



2024 Southern Zone Age Group Championship
Hosted By COM Aquatics Swim Team
July 24-27, 2024



FMH Natatorium, 3003 N A Street, Midland, Texas 79705
 Held under the Sanction of USA Swimming, Inc., issued by West Texas Swimming Inc.
 Sanction # WT0724-24

MEET DIRECTOR	MEET ENTRY COORDINATOR	MEET MARSHAL
Luke Serrano Lukes@comaquatics.com	Brett Elliott Brett.r.elliott+swim@gmail.com	(female) (male)
MEET REFEREE	ADMINISTRATIVE REFEREE	OFFICIALS CONTACT
Jim Holcomb jholcomb@utep.edu	Brett Elliott Brett.r.elliott+swim@gmail.com	TBD
SZ AGE GROUP CHAIR	SZ COACH DIRECTOR	SZ NON-COACH DIRECTOR
Jonathan Watson 01silversurfer@bellsouth.net	Bruno Darzi Bruno.darzi@gmail.com	Melissa Hellervik-Bing mhellervikbing@hotmail.com

HOST COM Aquatics www.comswimteam.com

Liability and Sanction: This meet is held under the Sanction of USA Swimming. West Texas Swimming, Inc., and City of Midland Aquatics. All staff, coaches, and officials shall be free from any, and all liabilities or claims for damages or harm arising by reason of injuries to anyone during the conduct of the meet or while traveling to or from the meet. Damage to a facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer’s club, if attached, to be held accountable for repairs.

PARENTAL ACCESS Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet at the Front Desk. Should parents be unable to contact their child directly, they should see the Meet Marshal located at the deck entrance in the lower lobby. In the case of an emergency, please call and/or text the Facility Director at (432) 684-7755

FACILITY COM Aquatics (COM) provides a 10 lane 50-meter indoor pool with non-turbulent lane lines. Colorado Timing, Colorado touchpads and Hy-Tek Meet Manager will be used. Speed starting blocks with wedges, backstroke ledges and backstroke turn flags are in place. Designated warm up lanes will be available through the meet. Average water depth at the start end and the turn end is 2 meters. The Competition course has been certified in accordance with 104.2.2C(4). Separate dressing rooms, showers, and lavatories for men and women are available. COM offers an 8 Lane 25 yard pool for warm up and warm down with dressing rooms and showers.

Per USA Swimming and Safe Sport Rules...**ONLY** USA Swimming registered athletes, current USA Swimming registered officials and coaches may be on deck during warmups and/or competition. ALL coaches, officials and meet personnel will be required to wear wristbands or lanyards on the pool deck. Please check-in at the clerk of course.

**SPECTATOR
ADMISSION**

Spectator Admission Passes will be available.
 Wednesday-Saturday All-Session Pass (ages 5 and above): \$ 35
 Daily Pass (prelims & finals): \$ 10
 Per Session Pass: \$ 6
 Children Under 5: Free

Chaperones listed on the team lists will not be required to pay admission.
 Heat sheets will be included with admission and will be available online and on meet mobile.

SCHEDULE

Session	Day	Warm-up*	Meet Start
-	Tuesday Evening	12:00 - 7:30 PM	-
1	Wednesday Timed Finals	11:30 AM - 12:45 PM	1:00 PM
2	Thursday Preliminaries	6:30 - 8:15 AM	8:30 AM
3	Thursday Finals	4:00 - 5:15 PM**	5:45 PM
4	Friday Preliminaries	6:30 - 8:15 AM	8:30 AM
5	Friday Finals	4:00 - 5:15 PM	5:30 PM
6	Saturday Preliminaries	6:30 - 8:15 AM	8:30 AM
7	Saturday Finals	4:00 - 5:15 PM	5:30 PM

*See warm-up schedule for specifics

**Parade line-up at 5:15PM.

**IMPORTANT TIMES
[MEETINGS, SCRATCH & POSITIVE CHECK-IN DEADLINES]**

EVENT	DAY	TIME
General Meeting – Mandatory for Coaches and Captains. Location: Hospitality - Pool deck access	Wednesday	10AM
Positive Check-in for Wednesday Events	Wednesday	15 min after General Meeting
Relay Names Submitted	Wednesday	1:00 PM
Parade – All teams line up in the West parking lot using F9 entrance	Thursday Parade around comp pool	5:15 PM
Positive Check-in 400 IM and 400 Free events	Thursday & Friday	9:00 AM
Relay Names Submitted	Thursday - Saturday	By end of prelims

