

WESTERN ZONE 2022

[age group championships]

AUGUST 3-6, 2022



2022 WESTERN ZONE AGE GROUP CHAMPIONSHIPS

Wednesday, August 3 – Saturday, August 6

Elk Grove Aquatics Center

Elk Grove, CA

ENTRY DEADLINE: WEDNESDAY, JULY 27, 2022 @ 5:00 PM (PST)

Held Under the Sanction of Sierra Nevada Swimming and USA Swimming, Inc.

Sanction # SNS22-62 | Officials Qualifying Meet # PENDING

Website: agwesternzonechamps.com

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Meet Referee Keith Lambert (509) 844-1993 (cell) ktlamber707@gmail.com | Admin Referee Steve Covington (916) 799-1913 (cell) stevecov@comcast.net | Meet Director Phuong Nguyen (916) 601-4604 (cell) phuong@melonheadstudio.com |
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Hosted by The Elk Grove Aquatics Club
COVID-19 WARNING & ASSUMPTION OF RISK

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

Neither USA Swimming, Inc., nor the Elk Grove Aquatics Club can prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned practice or event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS EVENT, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SIERRA NEVADA SWIMMING, AND THE ELK GROVE AQUATICS CLUB (EGAC) ALONG WITH EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES, INCLUDING, BUT NOT LIMITED TO THE MEET REFEREE), THE HEAD STARTER, AND THE ADMINISTRATIVE REFEREE, AND THE MEET DIRECTOR, FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE, AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

IMPORTANT: Information contained in this meet announcement is based on the current COVID-19 guidelines of the state, local government, and the facility as of the date of sanctioning. Final details will be confirmed after the close of regular entries on July 27, 2022 and will be reviewed at the General Meeting.

MEET SCHEDULE SUMMARY

| Meeting Schedule | |
|----------------------------------|--------------------------------------------|
| General Meeting | August 2 @ 5 PM, Elk Grove Aquatics Center |
| Officials' Meetings | One hour prior to the start of competition |
| WZ AG Champs Business MTG | TBD |

| COMPETITION SCHEDULE | PRELIMINARIES | FINALS |
|----------------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| Wednesday - Saturday August 3 – 6, 2022 Projected Timeline TBA | Assigned Warm-Up @ 6:30-8:15 AM Competition @ 8:30 AM | Warm-Up 1 hr prior to Finals Competition At least 2 hrs after end of Prelims |

**Supervised Warm-Ups Competition & warm-up pools will be available
Monday & Tuesday, August 1 & 2, 2022**

NOTICE

By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, webcasting, television, psych sheets and live meet results. The unofficial results of this meet may be posted in real time on Meet Mobile.

SANCTION

Held under USA Swimming/Sierra Nevada Swimming Sanction SNS22-62

LIABILITY

In granting this sanction it is understood and agreed that USA Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Sierra Nevada Swimming, Elk Grove Aquatics Club., all meet officials, and the Elk Grove Aquatics Center shall be free and held harmless from any and all liabilities or claims for any damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's team, if attached, to be held accountable for repairs.

MAAPP

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

Pursuant to USA-S Rule 202.4.11H Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Sierra Nevada Swimming and the Elk Grove Aquatics Club would like to further state that the use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at any time. For the safety of the Athletes and according to 202.4.11I, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited (DECK CHANGES ARE PROHIBITED).

According to 202.4.11J the 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 Program & Events Committee Coordinator (or his/her designee).

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP 2.0”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

FACILITY

[Elk Grove Aquatics Center](#)

9701 Big Horn Blvd

Elk Grove, CA 95758

Facility Phone: (916) 405-5600

COMPETITION COURSE

50M eight lane course for competition; 25Y 6 lane course available for continuous warm up/down during competition. The minimum water depth measured in accordance with Article 103.2.3 is 7 feet - 0 inches at shallowest end (bleacher side), and 13 feet at deepest end (scoreboard side).

COURSE CERTIFICATION

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

MEET FORMAT

- **Meet format** will be LCM Prelims (8 lanes) and LCM Finals (8 lanes). One championship heat and one consolation heat will compete in Finals, except as noted in the Order of Events, (A) below.
- **Order of seeding** will be Long Course Meters (LCM), Short Course Yards (SCY), Short Course Meters (SCM).
- **Bonus events** will be seeded after the above, in the same order: BLCM-BSCY-BSCM.
- **Preliminary Heats of Individual Events and all Individual Timed Finals Events will be seeded and swum Fastest to Slowest.**
- See Order of Events, (A) & (B) below, for additional information on Individual Timed Finals Events.
- **Circle-Seeding** Top 3 heats of **preliminary** individual events 200M or less, and top 2 heats of **preliminary** individual events of 400M will be circle-seeded, with the fastest athlete in heat 3 for events 200M or less, and in heat 2 for events of 400M, respectively.
- **Finals Heats of Individual Events** will be seeded and swum **Slowest to Fastest**: Consolation, Championship, except as noted in the Order of Events, (A) below.
- **ALL RELAYS** will be conducted as Timed Finals as follows:
 - All **“A” Relays** will swim at the conclusion of their respective **Finals Sessions, slowest to fastest**, in event order
 - All **“B” Relays** will swim at the conclusion of their respective **Preliminary Sessions, fastest to slowest**, in event order, and **PRIOR** to the Preliminary heats of 800M & 1500M Freestyles on Wednesday and Saturday.
- **Chase Starts** will be used for all Individual Preliminary events, **except** the following: all 50M events and the 800M/1500M Freestyles. **ALL 50M** events will start at the **Bleacher** end **for both Prelims and Finals**.
- **800M/1500M Freestyle** heats will start at the **Bleacher** side
- All **Relays** will start from the **Bleacher** end of the competition pool
- **Finals Events** will start from the **Bleacher** end of the competition pool

