



Eastern Section Southern Zone Age Group Championships

Hosted by GSA

March 15-18, 2012

The Greensboro Aquatic Center
1921 West Lee Street, Greensboro, NC 27403

Held under the Sanction of USA Swimming, Inc.,
issued by North Carolina Swimming Sanction # NC12041; Time Trials Sanction# NC12041TT

MEET DIRECTOR	MEET ENTRY COORDINATOR	MEET MARSHAL
Tom Brewer 336-851-2848 TBrewer441@aol.com	Kate McIntosh P. O. Box 10085 Greensboro, NC 27404 336-851-2848 GSAswimbiz@GSAswim.org	Mike Pickels 336-851-2848 GSAswimbiz@GSAswim.org
MEET REFEREE	ADMINISTRATIVE REFEREE	OFFICIALS CONTACT
Jon Fox 336-682-8821 Jon.Fox@RBCDain.com	Trish Martin 336-327-4697 GSAOfficials@GSAswim.org	Jon Fox 336-682-8821 Jon.Fox@RBCDain.com

HOST The Greensboro Swimming Association (GSA-NC). www.GSAswim.org. North Carolina Swimming's website is www.NCswim.org.

FACILITY The Greensboro Aquatic Center is a state-of-the-art indoor facility with three pools which opened in August 2011. The main competition pool is 9-10 feet deep at both ends and can be configured into two 25-yard courses with up to ten 7-foot wide lanes each. All lanes feature non-turbulent lane lines and Colorado starting blocks. The Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. At least six lanes will be open for continuous warm up and down. Seating for 1800 spectators is available. Directions to the GAC are available at www.GSAswim.org.

PARKING: Paid onsite parking will be provided by the Greensboro Coliseum. Please note that the Coliseum will host the NCAA men's basketball tournament on March 16 and 18 which may increase traffic and reduce parking convenience around game times. Swimmers, coaches, and spectators are advised to pay attention to all announcements, parking/transportation postings at the pool and on www.GSAswim.org, and emails to coach contacts. Additional information about parking rates, shuttle schedules, traffic forecasts, and other logistics information will be provided upon receipt.

COURSES Meet Management reserves the right to run the preliminary sessions and distance events in two courses if entries dictate. Changes in course assignments will be e-mailed to the address listed on the 2012 membership list or to an alternative e-mail address as requested.

SCHEDULE

General Meeting: Thursday 3:30 PM

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday evening	4:00 pm	5:30 pm	11-12, 13-14
2	Friday preliminaries	7:00 am	8:30 am	11-12, 13-14
3	Friday afternoon	1:00 pm	1:45 pm	10&U
4	Friday finals	4:30 pm	5:30 pm	11-12, 13-14
5	Saturday preliminaries	7:00 am	8:30 am	11-12, 13-14
6	Saturday afternoon	1:00 pm	1:45 pm	10&U
7	Saturday finals	4:30 pm	5:30 pm	11-12, 13-14
8	Sunday preliminaries	7:00 am	8:30 am	11-12, 13-14
9	Sunday afternoon	After preliminaries	45 minutes later	10&U
10	Sunday finals	4:00 pm	5:00 pm	11-12, 13-14

Afternoon and finals session start times should be read here and in the Order of Events as "Not Before"

ELIGIBILITY

Open to members of the Eastern Section of the Southern Zone, its clubs and swimmers registered with USA Swimming who are in good standing with the Eastern Section. All USA Swimming registered clubs in the following LSCs are eligible to become members of the Eastern Section: Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Southeastern, and West Virginia. All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. Out-of-State teams should be prepared to provide proof of Zone membership and current USA Swimming membership of each swimmer entered. A swimmer not previously entered wishing to late enter the meet via deck entry must present proof of USA Swimming membership.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated. Out-of-state athletes and coaches should be prepared to show proof of USAS membership and Zone membership. No late entries will be accepted without proof of current USAS membership. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SCRATCH RULE

Any swimmer not planning to swim at night in finals must scratch with the Admin Referee within 30 minutes after the results are announced so those swimmers who would like to swim again may do so. The penalty for failure to show in a championship final or consolation final is disqualification from the remainder of the meet (USA Swimming Rule 206.5.9). Swimmers who have indicated that they may scratch must confirm the scratch within 30 minutes after the conclusion of their last individual event of the day. Any positively checked-in swimmer missing a deck-seeded event will be barred from their next individual event. There is no penalty for not swimming in a non-deck-seeded preliminary event. **On Sunday, any swimmer checked in for a championship or consolation final in an individual event who fails to compete in said event will be barred from further competition and also fined \$25.00 for each event not swum.**

TIME STANDARDS All swimmers must have met the meet time standards either short course yards, long course meters, or short course meters in EACH event entered. Swimmers will be seeded in the following order: SCY, LCM, SCM. Qualifying times for all events must have been achieved by the entry due date.

