



2015 USA Swimming Southern Zone Age Group Swimming Championships

August 2-6, 2016



Sponsored by: USA Swimming and North Carolina Swimming

Hosted by: TAC TITANS Swim Team

www.tactitans.com

Sponsored by: USA Swimming

Sanction #: Held under sanction of USA Swimming Inc., issued by North Carolina, Inc. **Sanction #NC16125**

Meet Dates: August 2 - 6, 2016

Venue: Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
919-459-4045

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 North Carolina Swimming website (www.ncswim.org), and the TAC TITANS website (www.tactitans.com)

Parade: Wednesday, August 3 at 5:10 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: The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of 7 to 12 feet that can be configured for separate 8-lane and 10-lane, 25-yard competition courses. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 4 to 10 warmup/warm-down lanes at any time. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions.

Spectator seating for 1,000 above the deck offers bleacher seating with backs, tables, and open seating. There is a Daktronics OmniSport2000 Pro Swimming timing system with two matrix scoreboards (8' x 7') and operates HY-TEK Meet Manager 6.0. The aquatic facility is conveniently located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center.

Pool

Measurement: The competition course is certified, in accordance with USA Swimming Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming. The water depths of the competition course measure:

	Start End	Middle	Turn End
Competition Pool	12f+	7f+	7q

Liability: In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., the Southern Zone, North Carolina Swimming, the TAC TITANS Swim Team, the City of Cary, 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 North Carolina Swimming and 2016 USA Swimming rules and any current relevant sections of the North Carolina Policies & Procedures Manual will apply. All swimmers must be registered for 2016 with USA Swimming by the entry deadline. No on-deck registration is allowed.

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

Management: Meet Director / Entries Chair

Lana Sanders

919-696-0642

sozones2016@gmail.com

Other Important Contact Information:

Mark Frank - Meet Referee mfrank2417@gmail.com	BJ Allenstein- Zone Age Group Chairman bjbigsplash@hotmail.com
John Roy- Zone Director- Coach coachjohn@bellsouth.net	Clark Hammond- Zone Director- Non Coach clarkhammond2797@gmail.com

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](#) (via email to the Southern Zone Officials Chair, Wayne Shulby (wayne.shulby@gmail.com) and the Meet Referee. All officials must attend a mandatory meeting one-hour before each session. The uniform for all preliminary sessions will be white polo shirt over navy shorts/pants/skirt, as appropriate with white shoes and socks. Finals uniform will be white polo shirt over navy pants/skirt (NO shorts), as appropriate with white shoes and socks. 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 Triangle Aquatic Center Gallery for all head coaches and at least one (1) captain from each LSC on the first day of the meet, Tuesday, August 2, at 9:00 AM.

Safety

Guidelines and Warm Up Procedures

See attached Safety Guidelines and Warm-Up Procedures on pages 16-17.

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 "TM" Event File for Team Manager is available on the Zone Page at www.tactitans.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, Lana Sanders, at sozones@gmail.com. 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: sozones2016@gmail.com. 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 1 @ 12:00 PM NOON CDT.*

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

No deck registration is permitted.

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: **TAC TITANS Swim Team**. 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 days' 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. The 13-14 and 15-18 age groups will be seeded to swim together for the 800 and 1500 Free events but separated for entry limit and scoring purposes.
 - 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 as originally announced 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 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

All events will be scored separately as 11-12, 13-14 and 15-18.

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 Daktronics Omnisport 2000 Pro Swimming 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 TAC TITANS Swim Team. 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 North Carolina 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.

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.

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 Use of audio or visual recording devices including a cell phone is not permitted in changing area, rest rooms, or locker rooms.

Deck Changes: Deck changes are **not** permitted. 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.

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: Fresh & Healthy Café 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 in the TITANS Swim Shop.

Meet Results: Final meet results will be posted at: www.usaswimming.org. Meet Mobile will be available and results will be available on the Event Results page of the TAC TITANS website (www.tactitans.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.

