



2019 Southern Zone Senior Championships

Hosted by Shockwave Aquatics Swim Team

July 30 - August 3, 2019

Tupelo Aquatic Center

692 North Veterans Parkway Tupelo, MS 38804

Held under the Sanction of USA Swimming, Inc. and LSC

Issued by LSC Sanction #1925 ; Time Trials Sanction # 1925TT

| MEET DIRECTOR | MEET ENTRY COORDINATOR | MEET MARSHAL |
|---|--|--|
| Barbara Aguirre barbara.aguirre@tupeloms.gov 662-401-7550 662-840-3768 | Alissa Kojima southernzone.sr.entries@gmail.com 847-809-9550 | Lifeguards on Duty |
| MEET REFEREE | ADMINISTRATIVE REFEREE | OFFICIALS CONTACT |
| Wade Kojima wkojima@comcast.net 601-668-3201 | Alissa Kojima southernzone.sr.entries@gmail.com | Wade Kojima wkojima@comcast.net 601-668-3201 |

QUALIFYING PERIOD AND ENTRY DEADLINE

Swimmers must have attained the qualifying time between January 1, 2018 and July 21, 2019. On time entries must be submitted via email by Tuesday, July 23, 2019 by 12:00 Noon Central Time. See NEW QUALIFIERS and LATE ENTRIES for other deadlines.

HOST

Shockwave Aquatics Swim Team www.shockwaveaquatics.com

FACILITY AND POOLS

Indoor 8 lane (M) 19-lane (Y), 50 meter by 25-yard competition pool. The competition venue for long course is one eight lane course, minimum width 8.5'. The competition depth ranges from 5` to 12.5`. Equipment includes Paragon Track Start Competitor blocks. The building is designed with permanent upstairs seating for 900 spectators. Continuous warm-up/ cool down area will be provided in a five lane 25-yard short pool adjacent to the competition pool. Hospitality will provided for coaches and officials. Concessions, on-deck bleachers (for seating up to 400 swimmers only) and first aid will be provided. The timing system is a Colorado Time System 6, Colorado Aquagrip pads, Colorado System Full Matrix LED Scoreboard, and Hy-Tek Meet Manager.

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

Only meet volunteers, USA Swimming registered athletes and current USA Swimming registered officials and coaches may be on deck.

NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK.

CLASSIFICATION Senior championships offering preliminaries with four (4) finals heats and timed finals events with qualifying time standards.

REGISTRATION All swimmers must be registered with USA Swimming prior to the entry deadline. There will be no USA Swimming on deck registration available at this meet.

USA Swimming registration and entry times will be confirmed with a SWIMS recon. Each club is responsible for the proper registration of its swimmers. Unattached swimmers are responsible for their own registration. Teams and swimmers are responsible for any fines that the host LSC may impose for registration violations.

ELIGIBILITY This meet is open to any USA Swimming registered swimmer representing a USA Swimming member club/LSC within the Southern Zone who has met the qualifying requirements as stated in this document.

SCHEDULE Unless noted otherwise, deadlines will be in local time.

| Session | Day | Warm-up | Meet Start |
|--------------------|--|--------------|------------|
| OPEN Pool Hours | Monday (For other hours, teams may contact Barbara Aguirre to arrange for lanes.) | 2:00-7:00 PM | * |
| General Mtg | Tuesday | 3:00 PM | * |
| 1 | Tuesday Timed Finals | 4:00-5:15 PM | 5:30 PM |
| 2 | Wednesday Preliminaries | 6:45-8:45 AM | 9:00 AM |
| 3 | Wednesday Finals | 3:45-5:15 PM | 5:30 PM |
| 4 | Thursday Preliminaries | 6:45-8:45 AM | 9:00 AM |
| 5 | Thursday Finals | 3:45-5:15 PM | 5:30 PM |
| 6 | Friday Preliminaries | 6:45-8:45 AM | 9:00 AM |
| 7 | Friday Finals | 3:45-5:15 PM | 5:30 PM |
| 8 | Saturday Preliminaries | 6:45-8:45 AM | 9:00 AM |
| 9 | Saturday Finals | 3:45-5:15 PM | 5:30 PM |

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. Posted facility rules and local ordinances will be observed to ensure the safety of all participants. Coaches and swimmers are expected to be familiar with these rules.

