

**2008 USA SWIMMING
SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS
JULY 29 - AUGUST 2, 2008**

SPONSORED BY: USA Swimming

SANCTIONED BY: Held under the sanction of USA Swimming issued by Georgia Swimming, Sanction #GA-08-51

HOST: Stingray Swimming Phone: 770-428-3425

FACILITY: **Georgia Tech Aquatic Center**
750 Ferst Drive NW
Atlanta, Georgia 30332-0110

The pool is located on the west side of Georgia Tech Campus. It is an indoor 10 lane, 50 meter pool with non-turbulent lane lines. There is also a separate diving well that will provide (8) 9' wide lanes for continuous warm-up and cool down during the competition. The facility has stadium seating for 1,900 spectators. This facility was the site of all the aquatics competition for the 1996 Centennial Olympic Games.

TIMING SYSTEM: The competition pool has an Omega Aries Timing System with a new Daktronics Pro Star Scoreboard.

MEET

MANAGEMENT: Meet Director: Steve Payment – sjpayment@scj.com
Meet Referee: Glenda Orth -
Administrative Referee:
Chief Starter: Stu Hixon -
Safety Marshall:

MEET SCHEDULE: Tuesday July 29th Warm-up: 12:00PM
Timed Finals: 2:00 PM
Wednesday-Saturday July 30-August 2nd Warm-up: 7:00 AM
Trials: 9:00 AM
Warm-up: 4:00 PM
Finals: 6:00 PM

Please see attached warm-up schedule for lane assignment.

RULES: The current USA Swimming Rules will govern the conduct of the meet.

AGE: As of July 29, 2008

ELIGIBILITY: Currently registered, USA Swimming year-round athletes selected by their LSC. Any swimmer who has ever achieved the current Senior National Championship Standard in any event (long or short course) prior to the latest possible entry deadline is ineligible to compete in the 2008 Southern Zone Age Group Championships.

DISABILITY INFO: Each LSC may bring six (6) swimmers; 3 boys and 3 girls with disabilities who are 11 to 18 years of age; selected in any manner deemed appropriate and assisted by the Southern Zone Adapted Swimming Coordinator if necessary. Swimmers' disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: A permanent physical or mental impairment that substantially limits one or more major life activities. These swimmers with disabilities are in addition to the permitted 48 swimmers and are not required to meet the time standards for their age group/events, however, they must provide a time for each event they enter. Swimmers with disabilities may compete in finals, earn awards and score points for their team in the same manner as the able bodied swimmers.

ENTRY LIMIT:

EACH LSC IS LIMITED TO:

- 48 Swimmers - 7 Females & 7 Males in each age group for 11-12 and 13-14 and 10 females and 10 males for the 15-18 age group.
- 6 swimmers; 3 girls and 3 boys with disabilities who are 11 to 18 years old.
- 1 relay team per event.
- Three individual entries per event for the 400 Free, 400 IM & 800/1500 Free.
- Unlimited individual entries per event for all other events.

EACH SWIMMER IS LIMITED TO:

- 6 individual events for the meet but no more than 3 events per day. The age of the swimmer on the first day of the meet will be their age for the entire meet.

LATE ENTRIES:

No Late Entries-No Substitutions

ENTRY FEES:

\$7.50 per individual event and \$10.00 per relay.

Please make checks payable to: Stingrays Swimming

All entry fees are to be hand delivered and paid in full to the Meet Director prior to the conclusion of the general meeting on the first day of the competition.

ENTRY FORMS:

Electronic entries are required and must be submitted using Hy-Tek format. 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. Your electronic submission must include an entry zip file, as well as a Word-Name and Entry fee document. A list of coaches and chaperones (up to 12) shall accompany the team entry. To assist you with your preparation, a Team Manager meet events file will be posted on the Southern Zone Website by June 1, 2008 for download. **A copy of the LSC's official selection procedure for this meet must be delivered at the general meeting.**

ENTRY DEADLINE:

All entries must be emailed or hand delivered to the Meet Director by 12:00 midnight Eastern Standard Time on Sunday, July 27, 2008. No other form of entry will be accepted. It is the responsibility of each LSC to contact the Voice Confirmation number after emailing their entries to ensure that the entries have been properly received.

ELECTRONIC ENTRIES: Steve Payment – sjpayment@yahoo.com

DISABILITY ENTRIES: Entries for swimmers with disabilities should be submitted on the attached entry form indicating preference for seeding, and highlighted on the hard copy of the LSC's meet entry. Classification of a swimmer with a disability is irrelevant. It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete in advance of the meet. The Meet Referee shall inquire about the swimmers' needs and determine any modifications that may be required. This information will be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned. It is the responsibility of the USA Swimming Disability Swimming Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmers' responsibility to complete and submit an application for an American Record should one be set.

