

# 2017 Southern Zone Senior Long Course Championships College Station, TX

**Entry deadline – (Noon) 11:59 AM (CDT), Tuesday, July 25, 2017**



Hosted by  
**Aggie Swim Club**  
Long Course Meters – Prelims / Finals  
August 1 - 5, 2017  
USA-S SANCTION #GULC 17-041



**LOCATION:** Texas A&M University  
Student Recreation Center Natatorium  
Olsen Boulevard  
College Station, TX 77843  
For more information about the TAMU Student Recreation Center Natatorium, visit:  
<http://recsports.tamu.edu/>

**LOCAL INFORMATION:** **Directions:** See attachment and map.  
**Parking:** During the weekdays (M-F), everyone must pay for parking while on the university campus (see parking attachment and map). Parking is free after 5pm on Friday and on Saturday, except where designated. The pay-by-number spaces in front of the A&M Rec Complex Center are never free.  
**Sponsoring Hotels:** See attachment and map. Reservations at sponsoring hotels must be made by the cut-off dates. For additional hotel information, contact the Bryan-College Station Convention and Visitors Bureau at (979) 260-9898 or visit their website at <http://visitaggieland.com/>

**MEET STAFF:** **MEET REFEREE:** Keith Rudy  
**ADMIN REFEREE:** Rick Allenstein  
**MEET DIRECTORS:** Henry Clark, email: [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu) phone: (979) 220-2703  
Jason Buenemann, Gayden Darnell, Denyce Quave  
**SAFETY MARSHAL:** Yunlong Zhang  
**AGS COACHES:** Travis Kiser, Ben Leach

**POOLS:** One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate eight lane 25 meter diving well will be available for warm-up and warm-down.

**MEET FORMAT:** This is a prelim/finals meet with A, B, C and D finals (relays, 800 Free & 1500 Free will be swum as timed finals events).



## SOUTHERN ZONE SWIMMING

**TIME AND DATE:**     **\*\*Teams must contact the Meet Director for arrangements for early warm-up. The meet management may adapt the starting procedures and timelines to accommodate an unusually large or small meet.\*\***

Tuesday, August 1:       General meeting: 3:00 p.m.  
                                  Timed finals: 4:00 – 5:15 p.m. warm-up / 5:30 p.m. start

Wednesday, August 2:   Prelims: 7:30 – 8:45 a.m. warm-up / 9:00 a.m. start  
                                  Finals:   4:30 – 4:45 p.m. warm-up / 5:30 p.m. start

Thursday, August 3:     Prelims: 7:30 – 8:45 a.m. warm-up / 9:00 a.m. start  
                                  Finals:   4:30 – 4:45 p.m. warm-up / 5:30 p.m. start

Friday, August 4:       Prelims: 7:30 – 8:45 a.m. warm-up / 9:00 a.m. start  
                                  Finals:   4:30 – 4:45 p.m. warm-up / 5:30 p.m. start

Saturday, August 5:     Prelims: 7:30 – 8:45 a.m. warm-up / 9:00 a.m. start  
                                  Finals:   4:30 – 4:45 p.m. warm-up / 5:30 p.m. start

**WARM-UP PROCEDURES AND SAFETY GUIDELINES:**     See attachment.

**OFFICIALS:**           All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki pants/skirt (NO shorts) as appropriate. Application will be made for this meet to be designated a National Qualifying Meet for Officials. Applications for evaluation can be obtained from the Southern Zone website or by contacting Frank Swigon at [fswigon@yahoo.com](mailto:fswigon@yahoo.com). The application for approval will also request the assignment of National Evaluators to perform “final evaluations” for N3 Starter and N3 Referee candidates.

**GENERAL MEETING:**     All swimmers must be represented at a general meeting to be held at 3:00 p.m., August 1, 2017 in Room 281, located behind the spectator seating area. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer and coach’s responsibility to be aware of any changes made during this meeting

**SEEDING:**             For events of distances 200 and less, the meet will be pre-seeded with heats organized according to USA Swimming Rules 102.5. USA Swimming national scratch procedures (USA Swimming Rule 207.11.6D and 207.11.6E), except as modified herein, shall be in effect. Empty lanes will be filled with on deck entries. For events of distances of 400 and more, see the section on “400 IM/400/800/1500 FREE EVENTS”.

Seeding shall be in the following order: Qualifying conforming course entries in time order, followed by qualifying non-conforming short course meters entries in time order, followed by qualifying non-conforming short course yards entries in time order; then non-qualifying conforming course entries in time order, followed by non-qualifying non-conforming short course meters entries in time order, followed by non-qualifying non-conforming short course yards entries in time order (L,S,Y,LB,SB,YB).



