

Southern Zone Eastern Section Age Group Championships

March 13 - 16, 2008



SANCTION: Held under the sanction of USA Swimming issued by North Carolina, Inc.
Sanction# NC08017

SPONSOR: SUBWAY of Charlotte, TYR, Pannell Swim Shop

HOST: High Point Swim Club in cooperation with the Mecklenburg County Aquatic Center.

FACILITIES: Mecklenburg County Aquatic Center
800 East Martin Luther King Jr. Boulevard
Charlotte, NC 28202-2874
704-336-3483

The competition pool is a 50-meter pool divided by 2 bulkheads for use of 2 - 8 lane 25 yd. Pools. Non turbulent lane lines and Paragon starting blocks. Minimum depth is 6 ft. at scoreboard end and 13 ft. at the deep end. Seating for 1000 people with ample parking areas within 100 yds. of facility. Colorado 5000 electronic timing system with scoreboard will be used.

TIME SCHEDULE

	Warm UP	Meet Start
Thursday Timed Final	4:00 PM	5:30 PM
Fri/Sat/Sun Prelims (11 Over)	7:00 AM	8:30 AM
Fri/Sat/Sun Timed Finals (10 Under)		
(No earlier than)	1:00 PM	1:45 PM
Fri/Sat Finals	4:30 PM	5:30 PM
Sun Finals	4:00 PM	5:00 PM

ELIGIBILITY: Open to members of the Eastern Section of the Southern Zone, its clubs and swimmers registered with USA Swimming, that are in good standing with the Eastern Section. All USA Swimming registered clubs in the following LSC's are eligible to become members of the Eastern Section: Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Southeastern, and West Virginia.

RULES: The current USA Swimming Rules will govern the conduct of the meet unless noted otherwise herein. Out-of-state teams should be prepared to submit proof of current USA Swimming membership for each swimmer entered. A swimmer not previously entered wishing to late enter the meet via deck entry must present proof of USA Swimming membership.

TIME STANDARDS: All swimmers must have met the meet time standards either short course or long course in EACH event entered. **Swimmers entering with a long course qualifying time shall ENTER WITH AND BE SEEDED WITH the short course qualifying time standard. Times for all events must have been achieved by the due date of the entry.**

PROOF OF TIME: Swimmers who do not equal or better the applicable Southern Zone Eastern Section Age Group Championship time standards in any 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 prove. Proof of times is May 1, 2008. Fines are doubled to \$50 per occurrence regardless of provability after May 1, 2008. The only acceptable proof-of-time will be official meet results from a USA Swimming sanctioned or approved competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Southern Zone Eastern Section Championships until such time as the fee is paid. Come prepared to pay outstanding fines before your team can participate in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the Southern Zone Eastern Section Travel Fund.

FORMAT: All events, with the exception of distance events, will be run in the main competition pool. All distance events (400 IM, 500, 1000, 1650 free) may be run in 2 pools. All **10 & under** age group events will be conducted as timed finals and swum in the afternoon each day. All **11-12** Events with the exception of the 200 Back, 200 Breast, 200 Fly, 400 IM, and 500, 1000 and 1650 Freestyle events are prelim/finals format. All events in the **13-14** age group will be prelim/final events with the exception of the 1000 and 1650 Freestyle events as described below. All relays will be conducted as timed final events and will be swum in the prelim sessions. There will be an A Final and B Final for all prelim/final events.

500 free: The 10 & under 500 free will be swum fastest to slowest, alternating girls and boys. The 11-12 events will be timed finals swum fastest to slowest during prelims, except for the fastest heat of girls and boys who will swim at night. The 13-14 events will be conducted as prelim/finals events. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, the fastest four heats of boys swimming slow to fast, then all remaining heats. The Meet Referee will determine which pool each event is held based on entries. All 500 free events will be deck-seeded after positive check-in.

400 IM: All heats of the 11-12 events will be contested as timed finals events on Thursday evening, fastest to slowest. The 13-14 events will be conducted as prelim/finals events. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, then the fastest four heats of boys swimming slow to fast. All remaining heats will be swum fast to slow. The Meet Referee will determine which pool each event is held based on entries. All 400 IM events will be deck-seeded after positive check-in.