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 banner must not exceed 5' by 8'. No handmade signage is allowed to be hung in the Aquatics Center.

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:

Tuesday:	Timed Finals: Warm-ups 11:00 AM; Competition 1:00 PM
Wednesday-Saturday:	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.

**2016 USA Swimming Southern Zone Age Group Swimming Championship
August 2 - 6, 2016**

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 girls then boys.		
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.		

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.		

**2016 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

**2016 USA Swimming Southern Zone Age Group Swimming Championship
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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 TAC TITANS SWIM TEAM).

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

2016 USA Swimming Southern Zone Age Group Swimming Championship

August 2 - 6, 2016

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 TAC TITANS SWIM TEAM) \$ _____

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, North Carolina Swimming, TAC TITANS Swim Team and the City of Cary, NC, 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 _____

**2016 USA Swimming Southern Zone Age Group Swimming Championship
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Swimmers with Disabilities Meet Entry Summary Sheet

Name: _____ DOB: _____ Male Female

Address: _____ USA Swimming #: _____

City: _____ State: _____ Zip: _____ Age on August 2, 2016: _____

Disability: _____ Classification (if known): _____

Swimmer/Parent E-mail Address: _____

Club: _____ Club Coach: _____ Phone: _____

Parent/Guardian's Name: _____

Phone: Day: _____ Evening: _____ Cell: _____

Emergency Contact: Name: _____ Phone: _____

Special Accommodations Needed: _____

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

#	<u>EVENT DESCRIPTION</u>	<u>ENTRY TIME</u>	<u>SEED WITH</u>	
			Age Group (same age & distance)	Comparable Time (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)

2016 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 _____

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

Cary is set to host 2016 USA Swimming Southern Zone Age Group Swimming Championships

Athlete Social

Tuesday, August 2, 2015

5:00pm-8:00pm

Location TBD

Parade – Meet Theme: SUPER HEROS!

Wednesday, August 3, 2015

Start Time: 5:15 p.m.

Attire: To fit the theme

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

Theme: Superhero

Each team will create a superhero for your LSC drawing inspiration from characters of both Marvel and DC Comics.

Please visit www.visitraleigh.com for restaurant information and other events and attractions in Cary.

2016 USA Swimming Southern Zone Age Group Swimming Championship

August 2 - 6, 2016

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 1: 1:00 - 7:00 PM

Tuesday, August 2: 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:

<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 Warm-ups will end at 5:00 p.m.

**The Warm-Up pool will be set up with 5 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: "North Carolina 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

2016 USA Swimming Southern Zone Age Group Swimming Championship

August 2 - 6, 2016

Travel Information

Regional Airports

Raleigh-Durham International Airport

www.rdu.com

919-840-2123

Car Rentals

Budget Car Rentals

919-840-4781

800-527-0700

Alamo Car Rentals

919-840-0132

800-327-9633

Hertz Car Rentals

919-840-4875

800-654-3131

Advantage Car Rentals

919-840-2228

800-777-5500

*All car rental companies are located at Raleigh –Durham International Airport.

In Case of Emergency

WakeMed Cary Hospital is located within 5 miles of Triangle Aquatic Center at 1900 Kildaire Farm Road, Cary, NC 27518.

919-350-8000

2016 USA Swimming Southern Zone Age Group Swimming Championship

August 2 - 6, 2016

Participant Hotels

Springhill Suites Cary

1128 Ledsome Lane

Cary, NC 27511

Phone #: 919-277-9622

www.marriott.com

Best Western Plus

1722 Walnut Street

Cary, NC 27511

Phone #: 919-277-9031

www.BestWestern.com

Hampton Inn

201 Ashville Avenue

Cary, NC 27518

Phone #: 919-859-5559

www.hamptoninn.com

Check out:

Visit www.visitraleigh.com

for more attractions,

restaurants and general

information

Hyatt Place

710 Corporate Center

Raleigh, NC 27607

Phone #: 919-233-2205

www.hyatt.com

Welcome to the Triangle Aquatic 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