PROOF OF TIMES Swimmers who do not equal or better the applicable Eastern Section Southern Zone Age Group Championship time standards in any event at the championship meet must be able to prove that they have previously achieved the qualifying time. Swimmers unable to provide proof-of-time will be assessed a \$25 fine for each event they cannot prove. Proof of times is due by May 1, 2012. Fines are doubled to \$50 per occurrence regardless of provability after May 1, 2012. The only acceptable proof-of-time will be official meet results from a USA Swimming sanctioned or approved competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Eastern Section Southern Zone Championships until such time as the fee is paid. Teams with outstanding fines should come prepared to pay prior to participation in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the ESSZ Travel Fund.

FORMAT **10 & Under Events:** All 10 & under events will be conducted as timed finals and swum in the afternoons on Friday, Saturday, and Sunday.

11-12 Events: All 11-12 events with the exception of the 200 Back, 200 Breast, 200 Fly, 400 IM, and 500, 1000, 1650 Freestyle events will be prelim/finals format.

- The 200 Back, 200 Breast, 200 Fly, and 500 Free for 11-12 Girls and Boys will be timed finals with the fastest heats of 8 girls and 8 boys swimming at night. The 11-12 200 Fly, 200 Back, 200 Breast, and 500 Free will be deck-seeded after positive check in. No AM/PM option is available.

13-14 Events: All individual events in the 13-14 age group will be prelim/final events with the exception of the 1000 and 1650 Freestyle events as described below.

Relays: All relays will be conducted as timed finals. All Saturday and Sunday relays will be swum in preliminaries. For the 800 Free Relay on Thursday, teams must provide their own timers.

Finals: There will be an **A Championship Final** and a **B Consolation Final** for all prelim/final events. The B Final will precede the A Final. Only the A Final heat will be scored. A Finalists are invited to the Ready Room 5 minutes before their event for parading. B Finalists should report to the blocks.

500 Free:

- The 10 & under 500 Free will be swum fastest to slowest alternating girls and boys.

- The 11-12 500 Freestyle will be timed finals swum fastest to slowest during prelims, except for the fastest heat of girls and boys who will swim during finals. No AM/PM option is available.
- The 13-14 500 Freestyle events will be conducted as prelim/finals events. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, the fastest four heats of boys swimming slow to fast, then all remaining heats fast to slow, alternating girls and boys. The Meet Referee will determine in which pool each event is held based on the entries. If two pools are used, genders will not be alternated.
- All 500 Free events will be deck-seeded after positive check-in.

400 IM:

- All heats of the 11-12 400 IM will be contested as timed finals events on Thursday evening and will swim fastest to slowest. Swimmers must provide their own timers for this event.
- The 13-14 events will be conducted as prelim/finals events. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, then the fastest four heats of boys swimming slow to fast. All remaining heats will be swum fast to slow, alternating girls and boys. The Meet Referee will determine in which pool each event is held based on entries. If two pools are used, genders will not be alternated.
- All 400 IM events will be deck-seeded after positive check-in.

1000 Free: These events will be swum as 11-14, timed final events. All heats will be contested during the Thursday evening session. They will be swum fast to slow. These events will be scored 11-12 and 13-14. The Meet Referee will determine in which pool each event is held based on the entries. All 1000 Free events will be deck-seeded after positive check-in. Swimmers must provide their own timers and counters for this event.

1650 Free: These events will be swum 11-14, timed final events. The fastest deck-seeded heats of these events (8 girls and 8 boys regardless of age) will swim during finals. No AM/PM option is available. All other heats will swim during prelims, fastest to slowest. These events will be scored 11-12 and 13-14. The meet referee will determine in which pool each event is held based on the entries. All 1650 Free events will be deck-seeded after positive check-in. Swimmers in the morning session must provide their own timers and counters. Swimmers in the finals session must provide their own counter.

BREAKS

Breaks will be taken during the afternoon sessions and the finals sessions to present awards. Other breaks may be inserted at the discretion of the Meet Referee.

