

Eastern Section Southern Zone Age Group Championships



Hosted by **Swim GSA**
March 16-19, 2017
Greensboro Aquatic Center
 1921 West Gate City Blvd.
 Greensboro, NC 27403



Held under the Sanction of USA Swimming, Inc., issued by
 NC17063 and NC17063TT

MEET DIRECTOR Tom Brewer tbrewer441@aol.com	MEET ENTRY COORDINATOR Bruce Cantrell bruce@gswim.org	MEET MARSHALL Bruce Cantrell
MEET REFEREE Tom Donahue pfgnc1@gmail.com	ADMINISTRATIVE REFEREE Colleen Gillan csgillan9@gmail.com	OFFICIALS CONTACT Tom Donahue pfgnc1@gmail.com

HOST Swim GSA
www.swimGSA.com

FACILITY The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools. The main competition pool is 9-10 feet deep at both ends and can be configured into two 25-yard courses with up to twelve 7-foot wide lanes. All lanes feature non-turbulent lane lines and Colorado starting blocks. Up to two courses with ten lanes may be used for this competition depending on entries. The Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. At least three lanes will be open for continuous warm up and down. Seating for 1800 spectators is available. The Coliseum will charge \$5 for parking per day and may offer a weekend parking special. SwimGSA will provide free parking for participating coaches and working officials. Directions to GAC are available at www.swimGSA.com.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

COURSES Meet Management reserves the right to run the preliminary session and distance events in two courses if entries dictate. Team contacts will be notified of course decisions via email at the address provided in your entry file.

- SCHEDULE**
- General Meeting will be 3:30 PM in Hospitality on Thursday
 - Officials' Meeting one hour before meet start for every session
 - Afternoon and evening session warm up and start times should be read here and in the Order of Events as Not Before.
 - A final schedule will be issued on the Monday before the meet once entries are finalized.

Session	Day	Warm Ups	Meet Starts	Age Group
1	Thursday Timed Finals	3:00 PM	4:30 PM	11-12, 13-14
2	Friday Preliminaries	7:30 AM	8:45 AM	11-12, 13-14
3	Friday Afternoon	1:00 PM	1:45 PM	10&Under
4	Friday Finals	5:00 PM	5:45 PM	11-12, 13-14
5	Saturday Preliminaries	7:30 AM	8:45 AM	11-12, 13-14
6	Saturday Afternoon	1:00 PM	1:45 PM	10&Under
7	Saturday Finals	5:00 PM	5:45 PM	11-12, 13-14
8	Sunday Preliminaries	7:30 AM	8:45 PM	11-12, 13-14
9	Sunday Afternoon	1:00 PM	1:45 PM	10&Under
10	Sunday Finals	5:00 PM	5:45 PM	11-12, 13-14

**ELIGIBILITY
AGE GROUP
SECTIONAL**

Open to the members of the Eastern Section of the Southern Zone—USA Swimming registered clubs that are in good standing with the Section and USA Swimming registered swimmers. All USA Swimming registered clubs in the following LSCs are eligible to join the Eastern Section: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern and West Virginia. There will be on deck Eastern Section of the Southern Zone registration for teams wishing to join. Entries from swimmers from non-member clubs may be accepted into the meet but, prior to entry deadline, must pay the \$45 club registration fee. This fee may be paid with entry fees with a separate check made payable to North Carolina Swimming Region Fund. Teams must register prior to the start of competition on Thursday afternoon.

All swimmers must be members of USA Swimming. Each club is responsible for the proper registration of its swimmers and coaches. The person signing the entry form accepts all responsibility for compliance. Each coach attending the meet must be listed on the coach contact form. All coaches must be properly certified members of USA Swimming throughout the meet. If a swimmer attends the meet without a coach, he or she must arrange to be supervised by a USA Swimming member coach from another team. There will be no on deck USA Swimming registration available at this meet.

**ENTRY TIME
STANDARDS
AND
QUALIFYING
PERIOD**

All swimmers must have met the current age group sectional time standards in short course yards or long course meters in EACH event entered. Times must have been achieved within approximately 18 months prior to the entry deadline of the current meet.