MEDICAL RELEASES: The Southern Zone and Meet Host recommend a Coach carry emergency releases for their athletes.

CODE OF CONDUCT: All athletes and coaches are required to sign the enclosed Code of Conduct in order to participate in the meet. Forms must be turned in at the general meeting.

- FORMAT:** The Meet Referee and the Meet Director reserve the right to run the preliminary sessions as a dual ended meet with chase starts if necessary based upon the number of entries and subsequent preliminary timeline. Finals would start from one end only. Ten lanes will be used for both prelims and finals. Additional information will be available at the General Meeting, Tuesday, July 29, 2008 at 10:00 AM.
- SEEDING:** Only long course (50 meters) times will be accepted for purpose of seeding. Tuesday afternoon events (800/1500 Free) will be deck seeded timed finals requiring positive check-in by the end of the general meeting or by 10:30 AM; whichever comes first. The 800/1500 Free will be swum together and scored separately. The heats will be swum fastest to slowest, alternating women and men.
- SCRATCHES:**
- 1. Prelims:** There is no penalty for scratches in preliminary events.
 - 2. Deck Seeded Events:** Swimmers who are checked-in, and then fail to compete, will be barred from their next individual event.
 - 3. Finals:** Swimmers who qualify for the finals and then fail to declare their intention to scratch, to the clerk of course within thirty (30) minutes of the announcement of the finalists for that event, and then fail to scratch within thirty (30) minutes of their last event of that session and then fail to compete in the event in the finals, will be barred from **ALL** subsequent competition in the meet. (Exception: the head referee may allow a swimmer to compete further, if based on his/her judgment, the swimmer was ill or the reason for missing the final was beyond the control of the swimmer.).
- RELAYS:** All relays will be swum in the evening session as timed finals. Relay cards will be filled out at the meet and turned in to the Clerk of Course as specified by the Meet Referee at the General Meeting.
- SCORING:** Individual Events: 11-9-8-7-6-5-4-3-2-1
Relays: 22-18-16-14-12-10-8-6-4—2
- AWARDS:**
- Individual events:** 1st-10th place medals
Relays: 1st-3rd place medals
Combined Team Championship: 1st place: Banner & 60 t-shirts
2nd & 3rd place: Plaque/Trophy
Age Group Awards: 1st place Women & Men in each age group-Banner
All awards will be given after each set of events, with the last set of events given the next day. See attached Awards Schedule
- SPECIAL AWARDS:** Charlene Craddock Sportsmanship Award:
A banner & 50 swim caps will be awarded to the team who exhibits the highest level of sportsmanship throughout the meet. The winner will be decided by a vote during the last session of the competition. Each LSC, the meet director, head referee and chief starter will be entitled to one vote. A minimum of nine (9) votes will be required for selection.
- CREDENTIALS:** Credential Tags must be picked up at the registration desk. The registration desk will be open from 3:30-7:00 PM on Monday, July 28th and from 9:30 AM to 12:30 PM on Tuesday, July 29th. **Replacement Credential Tags will be \$10.**
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. A maximum of 12 credential tags will be issued to each LSC for those coaches, managers and/or chaperones listed on the meet entry form. Credential Tags for media personnel must be arranged for in advance with the meet director.
- CAPTAINS:** Each LSC is required to designate at least one and no more than three athletes as captains. One captain must attend the pre-meet general meeting.
- GENERAL MEETING:** There will be a mandatory meeting for all head coaches and at least one captain from each LSC on Tuesday, July 29, 2008 at 10:00 AM in the Hospitality Room at the Georgia Tech Aquatic Center.
- PARADE:** The athlete parade will be on Friday night.

MEET COMMITTEE: The meet director and Southern Zone Age Group Chairman will appoint a meet committee. It will consist of the head referee, zone age group chairman or his designee, 3 coaches and 2 athletes from 5 different, randomly selected LSC's. This committee will have jurisdiction over technical protests with the exception of officials' judgment calls. The committee will follow the USA Swimming *Rules and Regulations*, the *Southern Zone Age Group Swimming Championships Meet Handbook* and the meet information letter at all times.