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**SCRATCHING:**

**Procedures:** Scratches prior to the seeding of heats shall be confirmed by properly filling out a scratch card and depositing in the scratch box. After the heats have been seeded, any swimmer who fails to compete in a preliminary individual event heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for the succeeding day's events.

**Deadlines:** Wednesday's events: 7:00 p.m. on Tuesday, August 1  
Thursday's events: 7:00 p.m. on Wednesday, August 2  
Friday's events: 7:00 p.m. on Thursday, August 3  
Saturday's events: 7:00 p.m. on Friday, August 4

**Scratch Box:** The scratch box shall be located at the Clerk of Course.

**Relays:** Properly completed relay cards must be turned in to the Clerk of Course by 4:45 p.m. on the day of the relay event or the entry will be considered scratched.

**FINALS &  
SCRATCHING:**

The administrative rules for the conduct of this championship meet shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rules 207.11.6D and 207.11.6E, as modified below.

The penalty for failure to compete in a finals, consolation finals or bonus finals heat and has not been scratched, will be one of the following:

- Will be barred from further competition in the meet in accordance with the USA Swimming Rules and Regulations, or
- Payment of a fine of \$25 cash to the Administrative Referee.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. The above fines and banishment from competition shall apply to these finalists only and will not apply to the alternates and any swimmers moved into finals due to scratches.

**ON-DECK  
ENTRIES:**

Late entries will be accepted each day up to 45 minutes before the start of the meet. Those swimmers missing the (noon) 11:59 a.m. (CDT) Tuesday, July 25, 2017 deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay the entry fee at the time of entry (\$20 individual, \$40 relay). Swimmers not entered in the meet must also pay the \$10 swimmer surcharge.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. Proof-of-time must be presented to qualify for the meet. Swimmers entering on-deck will be placed in any available open lanes first. An additional heat may be added, if necessary.
3. Swimmers must enter all events for the day forty five (45) minutes prior to the start of the day's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. At the discretion of the meet management, on-deck entries may be limited to fill existing heats.



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**ENTRY  
INFORMATION:**

**Eligible Swimmers:** Open to USA Swimming registered Southern Zone teams and swimmers only.

**Age:** As of August 1, 2017

**Deadline:** Entries are due NO LATER than (noon) 11:59 a.m. (CDT), Tuesday, July 25, 2017.

**Email:** Send electronic entries to [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu) Emailed entries must also be accompanied by a .doc or .pdf export summary file of individual entries by swimmer, relays by event and fee summary. Non electronic entries are subject to a \$10.00 surcharge per swimmer.

**Fees:** \$15.00 per individual event, \$30.00 per relay event and \$10.00 per swimmer surcharge. Clubs should submit a single check, payable to **Aggie Swim Club**, for the full amount due. All fees must be paid prior to any swimmer entering the pool. Entry fees for events not swum will not be refunded nor will a credit be given.

**Mail:** Entry fee check and completed forms to Henry Clark, 9465 Barrow Court, College Station, TX 77845. Please send certified or express mail with signature release.

**Entry Times:** Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – long course meters (L), short course meters (S) or short course yards (Y). Do not convert yard times to meter times.

**Qualifying Times:** See attachment for times. Swimmers must be qualified to swim the events entered. Events may be qualified for by meeting meters or yards qualifying times. The entry qualification period for this meet is January 1, 2016 - July 24, 2017. All swimmers must have met the “2017 Southern Zone Senior Long Course Championships Time Standards” for each event entered (except for bonus entries, see rules below).

**Cut-off Times:** See attachment for times. Any swimmer who has achieved a current 2017 US Open qualifying time in that event (LCM, SCY) prior to the entry deadline is INELIGIBLE to compete in that event (or in the same stroke and distance on a relay).

**Number of Events:** Swimmers may compete in a maximum of 3 individual events per day (time trial events are included in the 3 event/day limit). Swimmers may compete in a maximum of 6 individual events for the entire meet (time trial events are not included in the 6 event/meet limit).

**Bonus Events:** The following “Bonus Event” Rule will be in effect for this meet: 1 qualifying time = 1 bonus swim, 2 qualifying times = 2 bonus swims, 3 qualifying times = 3 bonus swims. Indicate a bonus event entry by checking the appropriate check box. The 800 Free and 1500 Free may not be swum as bonus events.

**Relay Events:** All relay members must be entered in individual events. Teams may enter two (2) entries per relay event (A, B relays). Additional entries per relay event (C, D, E...relays) may be entered but will not be allowed to score. The time for each relay may be submitted as a composite or aggregate time.