Disabled swimmers are eligible to compete in the 50, 100, and 200 events. They will swim the 50's during the 100 able-bodied 100 events, 100's during the 200 events, and 200's during the 400 events. The swimmers will swim in their correct age groups. The following events will be offered: 50 and 100 Free, Breast, Back, and Fly. The 200 Free will be offered during the 400 Free, and the 200 IM will be offered during the 400 IM. Disabled swimmers must meet the "Emerging" Qualifying Time in their classification to participate in the meet. Time standards are on the U.S. Paralympics website.

The qualifying period for the current meet is **September 1, 2015 until March 6, 2017.**

Swimmers must enter in the course in which they achieved the time standard (SCY/LCM). Swimmers will be seeded in the order SCY/LCM. Faster times achieved after the entry deadline will not be accepted as updates to previously entered times.

**PROOF OF
TIMES**

Swimmers who enter an event without a provable qualifying time and who do not equal or better the Eastern Section Southern Zone Age Group Championship qualifying time for that event at the championship meet must be able to prove that they have previously achieved the qualifying time. Swimmers unable to provide proof-of-time will be assessed a \$25 fine for each event they cannot provide. Proof of times is due by May 1. Fines are doubled to \$50 per occurrence regardless of provability after May 1. The only acceptable proof-of-time will be the USA Swimming SWIMS database.

In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Eastern Section Southern Zone Championships until the fee is paid. Teams with outstanding fines should come prepared to pay prior to participation in the meet. Fines will be deposited with no further need of proofs from those previous meet. All fines collected go to the ESSZ Travel Fund.

**ENTRIES
DEADLINES
AND PAYMENT**

Entry files must be submitted via email to meetentries@gswim.org and are due **Tuesday, March 7, 2017 by 6:00 PM EST**. Team Roster

A TM events file will be available from the Meet Director or on www.swimGSA.com by January 15.

Entry fees must be paid with cash or check made payable to Swim GSA. **CHECKS, COACH CONTACT FORM, AND ENTRY SUMMARY/RELEASE** must be mailed to Swim GSA, P. O. Box 10085, Greensboro, NC 27404 or delivered to meet management for entries to be considered complete. Any alternate payment arrangements must be negotiated with the Meet Director.

**ENTRY
VERIFICATION**

An email will be sent to the person submitting the entry confirming receipt of the entry file within 48 hours of receipt.

A psych sheet will be issued to the person submitting the entry by 3:00 PM on Thursday after the entry deadline. This person is responsible for sharing the psych sheet with other coaches or parents on his/her team. Coaches have until 6:00PM on Friday to identify any missing entries, time corrections, or other entry errors and email corrections to the entry coordinator at meetentries@gswim.org. Entries received or changes requested after this point will be considered late and accepted only at the discretion of the Meet Referee and as described below in "Late Entries".

ENTRY LIMIT

Swimmers may enter as many events as desired but may swim a maximum of three (3) individual events per day. Swimmers are further limited to swimming eight (8) individual events for the meet. The swimmer is responsible for scratching from oversubscribed events. The Admin Referee must receive scratches prior to the start of the session in which the event is scheduled or it will count toward a swimmer's event limit. Otherwise, swimmers will be automatically scratched or DQed from the events that put them over the daily or meet limit. DQs and DFSs will count towards a swimmer's event limit.

Each team will be limited to two (2) scoring relay teams per event, but may enter as many relay teams as desired.

ENTRY FEES

Make checks payable to SWIM GSA	
Individual Event	\$10.00 per event
Relays	\$15.00 per relay
NC Travel Surcharge	\$3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Time Trials events	\$10.00 per event
Late Entry Fee (double)	\$20.00/\$30.00

LATE ENTRIES

Late entries for events will be accepted at the meet at the discretion of the Meet Referee on a first come/first served basis only if open lanes are available and will be seeded with NT. No additional heats will be created for late entries. Late entries will be accepted at the meet up until 30 minutes prior to the start of each session. Late entry fees will be doubled for individual and relay events and payment is due in cash at sign up. Late entered swimmers must present proof of current USA Swimming registration if they are not already entered in the meet. No on deck registration will be available.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

SAFE SPORT

Coaches are advised to supervise their swimmers closely at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. No running or horseplay will be tolerated. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. Teams should monitor their swimmers' behavior at all times.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Main locker rooms are reserved for participating swimmers only.