ORDER OF EVENTS

| Wednesday * August 3, 2022 | | | Thursday * August 4, 2022 | | |
|----------------------------|----------------------------------------|--------------|---------------------------|-----------------------------|--------------|
| Girls Event # | | Boys Event # | Girls Event # | | Boys Event # |
| 1 | 11-12 400 Individual Medley (A) | 2 | 27 | 10&U 100 Freestyle | 28 |
| 3 | 10&U 50 Breaststroke | 4 | 29 | 11-12 200 Freestyle | 30 |
| 5 | 11-12 50 Breaststroke | 6 | 31 | 13-14 200 Freestyle | 32 |
| 7 | 13-14 100 Breaststroke | 8 | 33 | 10&U 50 Butterfly | 34 |
| 9 | 10&U 200 Freestyle | 10 | 35 | 11-12 50 Butterfly | 36 |
| 11 | 11-12 100 Freestyle | 12 | 37 | 13-14 100 Butterfly | 38 |
| 13 | 13-14 100 Freestyle | 14 | 39 | 10&U 200 Individual Medley | 40 |
| 15 | 10&U 100 Backstroke | 16 | 41 | 11-12 200 Individual Medley | 42 |
| 17 | 11-12 100 Backstroke | 18 | 43 | 13-14 400 Individual Medley | 44 |
| 19 | 13-14 200 Backstroke | 20 | 45 | 11-12 200 Backstroke | 46 |
| 21 | 13-14 800 Freestyle (B) | 22 | 47 | 10&U 200 Medley Relay | 48 |
| 23 | 12&U 400 Freestyle Relay | 24 | 49 | 12&U 200 Medley Relay | 50 |
| 25 | 14&U 400 Freestyle Relay | 26 | 51 | 14&U 200 Medley Relay | 52 |

| Friday * August 5, 2022 | | | Saturday * August 6, 2022 | | |
|-------------------------|--------------------------------|--------------|---------------------------|---------------------------------|--------------|
| Girls Event # | | Boys Event # | Girls Event # | | Boys Event # |
| 53 | 11-12 200 Butterfly | 54 | 75 | 13-14 200 Individual Medley | 76 |
| 55 | 10&U 100 Breaststroke | 56 | 77 | 10&U 50 Freestyle | 78 |
| 57 | 11-12 100 Breaststroke | 58 | 79 | 11-12 50 Freestyle | 80 |
| 59 | 13-14 200 Breaststroke | 60 | 81 | 13-14 50 Freestyle | 82 |
| 61 | 10&U 50 Backstroke | 62 | 83 | 10&U 100 Butterfly | 84 |
| 63 | 11-12 50 Backstroke | 64 | 85 | 11-12 100 Butterfly | 86 |
| 65 | 13-14 100 Backstroke | 66 | 87 | 13-14 200 Butterfly | 88 |
| 67 | 11-12 400 Freestyle (A) | 68 | 89 | 11-12 200 Breaststroke | 90 |
| 69 | 13-14 400 Freestyle | 70 | 91 | 13-14 1500 Freestyle (B) | 92 |
| 71 | 12&U 400 Medley Relay | 72 | 93 | 10&U 200 Freestyle Relay | 94 |
| 73 | 14&U 400 Medley Relay | 74 | 95 | 12&U 200 Freestyle Relay | 96 |
| | | | 97 | 14&U 200 Freestyle Relay | 98 |

- (A) These events will be conducted as **Timed Finals**, with the **fastest seeded heat swimming in Finals** in event order.
- (B) The 800M/1500M Freestyles will be conducted as Timed Finals, with the **fastest seeded heat swimming in Finals** in event order. All other heats of these events will be seeded and swum Fastest to Slowest, alternating heats by gender, unless otherwise combined by the Meet Referee, at the conclusion of their respective Preliminary sessions, following the Preliminary heats of the relays.

2022 WESTERN ZONE AGE GROUP CHAMPIONSHIP QUALIFYING TIME STANDARDS

Qualifying Time Period: August 8, 2021 through entry deadline, July 27, 2022

De-qual Times: An athlete who has, within the 18 months prior to the start of the meet, participated in one (1) individual event at a USA Swimming Championship as defined by Article 207 of the USA Swimming Rulebook, excluding Disability Championships and Open Water Championships, may not compete in that event or the related relay leg at this meet.

An athlete who has, within the 18 months prior to the start of the meet, participated in two (2) or more individual event at a USA Swimming Championship as defined by Article 207 of the USA Swimming Rulebook, excluding Disability Championships and Open Water Championships, OR has participated in two (2) or more individual events at a USA Swimming Futures Championship, may not compete in this meet.