**ENTRY
LIMITATIONS**

Swimmers may swim a maximum of three (3) individual events per day. Swimmers are further limited to eight (8) individual events for the meet.

Each team will be limited to one (1) scoring relay team per event, but may enter as many relay teams as desired.

**ENTRY
VERIFICATION**

A psych sheet will be issued to the person submitting the entry by 3:00 PM on Tuesday, March 13. Coaches have until 12:00 noon on Wednesday, March 14 to identify any missing entries, time corrections, or other entry errors. Any changes after that point will be made at the discretion of the Meet Referee only.

**ENTRY DEADLINES
AND PAYMENT**

The OME system will be used for on-line entries, including relays. OME will close MONDAY, MARCH 12, 2012 at 3:00 PM. OME will open on the Monday, February 20, 2012. Questions or problems with OME should be directed to USA Swimming, Susan Woessner at swoessner@usaswimming.org.

IMPORTANT: DO NOT check out with payment after completing your OME entries. Email Kate Walker (GSAswimbiz@GSAswim.org) upon completion. Payment must be made by check payable to GSA and is due no later than the General Meeting on Thursday, March 15. Teams who elect to pay through OME must pay the 4.8% OME credit card service fee by check made payable to GSA no later than the General Meeting on March 15.

Entries may also be submitted by Hy-Tek or compatible disk. E-mail will also be accepted provided that the fees, disk, and hard copy are received by the deadline. Entries submitted by email should be sent to Kate Walker at GSAswimbiz@GSAswim.org. The entry deadline for Hy-Tek entries is MONDAY MARCH 5, 2012 at 11:59 PM. A times recon will be run on all Hy-Tek entries.

If a time override is used in OME or Hy-Tek, proof must be submitted to the Meet Director by the beginning of warm-ups on the first day of the meet. Proof of time consists of a copy of the final meet results proving the entry time from a USA sanctioned or observed meet, including sanction numbers, date and location. Hy-Tek Team Manager results will not be accepted as proof. Prior to the deadline, proof of time may be scanned and emailed to GSAswimbiz@GSAswim.org. Each submission will be followed by e-mail confirmation for receipt of proof. Swimmers who submit time overrides without proof and fail to swim at the ESSZ standard time for that event will be subject to a \$25 fine as described in Proof of Times.

Please send printed copies of entries for verification. Entries must include each swimmer's USA Swimming number, first and last name, age as of March 15, 2012, seeding time to the 100th of a second, and event number for each event entered. The enclosed team summary sheet as well as fees must be included with the entry disk. Please see the Meets tab on www.ncswim.org to download the Team Manager event file.

Entries received after the entry deadlines will be considered late and accepted only as described below in "Late Entries" and only for open lanes in existing heats.

Payment of all fees must be made by check payable to GSA and received no later

than the General Meeting on THURSDAY, MARCH 15.

Any team paying by credit card through OME must reimburse GSA for the 4.8% service fee. The reimbursement must be made by check payable to GSA and received no later than the General Meeting on THURSDAY, MARCH 15.

PLEASE BE AWARE OF THE 3 EVENTS PER DAY LIMIT AND THE NEW 8 EVENTS PER MEET LIMIT.

ENTRY FEES

Make checks payable to GSA. All fees are non-refundable. Teams who choose to pay through OME must reimburse GSA for the 4.8% service fee by check no later than the General Meeting.	
Individual Event	\$5.50 per event
Relays	\$10.00 per relay
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$15.00 per swimmer
Late Entry Fee (double)	\$11.00/\$20.00

LATE ENTRIES

Late entries will be accepted at the discretion of the Meet Referee on a first come/first served basis only if open lanes are available and will be seeded with NT. No additional heats will be created for pre-seeded events. Late entries will be accepted at the meet up until the time that the clerk of course closes before each session (see schedule under "Check-In"). Late entry fees will be doubled for individual and relay events-- \$11.00 per individual event and \$20.00 per relay. Late entered swimmers must present proof of USAS registration to the clerk of course. No on deck registration will be available.

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded according to their qualifying time in the following order: SCY, LCM, SCM. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. GSA reserves the right to combine heats and events at the discretion of the Meet Referee.