SAFETY AND SAFE SPORT The LSC Safety Program is in effect for this meet. Coaches are advised to supervise their swimmers at all times. Only feet first entry into warm down lanes at all times and during warm ups except during specific warm ups periods while under the direct supervision of a certified coach. No glass is allowed in the pool area or locker rooms at any time. Running and horseplay will not be allowed. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. Swimmers are not allowed in pool equipment rooms or work out rooms. Fire exits, doorways, passages, and air ducts may not be blocked.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Flash photography of any kind at the start of a race is prohibited. No recording or photographic devices may be used behind the blocks without Meet Referee approval.

Deck changes are prohibited.

Unless approved in writing in advance of the competition by the Vice President Operations, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

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.

Registered swimmers attending the meet without a USA Swimming member coach, must request the Meet Director to assign them to a USA Swimming member coach attending the meet or arrange for their own supervising member coach and inform the Meet Director.

Only meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck. No spectators are allowed on deck at any time.

Team photographers must be USA Swimming members, must receive permission from the Meet Director to be on deck, and must check in to receive a deck credential.

**ENTRY TIME
STANDARDS
AND
QUALIFYING
PERIOD**

All swimmers must have met the 2019 Southern Zone Senior Championships time standards in long course meters or short course yards in each non-bonus event entered. Times must have been achieved between January 1 of the prior calendar year and the Sunday of the week prior to the first day of the meet. Times must have been achieved at a USA Swimming sanctioned, approved, or observed meet or at an NCAA or High School meet with publicly posted results.

The qualifying period for the current meet is January 1, 2018 until Sunday, July 21, 2019.

Swimmers must enter in the course in which they achieved the time standard (LCM/SCM/SCY) and must enter with their fastest times. Swimmers will be seeded in the order of LCM/SCM/SCY. Faster times achieved after the entries have been submitted will not be accepted.

Swimmers who have attained a 2019 Phillips 66 Nationals LCM or SCY cut prior to the entry deadline may not enter those events nor swim those strokes/distances on relays.

There are no relay standards and teams may enter with aggregate or estimated times.

**ENTRY PROCESS
AND ONTIME
DEADLINES**

An events file for organizing entries will be posted on Shockwave website by Monday, June 10 or via email request at southernzone.sr.entries@gmail.com. The entry deadline for this meet is Tuesday, July 23 at 12:00 Noon Central Time. On time entries should be submitted via email to the Entry Coordinator at southernzone.sr.entries@gmail.com using a Hytek TM entry file or similar compatible format. Paper entries will not be accepted.

NEW QUALIFIERS/ NEW EVENTS

Swimmers achieving a qualifying standard in a new event after the entry deadline may enter that event at regular entry fees by completing and emailing the attached AFTER DEADLINE QUALIFIER ENTRY FORM by the deadline. The new qualifier entry deadline for this meet is Monday, July 29, 2019. New qualifiers for the meet are eligible to swim bonus events as outlined below. Swimmers may not use the new qualifier entry process to improve seed times for previously entered events.

LATE ENTRIES

The Admin Referee will accept requests for late entries on deck from 7:30-8:15 AM each morning beginning Wednesday of the meet. Swimmers must present proof of USA Swimming membership if they are not already entered in the meet, proof of required qualifying times, and must pay all late fees with cash at time of entry. Late entries will be seeded with NT. The Meet Referee will decide whether to accept late entries for open lanes only or to create new heats.

BONUS EVENTS

Bonus events are offered at this meet. Swimmers may enter one bonus event per one qualifying event entered, subject to daily and meet event limits. Bonus events should be indicated as such in the entry file. The 800 and 1500 Freestyles cannot be entered as bonus events.

RELAY EVENTS

All relay swimmers must be entered in at least one qualifying event. No relay only swimmers may be entered.