Women

10& Under

Men

| LCM | SCM | SCY | Event | LCM | SCM | SCY |
|---------|---------|---------|------------|---------|---------|---------|
| 0:32.79 | 0:31.99 | 0:28.89 | 50 Free | 0:32.79 | 0:31.99 | 0:28.89 |
| 1:11.99 | 1:10.39 | 1:03.39 | 100 Free | 1:11.79 | 1:10.19 | 1:03.19 |
| 2:36.99 | 2:33.79 | 2:18.59 | 200 Free | 2:36.39 | 2:33.19 | 2:17.99 |
| 0:38.79 | 0:38.19 | 0:34.39 | 50 Back | 0:38.99 | 0:38.39 | 0:34.59 |
| 1:23.59 | 1:22.39 | 1:14.19 | 100 Back | 1:24.09 | 1:22.89 | 1:14.69 |
| 0:43.79 | 0:42.79 | 0:38.59 | 50 Breast | 0:44.19 | 0:43.19 | 0:38.99 |
| 1:35.09 | 1:33.09 | 1:23.89 | 100 Breast | 1:36.29 | 1:34.29 | 1:24.89 |
| 0:35.99 | 0:35.19 | 0:31.79 | 50 Fly | 0:36.19 | 0:35.49 | 0:31.99 |
| 1:22.59 | 1:21.19 | 1:13.19 | 100 Fly | 1:22.69 | 1:21.29 | 1:13.19 |
| 2:56.79 | 2:53.59 | 2:36.39 | 200 IM | 2:57.69 | 2:54.49 | 2:37.19 |

11-12

| LCM | SCM | SCY | Event | LCM | SCM | SCY |
|------------|------------|------------|---------------------|------------|------------|------------|
| 0:29.39 | 0:28.59 | 0:25.59 | 50 Free | 0:29.19 | 0:28.39 | 0:25.59 |
| 1:04.39 | 1:02.79 | 0:56.59 | 100 Free | 1:03.79 | 1:02.19 | 0:55.99 |
| 2:19.79 | 2:16.59 | 2:03.09 | 200 Free | 2:18.89 | 2:15.69 | 2:02.19 |
| 4:54.69 | 4:48.29 | 5:30.19 | 400/500 Free | 4:54.39 | 4:47.99 | 5:29.89 |
| 0:34.19 | 0:33.59 | 0:30.29 | 50 Back | 0:34.19 | 0:33.59 | 0:30.29 |
| 1:13.39 | 1:12.19 | 1:05.09 | 100 Back | 1:13.29 | 1:12.09 | 1:04.99 |
| 2:42.09 | 2:39.69 | 2:23.89 | 200 Back | 2:39.39 | 2:36.99 | 2:21.49 |
| 0:38.19 | 0:37.19 | 0:33.49 | 50 Breast | 0:37.79 | 0:36.79 | 0:33.09 |
| 1:23.29 | 1:21.29 | 1:13.19 | 100 Breast | 1:23.29 | 1:21.29 | 1:13.19 |
| 3:02.39 | 2:58.39 | 2:40.69 | 200 Breast | 3:01.09 | 2:57.09 | 2:39.59 |
| 0:31.99 | 0:31.29 | 0:28.19 | 50 Fly | 0:31.89 | 0:31.19 | 0:28.09 |
| 1:11.19 | 1:09.79 | 1:02.89 | 100 Fly | 1:11.49 | 1:10.09 | 1:03.09 |
| 2:45.89 | 2:43.09 | 2:26.89 | 200 Fly | 2:44.89 | 2:42.09 | 2:25.99 |
| 2:37.69 | 2:34.49 | 2:19.19 | 200 IM | 2:36.69 | 2:33.49 | 2:18.29 |
| 5:44.39 | 5:37.99 | 5:04.49 | 400 IM | 5:39.69 | 5:33.29 | 5:00.29 |

13-14

| LCM | SCM | SCY | Event | LCM | SCM | SCY |
|-----------------|-----------------|-----------------|-----------------------|-----------------|-----------------|-----------------|
| 0:28.59 | 0:27.79 | 0:25.09 | 50 Free | 0:26.69 | 0:25.89 | 0:23.39 |
| 1:01.89 | 1:00.29 | 0:54.39 | 100 Free | 0:57.99 | 0:56.39 | 0:50.79 |
| 2:14.29 | 2:11.09 | 1:58.09 | 200 Free | 2:06.19 | 2:02.99 | 1:50.79 |
| 4:40.99 | 4:34.59 | 5:14.79 | 400/500 Free | 4:29.69 | 4:23.29 | 5:02.09 |
| 9:51.29 | 9:38.49 | 11:02.49 | 800/1000 Free | 9:28.29 | 9:15.49 | 10:36.79 |
| 18:51.09 | 18:27.09 | 18:28.99 | 1500/1650 Free | 18:07.89 | 17:43.89 | 17:46.49 |
| 1:10.29 | 1:09.09 | 1:02.29 | 100 Back | 1:06.49 | 1:05.29 | 0:58.89 |
| 2:30.89 | 2:28.49 | 2:13.79 | 200 Back | 2:23.59 | 2:21.19 | 2:07.19 |
| 1:20.09 | 1:18.09 | 1:10.39 | 100 Breast | 1:14.69 | 1:12.69 | 1:05.49 |
| 2:52.69 | 2:48.69 | 2:31.99 | 200 Breast | 2:42.59 | 2:38.59 | 2:22.89 |
| 1:08.19 | 1:06.79 | 1:00.19 | 100 Fly | 1:03.59 | 1:02.19 | 0:56.09 |
| 2:32.79 | 2:29.99 | 2:15.09 | 200 Fly | 2:24.09 | 2:21.29 | 2:07.29 |
| 2:32.09 | 2:28.89 | 2:14.19 | 200 IM | 2:22.79 | 2:19.59 | 2:05.79 |
| 5:22.99 | 5:16.59 | 4:45.19 | 400 IM | 5:04.99 | 4:58.59 | 4:28.99 |