OFFICIALS: The meet is approved as a national certification meet for officials. It is requested that any LSC with qualified officials, who are interested in working at the meet, please contact the Meet Referee.
Officials who have not applied to officiate should contact the Meet Referee one hour prior to start of each session. All officials should be prepared to present their LSC certification card, and to present and wear at all times, while on deck or in hospitality, their 2008 USA Registration Card. Standard Georgia LSC dress for officials is a white collared polo shirt, over blue pants, shorts or skirt, and white shoes and socks. There are no exceptions. For finals, Key officials will wear blue blazers, red or blue tie or scarf, white shirt and white pants and socks. Key officials (referees, starters or chief judges) will be selected daily prior to the end of the am sessions from the list of officials who so applied.

COACHES: All coaches will be checked for their own USA Registration Card, and **each coach will be required to wear their registration card at all times while working on deck or in hospitality.**

LIABILITY: This meet is held under the sanction of USA Swimming, inc., and Georgia Swimming, Inc. The sanction number is #GA-08- . No entry will be accepted unless the swimmer is registered with USA Swimming and the LSC they represent. The complete USA Swimming Registration Number for each individual must be placed on the team entry form. In granting this sanction, it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Stingrays Swimming, Georgia Tech and all meet officials shall be free from any liabilities or claims for damage arising by reason of injuries to anyone during the conduct of the event. Damage to the facility, when proven, will cause the offending swimmer's LSC to be held accountable for repairs.

HOSPITALITY & CONCESSION: There will be a hospitality room open to all coaches and officials, and standard refreshments will be available at the concession stand.

SOCIAL: There will be an athlete social following the timed final events on Tuesday. Details will be announced at the General Meeting.

- SAFETY GUIDELINES:**
1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 3. Coaches shall supervise their swimmers throughout the warm-up session.
 4. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 5. Swimmers shall not step up on the starting blocks when a backstroke is waiting to start.
 6. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 7. Swimmers are required to exit the pool upon completion of their allotted warm-up time.
 8. The pool is not for visiting or playing during warm-up and/or in the warm-up/cool-down pool.

LANE TIMERS:

It is required that each LSC take a lane assignment for timing on a rotating basis during preliminaries and finals. Since chase starts may be used during prelims, 40 timers will be needed-20 timers per start end.

Tuesday-Timed Finals & All Preliminaries

Lane	Start End-Group #1	Turn End-Group #2
1	Florida	Florida Gold Coast
2	Border	Mississippi
3	Georgia	North Carolina
4	Kentucky	North Texas
5	Gulf	South Carolina
6	Louisiana	Southeastern
7	South Texas	West Virginia
8	West Texas	OPEN-HOST
9	Georgia	Georgia
10	Georgia	Georgia

**If chase starts are not used, we will use the following assignments for Tuesday and prelims:

- Tuesday- Group #2
 Wednesday & Friday- Group #1
 Thursday & Saturday- Group #2

Finals

	Odd # Years	Even # Years
Wednesday	Group 1	Group 2
Thursday	Group 2	Group 1
Friday	Group 1	Group 2
Saturday	Group 2	Group 1

DIRECTIONS:

From North, Traveling I-75/85:

1. Take the 10th/14th/16th Street Exit
2. Cross over 16th and 14th Street and proceed to 10th Street. Turn right on 10th Street.
3. Turn left onto State Street and continue until dead-ends into Ferst Drive.
4. Turn right onto Ferst Drive and the Aquatic Center is on right.

From South, Traveling I-75/85:

1. Take the 10th/14th Street Exit. At the first light (10th Street), turn left.
2. Turn left onto State Street and continue until dead-ends into Ferst Drive.
3. Turn right onto Ferst Drive and the Aquatic Center is on right.

PARKING:

Details will be provided on the Southern Zone Webpage.

SPECTATOR SEATING: There is stadium seating to accommodate 1,900 spectators. Ticket sales will be on a first come-first serve basis. No reserving of seating is allowed.

ADMISSION:	All Meet Pass:	Adult	\$20.00
		Child/Senior over 60	\$10.00
HEAT SHEETS:	Individual Session Pass:	Adult	\$5.00
		Child/Senior over 60	\$2.00
	Prelims	\$15.00 All days included	
	Finals	Free with coupon	
	Finals-Individual Sales (no coupon) \$2.00 each day		

IMPORTANT CONTACT INFORMATION:

STEVE PAYMENT - MEET DIRECTOR 418 Holland Springs Dr. Powder Springs, Georgia 30127 678-354-0162 (HOME) 678-923-4327 (CELL) sipaymen@scj.com (E-MAIL)	SHANNON GILLESPIE- ZONE DIRECTOR (COACH)
ROBERT CARAGOL - ZONE AGE GROUP CHAIRMAN 466 South Fig Tree Lane Plantation, FL 33317 305-609-3680 (CELL) 954-492-4173 (OFFICE) swimming@pinecrest.edu (E-MAIL)	- ZONE DIRECTOR (NON-COACH)