50's OF STROKES

The corresponding 100M qualifying times will be used to qualify for and enter the 50M Breaststroke, Butterfly, and Backstroke events.

ENTRY LIMIT

Swimmers may enter and swim a maximum of three (3) individual events per day and six (6) individual events for the meet. Time trials count toward the swimmer's daily limit but not toward the meet limit. To make room for a time trial, scratches must be received by the Admin Referee prior to the start of the session in which the event is conducted in order for the event not to count toward a swimmer's daily event limit.

Teams may enter as many relays as they like however only those designated A and B will be allowed to score. Other relays should be designated as exhibition.

ENTRY FEES

Make checks payable to the Shockwave Aquatics. All fees are non-refundable.

Payment in full is due no later than the General Meeting.

| | |
|-------------------------|-------------------------|
| Individual Event | \$15.00 per event |
| Relays | \$30.00 per relay |
| LSC surcharges | \$10.00 per swimmer |
| Facility Surcharge | \$10.00 per swimmer |
| Time Trials events | \$15.00/30.00 per event |
| Late Entry Fee (double) | \$20.00/\$40.00 |

SEEDING

The conforming time standard for this meet is long course meters (LCM). Swimmers will be seeded in the order of LCM/SCM/SCY, all qualifiers then all bonus swimmers. Swimmers will be seeded and swim from slow to fast unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee. All events 200M and shorter will be pre-seeded.

**POSITIVE CHECK
IN PROCEDURES**

A positive check in, located at the Clerk of Course, will be required for these events. Swimmers and relay teams who do not positively check in may not be seeded in the event:

- 800 Freestyle
- 400 Individual Medley
- 400 Freestyle
- 1500 Freestyle
- All Relays

**POSITIVE CHECK
IN DEADLINES**

| EVENT | DAY | TIME |
|--|-----------|---------|
| Positive check in 800 Freestyle | Tuesday | 4:30 PM |
| Positive check in Tuesday night relays* | Tuesday | 4:30 PM |
| Positive check in Wednesday night relays* | Wednesday | 4:30 PM |
| Positive check in 400 Individual Medley | Thursday | 8:15 AM |
| Positive check in Thursday night relays* | Thursday | 4:30 PM |
| Positive check in 400 Free | Friday | 8:15 AM |
| Positive check in Friday night relays* | Friday | 4:30 PM |
| Positive check in 1500 Free (AM/PM option) | Friday | 7:00 PM |
| Positive check in Saturday night relays* | Saturday | 4:30 PM |

*Relay cards are due at 5:00 PM each night but order may be changed with the Admin Ref or the head lane timer up until the relay swims.

**SCRATCH
PENALTIES**

There is no penalty for failure to compete in pre-seeded preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three events per day limit and six events per meet limit. There is no penalty for failure to compete in relay events.

A swimmer who is properly checked in for a positive check in deck seeded individual event, been seeded, and fails to compete in said event, shall be barred from competition for the rest of the day unless excused by the Meet Referee or a fine of \$25 is paid to the Admin Referee.

Swimmers initially qualifying for an A, B, or C Final who neither scratch with the Administrative Referee nor declare their intent to scratch within 30 minutes after the announcement of qualifiers for that event are considered checked in. Checked in swimmers who fail to compete in Finals shall be barred from competition for the rest of the meet unless excused by the Meet Referee. In order to field full Finals heats, swimmers who qualify in the top 50 and have no intention of swimming in Finals should indicate this by scratching.

FORMAT

Individual Events: All individual events 400M or less will be conducted as preliminaries and finals including the 400 Individual Medley and the 400 Freestyle, which will be deck seeded after positive check in. The 800 Freestyle and the 1500 Freestyle will be conducted as timed finals and will be deck seeded after positive check in.

Finals: There will be **A Final, B Final, C Final, and D Final heats**. The Finals heats will be swum in the following order: D Final, C Final, B Final, and A Final. The A, B, and C Finals will be scored. All Finalists should report to the blocks. A Finalists will be announced behind the blocks and B, C, and D finalists will be announced in the water. Alternates should report to the starter prior to the start of the event and will swim in D Final should no shows occur.

