### **E-Mail**

**Entries:**

- Entries in Commlink Format only, MUST be sent or delivered to: ak813@comcast.net. E-mail submissions to any other address cannot be accepted. NO Entries via FAX will be accepted
- The Commlink File must be renamed to clearly identify the entering team, the shorter the better
- Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded
- Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail or hand-delivered
- Athletes WILL NOT be allowed to participate in the meet until entry fee payment has been received by the Meet Director or designee

**Entry Deadline: Monday, August 3 @ 12:00 PM NOON CDT.**

**There are no late entries or deck entries for this meet.**

## Disability

### Entries:

Each LSC may bring six (6) swimmers; three (3) boys and three (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 major life activities. These swimmers with disabilities are in addition to the permitted forty-eight (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.

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. **It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability- related accommodations he/she may need to compete.** This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmer's needs and determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.

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

### Four categories of disabilities:

#### **Visually Impaired, Hearing Impaired, Cognitively Impaired, Physically Impaired**

Each swimmer wishing to enter the disability events would have to have a classifiable disability that would fall into at least one of the four categories. If a swimmer had more than one category of disability they would then choose which of the categories they would like to compete in for the duration of the meet.

### Entry Limits:

Each LSC is limited to

- o Three (3) individual entries for the 400 Free/400 IM/800 Free/1500 Free
- o **Unlimited** entries for all other individual events,
- o One (1) relay team per relay event.

Each swimmer is limited to

- o Six (6) individual events for the meet (entered),
- o Three (3) individual events per day (entered).

### Entry Fees:

Southern Zone Age Group Swimming Championships:

- Individual events - \$7.50/event.
- Relay events - \$10.00/event.

(Fees may be changed by a majority vote of the LSC representatives in attendance at the annual meeting).

Please make checks payable to: **Shockwave Aquatics**. All entry fees must be paid in full to the Meet Director prior to the conclusion of the General Meeting on the first day of competition.

### Relays:

All relays will be swum in the evening session as timed finals. Relay cards for each day's relays are due to the Clerk of Course by the start of finals each day.

**Seeding:**

- Only Long Course times shall be used for seeding.
- The first day's events, the 11-12 400 Free, the 13-14 and 15-18 800/1500 Free shall be deck-seeded, timed final events. Positive check-in will be required by the end of the general meeting. The heats in these events will be swum **fastest to slowest**, alternating girls and boys.
- All other individual events will be seeded as Prelim/Final events.
- Re-seeding shall only be done in the case of administrative error by the host or a swimmer medically scratching out of finals after the scratch deadline, time permitting.
- Under no circumstance will any swimmer left off the LSC's original Entry Form be permitted to swim any event(s) in the meet.

**Scratches:**

- No penalty for scratches on the blocks in the preliminaries.
- For deck-seeded events, swimmers who are checked in and then fail to compete will be barred from their next individual event.
- For Finals, those swimmers who qualify for the Finals and fail to declare their intention to scratch to the Administrative Referee within thirty (30) minutes of the announcement of the finalists for that event, and then fail to scratch within thirty (30) minutes of their last event of that session and then fail to compete in the event in the Finals, will be barred from all subsequent competition in the meet. (Exception: The Meet Referee may allow a swimmer to compete further if based on his judgment, the swimmer was ill or the reason for missing the final was beyond the control of the swimmer.).

**Awards:**

- All Awards shall follow the General Awards Schedule as close as possible (page 10).
- The following awards shall be awarded at the Southern Zone Age Group Swimming Championships.
  - Only the top three (3) places in each event will actually be PRESENTED.
  - Individual events: 1st-8th place medals
  - Relay events: 1st-3rd place medals,
  - Team Awards: 1st Place "Champions Medals" and 54 t-shirts. 2nd & 3rd Place: Plaque/Trophy
  - Age Group Awards: 1st place Women and Men in each age group – Plaque/Trophy
  - The Charlene Craddock Sportsmanship Award: Medals and 54 caps swim caps.