**50's of Stroke:** the time standards for the 50 Fly, 50 Back, 50 Breast will be the corresponding 100 meters/yards time standards. Swimmers must enter at their best 100 meters/yards time.

**Late Entry Deadline:** Times achieved after the entry deadline (Tuesday, July 25, 2017) will be accepted until (noon) 11:59 a.m. (CDT), Monday, July 31, 2017. Fees for late entries will be



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\$15.00 for individual and \$30.00 for relay events. Payment can be made by cash, check or credit card at the Clerk or Course table. All other entries must be submitted either by the entry deadline or by the on-deck entry process.

**PROOF OF TIME:** This is a pre-proved meet; all times will be verified through the SWIMS database. Any times not in the SWIMS database, including any aggregate relay times, must be proven, with supporting documentation supplied to the meet director, Henry Clark, [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu). Acceptable forms of documentation include official results from USA Swimming, high school, NCAA and YMCA meets. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer or relay will not be entered in the meet.

**TIME TRIALS:** Time permitting, time trials will be conducted after each prelims sessions under sanction #GULC 17-042 (see attachment for daily event order). Rules for time trials will be:

1. The course will be 50 meters only.
2. Fees will be \$20.00 for individual and \$40.00 for relay events
3. Swimmers must supply completed entry forms entered at the swimmers' best times.
4. Entries are due by 11:00 a.m. each day (4:45 p.m. on Tuesday).
5. Swimmers must be entered in the meet.
6. Time trial events count towards the daily entry limit of 3 events.
7. 800 (1500) Free will be offered on Tuesday (Saturday) only and may be combined with the slowest heat during the timed finals (preliminary) session.
8. All time trials swimmers must provide their own timers and lap counters as appropriate.

**400 IM / 400 / 800 / 1500 FREE EVENTS:** Entrants in the 400 IM, 400 Free, 800 Free and 1500 Free events must check in with the Clerk of Course and confirm their intention to compete in these events.

**Check-in deadline times:**

- 800 Free – Tuesday, August 1, 4:45 p.m.
- 400 IM – Thursday, August 3, 8:15 a.m.
- 400 Free – Friday, August 4, 8:15 a.m.
- 1500 Free – Friday, August 4, 7:00 p.m.

The 400 IM, 400 Free, 800 Free and 1500 Free will be deck seeded. The 400 IM and 400 Free will be swum prelim/finals. In prelims, these events will be swum as follows: the fastest three (3) women's heats, then the fastest three (3) men's heats and then the remaining heats will be swum alternating women and men, fast to slow. At check-in, 1500 Free swimmers must determine their preference to swim AM or PM and the fastest 8 women and fastest 8 men that elect to swim PM will swim in finals. All other 1500 Free heats will be swum fastest to slowest, alternating women and men as the last events at prelims. 800/1500 Free swimmers must provide their own timers and lap counters.

The penalty for failure to compete a positive check-in individual event will be one of the following:

- Will be barred from further competition in the meet in accordance with the USA Swimming Rules and Regulations, or
- Payment of a fine of \$25 cash to the Administrative Referee.



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- RELAY EVENTS:** Relays will be deck seeded and will swim as timed final events during the finals sessions. Relay heats will be swum as follows: Women's 2nd fastest heat, Women's fastest heat, Men's 2nd fastest heat, Men's fastest heat, Women's 3rd fastest heat, Men's 3rd fastest heat, Women's 4th fastest heat, Men's 4th fastest heat and continuing by alternating women's and men's heats fastest-to-slowest.
- FINALISTS:** Championship, Consolation, Bonus finalists and relays should report directly to the starting blocks. Championship finalist's names will be announced before the start of the heat. The names of all other finalists will be announced after the start of each heat.
- AWARDS:** Team Awards: 1<sup>st</sup> - 3<sup>rd</sup> place - Combined; 1<sup>st</sup> - 3<sup>rd</sup> place - Women; 1<sup>st</sup> - 3<sup>rd</sup> place - Men  
Individual Events: Medals for 1<sup>st</sup> - 8<sup>th</sup> place  
Relays: Medals for 1<sup>st</sup> - 8<sup>th</sup> place
- Awards for the Top 8 individual and relay events will be presented immediately following the conclusion of each event at finals.
- SCORING:** Individual Events: 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: 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- RULES AND SANCTIONS:** Current USA Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On-deck USA Swimming membership registration will not be permitted.
- UNACCOMPANIED SWIMMERS:** Any swimmers entered in the meet 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. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- POOL MEASUREMENT:** The competition course is compliant, but not certified, in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified each session in accordance with Gulf Swimming Rules.
- The water depth of the competition course is 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5 meters on the turning end of the course.
- TIMING SYSTEM:** A Daktronics Model 2000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up.
- TEAM TIMERS:** Each team will be required to furnish timers based on team size. Timing assignments will be published in the meet program.
- POOL DECK** Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the