400 Free:

The 400 Free events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top **two** heats) then the fastest three women's heats will swim, then the fastest three men's heats, then the remaining heats will swim alternating women and men.

400 IM:

The 400 IM events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top **two** heats) then the fastest three women's heats will swim, then the fastest three men's heats, then the remaining heats will swim alternating women and men.

800 Free:

The 800 Free events will be conducted as timed finals and will be deck-seeded after positive check in. The heats will swim fast to slow, alternating women and men. Swimmers must provide their own counters. Swimmers may be required to provide their own timers.

1500 Free:

The 1500 Free events will be conducted as timed finals and will be deck-seeded after positive check in. Swimmers may indicate AM/PM preference. Swimmers who do not indicate a preference will be seeded in the morning. The fastest heat of positively checked in swimmers of each gender who **select PM** will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session following the last event, fast to slow alternating women and men. Swimmers must provide their own counters. 1500 swimmers in the morning session may be required to provide their own timers.

Relays:

- All relays will be deck seeded after positive check in and conducted as timed finals.
- All relays will swim in the Finals sessions.
- The 800 Free relays and 200 Mixed relays will swim fast to slow.
- For all other relays, the fastest two heats of women will swim slow to fast, followed by the fastest two heats of men swum slow to fast, with remaining heats swum fast to slow alternating women and men.
- Mixed relays will be made up of two women and two men.

**CHASE
STARTS, 2-
PER-LANE,
OTHER**

Based on entries, the Meet Referee, with the concurrence of the Meet Director, the Southern Zone Officials Chair, and the Meet Committee, may elect to use chase starts and swim individual freestyle events of 400M or longer 2-per-lane to manage timelines. Coaches will be informed of these decisions and the procedures that will be followed at the General Meeting.

The Meet Referee may combine heats and events as necessary. Fly/dive over starts may be used and breaks may be added at the Meet Referee's discretion.

SCORING

The A, B, and C finalists and the top 24 places in timed finals events will score points as follows:

- Individual: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events will score double.

AWARDS

Individual and Relay Awards: Medals for 1st through 8th place for individuals and relay events. All A Finalists and Top 8 relays should report to the podium to receive their awards immediately following the conclusion of the event. Any changes to award ceremony procedures will be announced at the General Meeting.

Team Awards: Plaques for 1st through 3rd place combined, men's, and women's teams will be presented at the conclusion of the meet.

**HEAT SHEETS
AND
RESULTS**

Heat Sheets will be available at the cost of \$2.00 per session.

Results will be posted on enter website within 24 hours of the meet's conclusion and teams will be emailed their results. Meet Mobile will be used as facility internet connectivity permits.

**WARM-UP
PROCEDURES**

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm up procedures. Specific warm ups will be offered in the main competition pool thirty minutes before the session begins during which at least two lanes will be assigned as pace lanes and at least two lanes will be assigned as one-way race start lanes. Meet Management reserves the right to change warm up times according to the number of entries. During the competition, there will be at least enter # lanes available for continuous warm-up/down. There is to 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 certified coach.

TIME TRIALS

Time Trials will be offered to properly entered qualifiers after each Preliminary session, time permitting and at the Meet Referee's discretion. Time trial sessions and procedures will be confirmed at the General Meeting. Time Trials count toward a swimmer's three events per day event limit. Signups for each day's Time Trials will close at 10:00 AM. Time trial order will follow national protocol with the exception of the 50's, which, according to facility preference and Meet Referee discretion, may be offered as the first or last events of the time trial session. The 800 and 1500 Frees may be offered in only one of the time trial sessions to be determined by the Meet Referee. Furthermore, the Meet Referee may elect to offer open lanes in the slowest heats of the 1500 on Saturday to 800 and 1500 time trial swimmers.

Time Trial fees are \$10.00 per individual event and \$20.00 for relays payable in cash at sign up. Swimmers must provide their own timers and counters for Time Trials. Time Trials will begin no later than 15 minutes after the preliminary session conclusion.

