



**2023 Southern Zone Age Group Championships**  
**Hosted By TAC TITANS Swim Team**  
**July 26-29, 2023**



Triangle Aquatic Center, 275 Convention Drive, Cary, North Carolina 27511  
 Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
 Sanction # NC23119

<b>MEET DIRECTOR</b> Lana Sanders <a href="mailto:mymeetentry@gmail.com">mymeetentry@gmail.com</a>	<b>MEET ENTRY COORDINATOR</b> Lana Sanders <a href="mailto:mymeetentry@gmail.com">mymeetentry@gmail.com</a>	<b>MEET MARSHAL</b> Claire White (female) Matt Cardenas (male)
<b>MEET REFEREE</b> Jeffrey Childs <a href="mailto:jeffrey@rileychilds.net">jeffrey@rileychilds.net</a>	<b>ADMINSTRATIVE REFEREE</b> Jim Sheehan <a href="mailto:sheehanjj51@gmail.com">sheehanjj51@gmail.com</a>	<b>OFFICIALS CONTACT</b> Jeffrey Childs <a href="mailto:jeffrey@rileychilds.net">jeffrey@rileychilds.net</a>
<b>SZ AGE GROUP CHAIR</b> Jonathan Watson <a href="mailto:01silversurfer@bellsouth.net">01silversurfer@bellsouth.net</a>	<b>SZ COACH DIRECTOR</b> Bruno Darzi <a href="mailto:Bruno.darzi@gmail.com">Bruno.darzi@gmail.com</a>	<b>SZ NON-COACH DIRECTOR</b> Melissa Hellervik-Bing <a href="mailto:mhellervikbing@hotmail.com">mhellervikbing@hotmail.com</a>

**HOST** Triangle Aquatic Center and TAC TITANS [www.triangleaquatics.org](http://www.triangleaquatics.org)

**CONDITION OF SANCTION** As a condition of this sanction, The TAC Titans agree to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina and local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the TAC Titans Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

**ASSUMPTION OF RISK DISCLAIMER** The TAC Titans have taken enhanced health and safety measures for athletes, coaches, officials, spectators and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public places where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

**COVID-19 RELEASE** USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming 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 event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES 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 THEREWITH.

## TAC TITANS COVID-19 MEET PLAN

**NCS FACE COVERING STATEMENT** NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina and local jurisdictions.

**FACILITY and HOST TEAM REQUIREMENTS** The TAC TITANS have discussed specific health and safety procedures with the venue management. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

**PARENTAL ACCESS** Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet at the Front Desk. Should parents be unable to contact their child directly, they should see the Meet Marshal located at the deck entrance in the lower lobby. In the case of an emergency, please call and/or text the Facility Director at 919.459.4045.

**FACILITY** The Triangle Aquatic Center (TAC) provides 3 indoor pools and 1 outdoor pool with supporting amenities including a Spectator Stadium and Atrium with capacity of up to 2000, full-service café, performance recovery center, hospitality gallery, a classroom and wireless internet. Select swim gear can be purchased from the front desk.

The 50-meter competition pool with bulkhead offers a total of eight (8) 50-meter competition lanes with a depth of 7 to 12 feet that can be configured for separate 8-lane and 10-lane, 25-yard competition courses. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. Paddock Starting Blocks with Swim Innovation decks complete with Foot Wedge and optional non-mechanical backstroke ledges (at the meet referee's discretion) are available for all competition lanes. The competition lanes are a minimum of 7-feet wide. There is a Swiss Timing Quantum timing system with HD video scoreboard. The indoor 25-yard program pool allows for up to ten (10) warmup/warm down lanes at any time. An outdoor 50-meter pool with nine (9) lanes and a 7-foot flat bottom equipped with Paddock starting blocks and chiller will be available for all warmups – weather permitting. Availability during the meet will be **TBD**.

The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. The facility may charge a fee for admission to spectators. Meet participant parking is available across from the swimmer drop-off loop and in a fenced off lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department and at the owner's expense.