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. The LSC may select a maximum of twelve (12) females and twelve (12) males in each of the 11-12 and 13-14 age groups.
- ◇ Swimmers that have ever achieved any current Junior National Summer standard may not enter those events nor swim those strokes/distances on relays.
- ◇ The age of a swimmer on the first day of the 2024 SZ Age Group Championship shall determine the swimmer’s age for this meet.

ENTRY

DEADLINE The entry deadline for this meet will be Tuesday, July 23 at 12 NOON EDT.

ENTRIES

- ◇ There are no late entries or deck entries for this meet.
- ◇ No deck registration is permitted.
- ◇ The “TM” event file for TEAM MANAGER/TEAM UNIFY will be available on the SOUTHERN ZONE website at [Southern Zone AG Champs](#) and on the [COMSWIMTEAM.COM](#) website.
- ◇ The only acceptable mode of entry is via Hy-Tek compatible entry file. The File must be renamed to clearly identify the entering team, the shorter the better.
- ◇ A hard copy of your entries MUST be hand-delivered or attached to your email. Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy) is received.
- ◇ Entries MUST be emailed to Brett.r.elliott+swim@gmail.com Submissions to any other address cannot be accepted. NO entries via FAX will be accepted. Receipt of entries will be acknowledged via email.
- ◇ If you have an entry question, please contact Entries Chair, [Brett Elliott](#) at 832-868-8390 or brett.r.elliott+swim@gmail.com
- ◇ Each LSC shall identify the name and telephone number of the person responsible for their entries.
- ◇ Each LSC shall bring a copy of their LSC’s Official Selection Procedure for this meet to the General Meeting on Wednesday, July 24th at 10 AM.
- ◇ A list of coaches and chaperones (up to 12 individuals) **must** accompany the entries and may be e-mailed.
- ◇ Athletes included in improperly identified Commlink Files (Cfile0X.cl2 of zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded.
- ◇ Athletes WILL NOT be allowed to participate in the meet until the entry fee payment has been received by the Meet Director or designee and is due at the General Meeting.
- ◇ Under no circumstance will any swimmer left off the LSC’s original Entry Form be permitted to swim any event(s) in the meet.

ADAPTED

SWIMMING ENTRIES

Each LSC may bring up to 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 Disability 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 more major life activities. These disabled swimmers 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 disabled athletes should be submitted on the attached entry form indicating preference for seeding and highlighted on the hard copy of the LSC’s meet entry. Shorter events that are not included in the listing for each age group may be requested. (Such events may be swum with longer events or other age groups during preliminaries, but will be swum separately in finals, possibly combined by gender and stroke and considering intervals between swims. **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. Failure to provide advance notice may limit the host’s ability to accommodate requests.

ENTRY LIMITS

Each LSC is limited to:

- ◇ Three (3) individual entries for the 400m Free and 400m IM in the 13-14 Girls and the 13-14 Boys age groups; and three (3) individual entries for the 400m Free in the 11-12 Girls and 11-12 Boys age groups
- ◇ Three (3) individual entries for the 13-14 Girls 800m Freestyle
- ◇ Three (3) individual entries for the 13-14 Boys 1500m Freestyle
- ◇ Two (2) relay teams (A & B) per relay event
- ◇ Unlimited entries for all other individual events.

Each swimmer is limited to:

- ◇ Six (6) individual events for the meet (entered),
- ◇ Three (3) individual events per day (entered).

ENTRY FEES For the Southern Zone Age Group Swimming Championships:

- ◇ INDIVIDUAL EVENTS - \$15.00 per individual event
- ◇ RELAYS - \$20.00 per relay event
- ◇ SOUTHERN ZONE SURCHARGE - \$5.00 per swimmer
- ◇ FACILITY SURCHARGE - \$25 per swimmer

Please make checks payable to COM Aquatics. All entry fees must be paid in full to the Meet Director no later than the end of the General Meeting on the first day of competition.