Deck changes are prohibited.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The swimmer must also declare to the Meet Director a coach of record and who will represent the swimmer at the meet.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and or/ spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

BREAKS

Breaks will be taken during the afternoon sessions and the finals session to present awards. The procedure will be announced at the General Meeting. Other breaks may be inserted at the discretion of the Meet Referee.

SEEDING

The conforming time standard for this meet is short course yards (SCY). Swimmers who have achieved the LCM cut must enter with that time. Swimmers will be seeded in the order of SCY/LCM. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee.

CHECK IN DEADLINES

A positive check-in, located at clerk of course, will be required for the following events:

- 1650 Free, 1000 Free, 500 Free
- 400 IM
- 11-12 200 Fly, 200 Breast, 200 Back

Swimmers must check-in by the deadline listed in the "Meet Schedule and Deadline Summary" or they will NOT be seeded into the event. Any swimmer who checks in, is seeded into the event, and fails to compete in the event will be barred from his/her next individual event.

Event	Day	Check In Deadline	Relay Cards Due
13-14 800 Free Relay	Thursday		4:00 PM
11-12 400 IM	Thursday	3:45 PM	
11-14 1000 Free	Thursday	3:45 PM	
13-14 400 IM	Friday	8:00 AM	
11-12 200 Back	Friday	8:00 AM	

13-14 400 Free Relay	Friday		9:30 AM
11-12 200 Free Relay	Friday		9:30 AM
11-12 500 Free	Saturday	8:00 AM	
13-14 500 Free	Saturday	8:00 AM	
11-12 200 Medley Relay	Saturday		9:30 AM
13-14 400 Medley Relay	Saturday		9:30 AM
10&U 500 Free	Saturday	1:30 PM	
10&U 200 Medley Relay	Saturday		2:00 PM
11-12 200 Fly	Sunday	8:00 AM	
11-12 200 Breast	Sunday	8:00 AM	
11-14 1650 Free	Sunday	8:15 AM	
10&U 200 Free Relay	Sunday		2:00 PM

**SCRATCH RULE
AND
PENALTIES**

Any swimmer not planning to swim at night in finals must scratch with the Admin Referee within 30 minutes after the results are announced so those swimmers who would like to swim again may do so. The penalty for failure to compete in a championship final or consolation final is disqualification from the remainder of the meet (USA Swimming Rule 206.5.9). Swimmers who have indicated that they may scratch (“intent to scratch”) must confirm the scratch within 30 minutes after the conclusion of their last individual event of the day. **On Sunday, any swimmer checked in for a championship or consolation final in an individual event who fails to compete in said event will be barred from further competition and fined \$25.00 for each event not swum.** Any positively checked-in swimmer missing a deck-seeded event will be barred from their next individual event. There is no penalty for not swimming in a non-deck-seeded preliminary event.

FORMAT

10 & Under Events: All 10&U events will be conducted as timed finals.

- 500 Free will be deck seeded after positive check-in. It will swim fastest to slowest alternating girls/boys.

11-12 Events: All 11-12 events will be conducted as prelim/finals except for the 200 Back, 200 Breast, 200 Fly, 500 Free, 1000 Free, 1650 Free, and 400 IM.

- 200 Back, 200 Breast, 200 Fly will be conducted as timed finals. The events will be deck seeded after positive check-in. The fastest heats (10 swimmers) of positively checked in swimmers will swim during finals. Other heats will swim in the preliminary sessions slowest to fastest. No AM/PM option is available.
- 500 Free will be conducted as timed finals. These events will be deck seeded after positive check-in. The fastest heat (10 swimmers) of positively checked in swimmers will swim during finals. Other heats will swim in the preliminary session fastest to slowest. No AM/PM option is available.
- 400 IM will be conducted as timed finals. These events will be deck seeded after positive check-in. Heats will swim fastest to slowest.