AWARDS SCHEDULE:

Tuesday	No Awards
Wednesday	Swim 200 Free Awards for 800/1500 Free Swim 50 & 200 Breast Awards for 200 Free Swim 100 Fly Awards for 50 & 200 Breast
Thursday	Swim 200 & 50 Back Awards for 100 Fly Swim 100 & 400 Free Awards for 200 & 50 Back Swim 400 IM Awards for 100 & 400 Free
Friday	Swim 200 & 50 Fly Awards for 400 IM Swim 100 Breast Awards for 200 & 50 Fly Swim 400 & 100 Free Awards for 100 Breast Swim Medley Relays Awards for 400 & 100 Free
Saturday	Swim 200 IM Awards for Medley Relays Swim 50 Free Awards for 200 IM Swim 100 Back Awards for 50 Free Swim Free Relays Awards for 100 Backstroke & Free Relays

**2008 USA SWIMMING
SOUTHERN ZONE AGE GROUP CHAMPIONSHIP
JULY 29-AUGUST 2, 2008
ORDER OF EVENTS
(women odd # events & men even # events)**

**Tuesday, July 29th
Timed Finals 2:00 PM**

Event #	Age Group	Event	Event #
1	13-18	800 Free*	
	13-18	1500 Free*	2

*The 800 & 1500 Free will be swum fastest to slowest, alternating women then men.

**Wednesday, July 30th
Prelims 9:00 AM
Finals 6:00 PM**

Event #	Age Group	Event	Event #
3	11-12	200 Free	4
5	13-14	200 Free	6
7	15-18	200 Free	8
9	11-12	50 Breast	10
11	13-14	200 Breast	12
13	15-18	200 Breast	14
15	11-12	100 Fly	16
17	13-14	100 Fly	18
19	15-18	100 Fly	20

**Thursday, July 31st
Prelims 9:00 AM
Finals 6:00 PM**

Event #	Age Group	Event	Event #
21	15-18	200 Back	22
23	13-14	200 Back	24
25	11-12	50 Back	26
27	15-18	100 Free	28
29	13-14	100 Free	30
31	11-12	400 Free	32
33	15-18	400 IM	34
35	13-14	400 IM	36

Friday, August 1st
Prelims 9:00 AM
Finals 6:00 PM

Event #	Age Group	Event	Event #
37	15-18	200 Fly	38
39	13-14	200 Fly	40
41	11-12	50 Fly	42
43	15-18	100 Breast	44
45	13-14	100 Breast	46
47	11-12	100 Breast	48
49	15-18	400 Free	50
51	13-14	400 Free	52
53	11-12	100 Free	54
55	15-18	200 Medley Relay**	56
57	13-14	200 Medley Relay**	58
59	11-12	200 Medley Relay**	60

****All Relays are timed final events and will be swum in the finals.**

Saturday, August 2nd
Prelims 9:00 AM
Finals 6:00 PM

Event #	Age Group	Event	Event #
61	11-12	200 IM	62
63	13-14	200 IM	64
65	15-18	200 IM	66
67	11-12	50 Free	68
69	13-14	50 Free	70
71	15-18	50 Free	72
73	11-12	100 Back	74
75	13-14	100 Back	76
77	15-18	100 Back	78
79	11-12	200 Free Relay**	80
81	13-14	200 Free Relay**	82
83	15-18	200 Free Relay**	84

****All Relays are timed final events and will be swum in the finals.**

**2008 USA SWIMMING SOUTHERN ZONE CHAMPIONSHIP MEET
Swimmers with Disabilities Entry Form**

Name: _____ DOB: ___/___/___ Male Female

Address: _____ USA Swimming #: _____

City: _____ State: _____ Zip: _____ Age on July 29, 2008: _____

Disability: _____ Classification (if known): _____

Swimmer/Parent E-mail Address: _____

Club: _____ Club Coach: _____ Phone: _____

Parent/Guardian's Name: _____

Phone: Day: _____ Evening: _____ Cell: _____

Emergency Contact: Name: _____ Phone: _____

Special Accommodations Needed: _____

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

<u>#EVENT</u> <u>DESCRIPTION</u>	<u>ENTRY TIME</u>	<u>SEED WITH</u>		Comparable Time (distance depends on entry time)
		Age Group (same age & distance)	Different Distance (same age)	
1	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____

Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the date on which the swim occurs. Take these factors into consideration when selection the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

I certify that the above listed times are correct.