1000 free: These events will be swum as 11-14, timed final events. All heats will be contested during the Thursday evening session. They will be swum fastest to slowest. These events will be scored 11-12 and 13-14. The Meet Referee will determine which pool each event is held based on entries. All 1000 free events will be deck-seeded after positive check-in.

1650 free: These events will be swum as 11-14, timed final events. The fastest deck seeded heat of these events will swim during finals. All other heats will swim during prelims, fastest to slowest. These events will be scored 11-12 and 13-14. The Meet Referee will determine which pool each event is held based on entries. All 1650 free events will be deck-seeded after positive check-in.

COURSES: The meet will be run in one course, with the exception of the distance events, which may be run in two courses. The meet referee may elect to combine or change any of the courses, sessions or events. Teams will be notified in advance of any changes in the order of events. Changes in course assignments will be emailed to the address listed on the 2008 membership list or to an alternative email address as requested.

SCRATCH RULE: Any swimmer not planning to swim at night in the finals must scratch so those swimmers who would like to swim again may do so. The penalty for failure to show in a 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 must do so within 30 minutes after the conclusion of their last individual event of the day. The penalty for missing a deck-seeded event will result in being barred from the swimmer's next individual event. There is no penalty for not swimming in the non-deck seeded preliminary events. **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 also will be fined \$25.00 for each event not swum.**

LATE ENTRIES: Late entries will be accepted 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 pre-seeded events. Late entries will be accepted at the meet up to the time clerk of course closes before each session (see schedule under "Check-In"). Late entry fees will be doubled for individual and relay events, that is, \$11.00 per individual event and \$20.00 per relay. Late entered swimmers must present proof of USAS registration to the clerk of course.

ENTRY LIMIT: Swimmers may compete in no more than three (3) individual events per day. Swimmers whose entries exceed the daily limit will need to be scratched in order to adhere to the 3 per day limit. Each team will be limited to one (1) scoring relay team per event, but may enter as many relay teams as desired.

ENTRY FEES: \$5.50 per individual event and \$10.00 per relay.

Late fees are double - \$11.00 individual event and \$20.00 per relay.

Facility surcharge is \$15.00 per swimmer.

NCS Travel Fund surcharge is \$2.00 per swimmer.

Please make checks payable to: **High Point Swim Club**. Entries will not be accepted unless accompanied by fees.

ENTRY FORMS: Preferred method of submitting entries is on Hy-Tek or compatible disk. E-mail to be followed by hard copy will also be accepted, as well as standard hard copy, provided the fees, disk, and hard copy are received by the deadline. **(Please include summary totals in the body of your email; this helps us check for errors).**

Please send printed copies of entries for verification. Entries must include each swimmer's USA Swimming number, first and last name, age, seeding time to the 100th of a second and event number for each event entered. The enclosed team summary sheet as well as fees must be included with entry disk. Please see www.polarbearswim.org for order of events and Team Manger event file suitable for download.

Hard copies on entry forms are also permitted. Entry forms are available by request.

ENTRY DEADLINE: All entries must be received by midnight **Monday, March 3, 2008**

Please mail
to: HPSC
Entries
Age Group Sectional Entry
High Point Swim Club
3206 Quail Run Dr, High Point NC 27265,
(O) 336-887-4772

or, email to:

meetentries@polarbearswim.org

Preferred method of submitting entries is by e-mail. Follow with fees and summary received by the deadline. **(Please include summary totals in the body of your email; this helps us check for errors).**

SCORING: Individual Events: 9- 7- 6 -5- 4- 3- 2- 1
Relay Events: 18-14-12-10-8-6-4-2 Individual events
and relays will be scored out to 8 places.

Swimmers competing in the finals or consolation finals must **achieve the Southern Zone Eastern Section Age Group time standard to score team or individual points.** No team points will be scored for the bonus heat.

AWARDS: **Team awards:** Plaques First place - sixth place teams.
Individual awards: First through eighth - medals,
Relays: First through eighth - medals
High Point: Highest scoring girl and highest scoring boy in each age group-plaques

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

MEET MANAGEMENT:

Meet Director: Max Salsbury (maxsalsbury@bentlyhighpoint.com)
Meet Referee: Glenda Orth (Glenda.orth@comcast.net)
Meet Marshall: Aaron Reeves (AREEVE1@triad.rr.com)

Coaches and Officials Meeting: There will be a coaches meeting on Thursday March 13th beginning at 3:30 PM in the Hospitality Room. Officials will meet 30 minutes prior to each session in the Hospitality Room.