13-14 Events: All 13-14 individual events will be conducted as prelim/finals events except for the 1000 and 1650 Freestyles.

- 500 Free and 400 IM will be deck seeded after positive check-in. The preliminary heats will be circle seeded (fastest **three** heats). Preliminaries will swim with the fastest four heats of girls swimming slowest to fastest, followed by the fastest four heats of boys swimming slowest to fastest, followed by all remaining heats swimming fastest to slowest alternating girls/boys. Swimmers will need to provide lap counters for the 500 Free and may be asked to provide

timers.

1000 Free 11-14 – These events will be conducted as a timed final and deck seeded after positive check-in. Heats will swim fastest to slowest. Results will be scored as 11-12 and 13-14. Swimmers must provide their own timers and lap counters.

1650 Free 11-14 – These events will be deck seeded after positive check-in. The fastest heat (10 swimmers) of positively checked in swimmers regardless of age will swim during finals. Remaining heats will swim in prelims fastest to slowest, alternating girls/boys. No AM/PM option will be available. Results will be scored as 11-12 and 13-14. Swimmers must provide their own timers and lap counters.

Finals - There will be an A Championship Final (fastest 10 qualifiers) and a B Consolation Final (next fastest 10 qualifiers) for all prelim/final events. The B Final will swim before the A Final. A Finalists are invited to the Ready Room five minutes before their event for parading. B Finalists should report to the blocks. Alternates should report to the starter prior to the beginning of the event and will be seeded into the B Final should no shows occur.

Relays - Timed Finals for all age groups. Relays will be swum during preliminaries on Friday and Saturday. Teams must provide their own timers for the 800 Free Relay.

For all preliminary and timed finals events, the Meet Referee will decide the number and assignment of courses. If two courses are used, genders will not be alternated.

SCORING

Individual events: 11-9-8-7-6-5-4-3-2-1. Finalists must attain the ESSZ time standard for the individual event in order to score team or individual points.

Relay events: 22-18-16-14-12-10-8-6-4-2 (only two relays can score per team.)

AWARDS

Award breaks will be scheduled and announced at the General Meeting.

Individual Events : 1st – 10th place medals

Relays: 1st – 3rd place medals

Individual High Point: Plaques for highest scoring girl and boy in each age group- 10&Under, 11-12, 13-14

Team Awards: Plaques for First through Sixth place teams with highest combined scores.

Teams must collect awards prior to departing the meet.

RESULTS

Results will be posted on www.swimGSA.com within 24 hours of the meet's conclusion and teams will be emailed results. Results will be available on Meet Mobile once events are concluded and processed and pending facility internet connectivity.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet The Marshals will ensure all teams, coaches and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be at least 3 lanes available for continuous warm-up/cool down. There will be no diving or horseplay in this area.

Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USA Swimming certified coach.

TIME TRIALS

Time Trials will be offered for 11-14 year olds after all preliminary and finals sessions, time permitting, and at the discretion of the Meet Referee. Time Trials count toward a swimmer's daily event limit but not toward his meet event limit. A swimmer wishing to add a Time Trial must ensure that his daily event limit is not exceeded and must scratch if necessary with the Admin Referee from an event so as not to exceed the daily or meet limits. "No Shows" and "Declared False Starts" count toward a swimmer's daily event limit.

Sign-up Deadlines:

- 10:30 AM for post preliminary Time Trials
- 6:00 PM for post-finals Time Trials

The 1650 and 1000 Frees may be Time Tried after one Preliminary session to be determined by the Meet Referee and announced at the General Meeting.

The order of events will be as follows: Current day's events, followed by next day's events, etc., finishing with the previous day's events. On the day that distance free time trials are offered, they will be the last events of the session.

Time Trials will cost \$10.00 per individual event payable in cash at sign-up. Swimmers must provide their own timers and lap counters. Time Trials will commence within 15 minutes of the end of the session and may be run in two pools at the Meet Referee's discretion.

GENERAL MEETING COACHES

The General Meeting will be held at 3:30 PM on Thursday in Hospitality.