GENERAL MEETING

The General Meeting will be held at 3:00 PM on Tuesday in place. Teams are responsible for knowing and complying with information distributed and decisions made at the General Meeting.

SWIMMERS WITH DISABILITIES

The host team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in this meet. 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 including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the host team's ability to accommodate all requests.

COACHES

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 photo ID and proof of current certification/registration to receive a meet credential. Coaches must display their meet credentials or have easy access to their printed or virtual USA Swimming membership card at all times while on deck. There may be coaches' meetings at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

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 1 hour prior to each session in the officials' room. All USA Swimming certified officials are welcome. Online [Applications to Officiate](#) are available on the [Southern Zone website](#). Officials who want to work as S&T Judges are encouraged to apply but are not required to do so.

CJs/Starters/Referees: Officials who are interested in being considered for assigned positions should indicate that on their [Application to Officiate](#) found on the [Southern Zone website](#), by June 15.

Uniform for this meet is white shirts and khaki bottoms for prelim sessions; light blue shirts and khaki bottoms for final sessions.

National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 all positions and N3 all positions except AR by USA Swimming. Officials wishing to request evaluation should complete the [Application to Officiate](#) on the [Southern Zone website](#) by July 6. Officials are required to work a minimum of 4 sessions to be evaluated. Evaluation requirements can be found at www.USASwimming.org.

| | |
|---|---|
| TECHNICAL/ ELIGIBILITY COMMITTEE | The Committee shall include the SZAG/SZSR/SZOW or their designee (Chairman), the Meet Referee or designee, the meet director, the admin referee, the host coach, one (1) additional coach, and two (2) athletes appointed from three (3) selected LSC's. |
| HOSPITALITY/ CONCESSIONS | Concessions will be available for sale for spectators and athletes. There will be a hospitality area open to all coaches and officials. In addition, a large, climate-controlled tent will be on the premises for use by athletes and officials. On-site shuttle service will be available from the outer parking lot areas to the aquatic center front doors. |
| TIMERS | Volunteer timers from visiting teams are welcome. The host team may elect to assign timing slots to visiting teams based on entries. If so, coaches will be informed of their teams' assignments shortly after the entry deadline. This information will also be included in the heat sheet and posted at the pool. |
| MEDIA | Media meet credentials may be issued to members of the media who show proper identification to the Meet Director. Media agree to comply with Meet Referee direction on deck access and will not interfere with the conduct of the meet in any way. |
| IMAGE RELEASE | All participants agree to be filmed and photographed by the Zone, LSC, or host team approved photographer(s) and videographer(s) and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the Zone, LSC, or host team's website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet. |
| BAD WEATHER | In case of an "Act of God" or bad weather scenario that jeopardizes a session, meet management will make the final decision how the meet will safely proceed. |
| 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 Southern Zone Non-Coach Chair. |