Guest Policies and Rules

- Smoking and smokeless tobacco is prohibited in or around the building.
- Outside food and beverages are not allowed in the facility. Food and beverages are not allowed on the pool deck or in the dryland area. Water and sports drinks, however, are permitted in the facility and on the pool deck.
- Possession of illegal drugs, beer, and alcoholic beverages is prohibited on the premises.
- Harassment is not tolerated by the Triangle Aquatic Center (TAC). The term "harassment" includes, but is not limited to, slurs, jokes and other verbal, graphic, or physical contact relating to an individual's race, color, sex, religion, national origin, citizenship, age, or handicap. "Harassment" also includes sexual favors, unwelcome or offensive touching, and other verbal, graphic, or physical conduct of a sexual nature.
- Foul and abusive language is unacceptable.
- Abuse and/or misuse of TAC property and equipment is unacceptable. Violators will be held financially responsible for damages and losses. Violators will be asked to leave the premises and action may result in entry privileges being suspended or revoked.
- Guests are only allowed on the TAC premises during facility hours. Violators will be asked to leave the premises and action may result in entry privileges being suspended or revoked.
- No bare feet allowed outside of locker rooms or swimming pool areas with the exception of organized classes.
- Lockers are for day use only unless a monthly or annual locker rental has been purchased. If a pass has not been purchased, lockers will have the lock cut off and all items will be removed and bagged for pick-up. There will be a two (2) week holding period at which time all items found will be sent to an establishment which collects and resells used merchandise.
- Lockers purchased for monthly or annual use must be used in conjunction with a current swim pass, class registration or swim team registration.
- Guests are fully responsible for personal items that are lost, stolen, or damaged at TAC. Books, bags, coats, and personal items should be kept in a locker and are not allowed in activity areas. Guests are responsible for bringing their own lock when using the lockers.
- Guests may not display actions that TAC Staff deem unsportsmanlike or rude.
- Misuse, moving, or altering any portion of TAC property is prohibited.
- Persons with infectious diseases are prohibited from using the facility. Open wounds must be covered. No one with an open wound will be allowed in the swimming pools.
- No child over the age of five (5) may be brought in the locker room of the opposite sex. TAC has provided two (2) unisex restrooms at the end of the completion pool, underneath spectator seating and adjacent to the alternate staircase for your convenience when faced with this situation.
- For your convenience, a building supervisor is on duty at all times. Any question regarding the facilities or programs can be directed to the supervisor.
- All persons must register at the front desk before using any portion of the facility.
- The multipurpose room is for use only by pre-approved persons.
- A telephone is available in the lobby for public use. All other phones are reserved for TAC business purposes.
- Guests and visitors shall abide by the rules and regulations of the Triangle Aquatic Center. People found in violation of these rules may have their TAC privileges suspended or revoked.

Weather Policy

- In the event that severe weather approaches the area, the Curran Aquatic Center staff will closely monitor local radar and weather reports. If necessary, the pools will be closed and guests will be asked to exit the water. The facility will remain open until conditions allow for reopening the pools.
- When and if severe weather will affect pool operations is impossible to predict. Therefore, Curran Aquatic Center staff cannot predict whether the pools will be closed when severe weather is predicted, nor can they predict when the pools will reopen after a severe weather closure. Decisions will be made on a case by case basis by facility staff. If the pools have closed, Curran Aquatic Center staff will reopen them as soon as weather conditions allow.

Sanitary Rules

- A cleansing shower should be taken before entering the pools and before returning to the pools after the use of the restroom in any way.
- Children three (3) years of age and under must wear swim diapers. All other diapers are prohibited in all TAC pools.
- A person with Band-Aids, blisters, cuts, rashes, stitches, and/or communicable diseases is prohibited from using all TAC pools.
- All accidents, however minor, must be reported to the lifeguard on duty.

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.

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.

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.

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

Designated security personnel are empowered to enforce any and all regulations of Triangle 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 Triangle 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 _____