RULES

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

MAAPP 2.0

- ◇ A USA Swimming club that hosts a sanctioned USA Swimming swim meet indicates acknowledgement of USA Swimming's Minor Athlete Abuse Prevention Policy (MAAPP 2.0).
- ◇ All USA Swimming members including athletes 18yrs and older and adults who are attending this swim meet and interact with minor athletes are expected to comply with the MAAPP policy.
- ◇ All chaperones, team managers, adult swimmers, meet directors, officials, and non-member parents and meet volunteers who are attending this swim meet are expected to understand and comply with MAAPP.

TECHNICAL SUIT BAN FOR 12&Us Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- a.) Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- b.) Any suit with woven fabric extending past the hips.

(Note: WOVEN FABRIC- A Suit with knit fabric and sewn seams not extending below the knees is permitted.)

SAFE SPORT

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members.

Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for Safe Sport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and

credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. All athletes age 18 and older must complete Athlete Protection Training to be a USA Swimming registered member in good standing. Any 18 & over athlete who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns 18 on or after July 24th who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Centralized Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible – Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport

FORMAT Events on the first day of competition events will be swum as timed final events. The 13-14 girls 800m Free and 13-14 Boys 1500m Free will be alternated between girls, then boys, fastest to slowest. Swimmers must provide their own counter.

All individual events conducted over the remaining days of competition will be swum as Prelims/Finals. The top-20 in each age group/gender will be swum in finals. All finals will be marched and announced behind the blocks. Consolation heat swimmers will be announced once in the water. If disabled swimmers qualify for finals, additional heat(s) will be swum. All relays will be swum as timed final events.

Mixed Relays shall consist of 2 girls and 2 boys in any order.

Chase starts may be used at the discretion of the Meet Referee if a reduction to the timeline is deemed advisable. With the approval of the Zone Age Group Chair, the Meet Referee and Meet Director, changes to the meet logistics (if deemed appropriate) may be made.

SEEDING The conforming time standard for this meet is long course meters (LCM). Swimmers will be seeded in the order of LCM/SCM/SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. The Meet Director reserves the right to combine heats and events at the discretion of the Meet Referee.

**SCRATCH AND
POSITIVE CHECK-IN
PROCEDURES**

This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are herein stated. We ask that all coaches declare any scratches to the Clerk of Course before the deadlines to ensure full heats and the best competitive opportunities possible for all athletes.

A positive check-in, located at the Clerk of Course, will be required for the following events—800m Freestyle, 1500m Freestyle, 400m IM, 400m Freestyle, and all relay events. Swimmers and relay teams that are not checked in, may not be seeded in the event.

**SCRATCH
PENALTIES**

According to the scratch rule, a swimmer who is properly checked-in for a positive check-in event, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee. 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 (3) events per day limit. There is no penalty for failure to compete in relay events.

A swimmer qualifying for Finals who neither scratches with the Administrative Referee nor declares his/her intent to scratch within 30 minutes after the announcement of qualifiers for that event is considered checked in. If a checked-in swimmer fails to compete in Finals, he or she shall be barred from further competition in the meet unless excused by the Meet Referee. In order to field full Finals heats, it is requested that swimmers who qualify in the top-30 and have no intention of swimming in Finals indicate this by scratching.

SCORING

Each LSC shall be scored as a team for the Southern Age Group Swimming Championship. Each event shall be scored to 20 places under the following system:

- ◇ Individual Events:
 - A Final 24-21-20-19-18-17-16-15-14-13
 - B Final 11-9-8-7-6-5-4-3-2-1
- ◇ Relay Events: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2
- ◇ Disabled 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).
- ◇ All events will be scored separately as 11-12 Girls, 11-12 Boys, 13-14 Girls and 13-14 Boys.

AWARDS

The following awards shall be awarded:

- ◇ Individual Events: 1st through 10th place medals
- ◇ Relay Events: 1st-3rd place medals
- ◇ Team Awards:
 - ◇ 1st Place LSC TEAM – 60 T-Shirts & Team Award Plaque or Medal
 - ◇ 2nd Place LSC TEAM & 3rd Place LSC TEAM – Award Plaque or Medal
- ◇ Age Group High Point Awards:
 - ◇ High Point Male & Female Award (11-12 and 13-14)
- ◇ Charlene Craddock Sportsmanship Award
 - ◇ Medals and 54 swim caps
 - ◇ The Craddock Award shall be presented to the team that 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, Head 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.