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- RESTRICTION:** operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.
- AUDIO/VIDEO RECORDING DEVICES:** Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.
- DECK CHANGES:** Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.
- DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.
- CREDENTIAL TAGS:** Credential tags must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. Registration cards must be presented to receive credential tags. No team photographers will receive credential tags. Credential tags for media personnel must be arranged for with the meet director.
- SWIMMERS WITH DISABILITIES:** Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).
- CONCESSIONS:** Concessions will be available in the lobby of the Rec Center at Smoothie King.
- HOSPITALITY:** A hospitality room will be available for coaches, officials and meet volunteers
- MERCHANDISE:** Swim Shops of the Southwest will be selling Speedo swim gear and meet t-shirts.
- MEET RESULTS:** Live meet results will be available on Meet Mobile with keywords “Southern Zone”. Final meet results will be posted on the Gulf Swimming webpage within three days after the conclusion of the meet.
- VOLUNTEERS:** Volunteers are welcome and are especially needed for the prelims sessions. Hospitality will be made available to all volunteers. Please contact Henry Clark at email: [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu)



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#### **TEXAS A&M UNIVERSITY STUDENT RECREATION CENTER NATATORIUM RULES:**

- Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event.
- Swimming is allowed only when the area is supervised.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium area.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.
- Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- Don't hang on the lane lines.
- There will be NO SHAVING within the Student Recreational Complex. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- Diving Boards will be closed and off-limits to all competitors and spectators.
- Please be neat. Throw your trash in the trash containers.
- NO LAWN CHAIRS are allowed in the facility.
- The Texas A&M Recreational Sports staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited. Team Banners must not exceed 5'X 8' and will be hung by event staff. No handmade signs are allowed in the facility.
- No pets allowed in the Rec Center complex or on the pool deck.