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

**Scoring:**

Each LSC shall be scored as a team for the Southern Zone Age Group Swimming Championship. Each event shall be scored to eight places under the following system:

- Individual events: 9-7-6-5-4-3-2-1
- Relay events: 18-14-12-10-8-6-4-2

Disability swimmers will be scored, based on the number of disability swimmers in that particular event, as follows: Five athletes (6, 4, 3, 2, 1); Four athletes (5, 3, 2, 1); Three athletes (4, 2, 1); Two athletes (3, 1); One athlete (2).

#### **Timing**

**System:** The Colorado Timing System with electronic scoreboards will be used. Two buttons and two watches per lane will be used as a back-up.

**Timers:** Timers, for all sessions, will be provided by Tupelo Aquatic Center/ Shockwave Aquatics. Swimmers in the 800/1000 Freestyle events must provide one lap counter, if desired.

#### **Pool Deck**

**Restriction:** Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Mississippi sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display the deck pass issued by the meet host. Please see attached "Rules & Regulations" Policy of the Tupelo Aquatics Center. **All meet entries must be accompanied by a signed copy of the aquatic center's "Rules and Regulations" Policy (one per team or one per individual swimmer not attached to a team).**

**Photography:** No parent photographers will be allowed on deck. Photographers and videographers must stay out of the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race.

**Deck Passes  
and**

**Registration:** Deck passes must be presented to enter the competition deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued deck passes. Coaches and officials must present valid USAS Registration cards to receive a deck pass. No team photographers will receive deck passes. Deck passes for media personnel must be arranged with the Meet Director. Deck passes must be picked up at the registration desk. Replacement of a lost deck pass will cost \$10.

**Spectator**

**Admission:** All Sessions Meet Pass: \$30.00  
Per Day Pass: \$10.00  
Individual Session Pass: \$5.00

**Heat Sheets:** Prelims: \$5.00 separately or \$20.00 for all days  
Finals: Free with All Session Meet pass stamp or coupon  
Finals Individual Sales (no coupon): \$4.00 each day

**Audio/Visual**

**Recording Devices:** The presence and / or use of cell phones, smart phones, or any other devices capable of producing audio recordings and / or photographic or video images in locker rooms, rest rooms, or changing areas is strictly and specifically prohibited at all times. There are no exceptions to this prohibition. Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

**Unaccompanied**

**Swimmers:** 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. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Concessions:** A concession stand will be open during the meet.

**Hospitality:** A hospitality area will be available for all coaches, officials.

**Merchandise:** Apparel and swim gear will be on sale during the meet.

**Meet Results:** Final meet results will be posted at: [www.usaswimming.org](http://www.usaswimming.org). Meet Mobile will be available and results will be available on the Zone Page of the Shockwave Aquatics web page ([www.shockwaveaquatics.com](http://www.shockwaveaquatics.com))

**Spectator**

**Seating:** Reserving seats before, between or during sessions is not allowed. Tents, chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seats are restricted - please see attached "Tupelo Aquatic Center Rules and Regulations Policy" attachment

**Deck Seating, Signs** RESERVING OF SEATS ON DECK IS NOT ALLOWED. Team seating will be provided. Each competing team is permitted one temporary banner, placed at the discretion of the Aquatics Director. Team banners must not exceed 5' by 8'. No handmade signage is allowed to be hung in the Aquatics Center.

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 prohibited. Please use the locker rooms to change clothes or suits while in the facility.

**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, three (3) coaches and two (2) athletes from five (5) different, randomly selected LSC's. This committee will have jurisdiction over technical protests with the exception of officials' judgment calls. The committee will follow the USA Swimming Rules and Regulations, the Southern Zone Age Group Swimming Championships Meet Handbook and the meet information letter at all times.