PARADE

Thursday at 5:15PM. Swimmers should line up by 5:05 PM. This will be an introduction of all the Zone teams by a walk-in and around the pool area. The theme of this year's parade will be: **"DEEP IN THE HEART of Texas"**

RESULTS

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

TIMERS Timers shall be provided by each LSC during preliminaries and finals according to the following lane assignments. This will be updated depending on meet attendance. Volunteers are welcome to time.

WEDNESDAY TIMED FINALS/THURSDAY PRELIMS/FRIDAY FINALS									
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	Lane 9	Lane 10
THURSDAY FINALS/FRIDAY PRELIMS/SATURDAY PRELIMS & FINALS									
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	Lane 9	Lane 10

OFFICIALS There will be an officials’ meeting one hour prior to each session in the Officials Room located near the elevator and bottom of the stairway on the pool level. We welcome all certified officials on deck. If you are able to work as a Stroke & Turn Judge, contact the Meet Referee or sign-up in advance at [Southern Zone Officials](#)

Chief Judges/Starters/Referees: Officials who are interested in assigned positions should complete an Application to Officiate found on the Southern Zone website [Southern Zone Officials](#) by the deadline.

The uniform is a white collared shirts over navy bottoms and white shoes. Long pants or skirts are preferred for Finals.

National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 and N3 all positions by USA Swimming. Officials should submit the application found on the Southern Zone website. Officials are required to work a minimum of four (4) sessions to be evaluated. Evaluation requirements can be found at www.usaswimming.org.

MEET

COMMITTEE The Meet Director and the Southern Zone Age Group Chairman will appoint a Meet Committee. It will consist of—The Meet Referee, the SZAG Chair or his designee (Chairman), three (3) coaches present and two (2) athletes swimming in the meet 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.

COACHES All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and coaches shall prominently always display their credentials while on deck. There may be a coaches meeting after Friday warm-ups or other meetings at the Meet Referee’s discretion. Meet Management requests that at least one coach representative from each team attend all coaches’ meetings.

**HOSPITALITY/
CONCESSIONS/**

VENDORS There will be a hospitality area open to all coaches and officials. Refreshments will be for sale at concession stands. Outside food is not permitted by the facility. There will be a t-shirt vendor present on site.

BAD WEATHER

In case of an “Act of God” or bad weather scenario which cancels a session, meet management, in consultation with the Meet Committee, will make the final decision how the meet will safely proceed.

TRAVEL

INFO

The FMH Natatorium is served by the Midland International Space and Airport (MAF). Midland International Air and Space Port is in the city limits of Midland, Texas, United States, about midway between Downtown Midland and Downtown Odessa, owned and operated by the City of Midland. Address: 9506 La Force Blvd, Midland, TX 79706

LOCAL INFO COM is partnered with several local hotels – [COM Preferred Hotels](#) and several restaurants and shopping is located nearby.

LIABILITY

In granting a sanction for this meet, it is understood and agreed that USA Swimming, the Southern Zone, West Texas Swimming, the COM Aquatics, the FMH Natatorium, 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.



2024 Southern Zone Age Group Championships

July 24-27, 2024, FMH Natatorium, Midland, TX

ORDER OF EVENTS

	DAY ONE - Wednesday	Timed Finals – 1:00PM
Event # (Odds=Females; Evens=Males)	Age Group	Distance/Stroke
1	13-14 Girls	800m Freestyle*
2	13-14 Boys	1500m Freestyle*
3-4	11-12	400m Freestyle Relay*
5-6	13-14	400m Freestyle Relay*
7-8	11-12	400m Medley Relay*
9-10	13-14	400m Medley Relay*
*Awards for the Wednesday events will be awarded following timed final session		
Prelims – 8:30AM	DAY TWO – Thursday	Finals – 5:45PM
11-12	13-14	200m Freestyle
13-14	11-12	200m Freestyle
15-16	13-14	100m Breaststroke
17-18	11-12	50m Breaststroke
19-20	13-14	100m Backstroke
21-22	11-12	50m Backstroke
23-24	13-14	400m Individual Medley*
*Only 3 members from each LSC per event may swim the 400m IM. Awards for 200 Free, 100 Breast, 50 Breast, 100 Back, 50 Back and 400 IM (in Finals)		
25-26	11-12 (FINALS)	200m Freestyle Relay**
27-28	13-14 (FINALS)	200m Freestyle Relay**