All coaches on deck must be registered and certified with USA Swimming. Deck Pass is acceptable proof of USA Swimming membership. Meet Management will require all coaches to show proof of certification/registration upon arrival. Coaches should display meet credentials prominently all times while on deck. There will be a coaches' meeting on Thursday (refer to Meeting Summary) and at other times at the discretion of the Meet Referee. Meet Management requests at least one coach representative from each team at the coaches' meetings.

TIMERS

Volunteer timers from visiting teams are welcome.

OFFICIALS

Officials will be required to show proof of current USA Swimming membership and certification. Deck Pass is acceptable proof of USA Swimming membership. There will be an officials' meeting at 3:45 PM on Thursday and 1 hour prior to each following session. We welcome all certified officials on deck. If you are able to help please contact the Meet Referee.

National Officials Evaluations: This meet has applied as an Officials Qualifying Meet for N2 all positions and N3 S&T, N3 Initials for selected positions by USA Swimming. Officials wishing to be evaluated may submit an application to Meet Referee. Evaluation requirements and applications can be found at USASwimming.org.

Officials requesting an assigned position must contact the Meet Referee by February 1.

Uniform for this meet is white over navy with white shoes. Long pants and skirts are preferred for finals.

MEET COMMITTEE

A meet committee will be formed consisting of two coaches and two swimmers selected at random, plus the Meet Referee, Meet Director, and Eastern Section of the Southern Zone Chairman or his/her designee.

HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. Concessions are available for sale in the lobby.
SWIMMERS WITH DISABILITIES	The ESSZ and host team welcome all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the host's ability to accommodate all requests.
BAD WEATHER	In the event of bad weather or an "Act of God", meet management will make the final decision as to how to proceed safely with the meet. This may include delay or cancellation of a session(s).
COMMENTS	Any comments regarding the conduct of the meet or problems that are not resolved in a satisfactory fashion should be communicated in writing to the ESSZ Chair.
TRAVEL INFO	The Greensboro area is served by the Piedmont Triad International Airport (PTI). The airports in Charlotte (CLT) and Raleigh-Durham (RDU) are within 90 minutes.

Order of Events

THURSDAY- Timed Finals		
Warm-up 3:00 PM/Session start 4:30 PM		
Girls	Events	Boys
1	13-14 800 Free Relay	2
3	11-12 400 IM*	4
5	11-12, 13-14 1000 Freestyle*	6
FRIDAY– Morning Preliminaries		
Warm-up 7:30 AM /Session start at 8:45 am		
Girls	Events	Boys
7	11-12 200 Freestyle	8
9	13-14 200 Freestyle	10
11	11-12 100 Breaststroke	12
13	13-14 100 Breaststroke	14
15	11-12 50 Butterfly	16
17	13-14 100 Butterfly	18
19	11-12 100 IM	20
21	13-14 400 IM*	22
23	11-12 200 Backstroke (Fastest Heat During Finals)*	24
25	13-14 400 Free Relay	26
27	11-12 200 Free Relay	28
FRIDAY-- Afternoon 10 & Under Timed Finals		
Warm-up not before 1:00/Session start not before 1:45		
Girls	Events	Boys
29	10 & Under 200 Freestyle	30
31	10 & Under 100 Breaststroke	32
33	10 & Under 50 Butterfly	34
35	10 & Under 100 IM	36
FRIDAY -- Evening Finals		
Warm-up 5:00 PM/Session start at 5:45 PM		
Girls	Events	Boys
7	11-12 200 Freestyle	8
9	13-14 200 Freestyle	10
11	11-12 100 Breaststroke	12
13	13-14 100 Breaststroke	14
15	11-12 50 Butterfly	16
17	13-14 100 Butterfly	18
19	11-12 100 IM	20
21	13-14 400 IM	22
23	11-12 200 Backstroke (Fastest Heat)	24