CHECK-IN

A positive check-in, located at clerk of course, will be required for the following events:

- 11-12 200 Back, 200 Fly, 200 Breast, 400 IM, 500 Free
- 11-14 1650 Free, 1000 Free
- 13-14 400 IM, 500 Free
- 10&U 500 Free

Swimmers who do not check in may not be seeded in the event. According to the scratch rule, a swimmer who is properly checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

CHECK IN DEADLINES

EVENT	DATE	TIME
11-12 400 IM	Thursday, Mar 15	4:45 PM
11-14 1000 Free	Thursday, Mar 15	4:45 PM
13-14 400 IM	Friday, Mar 16	7:45 AM
11-12 200 Back	Friday, Mar 16	7:45 AM
11-12 500 Free	Saturday, Mar 17	7:45 AM
13-14 500 Free	Saturday, Mar 17	7:45 AM
10&U 500 Free	Saturday, Mar 17	1:30 PM
11-12 200 Fly	Sunday, Mar 18	7:30 AM
11-12 200 Breast	Sunday, Mar 18	7:30 AM
11-14 1650 Free	Sunday, Mar 18	7:45 AM

SCORING

The top 8 places in all events will score points as follows:

- Individual: 9-7-6-5-4-3-2-1.
- Relay events will score double.

A Finalists must attain the ESSZ time standard for the individual event in order to score team or individual points. B Finalists will not score.

AWARDS

- Team Awards: Plaques for First through Sixth place teams.
- Individual & Relay Awards: Medals for First through Eighth place for individuals and First through Third for relay events.
- Individual High Point: Plaques for highest scoring girl and boy in each age group—10&U, 11-12, 13-14.

RESULTS

Results will be posted on GSA's website (www.GSAswim.org) within 24 hours of the meet's conclusion and teams will be emailed their results.

TIME TRIALS

Time Trials will be offered after all preliminary and finals sessions, time permitting, and at the discretion of the Meet Referee. Time Trials count toward a swimmer's daily event limit but not toward his meet event limit. A swimmer wishing to add a Time Trial must ensure that his daily event limit is not exceeded and must scratch if necessary with the Admin Ref from an event to make room for a Time Trial. No Shows and Declared False Starts count toward a swimmer's daily event limit.

Sign up deadlines on days when Time Trials are offered will be 10:30 AM for Time Trials after preliminaries and 6:00 PM for Time Trials after finals. The 1650 and 1000 Frees will be Time Tried after one preliminary session to be determined by the Meet Referee. The order in which time trial events will be conducted will follow national event order (i.e., that day's events, followed by next day, etc... finishing up with the previous day's events).

Time Trial fees are \$6.50 per individual event and \$12.00 in relays payable in cash at sign up. Swimmers must provide their own timers for Time Trials. Time Trials will begin no later than 15 minutes after the session conclusion and may be run in two pools at the Meet Referee's discretion.

GENERAL MEETING The General Meeting will be held at 3:30 on Thursday, March 15 in Hospitality.

OFFICIALS There will be an officials' meeting at 4:30 pm on Thursday afternoon and 1 hour prior to each following session. We welcome all certified officials on deck. If you are able to help, contact Meet Referee, Jon Fox, at Jon.Fox@RBCDain.com or sign up in advance at www.NCSwim.org. NCS uniform is white collared shirts over navy bottoms and white shoes. Long pants and skirts are preferred for finals.

Starters/Referees: Officials who are interested in starter or deck referee positions should contact Meet Referee, Jon Fox, at Jon.Fox@RBCDain.com by March 12th.

National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 all positions and N3 S&T by USA Swimming. Officials wishing to be evaluated may submit an application to Meet Referee, Jon Fox, at Jon.Fox@RBCDain.com by March 12th. Evaluation requirements and applications can be found at USASwimming.org.

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

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

SAFETY The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. No running or horseplay will be tolerated. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions in addition to host team marshal.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

WARM-UP In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number

of entries. During the competition, there will be at least six lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one way race starts under the direct supervision of a USAS certified coach.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be for sale at concession stands. Outside food is not permitted by the facility.

**SWIMMERS WITH
DISABILITIES**

GSA welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit GSA's ability to accommodate all requests.

BAD WEATHER

In case of an "Act of God" or bad weather scenario which cancels a session, meet management will make the final decision how the meet will safely proceed.

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ORDER OF EVENTS

Thursday, March 15

Warm-up: 4:00 Meet Start: 5:30

Girls	Event	Boys
1	13-14 800 Free Relay	2
3	11-12 400 IM ¹	4
5	11-12 1000 Free ^{1,2}	6
	13-14 1000 Free ^{1,2}	

¹Deck Seeded Event. Positive Check-In Required.