Per USA Swimming and Safe Sport Rules...**ONLY** USA Swimming registered athletes, current USA Swimming registered officials and coaches may be on deck during warmups and/or competition. ALL coaches, officials and meet personnel will be required to wear wristbands or lanyards on the pool deck. Please check-in at the clerk of course.

### **SPECTATOR ADMISSION**

Spectator Admission Passes will be available.

Wednesday-Saturday All-Session Pass (ages 5 and above):	\$ 35
Daily Pass (prelims & finals):	\$ 10
Per Session Pass:	\$ 6
Children Under 5	Free

Heat sheets will be included with Admission – available online and Meet Mobile.

**Chaperones listed on the team lists will not be required to pay admission.**

## SCHEDULE

Session	Day	Warm-up*	Meet Start
-	Tuesday Evening	4:00 - 8:00 PM	-
1	Wednesday Timed Finals	11:30 AM - 12:45 PM	1:00 PM
2	Thursday Preliminaries	6:30 - 8:20 AM	8:30 AM
3	Thursday Finals	4:00 - 5:00 PM**	5:30 PM
4	Friday Preliminaries	6:30 - 8:20 AM	8:30 AM
5	Friday Finals	4:15 - 5:15 PM	5:30 PM
6	Saturday Preliminaries	6:30 - 8:20 AM	8:30 AM
7	Saturday Finals	4:15 - 5:15 PM	5:30 PM

\*See warm-up schedule for specifics

\*\*Parade line-up at 5:05 PM. Begins at 5:10 PM.

## IMPORTANT TIMES

[MEETINGS, SCRATCH & POSITIVE  
CHECK-IN DEADLINES]

EVENT	DAY	TIME
<b>General Meeting</b> – Mandatory for Coaches and Captains. Location: Upstairs Hospitality Room	Wednesday, July 26, 2023	10:00 AM
<b>Positive Check-in</b> for Wednesday Events	Wednesday, July 26, 2023	15 min after General Meeting
Relay Names Submitted	Wednesday, July 26, 2023	1:00 PM
<b>Parade</b> – All teams line up by outdoor 50m pool	Thursday, July 27, 2023 Parade around comp pool	5:10 PM
<b>Positive Check-in</b> 400 IM and 400 Free events	Thursday & Friday	9:00 AM
Relay Names Submitted	Thursday - Saturday	Start of Finals

## ELIGIBILITY

- ◇ All swimmers shall be USA Swimming year-round registered athletes.
- ◇ Each LSC may select a maximum of forty-eight (48) athletes for its team. The LSC may select a maximum of twelve (12) females and twelve (12) males in each of the 11-12 and 13-14 age groups.
- ◇ Swimmers that have ever achieved any current Junior National Summer standard may not enter those events nor swim those strokes/distances on relays.
- ◇ The age of a swimmer on the first day of the 2023 SZ Age Group Championship shall determine the swimmer's age for this meet.

## ENTRY

### DEADLINE

The entry deadline for this meet will be Tuesday, July 25 at 12 NOON EDT.

## ENTRIES

- ◇ There are no late entries or deck entries for this meet.
- ◇ No deck registration is permitted.
- ◇ The "TM" event file for TEAM MANAGER/TEAM UNIFY will be available on the SOUTHERN ZONE website at [Southern Zone AG Champs](#) and on the [NC Swimming](#) website.
- ◇ The only acceptable mode of entry is via a Hy-Tek compatible entry file. The File must be renamed to clearly identify the entering team (the shorter the better).
- ◇ A hard copy of your entries MUST be hand-delivered or attached to your email. Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy) is received.
- ◇ Entries MUST be emailed to [mymeetentry@gmail.com](mailto:mymeetentry@gmail.com). Submissions to any other address cannot be accepted. NO entries via FAX will be accepted. Receipt of entries will be acknowledged via email.
- ◇ If you have an entry question, please contact Entries Chair, [Lana Sanders](#) at 919-696-0642 or [mymeetentry@gmail.com](mailto:mymeetentry@gmail.com)