**Daily**

**Schedule:** The following schedule will be used as a general guideline for all activities:

<b>Tuesday:</b>	Timed Finals: Warm-ups 11:00 AM; Competition 1:00 PM
<b>Wednesday-Saturday:</b>	Prelims: Warm-ups 7:00 AM; Competition 9:00 AM
	Finals: Warm-ups 4:00 PM; Competition 5:30 PM

**Warm-Up**

**Schedule:** A detailed warm-up schedule is attached.

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**ORDER OF EVENTS**

	<b>Tuesday</b>	<b>Timed Finals 1:00 pm</b>
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 girls then boys.		
<b>Prelims 9:00 am</b>	<b>Wednesday</b>	<b>Finals 5:30 pm</b>
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.		
<b>Prelims 9:00 am</b>	<b>Thursday</b>	<b>Finals 5:30 pm</b>
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.		



<b>Prelims 9:00 am</b>	<b>Friday</b>	<b>Finals 5:30 pm</b>
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**
<b>**All relays are timed finals and will be swum in the finals.</b>		
<b>Prelims 9:00 am</b>	<b>Saturday</b>	<b>Finals 5:30 pm</b>
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**
<b>**All relays are timed finals and will be swum in the finals.</b>		

**2015 USA Swimming Southern Zone Age Group Swimming Championship  
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**Finals & Awards Schedule**

**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 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

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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 Shockwave Aquatics).

**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 #1 \_\_\_\_\_

Home/Cell Phone Number #1 \_\_\_\_\_ Work Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

LSC Contact Person #2 \_\_\_\_\_

Home/Cell Phone Number #2 \_\_\_\_\_ Work Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_

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

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

**Total Amount Enclosed** (checks payable to Shockwave Aquatics) \$ \_\_\_\_\_

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, Mississippi Swimming, Shockwave Aquatics Swim Team and the City of Tupelo, MS, 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 \_\_\_\_\_

# 2015 USA Swimming Southern Zone Age Group Swimming Championship August 4 - 8, 2015

## Swimmers with Disabilities Meet Entry Summary Sheet

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Male Female

Address: \_\_\_\_\_ USA Swimming #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age on August 4, 2015: \_\_\_\_\_

Disability: \_\_\_\_\_ Classification (if known): \_\_\_\_\_

Swimmer/Parent E-mail Address: \_\_\_\_\_

Club: \_\_\_\_\_ Club Coach: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Phone: Day: \_\_\_\_\_ Evening: \_\_\_\_\_ Cell: \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Special Accommodations Needed: \_\_\_\_\_

**ONLY LONG COURSE METER (LCM) TIMES WILL BE ACCEPTED FOR THE PURPOSES OF SEEDING  
SEED WITH**

#	<b><u>EVENT DESCRIPTION</u></b>	<b><u>ENTRY TIME</u></b>	Age Group (same age & distance)	Different Distance (same age) (distance depends on entry time)	Comparable Time
1	_____	_____	_____	_____	_____
2	_____	_____	_____	_____	_____
3	_____	_____	_____	_____	_____
4	_____	_____	_____	_____	_____
5	_____	_____	_____	_____	_____
6	_____	_____	_____	_____	_____

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

**I certify that the above listed times are correct.**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Club Head Coach/Age Group Coach (REQUIRED SIGNATURE)

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

The following code is in effect throughout the 2015 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 time 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
- 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 \_\_\_\_\_

# 2015 USA Swimming Southern Zone Age Group Swimming Championship

## August 4 - 8, 2015

### Warm-Up Procedures

The competition pool will be open for general warm-ups during the following times before the meet begins:  
 This grouping is based on last year's attendance and may be subject to change based on teams entered.

Monday, August 3: 1:00 - 7:00 PM

Tuesday, August 4: 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
<b>Tuesday</b>	Group 1	Group 2	Group 3
<b>Wednesday</b>	Group 3	Group 1	Group 2
<b>Thursday</b>	Group 2	Group 3	Group 1
<b>Friday</b>	Group 1	Group 2	Group 3
<b>Saturday</b>	Group 3	Group 1	Group 2