²1000 Free runs as 11-14 event but will be scored out as 11-12 and 13-14

Friday Preliminaries, March 16, 2012

Warm-up: 7:00 Meet Start: 8:30

Girls	Event	Boys
9	11-12 200 Free	10
11	13-14 200 Free	12
15	11-12 100 Breast	16
17	13-14 100 Breast	18
21	11-12 50 Fly	22
23	13-14 100 Fly	24
27	11-12 100 IM	28
29	13-14 400 IM ¹	30
31	11-12 200 Back ^{1,2}	32
33	13-14 400 Free Relay	34
35	11-12 200 Free Relay	36

¹Deck Seeded Event. Positive Check-In Required.

²Fastest 11-12 heat at night.

Friday Finals, March 16, 2012

Warm-up: 4:30 Meet Start: 5:30

Girls/Women	Event	Boys/Men
9	11-12 200 Free	10
11	13-14 200 Free	12
15	11-12 100 Breast	16
17	13-14 100 Breast	18
21	11-12 50 Fly	22
23	13-14 100 Fly	24
27	11-12 100 IM	28
29	13-14 400 IM	30
31	11-12 200 Back FASTEST HEAT	32

ESSZ Age Group Championships March 15-18, 2012

ORDER OF EVENTS

Saturday Preliminaries, March 17, 2012

Warm-up: 7:00 Meet Start: 8:30

Girls/Women	Event	Boys/Men
39	11-12 100 Fly	40
41	13-14 200 Fly	42
45	11-12 100 Free	46
47	13-14 50 Free	48
49	11-12 50 Breast	50
51	13-14 200 Breast	52
55	11-12 50 Back	56
57	13-14 100 Back	58
61	11-12 500 Free ^{1,2}	62
63	13-14 500 Free ¹	64
67	11-12 200 Medley Relay	68
69	13-14 400 Medley Relay	70

¹Deck Seeded Event. Positive Check-In Required.

²Fastest 11-12 heat at night.

Saturday Finals, March 17, 2012

Warm-up: 4:30 Meet Start: 5:30

Girls/Women	Event	Boys/Men
39	11-12 100 Fly	40
41	13-14 200 Fly	42
45	11-12 100 Free	46
47	13-14 50 Free	48
49	11-12 50 Breast	50
51	13-14 200 Breast	52
55	11-12 50 Back	56
57	13-14 100 Back	58
61	11-12 500 Free FASTEST HEAT	62
63	13-14 500 Free	64

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ORDER OF EVENTS

Sunday Preliminaries, March 18, 2012

Warm-up: 7:00 Meet Start: 8:30

Girls/Women	Event	Boys/Men
71	11-12 200 Fly ^{1, 2}	72
73	13-14 100 Free	74
77	11-12 50 Free	78
82	11-12 200 Breast ^{1, 2}	83
84	13-14 200 Back	85
88	11-12 100 Back	89
93	13-14 200 IM	94
95	11-12 200 IM	96
79	11-12 1650 Free ^{1, 2, 3}	90
	13-14 1650 Free ^{1, 2, 3}	

¹Deck Seeded Event. Positive Check-In Required.

²Fastest heat at night.

³These events are run as an 11-14 event but scored out at 11-12 and 13-14.

PLEASE NOTE EVENT NUMBER ORDER FOR PRELIMINARIES.

Sunday Finals, March 18, 2012

Warm-up: 4:00 Meet Start: 5:00

Girls/Women	Event	Boys/Men
71	11-12 200 Fly FASTEST HEAT	72
73	13-14 100 Free	74
77	11-12 50 Free	78
79	GIRLS 11-14 1650 Free FASTEST HEAT	---
82	11-12 200 Breast FASTEST HEAT	83
84	13-14 200 Back	85
88	11-12 100 Back	89
---	BOYS 11-14 1650 Free FASTEST HEAT	90
93	13-14 200 IM	94
95	11-12 200 IM	96

PLEASE NOTE EVENT NUMBER ORDER FOR FINALS.

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ORDER OF EVENTS

Friday Afternoon, March 16, 2012

Warm-up: 1:00 Meet Start: 1:450

Girls/Women	Event	Boys/Men
7	10 & Under 200 Free	8
13	10 & Under 100 Breast	14
19	10 & Under 50 Fly	20
25	10 & Under 100 IM	26

Saturday Afternoon, March 17, 2012

Warm-up: 1:00 Meet Start: 1:45

Girls/Women	Event	Boys/Men
37	10 & Under 100 Fly	38
43	10 & Under 100 Free	44
53	10 & Under 50 Back	54
59	10 & Under 500 Free ¹	60
65	10 & Under 200 Medley Relay	66

¹Deck Seeded Event. Positive Check-In Required.