**ATTACHMENTS:** Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form, Parking Map, Qualifying/Cut-off Standards



**SOUTHERN ZONE SWIMMING**



**SPONSORING HOTELS:**

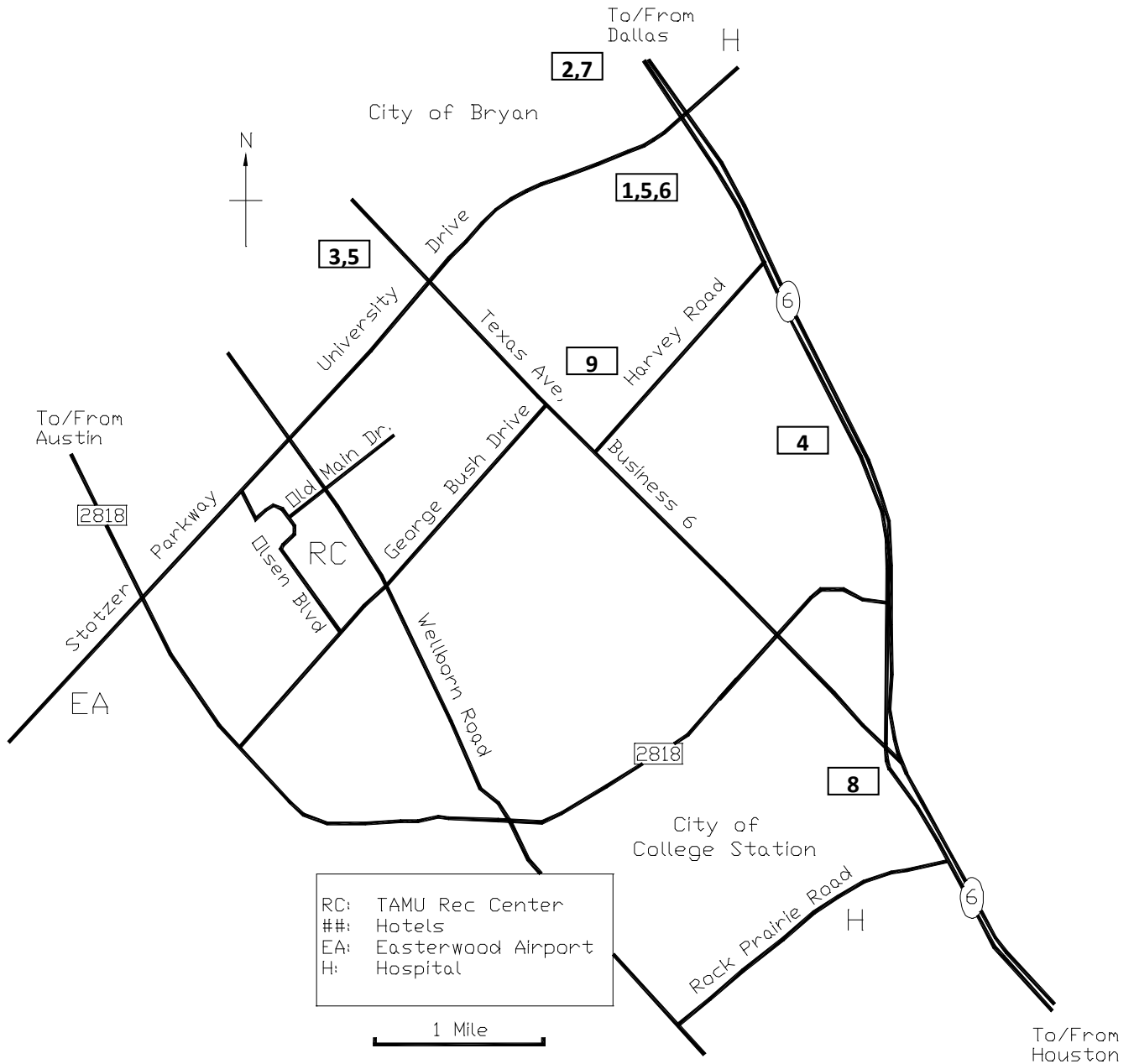
<b>Hotel</b>	<b>Phone Number</b>	<b>Rate/night</b>	<b>#on Map</b>	<b>Group Name</b>	<b>Cut-off Date</b>
<u>Aloft College Station</u> 1150 University Dr E College Station, TX 77840	(979) 704-6400	\$139	1	Southern Zone Senior Championships	7/22/17
<u>Best Western Premier B/CS</u> 1920 Austin's Colony Parkway Bryan, TX 77802	(979) 731-5300	\$110	2	Southern Zone Senior Championships	7/17/17
<u>Hampton Inn</u> 320 Texas Ave South College Station, TX 77840	(979) 846-0184	\$109	3	Southern Zone Senior Championships	7/18/17
<u>Holiday Inn Hotel &amp; Suites</u> 2500 Earl Rudder Fwy College Station, TX 77840	(979) 485-8300	\$129	4	Southern Zone Senior Championships	7/18/17
<u>Hyatt Place</u> 1010 University Dr East College Station, TX 77840	(979) 846-9800	\$119	5	Southern Zone Senior Championships	7/14/17
<u>Hawthorn Suites</u> 1100 University Dr East College Station, TX 77840	(979) 695-9500	\$109	6	Southern Zone Senior Championships	7/14/17
<u>Quality Inn &amp; Suites</u> 1027 North Earl Rudder FRWY Bryan, TX 77802	(979) 703-8979	\$94	7	Southern Zone Senior Championships	7/18/17
<u>Quality Suites</u> 3610 Texas 6 Frontage Road College Station, TX 77845	(979) 695-9400	K - \$105 Q - \$115	8	Southern Zone Senior Championships	7/18/17
<u>Vineyard Court Designer Suites</u> 1500 George Bush Dr East College Station, TX 77840	(979) 693-1220	\$119	9	Southern Zone Senior Championships	7/11/17

An entire listing of Bryan/College Station area accommodations can be found at <http://visitaggieland.com/>



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**SPONSORING HOTEL MAP:**



**SOUTHERN ZONE SWIMMING**

**EVENT ORDER:****Tuesday, August 1, 2017**

Timed Finals – 5:30 p.m.

<b>Women Event #</b>	<b>Event Name</b>	<b>Men Event #</b>
1	800 Free	2
3	200 Medley Relay	4
5	200 Free Relay	6
	Event #7 - MIXED 200 Medley Relay	
	Event #8 - MIXED - 200 Free Relay	

- All heats of the 800 Freestyle will be swum fastest to slowest, alternating women's and men's heats.
- The 200 Medley/200 Free relays will be swum 2nd fastest heat of women, fastest heat of women, then 2nd fastest heat of men, fastest heat of men. All remaining heats will alternate women and men, fastest to slowest.
- The check in deadline for the 800 Freestyle will be 4:45 p.m. Relay cards are due by 4:45 p.m.
- Awards will be presented immediately following each event.

Prelims – 9:00 a.m.

**Wednesday, August 2, 2017**

Finals – 5:30 p.m.