- ◇ Each LSC shall identify the name and telephone number of the person responsible for their entries.
- ◇ Each LSC shall bring a copy of their LSC's Official Selection Procedure for this meet to the General Meeting on Wednesday, July 26 at 10 AM.
- ◇ A list of coaches and chaperones (up to 12 individuals) **must** accompany the entries and may be e-mailed.
- ◇ Athletes included in improperly identified Commlink Files (Cfile0X.cl2 of zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded.
- ◇ Athletes WILL NOT be allowed to participate in the meet until the entry fee payment has been received by the Meet Director or designee and is due at the General Meeting.
- ◇ Under no circumstance will any swimmer left off the LSC's original Entry Form be permitted to swim any event(s) in the meet.

**DISABILITY ENTRIES**

Each LSC may bring up to six (6) swimmers; three (3) boys and three (3) girls with disabilities who are 11 to 18 years of age; selected in any manner deemed appropriate and assisted by the Southern Zone Disability 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 forty-eight (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. Each swimmer is limited to six (6) individual events for the meet with no more than three (3) events per day.

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. Shorter events that are not included in the listing for each age group may be requested. (Such events may be swum with longer events or other age groups during preliminaries, but will be swum separately in finals, possibly combined by gender and stroke and considering intervals between swims. **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.** This information must be given in advance of the meet. Failure to provide advance notice may limit the host's ability to accommodate requests.

**ENTRY LIMITS**

Each LSC is limited to:

- ◇ Three (3) individual entries for the 400m Free and 400m IM in the 13-14 Girls and the 13-14 Boys age groups; and three (3) individual entries for the 400m Free in the 11-12 Girls and 11-12 Boys age groups
- ◇ Three (3) individual entries for the 13-14 Girls 800m Freestyle
- ◇ Three (3) individual entries for the 13-14 Boys 1500m Freestyle
- ◇ Two (2) relay teams (A & B) per relay event
- ◇ Unlimited entries for all other individual events.

Each swimmer is limited to:

- ◇ Six (6) individual events for the meet (entered),
- ◇ Three (3) individual events per day (entered).

**ENTRY FEES**

For the Southern Zone Age Group Swimming Championships:

- ◇ INDIVIDUAL EVENTS - \$10.00 per individual event
- ◇ RELAYS - \$15.00 per relay event
- ◇ SOUTHERN ZONE SURCHARGE - \$5.00 per swimmer
- ◇ FACILITY SURCHARGE - \$20.00 per swimmer

***Please make checks payable to TAC TITANS. All entry fees must be paid in full to the Meet Director no later than the end of the General Meeting on the first day of competition.***

- RULES** The meet will be conducted in accordance with USA Swimming Rules and Regulations except where the rules are optional, and exceptions are stated.
- MAAPP** All adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- TECHNICAL SUIT BAN FOR 12&Us** **Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.**  
A Technical Suit is one that has the following components:
- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
  - Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
- SAFE SPORT** The NCS Safety Program is in effect for this meet. Coaches are advised to supervise their swimmers closely at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in workout 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. Access to the main locker rooms are restricted to swimmers only. **Only feet first entry into warmup/warm down lanes at all times except during specific warmup periods while under the direct supervision of a certified coach.** Anyone failing to comply with a safety request may forfeit his or her privilege to participate.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Main locker rooms are reserved for participating swimmers only.
- Deck changes are prohibited.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.
- 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.
- 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.
- FORMAT** Events on the first day will be swum as timed final events. The 13-14 girls 800m Free and 13-14 Boys 1500m Free will be alternated girls, then boys, fastest to slowest. Swimmers must provide their own counter.
- All individual events conducted over the remaining days will be swum as Prelims/Finals. The top-16 in each age group/gender will be swum in finals. All Championship finals will be marched and announced behind the blocks. Consolation final swimmers will be announced once in the water. If disabled swimmers qualify for finals, additional heat(s) will be swum. All relays will be swum as timed final events.
- Mixed Relays shall consist of two (2) girls and two (2) boys in any order.