Signed: _____ Date: _____
Club Head Coach/Age Group Coach (REQUIRED SIGNATURE)

2008 USA SWIMMING
SOUTHERN ZONE AGE GROUP OPEN WATER CHAMPIONSHIPS
AUGUST 3, 2008

Plans not finalized due to drought. Presentations need to be made to Acworth city council for location approval. Also working with Army Core of Engineers to seek out any other suitable location on Allatoona.

SPONSORED BY: UNITED STATES SWIMMING

SANCTIONED BY: GEORGIA SWIMMING #
HOST: STINGRAYS SWIMMING

LOCATION:

SCHEDULE OF EVENTS: 8:00AMREGISTRATION/CHECK-IN
8:30AMMEETING FOR ALL PARTICIPANTS
9:00AM.....WARM UP
9:45AM.....2 MILES.....START FOR 15-18 SWIMMERS
9:47AM.....1 1/2 MILES.....START FOR 13-14 SWIMMERS
9:49AM.....1 MILESTART FOR 11-12 SWIMMERS

IF A LARGE NUMBER OF SWIMMERS ENTER THE MEET, THE SCHEDULE MAY BE ADJUSTED SO THAT EACH AGE GROUP SWIMS SEPARATELY ON THE COURSE. ALL EVENTS SHOULD BE FINISHED BY 1:00PM.

COURSE: SWIMMERS WILL START IN THE WATER, AND WILL COMPLETE ____ OR MORE CIRCUITS OF A ____WELL MARKED _____MILE COURSE. THE COURSE DEPTH WILL BE APPROXIMATELY. THE WATER TEMPERATURE IS EXPECTED TO BE APPROXIMATELY _____.

SAFETY: DIFFERENT COLORED CAPS WILL BE ISSUED TO SWIMMERS IN EACH AGE GROUP SO THAT MEET DIRECTORS CAN MONITOR THE SWIMMERS' PROGRESS THROUGH THE COURSE. MEET/SAFETY PERSONNEL WILL PATROL THE COURSE. QUALIFIED FIRST AID PROVIDERS WILL BE ON SITE. IN THE CASE OF INCLEMENT WEATHER, THE MEET COMMITTEE MAY MODIFY STARTING TIMES OR CANCEL EVENTS.

ELIGIBILITY: OPEN TO ALL USS/SOUTHERN ZONE REGISTERED ATHLETES IN THE FOLLOWING AGE GROUPS, 11-12, 13-14 OR SENIOR, AS OF AUGUST 6, 2006

QUALIFYING STANDARDS: NONE.

ENTRIES: ENTRIES MUST BE SUBMITTED USING THE ENCLOSED FORMS. THEY MUST BE RECEIVED BY ALL ENTRY FEES SHALL BE HAND-DELIVERED TO THE MEET DIRECTOR PRIOR TO THE CONCLUSION OF THE GENERAL MEETING AT THE SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS.

ENTRY LIMIT: THE MEET MANAGEMENT RESERVES THE RIGHT TO LIMIT THE NUMBER OF PARTICIPANTS IN EACH AGE GROUP TO THE FASTEST 50 SWIMMERS ENTERED.

ENTRY FEE: \$25.00 PER EVENT. MAKE CHECKS PAYABLE TO: STINGRAYS SWIMMING

SEEDING: THE FOLLOWING LONG COURSE METER EVENTS BE USED FOR ENTRY PURPOSES:

<u>11-12</u>	<u>13-14</u>	<u>SENIOR</u>
3k	5K	5K

HEAT SHEETS:
START/FINISH LINE.

PSYCHE SHEETS WILL BE POSTED NEAR THE

WARM UP:
PRE MEET MEETING.

WARM UP PROCEDURES WILL BE DISCUSSED DURING THE

AWARDS: THE FIRST PLACE TEAM SHALL RECEIVE A BANNER.
INDIVIDUAL 1ST-8TH PLACE MEDALS AND 9TH-16TH PLACE CERTIFICATES IN EACH AGE
GROUP BY SEX WILL BE AWARDED.

SCORING: EACH ZONE TEAM AND INDIVIDUAL TEAM ENTERING THE
SOUTHERN ZONE AGE GROUP OPEN WATER CHAMPIONSHIP SHALL BE SCORED
SEPARATELY. SIXTEEN PLACES WILL BE SCORED AS FOLLOWS:

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

****Tongue Depressors must be used to determine the order of finish. These begin with the number 100
and end determined by the number of participants.*****

RESULTS: RESULTS OF THE OPEN WATER EVENTS WILL BE INCLUDED
WITH THE EVENTS OF THE "POOL" EVENTS, BUT THEY WILL BE SCORED SEPARATELY.

