

NC Swimming Zone Selection

Team Size

North Carolina Swimming will select the following number of swimmers for the NC Zone Team.

13-14 Boys	12 swimmers selected
13-14 Girls	12 swimmers selected
11-12 Boys	12 swimmers selected
11-12 Girls	12 swimmers selected
Disability athletes	Up to 6 swimmers selected

Selection Process

Eligibility: Swimmer must be a currently registered NC Swimming year-round athlete. Swimmers will apply for the appropriate age group based on his/her age as of the first day of the Southern Zone Age Group Meet. Swimmers must be eligible to compete in the Southern Zone Age Group Championships based on the meet entry criteria.

Disability athletes will be selected by a process determined by the Disability Committee.

Selection Meets

- 11-12 and 13-14 Swimmers may use any long course meters' time achieved from March 1 of the current year through the end of Sunday's finals at the NCS Long Course Age Group Championships.

Selection Procedure

- Swimmers may use any long course meters time, for an eligible event, achieved from March 1 of the current swim season through the end of Sunday finals at the NCS Long Course Age Group Championships for 11 – 14 year old's. All swims prior to the respective Championships must be listed in the USA Swimming SWIM'S Database. Adding together the swimmer's six highest scoring, zone meet eligible events, will produce the "total ZONE POINTS" score for each athlete.
- The number of ZONE POINTS awarded per eligible event swum will be based on the proximity of the time swum to the Zone Meet prelims rolling average 8th place time for each eligible event.
- The top nine 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, total zone point scorers will be extended an invitation to join that years NC Zone Team.

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- An additional three 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, will be selected on an “at-large” basis by the Zone Coaching Staff in consultation with the Zone Head Coach. Selection of “at-large” team members will be based on likely scoring contribution to the team.

CALCULATING ZONE POINTS

Example Zone Points calculation: John Smith, an 11-12 Boys swim the 100m Back in
1:10.51

1. Convert the time swum to seconds. [$1:10.51 = 60 + 10.51 = 70.51$ seconds]
2. Divide the average prelims 8th place time in seconds for 11-12 boys 100m back by the swimmer's time in seconds [$68.84 / 70.51 = .976315$]
3. cube the result [$(.976315)^3 = .930615$]
4. multiply the result by 1000 and round to the nearest whole number to arrive at your Zone Point value [$1000 * .930615 = 930.615 = 931$ points]

SUMMARY

1. The total zone points will be calculated by the team managers and coaching staff and used to determine automatic Zone Team selections. The top-9 swimmers in the 11-12, 13-14, age groups, both boys and girls, by total Zone points will be selected to the Zone Team. Three additional 11-12, 13-14, swimmers in both the girls and boys will be selected by the NCS Zone coaching staff based on the ability of each athlete to potentially score points at the meet.
2. If the total Zone points for two or more swimmers results in a tie, the swimmer(s) with the highest ranked score in any event will make the team. If there is still a tie, the second highest score will be used to break the tie.
3. The Zone application is due to the Zone Coaching Staff no later than 15 minutes following the conclusion of the applicant's final session at NC Long Course Age Group Championships for 11 – 14-year-old swimmers. Deadlines for mailing and emailing zone applications will be found each year with the application.

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Zone Points Formula

1. The following formula will be used to calculate Zone Points for each event eligible to be scored
 - a. $ZP = BP * (BT / T)^3$
 - b. Where
 - i. $BP = 1000$
 - ii. $T = \text{Swimmer's time in seconds}$
 - iii. $BT = 3 \text{ year rolling average of the event's prelims 8}^{\text{th}} \text{ place time}$
2. Events Eligible for Zone Points
 - a. 11-12 Girls and Boys
 - i. 50m Free, 100m Free, 200m Free, 400m Free
 - ii. 50m Back, 100m Back
 - iii. 50m Breast, 100m Breast
 - iv. 50m Fly, 100m Fly
 - v. 200m IM
 - b. 13-14 **Girls**
 - i. 50m Free, 100m Free, 200m Free, 400m Free, **800m Free**
 - ii. 100m Back, 200m Back
 - iii. 100m Breast, 200m Breast
 - iv. 100m Fly, 200m Fly
 - v. 200m IM, 400m IM
 - c. 13-14 **Boys**
 - i. 50m Free, 100m Free, 200m Free, 400m Free, **1500m Free**
 - ii. 100m Back, 200m Back
 - iii. 100m Breast, 200m Breast
 - iv. 100m Fly, 200m Fly
 - v. 200m IM, 400m IM