#### Warm-up Times:

<u>Tuesday:</u>	11:00-11:30 PM	Group 1 Warm-up
	11:30-12:00 PM	Group 2 Warm-up
	12:00- 12:30 PM	Group 3 Warm-up
	12:30- 12:45 PM	Lanes 1, 2, 7, 8 Pace lanes Lanes 3 & 6 One Way Starts Lanes 4 & 5 General warm- up
<u>Wed-Sat Prelims:</u>	7:00-7:30 AM	Group 1 Warm-up
	7:30-8:00 AM	Group 2 Warm-up
	8:00-8:30 PM	Group 3 Warm- up
	8:30- 8:50 AM	Lanes 1, 8 Pace Lanes 2, 3, 6, 7 One Way Lanes 4 & 5 General Warm- up
<u>Wed-Sat Finals:</u>	4:00-4:45 PM	Lanes 1-8 General Warm-up
	4:45-5:15 PM	Lanes 1 & 8 Pace Lanes Lanes 2, 3, 6, 7 One Way Lanes 4 & 5 General Warm- up

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

\*\*On WEDNESDAY night, the day of the parade, the General Warm-up will end at 4:45 p.m.\*\*

\*\*The Warm-Up pool will be set up with lane lines and will be available during all sessions for general Warm-Up\*\*

# Safety Guidelines and Warm-up Procedures

## A. WARM-UP PROCEDURES

### I. Assigned warm-up Procedures.

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane
- c. Dive sprints may be done only under the direct supervision of the coach

### II. Open warm-up procedures.

#### LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace Lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times one way only!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, pull buoys, or hand paddles may be used.

### III. Safety Guidelines

#### a. Coaches are responsible for the following:

1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.

#### b. The host team will be responsible for the following.

1. A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
2. Marshals must be members of United States Swimming.
3. Marshals will have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
5. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "Mississippi Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
6. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
7. Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

## B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Referee.

**NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.** -STSI Safety Guidelines and Warm-up Procedures last Revised 29-SEP-03



# ***One for the Money, Two for the Show, Three to Get Ready***

***Tupelo is set to host 2015 USA Swimming Southern Zone Age Group Swimming Championships***

## **Rock and Roll Dinner and Dance**

**Tuesday, August 4, 2015**

Start Time: 2 hours after the finish of Tuesday's events.

**Where:** The Summit Center, 852 North Gloster Street, Tupelo, MS

**Attire:** Your best Rock and Roll attire.

Shockwave is hosting a dinner/dance at for all teams, coaches, chaperones, and officials.

David Lee, award winning Elvis Presley impersonator, will be performing for your entertainment. A DJ will be there to follow with the best music for all from the different eras from Rock and Roll.

## **Parade**

**Wednesday, August 5, 2015**

Start Time: 4:45 p.m.

**Attire:** Your team t-shirts/shorts/warm-ups

This will be an introduction of all the zone teams by a walk in and walk around the pool area.

**\*\***The Elvis Presley Foundation is providing free tickets for each team, their coaches and chaperones, to visit Elvis Presley home which is a block from the pool.

Please visit [www.tupelo.net](http://www.tupelo.net) for restaurant information and other events and attractions in Tupelo.

Caterers and their menus will be available on line at [shockwaveaquatics.com](http://shockwaveaquatics.com) on the home page under the Southern Zone Meet along with other meet information.

**2015 USA Swimming Southern Zone Age Group Swimming Championship**

**August 4 - 8, 2015**

**Travel Information**

**Local Airport**

Tupelo Regional Airport

[www.flytupelo.com](http://www.flytupelo.com)

1-662-841-6570

**Regional Airports**

Memphis International

Birmingham International

**Car Rentals**

Budget Car Rentals at Tupelo Regional Airport 1-800-527-0700

1-662-840-3710

Hertz Car Rentals at Tupelo Regional Airport 1-662-680-9482

1-800-654-3131

Enterprise Rent-A-Car 551 (Daybrite Drive) 1-800-RENT-A-CAR

1-662-842-2237

U-Save (1937 Cliff Gookin Blvd.) 1-662-840-8888

**In Case of Emergency**

North MS Medical Center is located at 830 South Gloster Street Tupelo.