OFFICIALS: High Point Swim Club welcomes and encourages the assistance of certified officials from visiting teams. A meeting for all officials will be held one (1) hour prior to the start time for each session in the Hospitality Room. Application as an Officials Qualifying Meet (OQM) for all positions up to and including N3 S/T, has been made to USA Swimming. Officials wishing to be evaluated, please submit a completed evaluation request form to the Meet Referee, Glenda Orth, glenda.orth@comcast.net. Evaluation forms and requirements can be found at www.USASwimming.org. Officials who have not applied to officiate should contact the local officials' coordinator, Brad Procton at furnimp@msn.com or 336-885-4400 prior to the meet.

LIABILITY RELEASE: USA Swimming, North Carolina Swimming, Mecklenburg County Aquatic Center, and the High Point Swim Club shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the meet.

SAFETY: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay is permitted. Glass containers or bottles are not permitted in the Mecklenburg County Aquatic Center.

HOTELS: Hotel information is attached as well as located at www.polarbearswim.org Look on the home page under "2008 AG Sectionals" and there will be a listing for hotels in the in the Charlotte area very convenient to the aquatic facility.

HOSPITALITY & CONCESSIONS: There will be a hospitality room open to all coaches and officials. Refreshments will be available at the concession stand.

INFORMATION For more information, please contact Aaron Reeves by telephone at 336-887-4772, or by email at AREEVE1@triad.rr.com

Please list all USA Swimming Certified Coaches who will be attending this meet: coaches will be asked to show current 2008 USA Swimming Membership

2008 Southern Section Age Group Time Standards

10 & Under Girls			10 & Under Boys	
Long Course	Short Course	Events	Short Course	Long Course
35.09	31.09	50 Free	30.69	34.79
1:18.19	1:09.09	100 Free	1:07.69	1:16.79
2:48.69	2:29.09	200 Free	2:25.59	2:43.39
5:49.39	6:31.39	400/500 Free	6:36.19	5:53.59
40.69	36.39	50 Back	36.69	41.39
1:28.19	1:18.29	100 Back	1:18.09	1:27.89
45.49	40.09	50 Breast	40.59	46.09
1:39.79	1:28.89	100 Breast	1:28.99	1:40.79
39.89	35.29	50 Fly	34.89	38.99
1:31.99	1:21.59	100 Fly	1:20.79	1:31.09
	1:19.29	100 IM	1:18.09	
3:09.89	2:48.19	200 IM	2:47.69	3:09.39

11/12 Girls			11/12 Boys	
Long Course	Short Course	Events	Short Course	Long Course
31.49	27.59	50 Free	27.49	31.49
1:08.09	59:89	100 Free	59.99	1:08.19
2:27.79	2:10.19	200 Free	2:09.99	2:27.49
5:07.09	5:43.99	400/500 Free	5:45.69	5:08.59
10:53.59	12:12.29	800/1000 Free	*12:34.89	*11:15.09
21:52.89	21:27.09	1500/1650 Free	21:20.39	22:05.99
35.89	31.79	50 Back	32.09	36.29
1:17.79	1:08.99	100 Back	1:09.49	1:18.39
*2:49.69	*2:29.19	200 Back	*2:29.69	*2:50.19
41.19	36.19	50 Breast	35.79	40.79
1:28.99	1:18.29	100 Breast	1:17.69	1:28.29
*3:14.69	*2:51.19	200 Breast	2:49.39	3:12.09
34.69	30.59	50 Fly	30.89	34.99
1:17.99	1:08.99	100 Fly	1:08.99	1:17.99
2:57.99	2:37.79	200 Fly	2:34.99	2:55.29
	1:08.69	100 IM	1:09.19	
2:46.79	2:27.69	200 IM	2:29.79	2:49.49
*5:48.29	*5:11.89	400 IM	5:23.69	6:12.39