***Positive Check-In required, deck seeded.**

Order of Events

SATURDAY – Morning Preliminaries		
Warm-Up 7:30 AM /Session start at 8:45 AM		
Girls	Events	Boys
37	11-12 100 Butterfly	38
39	13-14 200 Butterfly	40
41	11-12 100 Freestyle	42
43	13-14 50 Freestyle	44
45	11-12 50 Breaststroke	46
47	13-14 200 Breaststroke	68
49	11-12 50 Backstroke	50
51	13-14 100 Backstroke	52
53	11-12 500 Freestyle (Fastest Heat During Finals)*	54
55	13-14 500 Freestyle*	56
57	11-12 200 Medley Relay	58
59	13-14 400 Medley Relay	60
SATURDAY – Afternoon 10 & Under Timed Finals		
Warm-up not before 1:00/Session start not before 1:45		
Girls	Events	Boys
61	10 & Under 100 Butterfly	62
63	10 & Under 100 Freestyle	64
65	10 & Under 50 Backstroke	66
67	10 & Under 500 Freestyle*	68
69	10 & Under 200 Medley Relay	70
SATURDAY – Evening Finals		
Warm-up 5:00 PM/Session start at 5:45 PM		
Girls	Events	Boys
37	11-12 100 Butterfly	38
39	13-14 200 Butterfly	40
41	11-12 100 Freestyle	42
43	13-14 50 Freestyle	44
45	11-12 50 Breaststroke	46
47	13-14 200 Breaststroke	68
49	11-12 50 Backstroke	50
51	13-14 100 Backstroke	52
53	11-12 500 Freestyle (Fastest Heat)	54
55	13-14 500 Freestyle	56

***Positive Check-In required, deck seeded.**

Order of Events

SUNDAY – Morning Preliminaries		
Warm-up 7:30 AM /Session start at 8:45 AM		
Girls	Events	Boys
71	11-12 200 Butterfly (Fastest Heat During Finals)*	72
73	13-14 100 Freestyle	74
75	11-12 50 Freestyle	76
77	11-12 200 Breaststroke (Fastest Heat During Finals)*	78
79	13-14 200 Backstroke	80
81	11-12 100 Backstroke	82
83	13-14 200 IM	84
85	11-12 200 IM	86
87	11-14 1650 Freestyle (Fastest Heat During Finals)* (Will score as 11-12 and 13-14)	88
SUNDAY– Afternoon 10 & Under Timed Finals		
Warm-up not before 1:00/Session start not before 1:45		
Girls	Events	Boys
89	10 & Under 50 Freestyle	90
91	10 & Under 50 Breaststroke	92
93	10 & Under 100 Backstroke	94
95	10 & Under 200 IM	96
97	10 & Under 200 Freestyle Relay	98
SUNDAY – Evening Finals		
Warm-up 5:00 PM/Session start at 5:45 PM		
Girls	Events	Boys
71	11-12 200 Butterfly Fastest Heat	72
73	13-14 100 Freestyle	74
75	11-12 50 Freestyle	76
87**	GIRLS 11-14 1650 Freestyle Fastest Heat	--
77	11-12 200 Breaststroke Fastest Heat	78
79	13-14 200 Backstroke	80
81	11-12 100 Backstroke	82
---	BOYS 11-14 1650 Freestyle Fastest Heat	88**
83	13-14 200 IM	84
85	11-12 200 IM	86

***Positive Check-In required, deck seeded.**

****Please note different event order during Finals.**

ESSZ Age Group Championships Coach Contact, Entry Summary/Payment, Waiver Forms

Complete the coach contact form, the entry summary/payment form, and the waiver form. Mail/Email forms along with entry fee checks payable to SwimGSA to:

Swim GSA ATTN: Amy Stowers
P. O. Box 10085
Greensboro, NC 27404
Email to: Amy@GSAswim.org

Coach Contact Form

Team Name	
Club Code-LSC	
Head Coach	
Head Coach Phone	
Head Coach Email	

Please list all coaches attending this meet to assist with meet communications.

Coach Name	Cell Phone	Email

ESSZ Age Group Championships Event Summary/Payment, Waiver, and Liability Release:

Team Name:	Relay	Club Code/LSC:
Head Coach:		
Coach Cell Phone:	Coach Email:	
Team Address:		

Entry Summary:	Total Swimmers	Total Individual Entries	Total Relay Entries
Girls			
Boys			
Total Swimmers			
Fees per swimmer/event	\$23.00	\$10.00	\$15.00
Total Fees Due	\$	\$	\$

MAKE CHECKS PAYABLE TO SWIM GSA. All forms and payment must be received for entries to be considered complete.