RULES

- Current USA Swimming rules will govern this meet. Sierra Nevada Swimming Policies & Procedures, including Safety Guidelines and Warm Up Procedures will also apply.
- **The age of the athlete will be his/her age as of August 3, 2022, the first day of competition.** All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke Start, or must start each race from within the water without the use of the backstroke ledge.
- It shall be the athletes' and coaches' responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet's scratch rules and relay confirmation procedures.
- Deck changes are prohibited.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography is not allowed behind the blocks during the start of a race or relay exchange.
- 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.
- **All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear. Important Information on USA Swimming's Rules for Tech Suit Use for 12U Athletes can be found [HERE](#) on the Western Zone website. Compliance with these rules is the responsibility of athletes, coaches, and parents.**

RESTRICTIONS

- This is a **CLOSED-DECK** meet.
 - Only athletes, coaches, officials, team chaperones, and assigned meet volunteers will be permitted on the competition deck.

- Only athletes, coaches, officials, team chaperones, and others with appropriate credentials will be permitted in the Team Areas.

Athlete Supervision and Safety

Per Western Zone policy, each LSC is required to have at least one adult chaperone in the Team Area supervising their LSC athletes whenever their athletes are in the Team Area. Teams are encouraged to monitor the location of their athletes in the venue when they are not actively competing.

Meet Marshals will be present to assist in the monitoring of athletes in the warm-up area, and on the competition deck. Additionally, occasional sweeps of the locker rooms will be performed (women checking girls locker rooms & men checking boys locker rooms).

Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of the 2022 Western Zone Age Group Championship under the conditions authored by USA Swimming. Event organizers are additionally granted the right to use the pictures, likeness, and biographical information before, during, or after the period of participation in USA Swimming competitions to promote such competition.

ELIGIBILITY

This meet is open to athletes who:

1. Are currently registered year-round members of USA Swimming for 2022. There will be no on-deck USA Swimming registration.
2. Are currently registered with a USA Swimming LSC of the Western Zone as of the day meet entries close, July 27, 2022.
3. Are no older than 14 years of age as of the first day of the meet, August 3, 2022.

4. Have been selected by their LSC to participate in this meet as a member of the designated LSC team.
5. Have met the appropriate 2022 qualifying times in competition between August 8, 2021, and the entry deadline, July 27, 2022.
6. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions. Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative by the LSC upon request. Failure to provide such proof of time will result in a \$250.00 fine to the athlete's LSC. The athlete will not be allowed to compete in an event that does not have a proven time. It is the responsibility of the entering LSC to verify that entry times are in SWIMS or to provide proof of times. Proof of relay entry times is not required.
7. An athlete who has, within the 18 months prior to the start of the meet, participated in one (1) individual event at a USA Swimming Championship as defined by Article 207 of the USA Swimming Rulebook, excluding Disability Championships and Open Water Championships, may not compete in that event or the related relay leg at this meet.
8. An athlete who has, within the 18 months prior to the start of the meet, participated in two (2) or more individual event at a USA Swimming Championship as defined by Article 207 of the USA Swimming Rulebook, excluding Disability Championships and Open Water Championships, OR has participated in two (2) or more individual events at a USA Swimming Futures Championship, may not compete in this meet.
9. Athletes with disabilities: Each LSC may bring two (2) athletes with disabilities ages 12 and under, and two (2) athletes with disabilities, ages 13-14. Athletes with disabilities are not required to meet the qualifying time standards for their age group; however, they must provide a time for each event entered. Classification of disability does not apply for this meet.

Please identify athletes with disabilities when submitting entries, as well as accommodation requests. Thank you!

ENTRIES

***** Entry Qualifying Time Period: August , 2021 to July 27, 2022 *****

All entries must be submitted via email by the competing LSC using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic entry file. Entry

Deadline: Wednesday, July 27, 2022 @ 5:00 pm (PST)

- All entries shall be submitted ONLY by the LSC Team Entry Representative, on behalf of the LSC.
- With the submission of entries, the Team Entry Representative attests that all athletes entered are registered with USA Swimming.
- Submitted entries must include an athlete's full legal name, age, USA Swimming ID number, and LSC team code.
- **Altitude Adjustment of Entry Times:** Meet qualifying times are stated at sea level; however, times achieved at an altitude of 3,000feet or above may be adjusted in accordance with current USA Swimming policies.
- **Designation of Non-Conforming & Bonus Times:**
 - Qualifying short course times shall be designated in the entry file with a "Y" for short course yards and a "S" for short course meters.
 - Entries not meeting the qualifying time standard shall be designated with a "B" for bonus swim, in addition to the course designation: "L" – LCM, "Y" – SCY, or "S" - SCM. Eg: 1:01.55BL * 55.55BY * 59.59BS
 - Converted times are not allowed.