<b>Women Event #</b>	<b>Event Name</b>	<b>Men Event #</b>
9	100 Free	10
11	200 Breast	12
13	200 Back	14
15	200 Fly	16
17	50 Breast	18
19	800 Free Relay	---

- All heats of the women's 800 Free Relay will be swum at Finals, fastest to slowest. Relay cards due by 4:45 p.m.
- Awards will be presented immediately following each event.

Prelims – 9:00 a.m.

**Thursday, August 3, 2017**

Finals – 5:30 p.m.

<b>Women Event #</b>	<b>Event Name</b>	<b>Men Event #</b>
21	50 Back	22
23	200 Free	24
25	400 I.M.	26
27	50 Fly	28
---	800 Free Relay	30

- All heats of the men's 800 Free Relay will be swum at Finals, fastest to slowest. Relay cards due by 4:45 p.m.
- Awards will be presented immediately following each event.

Prelims – 9:00 a.m.

**Friday, August 4, 2017**

Finals – 5:30 p.m.

<b>Women Event #</b>	<b>Event Name</b>	<b>Men Event #</b>
31	100 Back	32
33	400 Free	34
35	100 Breast	36
37	100 Fly	38
39	400 Free Relay	40

- All heats of the 400 Free Relay will be swum at Finals. Relay cards due by 4:45 p.m.
- The 400 Free Relays will be swum 2nd fastest heat of women, fastest heat of women, then 2nd fastest heat of men, fastest heat of men. All remaining heats will alternate women and men, fastest to slowest.
- Awards will be presented immediately following each event.



# SOUTHERN ZONE SWIMMING

Prelims – 9:00 a.m.

**Saturday, August 5, 2017**

Finals – 5:30 p.m.

<b>Women Event #</b>	<b>Event Name</b>	<b>Men Event #</b>
41	1500 Free	42
43	200 I.M.	44
45	1500 Free	46
47	50 Free	48
49	400 Medley Relay	50

- At check-in, 1500 Free swimmers must determine their preference to swim AM or PM and the fastest 8 women and fastest 8 men that elect to swim PM will swim in finals. All other 1500 Free heats will be swum fastest to slowest, alternating women and men as the last events at prelims.
- All heats of the 400 Medley Relay will be swum at Finals. Relay cards due by 4:45 p.m.
- The 400 Medley Relays will be swum 2nd fastest heat of women, fastest heat of women, then 2nd fastest heat of men, fastest heat of men. All remaining heats will alternate women and men, fastest to slowest.
- Awards will be presented immediately following each event.

**EVENT ORDER FOR TIME TRIALS:**

<b>Tuesday August 1, 2017</b>		<b>Wednesday August 2, 2017</b>		<b>Thursday August 3, 2017</b>		<b>Friday August 4, 2017</b>		<b>Saturday August 5, 2017</b>	
Event #	Event	Event #	Event	Event #	Event	Event #	Event	Event #	Event
101-102	800 Free	201-202	100 Free	301-302	50 Back	401-402	100 Back	501-502	200 IM
103-104	200 M.R.	203-204	200 Breast	303-304	200 Free	403-404	400 Free	503-504	50 Free
105-106	200 F.R.	205-206	200 Back	305-306	400 I.M.	405-406	100 Breast	505-506	400 M.R
		207-208	200 Fly	307-308	50 Fly	407-408	100 Fly	507-508	100 Free
		209-210	50 Breast	309-310	800 F.R.	409-410	400 F.R.	509-510	200 Breast
		211-212	50 Back	311-312	100 Back	411-412	200 IM	511-512	200 Back
		213-214	200 Free	313-314	400 Free	413-414	50 Free	513-514	200 Fly
		215-216	400 I.M.	315-316	100 Breast	415-416	400 M.R	515-516	50 Breast
		217-218	50 Fly	317-318	100 Fly	417-418	100 Free	517-518	50 Back
		219-220	800 F.R.	319-320	400 F.R.	419-420	200 Breast	519-520	200 Free
		221-222	100 Back	321-322	200 IM	421-422	200 Back	521-522	400 I.M.
		223-224	400 Free	323-324	50 Free	423-424	200 Fly	523-524	50 Fly
		225-226	100 Breast	325-326	400 M.R	425-426	50 Breast	525-526	800 F.R.
		227-228	100 Fly	327-328	100 Free	427-428	50 Back	527-528	100 Back
		229-230	400 F.R.	329-330	200 Breast	429-430	200 Free	529-530	400 Free
		231-232	200 IM	331-332	200 Back	431-432	400 I.M.	531-532	100 Breast
		233-234	50 Free	333-334	200 Fly	433-434	50 Fly	533-534	100 Fly
		235-236	400 M.R	335-336	50 Breast	435-436	800 F.R.	535-536	400 F.R.
								537-538	1500 Free

Time Trials for the 800/1500 Free may be swum in open lanes of the regular 800/1500 Free at the meet referee's discretion.