Mail to:

**Swim GSA ATTN: Amy Stowers
P. O. Box 10085
Greensboro, NC 27404
Email to: Amy@GSAswim.org**

ESSZ Membership: Is your club a member of the Eastern Section of the Southern Zone? Yes/No

Waiver and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and [LSC] regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Swim GSA, Greensboro Aquatic Center, City of Greensboro, North Carolina Swimming, Inc., USA Swimming Southern Zone, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative) TITLE/CLUB/DATE

Eastern Sectional of the Southern Zone 2016-2017 Age Group Sectional Qualifying Standards

Girls – Short Course Yards				Boys – Short Course Yards		
10 & under	11-12	13-14		13-14	11-12	10 & under
:30.39	:27.59	:25.99	50 free	:24.39	:27.29	:30.39
1:06.89	:59.29	:56.09	100 free	:52.69	:59.39	1:07.09
2:27.59	2:08.89	2:01.09	200 free	1:53.59	2:08.69	2:24.19
6:27.49	5:40.59	5:21.79	500 free	5:08.99	5:42.29	6:32.29
	11:43.89	11:08.79	1000 free	10:42.09	11:38.99	
	19:47.99	18:50.19	1650 free	18:15.99	19:47.99	
:35.89	:31.49		50 back		:31.79	:36.09
1:17.59	1:07.99	1:03.29	100 back	:59.89	1:08.59	1:17.39
	2:27.69	2:16.19	200 back	2:09.49	2:28.19	
:39.69	:35.89		50 breast		:35.49	:40.19
1:27.99	1:17.59	1:12.39	100 breast	1:08.69	1:16.99	1:28.09
	2:49.49	2:36.19	200 breast	2:28.29	2:47.69	
:33.99	:30.19		50 fly		:30.59	:34.59
1:20.69	1:07.89	1:02.69	100 fly	:59.09	1:08.29	1:19.99
	2:36.29	2:20.79	200 fly	2:14.79	2:33.49	
1:17.69	1:07.99		100 IM		1:08.49	1:17.39
2:46.59	2:26.29	2:18.09	200 IM	2:10.49	2:28.29	2:46.09
	5:08.79	4:49.49	400 IM	4:36.29	5:20.49	

Girls – Long Course Meters				Boys – Long Course Meters		
10 & under	11-12	13-14		13-14	11-12	10 & under
:34.59	:31.49	:29.69	50 free	:27.89	:31.09	:34.59
1:15.89	1:07.49	1:03.89	100 free	1:00.09	1:07.59	1:16.09
2:47.09	2:25.39	2:17.59	200 free	2:09.29	2:26.09	2:43.29
5:45.89	5:03.99	4:47.19	400 free	4:35.79	5:05.49	5:50.19
	10:28.29	9:56.89	800 free	9:33.09	10:23.89	
	20:11.79	19:12.79	1500 free	18:37.89	20:13.79	
:40.49	:35.59		50 back		:35.89	:40.69
1:27.39	1:16.69	1:11.49	100 back	1:07.69	1:17.39	1:27.09
	2:46.39	2:33.59	200 back	2:26.19	2:49.89	
:45.09	:40.89		50 breast		:40.39	:45.69
1:39.69	1:28.19	1:22.39	100 breast	1:18.29	1:27.49	1:39.79
	3:12.19	2:57.39	200 breast	2:48.59	3:10.19	
:38.49	:34.29		50 fly		:34.69	:39.09
1:30.99	1:16.79	1:10.99	100 fly	1:06.99	1:17.19	1:30.19
	2:56.09	2:38.89	200 fly	2:32.29	2:52.99	
3:08.19	2:45.89	2:36.49	200 IM	2:28.09	2:47.79	3:07.59
	5:49.19	5:27.79	400 IM	5:13.09	6:02.19	