Entry Limits

- **Individual**

Athletes may enter up to six (6) individual events total but may not compete in more than three (3) individual events per day.
- **Team**
 - Each LSC athlete roster is limited to no more than 80 athletes total, not including athletes with disabilities.
 - Each LSC may enter up to 400 individual events; however no more than 160 may be slower than the qualifying time standards. Entry times slower than the qualifying time standard are to be designated as "Bonus" (see Entries, above).
 - LSCs with entries exceeding 400 individual events and/or 160 "bonus" events, shall scratch down to the stated limits prior to Wednesday's Scratch Deadline of 15 minutes after the close of the General Meeting – see Scratch Procedures, p.8. Failure to comply shall be deemed to have given the Meet Referee the authority to eliminate entries to comply with the stated limits. "Bonus" swims will be scratched first. Entries for athletes with disabilities are not included in the stated LSC limits.
 - Each LSC is limited to one (1) "bonus" swim per gender, per age group, for events 400M or longer. Entries exceeding this limit must be scratched prior to the close of the scratch deadline for the event. If the LSC fails to scratch excessive entries, the Admin Referee shall have the authority to eliminate entries to comply with the stated limits. "Bonus" swims will be

scratched first. Entries for athletes with disabilities are not included in the stated LSC limits.

- **Relay Entries**

- Each LSC is limited to two (2) relays per relay event
- Entry times for relays are required when meet entries are submitted. Proof of relay entry times is not required.
- Relays must be made up of athletes entered in the meet whose age and gender meet the event description. Athletes are limited to one age group relay per session.
- Relays will be scored, awards presented, and records kept for the following age groups: 10&U, 12&U, 14&U.

NO REFUNDS will be given for submitted entries that are subsequently scratched by an LSC's coach, the Meet Referee, or the Admin Referee.

Entry Fees

- **\$15.00 per individual event entry** (\$5.00 paid by Elk Grove Aquatics Club to Zone Treasury)
- **\$25.00 per relay entry** (\$5.00 paid by Elk Grove Aquatics Club to Zone Treasury)
- **ALL PAYMENTS** due to Elk Grove Aquatics Club for entry fees and other items will be made ON-SITE at Registration via CHECK, made payable to Elk Grove Aquatics Club.
- **NO REFUNDS** will be given for submitted entries that are subsequently scratched by an LSC's coach, the Meet Referee, or the Admin Referee.

Entry Deadline

SDIF Entry File must be received via email by Wednesday, July 27, 2022, 5:00 PM (PST)

Submit entries via email to Mark Brown mark.brown.15@gmail.com

Submitting Entries

- **EMAIL SDIF Meet Entry File** to Mark Brown mark.brown.15@gmail.com
- Include the following as PDF attachments * Team Staffing may be listed in the body of the email:
 - **Individual and Relay Entries**
 - **Team Entry Fees Summary**

- **LSC Team Staffing:** Number of Coaches, Managers, and Chaperones attending meet
- Heat Sheet Fee: 0 – 4 * No Charge. 5+ * \$5.00 per copy
- Heat Sheets will be also available online via the event website, <http://agwesternzonechamps.com>
- **Receipt of entries is not considered confirmed until the LSC Team Entry Representative receives a confirmation email from Mark Brown.** If an entry confirmation email is not received within 24 hours of the meet entry deadline, contact Mark Brown immediately.
- **PRINT hard copies** of Individual entries submitted and bring to meet as reference documents.
- **ALL PAYMENTS due to Elk Grove Aquatics Club** for entry fees and other items will be made ON-SITE at Registration via CREDIT CARD or CHECK, made payable to Elk Grove Aquatics Club.

Administrative Entry Errors

Entries for an athlete that are incorrect due to administrative error may be corrected if the following requirements are met:

1. The LSC entering the athlete can prove, with documentary evidence, to the satisfaction of both the Meet Referee and the Administrative Referee that the administrative error is exclusively the fault of the LSC and not in any way the fault of the athlete.
2. Such documentary evidence must be submitted to the Meet Referee or the Administrative Referee prior to 6:00 pm, Tuesday, August 2, 2022 (NO exceptions) where it will be subject to approval. If approved, the athlete shall be seeded correctly.

Late Entries

Late entries will only be accepted in accordance with the Western Zone Swimming Championship Regulations, Section VII.9.5.10.

In summary:

An LSC whose entire entry is received no more than 24 hours late, may enter its athletes into the Western Zone Age Group Swimming Championship subject to the following:

- The late LSC shall pay to the meet host an administrative penalty equal to that LSC's total entry fees.
- The late LSC shall not score points for its individual swims but shall receive points from all its swum relays.