Seek Emergency Medical Service by calling the emergency room at 662-377-4157 or by dialing 911.

**2015 USA Swimming Southern Zone Age Group Swimming Championship**  
**August 4 - 8, 2015**  
**Participant Hotels**

**Courtyard by Marriott**

1320 North Gloster Street  
Phone #: 1-662-841-9960  
[www.courtyard.com](http://www.courtyard.com)

**LaQuinta Inn & Suites**

1013 North Gloster  
Phone# 1-662-847-8000  
[www.lq.com](http://www.lq.com)

**Fairfield Inn & Suites**

3070 Tom Watson Road  
Phone#: 1-662-680-6798  
[www.marriott.com/tupfi](http://www.marriott.com/tupfi)

**Check out:**

[www.tupelo.net](http://www.tupelo.net)  
for other listings of hotel  
accommodations

**Hilton Garden Inn and Suites**

363 East Main Street  
Phone#: 1-662-718-5500  
[www.tupelo.stayhgi.com](http://www.tupelo.stayhgi.com)

Welcome to the Tupelo Aquatics Center. We ask that while you are on any of our premises you abide by the following Facility Safety Rules and Regulations and make sure parents, swimmers, and other guests understand the need for safety at all times. Thank you and enjoy your visit.

## Facility Safety Rules and Policies

Tupelo Aquatic Center highly recommends that all swimmers follow the CDC "Healthy Swimming Policy" by showering before entering the pool.

Tupelo Aquatic Center is a tobacco, alcohol and weapons free property. No smoking within 25 feet of any entrance of the Tupelo Aquatic Center. The use of vapor e-cig is prohibited.

Glass containers are not allowed in or around the facility. This applies to parking lot areas.

Two Coolers per team allowed. NO glass allowed in coolers.

Chewing gum is not permitted anywhere in the pool area.

**Deck Pass Requirements:** Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. Deck pass credentials must be worn at all times.

All spectators will be prohibited from seating on the deck. Participants and spectators are **not** allowed to lean or stand in front of the rails blocking the view of seated spectators.

Folding chairs are not allowed on the deck of the Tupelo Aquatic Center. Climbing to and from the deck bleacher to permanent bleachers is not permitted.

Each competing team is permitted one temporary banner, placed at the discretion of the Facility Mgr or Meet Director. Team Banners must not exceed 5'x8'.

Teams are expected to clean up their respective areas at the conclusion of each session.

Participating in any activity that can be interpretive or described as "risky" or "horseplay" is prohibited at the Tupelo Aquatic Center facility.

The use of flash photography or making noise at the start of any race is prohibited. Other noise makers are prohibited.

Blocking or restricting the fire lanes or emergency exits is strictly prohibited.

Expressions of physical or verbal abuse to any staff member or other user of the facility will not be allowed.

No profanity.

No misuse of equipment.

No public displays of affection.

Tupelo Aquatic Center is not responsible for lost or stolen items.

Designated security personnel are empowered to enforce any and all regulations of Tupelo Aquatic Center.

Your safety is our biggest concern. Our safety staff will have on lifeguard shirts and will be available to assist you with any needs. Let them know of any safety issues you detect and please follow all requests for safety first.

# Acknowledgement

Team Name: \_\_\_\_\_

Head Coach: \_\_\_\_\_

I agree, on behalf of my organization that:

I have received a copy of the Tupelo Aquatic Centers Facility Safety Rules and Policies for this event.

I understand the responsibility for ensuring that all members of the organization and their guests comply with these safety rules and regulations.

I understand that additional copies are available upon request to the meet director.

I affirm that all coaches of my organization have up to date CPR/First Aid/AED certifications, background checks/ water safety training for Swim Coaches/ Athlete Protection training and have any other specific training or liability coverage (USA Non-athlete membership) as required by the organization's national governing body.

I affirm that all chaperones or officials of my organization have current background checks, current USA Swimming non-athlete membership, and Athlete protection training.

Head Coach Signature \_\_\_\_\_ Date \_\_\_\_\_