13/14 Girls		13/14 Boys		
Long Course	Short Course	Events	Short Course	Long Course
*29.39	26.39	50 Free	*24.69	28.59
1:04.99	*56.89	100 Free	*53:49	1:01.59
*2:19.89	*2:02.59	200 Free	1:56.89	2:12.99
*4:47.89	*5:24.99	400/500 Free	*5:12.09	4:38.89
10:02.89	11:15.49	800/1000 Free	10:48.49	9:38.79
19:24.49	19:01.59	1500/1650 Free	18:26.99	18:49.19
		50 Back	--	
1:13.69	*1:04.59	100 Back	*1:01.69	1:10.19
*2:37.69	*2:18.69	200 Back	*2:12.99	2:31.09
		50 Breast	--	
*1:24.59	*1:13.99	100 Breast	1:09.29	1:18.99
*3:02.09	*2:40.09	200 Breast	2:29.79	2:50.29
		50 Fly	--	
*1:11.49	*1:03.59	100 Fly	*1:00.69	*1:08.59
2:41.09	2:22.39	200 Fly	2:16.39	2:34.19
		100 IM	--	
*2:38.09	*2:19.49	200 IM	*2:12.89	2:31.29
*5:26.49	*4:52.39	400 IM	4:40.69	5:17.99

Notes:

1. 1. (*) indicates change due to yearly review of results. All conversions from SCY to LCM are calculated using USA Swimming conversion chart.

Order of Events
2008 Southern Zone Eastern Age Group Sectional Meet
March 13 - 16, 2008

Thursday, March 13, 2008 - Warm-up 4:00 pm, Start 5:30 pm

GIRLS	EVENTS	BOYS
1	11-12 400 IM ¹	2
3	11-12 1000 FREE	4
	13-14 1000 FREE	

Deck seeded event. Positive check in required.

²These events are run as 11-14 events but scored out as 11-12 and 13-14. They are listed separately for the purpose of displaying the qualifying standard.

Friday Morning, March 14, 2008 - Warm-up 7:00 am, Start 8:30 am

GIRLS	EVENTS	BOYS
7	11-12 200 FREE	8
9	13-14 200 FREE	10
13	11-12 100 BRST	14
15	13-14 100 BRST	16
19	11-12 50 FLY	20
21	13-14 100 FLY	22
25	11-12 100 IM	26
27	13-14 400 IM ¹	28
29	11-12 200 BACK ¹	30
31	13-14 400 FR RELAY	32
33	11-12 200 FR RELAY	34

1 Deck seeded event. Positive check in

GIRLS		EVENT		BOYS
7	FINALS	11-12 200 FREE	FINAL	8
9	FINALS	13-14 200 FREE	FINAL	10
13	FINALS	11-12 100 BREAST	FINAL S	14
15	FINALS	13-14 100 BREAST	FINAL S	16
19	FINALS	11-12 50 FLY	FINAL	20
21	FINALS	13-14 100 FLY	FINAL	22
25	FINALS	11-12 100 IM	FINAL	26
27	FINALS	13-14 400 IM	FINAL	28
29	1 st Heat	11-12 200 BACK	1 st Heat	30

Saturday Morning, March 15, 2008 - Warm-up 7:00 am, Start 8:30 am

GIRLS	EVENT	BOYS
37	11-12 100 FLY	38
39	13-14 200 FLY	40
43	11-12 100 FREE	44
45	13-14 50 FREE	46
47	11-12 50 BRST	48
49	13-14 200 BRST	50
53	11-12 50 BACK	54
55	13-14 100 BACK	56
59	11-12 500 FREE ¹	60
61	13-14 500 FREE ¹	62
65	11-12 200 MED RELAY	66
67	13-14 400 MED RELAY	68

¹ Deck seeded event. Positive check in required.