- The late LSC's swimmers shall be seeded correctly, shall earn individual awards and times of record.

Meet Entry Questions

Questions concerning meet entries should be directed to our Amazing Mark Brown at mark.brown.15@gmail.com

Email is requested and preferred.

GENERAL MEETING

- A General Meeting will be held on August 2 @ 5 PM at the Elk Grove Aquatics Center.
- **At least one Coach and one Representative from each LSC must be present at the General Meeting.**
- The Scratch Box will be available from 5 PM until 15 minutes after its conclusion..

REGISTRATION DESK * Clerk of Course

The host will provide a Clerk of Course desk at the pool for the duration of the meet. On Tuesday, August 2, the desk will be open from 12:00 PM until 4:45 PM. The Clerk of the Course will then be available at the General Meeting from 5:00 PM until 15 minutes after its conclusion. The desk will be open from 7:00 AM to the close of the scratch box on Wednesday through Friday.

- All athletes, coaches, officials and team managers should be prepared to present their USA Swimming ID Card or Deck Pass as proof of their registration to the Meet Referee, the Meet Director, or their designee at any time. Photo ID may also be requested.
- All athletes, coaches, officials and team managers (including designated team chaperones) will receive a meet-specific credential, which will serve as a deck pass, and is to be displayed in order to access the competition deck and team areas.
- All coaches and officials will be required to sign in and present their current USA Swimming credentials to obtain a meet credential from the Registration Desk on Tuesday.

- Team managers will be required to sign in and present their current USA Swimming credentials to obtain a meet credential from the Registration Desk on Tuesday.
- Upon signing in and receiving their meet credential, Team Managers will also receive the meet credentials for their athletes and team chaperones.

Wednesday – Saturday, August 3rd – 6th: Clerk of Course will be open at 6:30 AM – 30 min after the start of Finals. **Officials arriving after Tuesday** should obtain their deck pass at the Registration Desk prior to working their first session. Refer to **Important Information for Officials**, p. 23 of this meet announcement.

RELAY CARDS

AT MEET RELAY DECLARATION REQUIRED: All relay names must be returned to the Clerk of Course by 10 AM on the day of the relay event in order to be seeded. (More details in CHECK-IN section.)

RELAYS: All relay names must be returned to the **Clerk of Course by 10:00 AM on the day of the relay event** in order to be seeded. The Meet Referee and the Administrative Referee, in concurrence, may re-seed any relay with an unrealistic entry time to the first heat with a “no time” entry time. Up to eight swimmers may be listed on the entry form. The order of the swimmers may be changed up to the time the lead swimmer is called to the blocks.

SCRATCH PROCEDURES

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet. These rules are described in the current USA Swimming Rules & Regulations 207.11.6

- **SCRATCH BOX:** Located at the Clerk of Course but will be available at the General Meeting.
- **SCRATCH CLOSING: *Prelims*:** The scratch box will close 15 minutes after the close of the General Meeting on Tuesday. Scratches for Wednesday events are

due by this deadline. The scratch box will close one-half (1/2) hour after the start of Finals on Wednesday, Thursday, and Friday for the next day's events. **Finals:** Swimmers have 30 minutes after announcement of preliminary results of their event in which to scratch or declare their intention to scratch.

- **SCRATCH PROCEDURE:** Scratches must be confirmed by properly filling out and depositing a scratch card in the scratch box by scratch deadline. National Championship scratch and No Show rules will be used, except where otherwise specified.
- **FAILURE TO SCRATCH PROPERLY PENALTIES:**
 - Preliminary Heats: Any swimmer who fails to compete in an individual preliminary heat in which he/she is entered and has not properly scratched will be barred from all further individual and relay events for that day and must check in with the Administrative Referee prior to the scratch deadline each day for the remainder of the meet.
 - Finals: Any swimmer seeded in a Final race in an individual event who fails to compete in said Final shall be barred from further competition for the remainder of the meet, unless the swimmer has properly scratched according to the meet rules.

| SCHEDULE SUMMARY - SCRATCHES AND RELAY CONFIRMATION | | |
|--------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------|
| EVENTS | ACTION REQUIRED | DEADLINE |
| Wednesday's Individual Events | Scratch | Tuesday, August 2nd, 15 minutes after close of the general meeting |
| Thursday - Saturday's Individual Events | Scratch | 30 minutes after the start of Finals for the following day's events |
| All Relays | Submit relay slips w/names and order to the Clerk of the Course | 10 AM on the day of the Relay |
| | Changes to relay order | At the blocks |
| Announced finalists for championship and console heats | Declaration of intention to scratch to Clerk of the Course | Within 30 minutes of announcement of qualifiers |

Warm-Ups

Sierra Nevada Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet.

A copy of these guidelines and procedures will be emailed to the Team Entry Contact and will be posted at the facility. The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet.