****All relays are timed finals and will be swum in Finals**

Prelims – 8:30AM	DAY THREE – Friday	Finals – 5:30PM
29-30	13-14	200m Butterfly
31-32	11-12	100m Butterfly
33-34	13-14	50m Freestyle
35-36	11-12	50m Freestyle
37-38	13-14	200m Breaststroke
39-40	11-12	100m Breaststroke
41-42	13-14	400m Freestyle*
43-44	11-12	400m Freestyle*
*Only 3 members from each LSC per event may swim the 400m Freestyle Awards for 200 Free Relays, 200 Fly and 100 Fly (in Finals)		
45-46	13-14 (FINALS)	200m Medley Relays**
47-48	11-12 (FINALS)	200m Medley Relays**
**All relays are timed finals and will be swum in Finals		


Prelims – 8:30AM	DAY FOUR – Saturday	Finals – 5:30PM
Awards for 50 Free, 200 Breast, 100 Breast and 400 Free before finals begin		
49-50	13-14	200m Backstroke
51-52	11-12	100m Backstroke
53-54	13-14	100m Freestyle
55-56	11-12	100m Freestyle
57-58	13-14	200m Individual Medley
Awards for 200 Medley Relays, 200 Back, 100 Back and 100m Free (in Finals)		
59-60	11-12	200m Individual Medley
61-62	13-14	100m Butterfly
63-64	11-12	50m Butterfly
Awards for 200 IM, 100 Fly and 50 Fly (in Finals)		
65	13-14 (FINALS)	Mixed Medley Relay**
66	11-12 (FINALS)	Mixed Medley Relay**
Awards for Mixed Medley Relays High Point Awards, Charlene Craddock Sportsmanship Award, Top-3 Team Awards **All relays are timed finals and will be swum in Finals		

SOCIAL EVENT SATURDAY – Dinner at the pool, concluding meet & presentation of awards.

2024 USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS

JULY 24-27, 2024

WARM-UP PROCEDURES

JULY 2024							WED	
SUN	MON	TUE	WED	THU	FRI	SAT		
	1	2	3	4	5	6	24	
7	8	9	10	11	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30						

LANE	
1	ALL LANES OPEN
2	FOR SWIMMERS
3	SWIMMING THE
4	800M & 1500M
5	FREESTYLE
6	ONLY
7	
8	Adapted Athletes
9	
10	

GIRLS #	WEDNESDAY ORDER OF EVENTS	BOYS #
1	13-14 800M Freestyle*	
	13-14 1500M Freestyle*	2
3	11-12 400M Free Relay**	4
5	13-14 400M Free Relay**	6
7	11-12 400M Medley Relay**	8
9	13-14 400M Medley Relay**	10

*The 800 Free & 1500 Free are limited to 3 entrants from each LSC per event
 ** All relays are timed finals and will be swum in the finals session.


WEDNESDAY's SCHEDULE:

11:30 AM - 12:30 PM: ASSIGNED WARM-UPS

12:30 - 12:45 PM: SPECIFIC WARM-UPS TIMED FINALS

Lanes 1,2,9,10 – PACE LANES
 Lanes 3 & 8 – ONE-WAY STARTS
 Lanes 4, 5,6,7 – GENERAL WARM-UPS

1:00 PM: TIMED FINALS BEGIN:

JULY 2024							THU	COM AQUATICS Proudly Sponsored by 
SUN	MON	TUE	WED	THU	FRI	SAT		
	1	2	3	4	5	6	25	
7	8	9	10	11	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30						

LANE	1 st WARM-UP 6:30 - 7:00 AM	2 nd WARM-UP 7:00 - 7:30 AM	3 rd WARM-UP 7:30 - 8:00 AM
1	To be updated upon		
2	declaration to attend		
3			
4			
5			
6			
7			
8			
9			
10			

GIRLS #	THURSDAY ORDER OF EVENTS	BOYS #
11	13-14 200M Freestyle	12
13	11-12 200M Freestyle	14
15	13-14 100M Breaststroke	16
17	11-12 50M Breaststroke	18
19	13-14 100M Backstroke	20
21	11-12 50M Backstroke	22
23	13-14 400M Individual Medley	24
AWARDS PRESENTATION		
25	11-12 200M Freestyle Relay**	26
27	13-14 200M Freestyle Relay**	28
** All relays are timed finals and will be swum in the finals session.		

