

FIESTA OUT WESTA



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WELCOME

TO

ZONES!

39th CONSECUTIVE ZONE TRIP STARTS SUNDAY

When the 2018 Southern Zone Championship Meet gets underway on Tuesday, July 31, it will mark North Carolina Swimming's 39th consecutive year of participation in the annual event. Although the format and order of events have changed somewhat since the first meet was held in Dallas, Texas in 1980, the meet that pits all of the selected swimmers in the 15 Local Swim Committees (aka LSCs) in the Southern Zone in head-to-head competition has in reality stayed relatively the same. The fight to finish high in the team rankings is fierce and the passion to swim fast is elevated. The cheering for your fellow LSC teammates is electric and fast times abound.

North Carolina Zone Teams have won the meet six times in the last 38 attempts—1980, 1990, 1999, 2000, 2001 and 2016. With relays every evening including in 2018 the first ever 200m Mixed Freestyle relays with two male and two female competitors on each relay, the team scoring has never been higher. For the first time in 2018, NCS athletes will include two visually impaired swimmers who will compete as part of the NCS Zone Team. Swimmers on the NCS Zone Team were selected based on their overall times and eight swimmers have been chosen in each age group 11-12, 13-14 and 15-18 at the recent Age Group and Senior LSC Championship Meets. No swimmer at this meet can have achieved a Summer Junior National qualifying standard unless it is achieved within 2 weeks of the entry deadline which is Monday, July 30.

There is a Sportsmanship Award given at the Southern Zone Championship Meet. The award named after past Mississippi administrator Charlene Craddock is given to the team that exhibits the highest level of sportsmanship throughout the meet. The award is voted on by the Meet Referee, Meet Director, Head Starter and one vote by all team present. The members of the team winning the Sportsmanship Award all receive swim caps and sportsmanship medals.

The top-10 finishers who proceed to evening finals will all receive medals. Relay teams finishing in the top-3 will also receive medals. There are plaques/trophies for each age group winning the highest points. The overall winning team members all win t-shirts and championship medals for their efforts.

The meet host is COM Aquatics and their website is **www.comswimteam.com** which is where results will be posted. The host LSC is West Texas and their website is **www.westexswimming.org**.

The NCS Zone Team departs from RDU Airport on Sunday, July 29 at 7:15am. All participants are being asked to arrive no later than 5:15am to check in at the Southwest Airlines terminal. All participants will be receiving their apparel inside a backpack and are asked to put on the orange t-shirt for the team travel day.

A daily newsletter will commence publication beginning Monday and these will be posted on the NCS website (www.swimnc.com) for fans to keep up with the Zone Team highlights. In addition, photos and postings can be found on Facebook, Instagram and Twitter feeds throughout the week. Links will be provided if you wish to join in on all the fun.

A parade with the theme of LONE STAR FIESTA is planned for Wednesday evening at 5:10pm following warm-ups for finals. All LSC athletes will march around the competition pool when their LSC is announced. This is one of the highlights of the meet. All athletes are asked to prepare costumes that apply and each age group has been given a fiesta theme to focus on.

Officials are welcome to sign-up to officiate at www.szoneswim.com. The uniform is white collared shirts over khaki bottoms and white shoes. Long pants or skirts are preferred for finals.

There is a spectator admission charge of \$5 per session or the purchase of a \$35 All-Session pass will admit you throughout the week. Heat sheets are available at the meet for \$20 each and will include updates for timed final events and finals.

The NCS Zone Team will be swimming on Sunday and Monday at the competition venue, so please bring practice suits along with your competition suits.

2018 Zone Coaching Staff

11-12 Girls Coach—Blake Addison
11-12 Boys Coach—Cole Dutton
13-14 Girls Coach—Kristina Olack
13-14 Boys Coach—Cliff Gordon
15-18 Girls Coach—Ben Lee
15-18 Boys Coach—Matthew Johnson
Team Manager—Amy Faulk
Head Coach—Jonathan Watson

#FIESTAOUTWESTA—See everyone very soon!