**SOUTHERN ZONE SWIMMING**

## 2017 SOUTHERN ZONE SENIOR LONG COURSE CHAMPIONSHIPS TIME STANDARDS

(The entry qualification period for this meet is January 1, 2016 - July 24, 2017)

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
NTS	NTS	NTS	200 Medley Relay	NTS	NTS	NTS
NTS	NTS	NTS	200 Free Relay	NTS	NTS	NTS
NTS	NTS	NTS	200 Mixed Medley Relay	NTS	NTS	NTS
NTS	NTS	NTS	200 Mixed Free Relay	NTS	NTS	NTS
NTS	NTS	NTS	400 Medley Relay	NTS	NTS	NTS
NTS	NTS	NTS	400 Free Relay	NTS	NTS	NTS
NTS	NTS	NTS	800 Free Relay	NTS	NTS	NTS

## 2017 US OPEN TIME STANDARDS



# TIME STANDARDS

# 2017

U.S. OPEN

Women			Men	
SCY	LCM		LCM	SCY
22.79	26.49	50 Freestyle	23.69	20.29
49.69	57.19	100 Freestyle	51.49	44.09
1:47.69	2:03.59	200 Freestyle	1:53.29	1:37.49
4:47.09	4:20.09	400/500 Freestyle	4:01.19	4:22.79
9:55.19	8:55.19	800/1000 Freestyle	8:20.09	9:12.09
16:32.59	17:03.69	1650/1500 Freestyle	15:59.09	15:24.69
54.29	1:03.99	100 Backstroke	58.09	48.09
1:57.49	2:17.69	200 Backstroke	2:05.69	1:47.19
1:02.29	1:12.59	100 Breaststroke	1:05.09	55.09
2:14.79	2:36.89	200 Breaststroke	2:21.39	2:01.59
53.99	1:01.89	100 Butterfly	55.79	48.59
1:59.59	2:16.39	200 Butterfly	2:03.89	1:47.29
2:00.39	2:20.09	200 Individual Medley	2:06.99	1:47.49
4:15.49	4:56.59	400 Individual Medley	4:30.99	3:50.99