Pre-Meet Supervised Warm-Ups

- **TBD**
- LSC team athletes must be supervised by one of their LSC team coaches for the entire length of the practice. The LSC team coach supervising the practice must have a current USA Swimming Coach membership.
- To schedule lane space and practice times, contact Meet Director Phuong Nguyen: phuong@melonheadstudio.com

Meet Warm-Ups: Prelims

- **ASSIGNED** warm-ups will be available in both the 50M competition pool and the 25Y warm-up pool Wednesday –Saturday mornings, 6:30 – 8:15 AM. Assignments will be made by LSC for a specific lane and warm up time and will be distributed no later than the General Meeting.
- **25Y Warm-Up Pool** will be available for general warm-up/warm-down from 8:15 AM until 30 minutes after the completion of the preliminary session. The facility will be closed between Preliminary and Finals sessions.

Meet Warm-Ups: Finals

- **OPEN** warm-ups will be available in both the 50M competition pool and the 25Y warm-up pool Wednesday – Saturday at the start of the published Finals warm-up start time.
- **25Y Warm-Up Pool** will be available for general warm-up/warm-down from the start of the published Finals warm-up time until 30 minutes after the completion of the nightly Finals session. The 50M competition pool will close at the completion of the Finals session each night.

Scoring

Scoring will be on a sixteen (16) place basis.

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Relays will score double.

Awards

- **Individual Events:** medals for first (1st) through eighth (8th) place; ribbons for ninth (9th) through sixteenth (16th) place
- **Relay Events:** medals for first (1st) through third (3rd) place; ribbons for fourth (4th) through eighth (8th) place
- **Team Awards:** Trophies for first (1st) through eighth (8th) place *First Place Trophy: Scottie Aschermann Team Championship Award
- **Adam Szmidt Team Sportsmanship Award:** Trophy awarded to the team demonstrating superior sportsmanship, total team support, consistent positive attitude throughout the entire meet and unified team appearance (uniform, shirts, suits, etc).
 - Award Selection Committee: Western Zone Director(s), Meet Director(s), One Coach and one Athlete from each LSC
 - Ballots will be distributed to each LSC team at the General Meeting on Tuesday. Ballots are to be cast daily by members of the Selection Committee prior to the start of the Relays in the Finals session.
- **Presentation:** Trophies will be presented on Saturday at the conclusion of Finals. Medal and ribbons may be picked up by a team representative at the Awards Tent the day after the awards are earned. All awards are to be collected by teams prior to leaving the venue after Saturday Finals. Awards will not be mailed.

Results

Live results will be available via Meet Mobile but are **NOT considered official results**. Official results for each session will be emailed to each LSC team contact and will be posted to the meet websites listed on p.1 of this meet announcement.

Live Streaming

Details on Live Streaming of this event, if possible, will be shared on the event website as soon as they are available. <http://agwesternzonechamps.com>

Time Trials

Time Trials will not be offered at this meet.

Timers

- Western Zone Policy states that each LSC is to provide two timers for one lane for the duration of the meet.

Each LSC entered in the meet will be assigned lanes for timing coverage in both Preliminary and Finals Sessions, on a rotating basis. These lane assignments will be managed through an on-line registration process. Implementation of this meet policy will be provided to each LSC no later than July 15, 2022. A Hospitality Room will be provided for coaches and officials only, location TBA. Athletes are not permitted in the Hospitality room.

IMPORTANT INFO FOR SPECTATORS

Hotels

The meet host has partnered with Explore Elk Grove and their representatives will contact LSC staff directly.

Spectator Admission & Seating: Final details on spectator numbers will be distributed to each LSC no later than July 15, 2022.

Admission & Ticket Sales: Admission for Spectators at each day's sessions will be charged for this event. Tickets will be sold daily on-site prior to the Finals session each night. Final details on ticket sales will be distributed to each LSC no later than July 15, 2022.

Spectator Seating

- Spectator Seating will be located in a designated section of the spectator area of the competition venue and is handicapaccessible. The spectator area will be cleared following each Finals session, and ALL personal items must be removed.
- This is a **CLOSED-DECK** meet. **Only CREDENTIALLED** athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition pool deck. There will be NO admission of spectators to the competition deck.

Parking at the Facility

- The lots in and around the Elk Grove Aquatics Center are available for parking. The lower level, closest to the pool, is reserved for meet officials and administration, as well as for any those with a physical disability.

- RV parking and any overnight parking is allowed, but there are no hookups or amenities.

Lost & Found

Lost & Found items will be taken to the Registration Desk located in the main lobby of the Aquatic Center.

Medical Assistance

The Elk Grove Aquatics Center Lifeguards will provide first-aid assistance on-site. Anyone in need of assistance should contact a Lifeguard, or the Front Desk Staff, who will contact a Lifeguard.

Meet Souvenir Apparel TBD

Spectator Concessions & Meet Photographer: Zoom Photography

IMPORTANT INFORMATION FOR LSC TEAM MANAGERS

Team Areas

Per Western Zone policy, each LSC is required to have at least one adult chaperone in the assigned Team Areas supervising their LSC athletes whenever their athletes are in the Team Area. Teams are encouraged to monitor the location of their athletes in the venue when they are not actively competing.