MEET DIRECTOR:

MEET REFEREE:

STARTER:

MARSHALL:

ORDER OF EVENTS:

1-2	SENIOR	TWO MILES*
3-4	13-14	ONE AND ONE HALF MILES*
5-6	11-12	ONE MILE*

SEPARATELY

*SEXES WILL SWIM TOGETHER BY AGE GROUP BUT SCORED

USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS CODE OF CONDUCT

The following code is in effect throughout the 2008 USA Swimming Southern Zone Age Group Swimming Championships. Anyone who, in the opinion of the LSC Zone Meet Coaching Staff, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other punishments including barring from future LSC trips or competition may be imposed.

- 1) The LSC may travel as a team to these meets/training sessions and everyone is expected to behave in an exemplary manner. The reputation of the LSC, as well as the other athletes with you, is dependent on your behavior.
- 2) The LSC Coaching Staff holds the final word on any rules, regulations or disciplinary actions.
- 3) a) The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. In addition, any member found or suspected to be in the **presence of others** (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from the LSC Zone Team. Any swimmer suspected of such activity will appear before a review committee composed of the LSC Coaching Staff, and LSC Zone Team Captains .

b) Use of inappropriate language, including obscene language or gestures and other threatening language or conduct will not be tolerated while traveling with the LSC Zone Meet.
- 4) At no times will male and female athletes be in the same hotel room together. This applies to your LSC Zone Team members or members of any other LSC Zone Team.
- 5) No team meetings or practices may be missed. Be punctual to all meetings and warm-up times.
- 6) No team member may be out of their room after the assigned curfew time and no one may leave their room alone. Permission must be obtained from the LSC Coaching Staff to leave the room.
- 7) Any damages or thievery incurred at a hotel will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, such behavior should be kept to a minimum in your rooms. Make all phone calls (except within the hotel) from a pay phone.
- 8) Any individual damages or thievery incurred on the trip will be at the expense of the swimmer, and further disciplinary action will be taken, such behavior will not be tolerated.
- 9) All team members will be polite in restaurants. Leave a 15% tip (Minimum). If there is a problem with the service, see the LSC Coaching Staff.
- 10) Agree to follow these and any other rules having to do with the behavior and the LSC Zone Team, as established by the Coaching Staff and the LSC.

I recognize my responsibility to abide by these rules and requirements and those of the LSC Zone Team I am representing and I acknowledge that I have received and read such.

Swimmer's Printed Name _____ Dated _____

Swimmer's Signature _____ Dated _____

LSC Head Coach's Signature _____ Dated _____

Southern Zone A/G Championship Meet Evaluation Form

Meet: _____ Date: _____ Location: _____

This form will be used to assist future hosts, officials and the Zone in general, to improve competition for our athletes. Please complete and deposit in Meet evaluation box or mail directly to the Southern Zone Age Group Chairman: Roberto Caragol, 466 South Fig Tree Lane, Plantation, Florida 33317.

(PLEASE CIRCLE A NUMBER FOR SECTIONS 1 THRU 5, #1 BEING LOW / #4 BEING HIGH)