# SOUTHERN ZONE SWIMMING

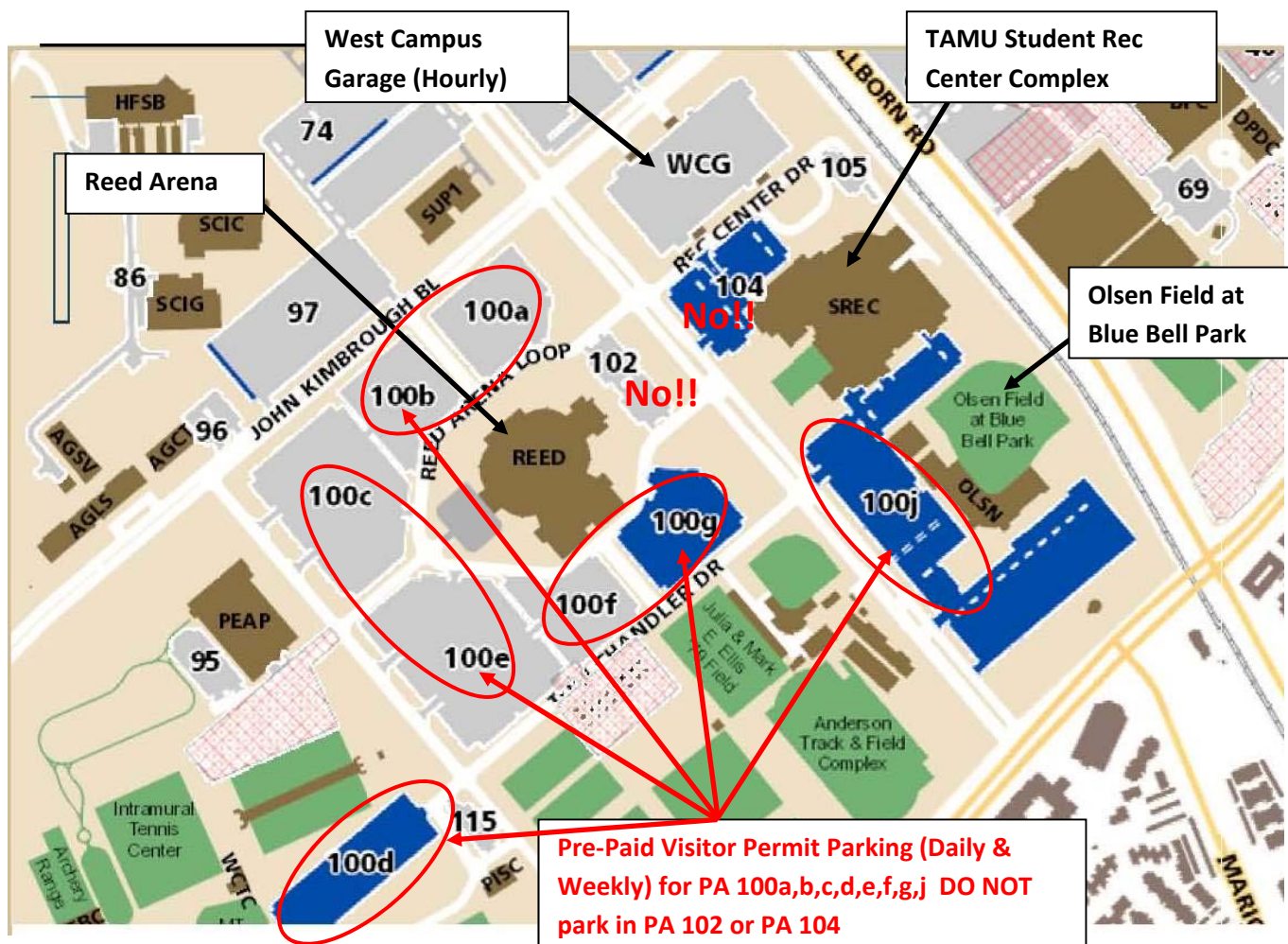


### PARKING AT THE STUDENT RECREATION CENTER AT TEXAS A&M UNIVERSITY:

During the weekdays (M – F), **everyone** must pay for parking on the Texas A&M University campus. The options for parking are as follows (see map below):

- Hourly parking in the West Campus Garage across from the Student Rec Center complex (\$2/hour before 5pm – \$1/hour after 5pm). Pay by credit card or by cash in the kiosks before exiting the garage. There will be **no** in/out passes for the West Campus Garage.
- Pre-Paid Visitor Permit parking in PA's 100a, 100b, 100c, 100d, 100e, 100f, 100g at Reed Arena or PA 100j at Olsen Field at Blue Bell Field (\$5/day or \$20/week, see Instructions on the next page).

After 5pm on Friday – parking is **free** on the surface lots of the campus, except where designated. **Note:** West Campus Garage **and** numbered spaces in front of the Student Rec Center are **never** free.





## INSTRUCTIONS FOR OBTAINING A PRE-PAID VISITOR PARKING PERMIT:

- Go to <http://transport.tamu.edu/Parking/visitor.aspx>
- Scroll down to **Pre-paid Visitor Permits**
- Click on the “**create an account**” link and enter your information (you must enter a valid email address).
- You will receive an email with your account Login (Parking) ID and Password
- Go to <http://transport.tamu.edu> In the upper right corner click on **My Account**
- On the login screen, under “Visitors, Contractors, Vendors, SSC/Chartwells Employees” enter your Login (Parking) ID and Password.
- On your “MyAccount” screen, click on the **Permits** drop down menu (at the top left)
- Select **Purchase Permits** from the drop down menu.
- On your “MyPermits” screen, click on the **Choose a Permit Type** drop down menu
  - For a single day permit select **One Day Permit NO REFUND taxable.....-\$5, OR**
  - For a week permit select **One Week Permit NO REFUND taxable.....-\$20**
  - Then select **I Agree** at the bottom right of the screen
- Enter your choice of payment, the start date of the permit and select **Submit Order**
- Enter payment information and select **Continue** then **CLICK HERE TO COMPLETE...**
- Print out permit by selecting **Print Receipt** at the top
- Display on your vehicle’s dashboard with the barcode visible through the windshield.
- These permits are **not valid** for lot PA102 in front of Reed Arena or lot PA104 at the Student Rec Center complex (see map).



**SOUTHERN ZONE SWIMMING**

**ENTRY VERIFICATION:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

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Signature

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Title

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Date



**SOUTHERN ZONE SWIMMING**

## GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES:

### WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
  - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
  - 2. Lanes are **ONE WAY ONLY**.

### SAFETY GUIDELINES

- A. Swimmers Responsibilities
  - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
  - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
  - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
  - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
  - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
  - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
  - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
  - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
  - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
  - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
  - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
  - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
  - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
  - 2. Glass containers are prohibited.
  - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.



**SOUTHERN ZONE SWIMMING**