THURSDAY's SCHEDULE:

6:30AM - 8:00 AM: GENERAL WARM-UPS FOR PRELIMS

8:00 - 8:15 AM: SPECIFIC WARM-UPS FOR PRELIMS

Lanes 1,2,9,10 – PACE LANES

Lanes 3 & 8 – ONE-WAY STARTS

Lanes 4, 5,6,7 – GENERAL WARM-UPS

8:30 AM: PRELIMINARIES BEGIN

4:00 – 5:00 PM: GENERAL WARM-UPS FOR FINALS

5:00 - 5:15 PM: SPECIFIC WARM-UPS FOR FINALS

Lanes 1 & 10 – PACE

Lanes 2,3,8,9 – ONE-WAY STARTS

Lanes 4,5,6,7 – GENERAL

5:15 PM: LINE UP FOR THE PARADE

5:45 PM: FINALS BEGIN.

- The fastest 10 swimmers in each event will march out and names announced
- Relay cards are due
- Awards presentations after Event 24 in finals

JULY 2024							FRI	
SUN	MON	TUE	WED	THU	FRI	SAT		
	1	2	3	4	5	6	26	
7	8	9	10	11	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30						

LANE	1 st WARM-UP 6:30 - 7:00 AM	2 nd WARM-UP 7:00 - 7:30 AM	3 rd WARM-UP 7:30 - 8:00 AM
1	To be updated		
2	Upon final declaration		
3	to attend		
4			
5			
6			
7			
8			
9			
10			

GIRLS #	FRIDAY ORDER OF EVENTS	BOYS #
29	13-14 200M Butterfly	30
31	11-12 100M Butterfly	32
33	13-14 50M Freestyle	34
35	11-12 50M Freestyle	36
37	13-14 200M Breaststroke	38
39	11-12 100M Breaststroke	40
41	13-14 400M Freestyle*	42
43	11-12 400M Freestyle*	44
AWARDS PRESENTATION		
45	13-14 200M Medley Relay**	46
47	11-12 200M Medley Relay**	48
** All relays are timed finals and will be swum in the finals session.		

FRIDAY'S SCHEDULE

6:30AM - 8:00 AM: ASSIGNED WARM-UPS FOR PRELIMS

8:00 - 8:15 AM: SPECIFIC WARM-UPS FOR PRELIMS

Lanes 1 & 10 – PACE

Lanes 2,3,8,9 – ONE-WAY STARTS

Lanes 4,5,6,7 – GENERAL

8:30 AM: PRELIMINARIES BEGIN

4:00 - 5:00 PM: GENERAL WARM-UPS FOR FINALS

5:00 - 5:20 PM: SPECIFIC WARM-UPS FOR FINALS


Lanes 1,2,9,10 – PACE LANES

Lanes 3 & 6 – ONE-WAY STARTS

Lanes 4,5,7,8 – GENERAL WARM-UPS

5:30 PM: FINALS BEGIN.

- The fastest 10 swimmers in each event will march out and names announced
- Relay cards are due
- Awards presentation after Event 44 in finals.

JULY 2024							SAT	
SUN	MON	TUE	WED	THU	FRI	SAT		
	1	2	3	4	5	6	27	
7	8	9	10	11	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30						

LANE	1 st WARM-UP 6:30 - 7:00 AM	2 nd WARM-UP 7:00 - 7:30 AM	3 rd WARM-UP 7:30 - 8:00 AM
1	To be updated		
2	Upon final declaration		
3	To attend		
4			
5			
6			
7			
8			
9			
10			