Chase starts may be used at the discretion of the Meet Referee if a reduction to the timeline is deemed advisable. With the approval of the Zone Age Group Chair, the Meet Referee and Meet Director, changes to the meet logistics (if deemed appropriate) may be made.

**SEEDING** The conforming time standard for this meet is long course meters (LCM). Swimmers will be seeded in the order of LCM/SCM/SCY. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. The Meet Director reserves the right to combine heats and events at the discretion of the Meet Referee.

**SCRATCH AND  
POSITIVE CHECK-IN  
PROCEDURES**

This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are herein stated. We ask that all coaches declare any scratches to the Clerk of Course before the deadlines to insure full heats and the best competitive opportunities possible for all athletes.

A positive check-in, located at the Clerk of Course, will be required for the following events—800m Freestyle, 1500m Freestyle, 400m IM, 400m Freestyle, and all relay events. Swimmers and relay teams that are not checked in, may not be seeded in the event.

**SCRATCH  
PENALTIES**

According to the scratch rule, a swimmer who is properly checked-in for a positive check-in event, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee. There is no penalty for failure to compete in pre-seeded preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three (3) events per day limit. There is no penalty for failure to compete in relay events.

A swimmer qualifying for Finals who neither scratches with the Administrative Referee nor declares his/her intent to scratch within 30 minutes after the announcement of qualifiers for that event is considered checked in. If a checked-in swimmer fails to compete in Finals, he or she shall be barred from further competition in the meet unless excused by the Meet Referee. In order to field full Finals heats, it is requested that swimmers who qualify in the top-30 and have no intention of swimming in Finals indicate this by scratching.

**SCORING** Each LSC shall be scored as a team for the Southern Age Group Swimming Championship. Each event shall be scored to 16 places under the following system:

- ◇ Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- ◇ Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- ◇ Disability swimmers will be scored based on the number of disability swimmers in that particular event as follows: Five athletes (6-4-3-2-1); Four athletes (5-3-2-1); Three athletes (4-2-1); Two athletes (3-1); One athlete (2).
- ◇ All events will be scored separately as 11-12 Girls, 11-12 Boys, 13-14 Girls and 13-14 Boys.

**AWARDS** The following awards shall be awarded:

- ◇ Individual Events: 1<sup>st</sup> through 8<sup>th</sup> place medals
- ◇ Relay Events: 1<sup>st</sup>-3<sup>rd</sup> place medals
- ◇ Team Awards:
  - ◇ 1<sup>st</sup> Place LSC TEAM – 60 T-Shirts & Team Award Plaque or Medal
  - ◇ 2<sup>nd</sup> Place LSC TEAM & 3<sup>rd</sup> Place LSC TEAM – Award Plaque or Medal
- ◇ Age Group High Point Awards:
  - ◇ High Point Male & Female Award (11-12 and 13-14)
- ◇ Charlene Craddock Sportsmanship Award
  - ◇ Medals and 54 swim caps
  - ◇ The Craddock Award shall be presented to the team that exhibits the highest level of sportsmanship throughout the meet. This is a Sportsmanship Award as opposed to a Spirit Award. This Award shall be voted on by the Meet Director, Meet Referee, Head Starter and LSC's (one (1) vote each) during the last session of the competition. A minimum of nine (9) votes shall be required for selection.

**PARADE** Thursday at 5:10 PM. Swimmers should line up by 5:05 PM. This will be an introduction of all the Zone teams by a walk-in and around the pool area. The theme of this year's parade will be: **CANDYLAND**

**RESULTS** Results will be posted to SWIMS within 24 hours of the meet's conclusion and teams will be emailed their results. Meet Mobile and Live Results will be used as facility internet connectivity permits.