- | | | | | |
|---------------------------------------|---|---|---|---|
| 1. PRE-PLANNING | | | | |
| Pre-meet information | 1 | 2 | 3 | 4 |
| Packets | 1 | 2 | 3 | 4 |
| Hotels & Restaurants | 1 | 2 | 3 | 4 |
| Maps | 1 | 2 | 3 | 4 |
| Transportation (cost/convenience) | | | | |
| a. Airlines | 1 | 2 | 3 | 4 |
| b. Car Rental | 1 | 2 | 3 | 4 |
| Planning for Climatic Changes | 1 | 2 | 3 | 4 |
| 2. FACILITIES/GENERAL | | | | |
| Parking | 1 | 2 | 3 | 4 |
| Registration | 1 | 2 | 3 | 4 |
| Restrooms/Dressing rooms | 1 | 2 | 3 | 4 |
| Swimmers' Rest Areas | 1 | 2 | 3 | 4 |
| Public Address System | 1 | 2 | 3 | 4 |
| Spectator seating | 1 | 2 | 3 | 4 |
| Warm up/down facilities | 1 | 2 | 3 | 4 |
| 3. FACILITIES/COMPETITION POOL | | | | |
| Pace Clocks | 1 | 2 | 3 | 4 |
| Scoreboard/timing equip/computer | 1 | 2 | 3 | 4 |
| Lighting | 1 | 2 | 3 | 4 |
| Ventilation | 1 | 2 | 3 | 4 |
| Water Conditions | 1 | 2 | 3 | 4 |
| Starting System | 1 | 2 | 3 | 4 |
| Pool set-up (deck space, media...) | 1 | 2 | 3 | 4 |
| 4. OFFICIALS | | | | |
| Meet | 1 | 2 | 3 | 4 |
| Administrative Referee | 1 | 2 | 3 | 4 |
| Deck Referee(s) | 1 | 2 | 3 | 4 |
| Starter(s) | 1 | 2 | 3 | 4 |
| Announcer(s) | 1 | 2 | 3 | 4 |
| Chief Judge(s) | 1 | 2 | 3 | 4 |
| Stk & Turn | 1 | 2 | 3 | 4 |
| Relay take-off | 1 | 2 | 3 | 4 |
| Clerk of Course | 1 | 2 | 3 | 4 |
| Meet Director | 1 | 2 | 3 | 4 |
| 5. GENERAL APPRAISAL | | | | |
| Meet Administration | 1 | 2 | 3 | 4 |
| Hospitality | 1 | 2 | 3 | 4 |
| Awards/Ceremonies | 1 | 2 | 3 | 4 |
| Safety Procedures | 1 | 2 | 3 | 4 |
| Overall success of meet | 1 | 2 | 3 | 4 |

Use page 2 for general comments of if you gave any category a rating of 2 or lower.

Signed: _____ LSC _____

{ } Swimmer { } Coach { } Official - Position _____ { } Other -
Title _____

**Southern Zone A/G Championship
LSC Mailing Roster**

LSC: _____

LSC General Chairman

LSC Age group Chairman

Name: _____

Name: _____

Address: _____

Address: _____

City: _____

City: _____

State: _____ **Zip:** _____

State: _____ **Zip:** _____

LSC Head Coach

LSC Permanent Office (If Applicable)

Name: _____

Name: _____

Address: _____

Address: _____

City: _____

City: _____

State: _____ **Zip:** _____

State: _____ **Zip:** _____

LSC Top 16 Tabulator

Name: _____

Address: _____

City: _____

State: _____ **Zip:** _____

SOUTHERN ZONE MEET RECORDS

Long Course – Meters

(Updated: 02/08/08)