Saturday Evening, March 15, 2008 - Warm-up 4:30 pm, Start 5:30 pm

GIRLS		EVENTS		BOYS
37	FINALS	11-14 100 FLY	FINALS	38
39	FINALS	13-14 200 FLY	FINALS	40
43	FINALS	11-12 100 FREE	FINALS	44
45	FINALS	13-14 50 FREE	FINALS	46
47	FINALS	11-12 50 BREAST	FINALS	48
49	FINALS	13-14 200 BREAST	FINALS	50
53	FINALS	11-12 50 BACK	FINALS	54
59	1 st Heat	11-12 500 FREE	1 st Heat	60
61	FINALS	13-14 500 FREE	FINALS	62

Sunday Morning, March		16, 2008 - Warm-up	8:30 am
GIRLS	EVENTS		BOYS
69	11-12 200 FLY ¹		70
71	13-14 100 FREE		72
75	11-12 50 FREE		76
80	11-12 200 BRST ¹		81
82	13-14 200 BACK		83
86	11-12 100 BACK		87
91	13-14 200 IM		92
93	11-12 200 IM		94
77	11-12 1650 FREE ^{1,2}		88
	13-14 1650 FREE		

¹ Deck seeded event. Positive check in required. ²These events are run as an 11-14 event but scored out as 11-12 and 13-14. They are listed separately for the purpose of displaying the qualifying standard.

Sunday Evening, March 16, 2008 - Warm-up 4:00 pm, Start 5:00 pm

GIRLS				BOYS
69	1 st Heat	11-12 200 FLY	1 st Heat	70
71	FINALS	13-14 100 FREE	FINALS	72
75	FINALS	11-12 50 FREE	FINALS	76
77	1 st Heat	11-14 1650 FREE*		
80	1 st Heat	11-12 200 BREAST	1 st Heat	81
82	FINALS	13-14 200 BACK	FINALS	83
86	FINALS	11-12 100 BACK	FINALS	87
		11-14 1650 FREE*	1 st Heat	88
91	FINALS	13-14 200 IM	FINALS	92
93	FINALS	11-12 200 IM	FINALS	94

Order of Events
2008 Southern Zone Eastern Age Group Sectional Meet
March 13 - 16, 2008

Friday Afternoon, March 14, 2008 - Warm-up 1:00 pm, Start 1:45 pm

GIRLS	EVENTS	BOYS
5	10 & UN 200 FREE	6
11	10 & UN 100 BRST	12
17	10 & UN 50 FLY	18
23	10 & UN 100 IM	24

Saturday Afternoon, March 15, 2008 - Warm-up 1:00 pm, Start 1:45 pm

GIRLS	EVENTS	BOYS
35	10 & UN 100 FLY	36
41	10 & UN 100 FREE	42
51	10 & UN 50 BACK	52
57	10 & UN 500 FREE1	58
63	10 & UN 200 MED RELAY	64

1 Deck seeded event. Positive check in required

Sunday Afternoon, March 16, 2008 - Warm-up 1:00 pm, Start 1:45 pm

GIRLS	EVENTS	BOYS
73	10 & UN 50 FREE	74
78	10 & UN 50 BRST	79
84	10 & UN 100 BACK	85
89	10 & UN 200 IM	90
95	10 & UN 200 FR RELAY	96

**2008 Southern Zone Eastern Section Age Group Championships
Entry Summary Sheet**

Team Name _____

Official Abbreviation _____ Coach _____
Address _____ E-mail _____

City _____ State _____ Zip _____

	# of Swimmers Entered X \$17.00 (NCS & Facility Fee)	# of Individual Events X \$5.50	# of Relays X \$10.00
Girls 10 & Under			
Boys 10 & Under			
Girls 11-12			
Boys 11-12			
Girls 13-14			
Boys 13-14			
Totals:			
Number of Coaches		Number of Officials	

Total individual entries **X \$5.50 Entry Fee**

Total relay entries **X \$10.00 Entry Fee**

Total swimmers **X \$15.00 (Facility Surcharge
+ \$2.00 NCS travel fund)**

**Please make checks payable to:
High Point Swim Club**

TOTAL DUE =

Mail entries to: Age Group Sectional Entry c/o High Point Swim Club 3206 Quail
Run Dr, High Point, NC 27265 or by email to: meetentries@polarbearswim.org

Entries must be received by: Monday, March 3 2008 by 12:00 midnight

WAIVER, ACKNOWLEDGMENT 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 and North Carolina Swimming, Inc. 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. The High Point Swim Club, Mecklenburg County Aquatic Center, North Carolina Swimming, Inc. and USA Swimming, their agents, employees and coaches shall be free from any liability or claim for damages rising 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 of coach or club official: _____

Club:

Date: _____

Title _____