2019 SOUTHERN ZONE SWIMMING SENIOR LONG COURSE CHAMPIONSHIPS ORDER OF EVENTS



| TUESDAY EVENTS | | |
|-------------------------|--|--------------------|
| Women's Event | Timed Finals at 5:30 PM | Men's Event |
| 1 | 800 Freestyle | 2 |
| 3 | 200 Medley Relay | 4 |
| 5 | 200 Freestyle Relay | 6 |
| 7 MIXED | MIXED 200 Medley Relay | * |
| * | MIXED 200 Freestyle Relay | 8 MIXED |
| WEDNESDAY EVENTS | | |
| Women's Event | Prelims at 9:00 AM. Finals at 5:30 PM | Men's Event |
| 9 | 100 Freestyle | 10 |
| 11 | 200 Breaststroke | 12 |
| 13 | 200 Backstroke | 14 |
| 15 | 200 Butterfly | 16 |
| 17 | 50 Breaststroke | 18 |
| 19 | WOMEN'S 800 Freestyle Relay | * |
| THURSDAY EVENTS | | |
| Women's Event | Prelims at 9:00 AM. Finals at 5:30 PM | Men's Event |
| 21 | 50 Backstroke | 22 |
| 23 | 200 Freestyle | 24 |
| 25 | 400 Individual Medley | 26 |
| 27 | 50 Butterfly | 28 |
| * | MEN'S 800 Free Relay | 30 |
| FRIDAY EVENTS | | |
| Women's Event | Prelims at 9:00 AM. Finals at 5:30 PM | Men's Event |
| 31 | 100 Backstroke | 32 |
| 33 | 400 Freestyle | 34 |
| 35 | 100 Breaststroke | 36 |
| 37 | 100 Butterfly | 38 |
| 39 | 400 Freestyle Relay | 40 |
| SATURDAY EVENTS | | |
| Women's Event | Prelims at 9:00 AM. Finals at 5:30 PM | Men's Event |
| 41 | Women's 1500 Freestyle | * |
| 43 | 200 Individual Medley | 44 |
| * | Men's 1500 Freestyle | 46 |
| 47 | 50 Freestyle | 48 |
| 49 | 400 Medley Relay | 50 |



SOUTHERN ZONE SENIOR CHAMPIONSHIPS TIME STANDARDS
Qualifying period: January 1, 2018-July 21, 2019



| Women | | | | Men | | |
|-----------------------------|----------|----------|------------|----------------------------|----------|----------|
| LCM | SCY | SCM | Events | SCM | SCY | LCM |
| 29.89 | 26.39 | 29.09 | 50 Free | 26.19 | 23.69 | 26.79 |
| 1:05.09 | 57.19 | 1:03.19 | 100 Free | 57.09 | 51.69 | 59.39 |
| 2:20.39 | 2:03.09 | 2:16.09 | 200 Free | 2:04.69 | 1:52.79 | 2:09.29 |
| 4:54.49 | 5:29.09 | 4:48.09 | 400 Free | 4:27.89 | 5:06.09 | 4:34.19 |
| 10:08.99 | 11:21.19 | 9:56.09 | 800 Free | 9:15.69 | 10:34.99 | 9:35.39 |
| 19:29.59 | 18:57.79 | 18:51.19 | 1500 Free | 17:37.89 | 17:44.09 | 18:11.69 |
| 100 Back Qualifying Times | | | 50 Back | 100 Back Qualifying Time | | |
| 1:12.49 | 1:01.99 | 1:08.49 | 100 Back | 1:02.09 | 56.19 | 1:06.09 |
| 2:35.29 | 2:14.79 | 2:28.99 | 200 Back | 2:15.99 | 2:03.09 | 2:22.69 |
| 100 Breast Qualifying Times | | | 50 Breast | 100 Breast Qualifying Time | | |
| 1:21.79 | 1:11.39 | 1:18.89 | 100 Breast | 1:10.49 | 1:03.79 | 1:13.79 |
| 2:57.69 | 2:34.59 | 2:50.79 | 200 Breast | 2:33.09 | 2:18.59 | 2:41.39 |
| 100 Fly Qualifying Times | | | 50 Fly | 100 Fly Qualifying Time | | |
| 1:10.29 | 1:01.89 | 1:08.39 | 100 Fly | 1:01.99 | 56.09 | 1:03.59 |
| 2:34.59 | 2:16.99 | 2:31.39 | 200 Fly | 2:17.49 | 2:04.39 | 2:21.89 |
| 2:38.99 | 2:18.19 | 2:32.69 | 200 IM | 2:18.69 | 2:05.49 | 2:25.09 |
| 5:35.09 | 4:53.69 | 5:24.59 | 400 IM | 4:58.69 | 4:30.29 | 5:07.29 |