Sunday Afternoon, March 18, 2012

Warm-up: After Preliminaries Meet Start: 45 minutes later

Girls/Women	Event	Boys/Men
75	10 & Under 50 Free	76
80	10 & Under 50 Breast	81
86	10 & Under 100 Back	87
91	10 & Under 200 IM	92
97	10 & Under 200 Free Relay	98

ESSZ Age Group Championships 2012 Coach Contact, Entry Summary, Waiver Forms

Complete and email or mail the coach contact form, the entry summary form and the waiver form along with entry fee checks payable to Greensboro Swimming Association to:

GSA ATTN: Kate McIntosh
P. O. Box 10085
Greensboro, NC 27404
Email to: GSAswimbiz@GSAswim.org

Coach Contact Form

Team Name	
Club Code	
Head Coach	
Head Coach Phone	
Head Coach Email	

Please list all coaches attending this meet to assist with meet communications.

Coach Name	Cell Phone	Email

ESSZ Age Group Championships 2012 Event Summary, Waiver, Acknowledgement and Liability Release:

Team Name:		Club Code:
Head Coach:		
Coach Cell Phone:	Coach Email:	
Team Address:		

Entry Summary:	Total Swimmers	Total Individual Entries	Total Relay Entries	
10&U Girls				
10&U Boys				
11-12 Girls				
11-12 Boys				
13-14 Girls				
13-14 Boys				
Total Swimmers				
Fees per swimmer/event	\$18.00	\$5.50	\$10.00	
Total Fees Due	\$	\$	\$	\$

MAKE CHECKS PAYABLE TO Greensboro Swimming Association.

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. GSA, the Greensboro Aquatic Center, the City of Greensboro, North Carolina Swimming, Inc., USA Swimming Southern Zone, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

TITLE/CLUB/DATE

Southern Zone Age Group Championships SCY and LCM Time Standards

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

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

Southern Zone Age Group Championships SCY and LCM Time Standards

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

Notes:

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

Southern Zone Age Group Championships SCM Time Standards

GIRLS	SCM TIMES	BOYS
10 & u	Event	10 & u
:34.59	50 FREE	:34.09
1:16.69	100 FREE	1:15.19
2:45.49	200 FREE	2:41.69
5:45.29	400 FREE	5:49.49
:40.39	50 BACK	:40.79
1:26.99	100 BACK	1:26.69
:44.49	50 BREAST	:45.09
1:38.69	100 BREAST	1:38.79
:39.19	50 FLY	:38.79
1:30.59	100 FLY	1:29.69
1:28.09	100 IM	1:26.69
3:06.69	200 IM	3:06.19

GIRLS	SCM TIMES	BOYS	GIRLS	SCM TIMES	BOYS
11-12	Event	11-12	13-14	Event	13-14
:30.69	50 FREE	:30.59	:29.29	50 FREE	:27.49
1:06.49	100 FREE	1:06.59	1:03.19	100 FREE	:59.39
2:24.59	200 FREE	2:24.29	2:16.09	200 FREE	2:09.79
5:03.79	400 FREE	5:05.29	4:47.19	400 FREE	4:35.89
10:46.39	800 FREE	11:06.19	9:56.69	800 FREE	9:33.09
21:39.69	1500 FREE	21:32.99	19:13.29	1500 FREE	18:38.49
:35.29	50 BACK	:35.69			
1:16.59	100 BACK	1:17.19	1:11.69	100 BACK	1:08.49
2:45.69	200 BACK	2:46.19	2:33.99	200 BACK	2:27.69
:40.19	50 BREAST	:39.79			
1:26.99	100 BREAST	1:26.29	1:22.19	100 BREAST	1:16.99
3:10.09	200 BREAST	3:08.09	2:57.69	200 BREAST	2:46.29
:33.99	50 FLY	:34.29			
1:16.59	100 FLY	1:16.59	1:10.59	100 FLY	1:07.39
2:55.19	200 FLY	2:52.09	2:38.09	200 FLY	2:31.39
1:16.29	100 IM	1:16.89			
2:43.99	200 IM	2:46.29	2:34.89	200 IM	2:27.59
5:46.19	400 IM	5:59.29	5:24.59	400 IM	5:11.59