GIRLS #	SATURDAY ORDER OF EVENTS	BOYS #
49	13-14 200M Backstroke	50
51	11-12 100M Backstroke	52
53	13-14 100M Freestyle	54
55	11-12 100M Freestyle	56
57	13-14 200M Individual Medley	58
AWARDS PRESENTATION		
59	11-12 200M Individual Medley	60
61	13-14 100M Butterfly	62
63	11-12 50M Butterfly	64
AWARDS PRESENTATION		
65	13-14 200 MIXED MEDLEY RELAY**	65
66	11-12 200 MIXED MEDLEY RELAY**	66

** All relays are timed finals and will be swum in the finals session.

SATURDAY's SCHEDULE:

6:30 - 8:00 AM: ASSIGNED WARM-UPS FOR PRELIMS

8:00 - 8:15 AM: SPECIFIC WARM-UPS FOR PRELIMS

Lanes 1 & 10 – PACE

Lanes 2,3,8,9 – ONE-WAY STARTS

Lanes 4,5,6,7 – GENERAL

8:30 AM: PRELIMINARIES BEGIN

4:00 - 5:00 PM: GENERAL WARM-UPS FOR FINALS

5:00 - 5:20 PM: SPECIFIC WARM-UPS FOR FINALS

Lanes 1,2,9,10 – PACE LANES

Lanes 3 & 8 – ONE-WAY STARTS

Lanes 4,5,6,7 – GENERAL WARM-UPS

5:30 PM: FINALS BEGIN.

- The fastest 10 swimmers in each event will march out and names announced.
- Relay cards are due.
- Awards presentations before start of finals, after Event 58 and Event 64 in finals and at the conclusion of the meet at 5:20



2024 USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS
JULY 24-27, 2024

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.

- Meet Entry Summary Sheet (including email address)
- Hard copy of meet entry attached with entry email
- Check for all fees (payable to COM Aquatics) due at General Meeting
- Identify the LSC person (name, email) serving as the person responsible for your entry
- Bring Official Selection Procedure to General Meeting
- List of up to 12 members of your team's coaching staff and chaperones
- Have at least one coach and one captain attend the General Meeting at 10:00 AM on Wednesday, July 24th at the COM Aquatics FMH Natatorium
- Proofread your entry to be sure all athletes have been included
- Entry deadline – Tuesday, 12 Noon, July 23, 2024.
- Include Meet Entry Summary Sheet if you have Disability Athletes attending

I certify that this entry is completed to the best of my ability and that all swimmers entered have achieved the entry time submitted in each event.

Coach's Signature

Date

LSC

Abbreviation

2024 USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS

JULY 24-27, 2024

MEET ENTRY SUMMARY SHEET

LSC _____ Abbreviation _____

Coaches Attending _____

Chaperones _____

LSC Contact Person #1 _____

Cell Phone Number (#1) _____ Work Phone No. _____

E-MAIL Address _____

Mailing Address _____

LSC Contact Person #2 _____

Cell Phone Number (#2) _____ Work Phone No. _____

E-MAIL Address _____

Mailing Address _____

		TOTALS
# of INDIVIDUAL ENTRIES _____	X \$15/individual event	\$
# of RELAY TEAMS _____	X \$20/relay team	\$
# of SWIMMERS _____	X \$5/swimmer for ZONE SURCHARGE	\$
# of SWIMMERS _____	X \$25/swimmer FACILITY SURCHARGE	\$
TOTAL AMOUNT OF TEAM CHECK PAYABLE TO COM Aquatics Inc.		\$

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. It is understood and agreed that USA Swimming, the Southern Zone, West Texas Swimming, the COM Aquatics, the FMH Natatorium, 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.

Signature/Title _____

2024 USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIP DISABLED SWIMMERS MEET ENTRY SUMMARY SHEET

Name: _____ DOB: _____ MALE FEMALE

Address: _____ USA SWIMMING ID#: _____

City: _____ State: _____ Zip: _____ Age on 1st day of meet: _____

Swimmer/Parent Email Address: _____

Club: _____ Club Coach: _____ Phone: _____

Parent/Guardian's Name: _____

Phone #: (DAYTIME): _____ Evening: _____ Cell: _____

Emergency Contact: Name: _____ Phone #: _____

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

#	EVENTS	ENTRY TIMES	ACCOMMODATION REQUESTED
1			
2			
3			
4			
5			
6			

Please indicate the swimmer's requested accommodation (lane, event of different distance, etc.) 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 above. 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)