TIME STANDARDS

PHILLIPS 66 NATIONAL CHAMPIONSHIPS

| Women | | | Men | |
|----------|----------|-----------------------|----------|----------|
| SCY | LCM | | LCM | SCY |
| 22.29 | 25.99 | 50 Freestyle | 23.19 | 19.79 |
| 48.89 | 56.39 | 100 Freestyle | 50.49 | 43.09 |
| 1:45.89 | 2:01.79 | 200 Freestyle | 1:51.39 | 1:35.59 |
| 4:43.79 | 4:16.89 | 400/500 Freestyle | 3:57.79 | 4:19.39 |
| 9:48.09 | 8:48.09 | 800/1000 Freestyle | 8:12.99 | 9:04.99 |
| 16:18.09 | 16:49.19 | 1650/1500 Freestyle | 15:44.89 | 15:10.09 |
| 53.29 | 1:02.99 | 100 Backstroke | 56.79 | 46.79 |
| 1:55.39 | 2:15.59 | 200 Backstroke | 2:03.29 | 1:44.79 |
| 1:00.69 | 1:10.99 | 100 Breaststroke | 1:03.29 | 53.39 |
| 2:11.69 | 2:33.79 | 200 Breaststroke | 2:18.09 | 1:58.29 |
| 52.99 | 1:00.89 | 100 Butterfly | 54.49 | 47.29 |
| 1:57.79 | 2:14.59 | 200 Butterfly | 2:01.69 | 1:45.09 |
| 1:58.29 | 2:17.99 | 200 Individual Medley | 2:04.69 | 1:45.19 |
| 4:12.09 | 4:53.19 | 400 Individual Medley | 4:26.89 | 3:46.99 |

Southern Zone Senior Championships Coach Contact and Entry Summary Forms

Complete the coach contact form, the entry summary/payment form, and the waiver form.

***Preferred Method:** Please bring payment and the above mentioned forms and turn in at team check-in at the Tupelo Aquatic Center.

if needed, mail to: Shockwave Aquatic Team P.O. Box 3423 Tupelo, MS 38803 - do NOT mail to Aquatic Center. Questions: southernzone.sr.entries@gmail.com / 847.809.9550

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 |
|------------|------------|-------|
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Southern Zone Senior Championships Event Summary/Payment, Waiver, and Liability Release:

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

| Entry Summary: | Total Swimmers | Total Individual Entries | Total Relay Entries | |
|------------------------|----------------|--------------------------|---------------------|----|
| Women | | | | |
| Men | | | | |
| Total Swimmers | | | | |
| Fees per swimmer/event | \$10.00 | \$15.00 | \$30.00 | |
| Total Fees Due | \$ | \$ | \$ | \$ |

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

***Preferred Method:** Please bring payment and the above mentioned forms and turn in at team check-in at the Tupelo Aquatic Center.

if needed, mail to: Shockwave Aquatic Team P.O. Box 3423 Tupelo, MS 38803 - do NOT mail to Aquatic Center. Questions: southernzone.sr.entries@gmail.com / 847.809.9550

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. Shockwave Aquatic Swim Team, Tupelo Aquatic Center, MS 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

AFTER DEADLINE NEW QUALIFIER ENTRY FORM

For new qualifying swims July 24-July 29, 2019

Entry deadline July 29, 2019

For new qualifiers or new events for previous entered qualifiers.

May not be used to improve previously entered times.

| SWIMMER FULL NAME (First M. Last) | | | | | |
|--------------------------------------|------------|------------|-----------|------|--------|
| Gender (M/F) | | | | | |
| Date of Birth (MM/DD/YY) | | | | | |
| Team-LSC | | | | | |
| USA-S Registered? (Y/N) | | | | | |
| Entered in meet? (Y/N) | | | | | |
| Event # | Event name | Entry Time | Date Swum | Meet | Bonus? |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| SWIMMER FULL NAME (First M. Last) | | | | | |
|--------------------------------------|------------|------------|-----------|------|--------|
| Gender (M/F) | | | | | |
| Date of Birth (MM/DD/YY) | | | | | |
| Team-LSC | | | | | |
| USA-S Registered? (Y/N) | | | | | |
| Entered in meet? (Y/N) | | | | | |
| Event # | Event name | Entry Time | Date Swum | Meet | Bonus? |
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****Submit scan of form via email to southernzone.sr.entries@gmail.com by the deadline and bring paper form with payment to meet check in.**