11-12								
YE AR	NAME	LSC	TIME	EVE NT	TIME	LSC	NAME	YE AR
01	Julie Smith	WV	27.31	50 Fr	25.68	MS	Ben Davidson	93
01	Chelsea Manta	FG	59.27	100 Fr	56.37	MS	Ben Davidson	93
03	Chelsea Franklin	FLA	2:06.31	200 Fr	2:02.83	WV	Danny Ott	87
06	Lauren Driscoll	FGC	4:26.98	400 Fr	4:17.74	SC	Reeve Irvin	91
06	Sabrina Benson	NC	30.90	50 Bk	29.69	SC	Rick Hancock	98
07	Lily Tang	GA	1:06.66	100 Bk	1:02.80	NC	Robert Padgett	00
05	Kaylin Burchell	KY	33.90	50 Br	32.67	SC	Scott Simon	93
94	Pricila Humberstone	GA	1:15.29	100 Br	1:12.15	GU	Maverick Smalley	00
05	Lauren Harrington	SE	28.	50 Fl	27.82	GA	Mujahid El-Amin	99
05	Lauren Harrington	SE	1:04.75	100 Fl	1:01.22	WV	Danny Ott	87
06	Lauren Driscoll	FGC	2:23.20	200 IM	2:16.58	WV	Danny Ott	87
03	Stewart, Pesacerta, Smith, Long	NC	1:53.14	200 FR	1:48.88	SE	Renegar, Musselwhite Taylor, Jones	00
06	Benson, Boykin, Lester, Johnson	NC	2:05.95	200 MR	2:01.59	FGC	Sequera, Serra, Vazquez, Capo	06
13-14								
YE AR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
05	Stephanie Eisenring	FGC	26.88	50 FR	24.69	ST	Kerrington Hill	07
04	Susan Smiddy	FGC	58.82	100 FR	53.77	NC	Robert Padgett	02
04	Susan Smiddy	FGC	2:05.83	200 FR	1:56.74	SE	Brooks Stovall	02
03	Ellen Grigg	NC	4:23.69	400 FR	4:04.57	SE	Brooks Stovall	02
07	C. Papadopoulos	FL	8:57.98	800 FR	8:42.06	FGC	John Atkinson	97
				1500 Fr	16:17.11	FGC	Tyler Sell	06
07	Arden Pitman	SE	1:05.89	100 BK	59.60	FGC	Bradley Alley	01
07	Arden Pitman	SE	2:20.93	200 BK	2:11.81	FGC	Carlos Omana	07
05	Laura Johnson	SE	1:12.28	100 BR	1:07.55	SE	Tyler Kaliszak	07
04	Candace Burgen	SE	2:23.84	200 BR	2:25.38	SE	Adam Mein	03
06	Lauren Harrington	SE	1:02.48	100 FL	58.95	GA	Mujahid El-Amin	01
04	Nuffy Swanson	GU	2:20.84	200 FL	2:07.82	GU	Dan McMahon	02
07	Jordan Smith	FL	2:22.33	200 IM	2:10.28	NC	Robert Padgett	02
07	Jordan Smith	FL	4:58.36	400 IM	4:42.11	FGC	Carlos Omana	07
04	Long, Stewart, Pasacreta, Reich	NC	1:48.96	200 FR	1:40.10	GU	Counts, Stanka, Panek, Allenstein	92
06	Chaney, Goss, Harrington, White	SE	2:01.75	200 MR	1:52.07	NC	Godson, Berens Dover, Padgett	02
15-18								
YE AR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
07	Jenny Von Jouanne	SE	26.75	50 Fr	23.98	GA	Matt Russell	07
05	Julianne Lago	FGC	58.51	100 Fr	52.35	ST	Dax Hill	07
05	Lauren Cartwright	GA	2:06.17	200 Fr	1:53.96	LA	J. Schneider	02
07	Kristen Redmon	GA	4:23.17	400 Fr	4:02.03	FL	Patrick Ceddia	07
03	Elizabeth Stowe	FGC	8:58.93	800 Fr	8:39.06	WV	Joe Krysak	97
				1500 Fr	16:03.18	ST	Clay Bullock	03
07	Laurel Chaney	SE	1:05.36	100 Bk	58.22	FG	Bradley Alley	02
02	Beverly Walker	GA	2:20.79	200 Bk	2:05.60	FG	Ben Gafelind	02
05	Daniela Victoria	FGC	1:13.48	100 Br	1:05.47	GA	Dillion Connelly	04
06	Katie Marsh	FGC	2:38.07	200 Br	2:21.70	GA	Dillion Connelly	04
05	Julie Lago	FGC	1:02.99	100 Fl	56.36	SE	TJ Leon	07
01	Isabelle Misner	KY	2:18.03	200 Fl	2:05.08	FL	Mark Cox	07
05	Lauren Cartwright	GA	2:20.45	200 IM	2:08.31	SC	Tristan Davidson	01
05	Tori Richmond	FGC	5:02.05	400 IM	4:33.17	SC	Tristan Davidson	01
07	Von Jouanne, Pitman, List, Chaney	SE	1:48.55	200 FR	1:36.70	FL	Sheridan, Halfacre, Taddeo, Glover	02
07	Chaney, Goss, Watson, Bon Jouanne	SE	2:01.03	200 MR	1:47.71	FGC	Lacayo, Franklin, Gillan, Munoz	05

2008 SOUTHERN ZONES MEET HOTEL INFORMATION

RENAISSANCE ATLANTA HOTEL DOWNTOWN

590 W. PEACHTREE ST. NW

ATLANTA, GA 30308

(800) 468-3571

RATE: \$139

RATE CODE: SOUTHERN ZONES SWIMMING

<http://www.marriott.com/hotels/travel/atlbr-renaissance-atlanta-hotel-downtown/>

HAMPTON INN DOWNTOWN/GEORGIA TECH

244 NORTH AVE. NW

ATLANTA, GA 30313

(800) 426-7866

RATE: \$129

RATE CODE: SZS

HAMPTON INN & SUITES

161 SPRING ST. NW

ATLANTA, GA 30303

(404) 589-1111, EXT. 181, KARA RAYGOR

RATE: \$149-\$169

RATE CODE: SOUTHERN ZONES SWIMMING

[www/hamptonsuitesatlanta.com](http://www.hamptonsuitesatlanta.com)

COURTYARD ATLANTA MIDTOWN

1132 TECHWOOD DRIVE

ATLANTA, GA

(404) 607-1112

RATE: \$129

RATE CODE: SOUTHERN ZONES SWIMMING

<http://www.marriott.com/hotels/travel/atlmn-courtyard-atlanta-midtown-georgia-tech/>