- **Preliminary Sessions**
 - Each LSC Team will receive an assigned Team Area for all Preliminary Sessions. Some teams will be assigned to the Spectator Area, and some will be assigned to an area within the facility. Assignments will be determined by team size, and prevailing social distancing protocols in place at the time of competition.
 - Each team area will be designated by an LSC Team Banner. Coaches' tables / areas on deck are TBD.
- **Finals Sessions**
 - Each LSC Team with athletes in a Finals session will receive an assigned Team Area at deck level specifically for that Finals Session. These team

areas will be indicated with temporary signage. Assignments will be determined by team size, and prevailing social distancing protocols in place at the time of competition.

- It is not anticipated that any athletes will be seated in the Spectator area during Finals, as this space will be used to allow Spectators to be present for the Finals sessions.

On-Site Food Options for Athletes

The level of need for on-site food options for athletes is in the process of being determined, along with appropriate resources. Complete information will be distributed to LSC Contacts as soon as it is available.

Opening Ceremonies & Other Traditional WZAG Social Events

The following traditional social events will not be held at this event, in support of Covid Safety Protocols:

- Opening Ceremonies will not take place on Tuesday night. A special recognition of all athletes attending the meet will take place at the beginning of the Preliminary Session on Wednesday morning.
- Saturday Finals “exchange” of team gear RETURNS!
- Saturday Night Athlete Dinner & Social will be held this year. Information will be available on the event website.

Western Zone Age Group Championship Business Meeting

TBD

The purpose of the Western Zone Age Group Championship Business Meeting is to specifically discuss items concerning the WZAG Championships. Questions and agenda items should be sent to Championship Coordinator, Jody Broyles jodybroyles1@gmail.com. Complete information will be distributed to LSC Contacts as soon as it is available.

Hospitality

A Hospitality Room will be provided for coaches and officials only, location TBA. Athletes are not permitted in the Hospitality room.

Parking at the Facility

The lots in and around the EGAC are available for parking. The lower level, closest to the pool, is reserved for meet officials and administration, as well as for any those with a

2022 WESTERN ZONE AGE GROUP CHAMPIONSHIPS * ELK GROVE, CA * AUGUST 3 – 6, 2022

physical disability. RV parking and any overnight parking is allowed, but there are no hookups or amenities.

Hotels The meet host has partnered with Explore Elk Grove

[Hotel Reservation Link: TBD](#)

Meet Souvenir Apparel: TBD

Meet Photographerr: Zoom Photography

IMPORTANT INFORMATION FOR OFFICIALS

General Information

Each LSC is asked to provide at least one (1) deck or administrative official. Officials must be a currently registered member of USA Swimming prior to the start of the competition and at least LSC certified in the position(s) for which they apply.

Officials Briefings

Mandatory Officials Briefings will be held during warm-ups beginning one hour prior to the start of each competitive session.

Officials Dress

- **Preliminaries:** White polo shirt, khaki pants/skirts/short, white deck-friendly shoes, and white socks.
- **Finals:** White polo shirt, khaki long pants/skirts, white deck-friendly shoes, and white socks.
- Practice your hula and be prepared to throw a few Chakas, dear friends. There will be a Hawaiian Shirt night, please plan to bring one to wear with extra Aloha!

Application to Officiate

- All officials intending to work this meet must complete the Application to Officiate [HERE](#).
- This link is also available on the Western Zone Age Group Championship event page, [HERE](#).
- Those officials desiring to work the assigned positions of Chief Judge, Starter, and Deck Referee must submit an application no later than June 1, 2022. Preference will be given to those who agree to work all sessions.
- All others planning to attend the meet are encouraged to return their application by June 15, 2022.
- **Meet Shirt Deadline: July 8th** Every effort will be made to provide a meet shirt in the requested size to those Officials who apply by the July 8th deadline. Meet shirts may not be available to Officials who apply after the July 8th deadline.

Application for National Certification / Evaluation

National Evaluator: Ron Van Pool

The Western Zone Age Group Championship has been approved as an Officials Qualifying Meet for N2/N3 certification/recertification. Please review the USA Swimming requirements for National Certification and advancement [HERE](#).

All officials are welcome to participate. Even if you do not yet qualify you are encouraged to take advantage of this mentoring opportunity. Complete the Application to Officiate [HERE](#). This link is also available on the Western Zone Age Group Championship event page, [HERE](#). Questions may be directed to the Meet Referee Keith Lambert at ktlamber707@gmail.com

Officials Reimbursement Fund

This fund provides reimbursement assistance to Officials who work at least 80% of the meet sessions and who are not being reimbursed from another source for their expenses to attend the Western Zone Age Group Championships. The proceeds of this fund are shared equally across all applicants who have met the work requirements. To be eligible, officials must be registered with USA Swimming and in good standing from any LSC in the Western Zone. An application is available from the Western Zone Officials Chair, Mike Davis mekidadad1@yahoo.com

Credentials & Deck Access

- Officials arriving on Tuesday, August 2nd may obtain their deck pass at the Registration Desk.
- Officials arriving after Tuesday, August 2nd should obtain their deck pass at the Registration Desk prior to working their first session.

Officials Social

TBD

Parking at the Facility

- The lots in and around the EGAC are available for parking.
- **RV parking and any overnight parking IS ALLOWED, but there are no hookups or other amenities.**

Hotels

The meet host has partnered with Explore Elk Grove to provide discounted rooms. Reservation link is TBD.