**TIMERS** Timers shall be provided by each LSC during preliminaries and finals according to the following lane assignments. This may change depending on meet attendance. Volunteers are welcome to time as well.

WEDNESDAY TIMED FINALS/THURSDAY PRELIMS/FRIDAY FINALS							
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SC	SES	MS	LA	SC	STX	NTX	GA
THURSDAY FINALS/FRIDAY PRELIMS/SATURDAY PRELIMS & FINALS							
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
FL	FGC	GA	NC	KY	SES	NC	WV

**OFFICIALS** There will be an officials' meeting one hour prior to each session in the Officials Room located near the elevator at the bottom of the stairway on the pool level. We welcome all certified officials on deck. If you are available to work as a Stroke & Turn Judge, contact the Meet Referee or sign-up in advance at [Southern Zone Officials](#)

Chief Judges/Starters/Referees: Officials who are interested in assigned positions should complete an Application to Officiate found on the Southern Zone website [Southern Zone Officials](#) by the deadline.

The uniform is white collared shirts over navy bottoms and white shoes. Long pants or skirts are preferred for Finals.

National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 and N3 all positions by USA Swimming. Officials should submit the application found on the Southern Zone website. Officials are required to work a minimum of four (4) sessions to be evaluated. Evaluation requirements can be found at [www.usaswimming.org](http://www.usaswimming.org).

## **MEET**

**COMMITTEE** The Meet Director and the Southern Zone Age Group Chairman will appoint a Meet Committee. It will consist of - The Meet Referee, the SZAG Chair or his designee (Chairman), three (3) coaches present and two (2) athletes swimming in the meet from five (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.

**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 credentials at all times while on deck. There may be a coaches' meeting after Friday warm-ups or other meetings at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.

## **HOSPITALITY/ CONCESSIONS/ VENDORS**

There will be a hospitality area open to all coaches and officials. Refreshments will also be for sale at concession stand. Outside food is not permitted by the facility. There will be a t-shirt vendor present on site for purchase of meet memorabilia.

## **BAD WEATHER**

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

## **TRAVEL INFO**

The Triangle Aquatic Center is served by Raleigh-Durham Airport (RDU). It is located just off I-40 at exit 291 from either direction. From the EAST, turn right onto Cary Town Boulevard and take a Left at the 3<sup>rd</sup> stoplight – Convention Drive. From the WEST, turn right onto Cary Town Boulevard and take a Left at the 2<sup>nd</sup> stoplight – Convention Drive. Continue left at the split and the TAC facility will be 1/2 mile on the left.

From Walnut East, turn right onto Cary Town Center and then right onto Convention Drive. Continue around until you reach the stop sign. The TAC facility will be straight ahead.

**LOCAL INFO** TAC is partnered with several local hotels - [TAC Preferred Hotels](#) and several restaurants and shopping is located nearby. A [TAC Southern AG Zones Visitor Guide](#) has more info.

## **WAIVER/RELEASE**

In granting a sanction for this meet, it is understood and agreed that USA Swimming, the Southern Zone, North Carolina Swimming, the TAC TITANS, the Triangle Aquatic Center, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your 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.

## **IMAGE RELEASE**

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.





# 2023 Southern Zone Age Group Championships

## July 26-29, 2023, Triangle Aquatic Center, Cary, NC

### ORDER OF EVENTS

	DAY ONE - Wednesday, July 26	Timed Finals – 1:00PM
Event # (Odds=Females; Evens=Males)	Age Group	Distance/Stroke
1	13-14 Girls	800m Freestyle*
2	13-14 Boys	1500m Freestyle*
3-4	11-12	400m Freestyle Relay*
5-6	13-14	400m Freestyle Relay*
7-8	11-12	400m Medley Relay*
9-10	13-14	400m Medley Relay*
<b>*Awards for the Wednesday events distributed during TEAM SOCIAL at pool following timed final session</b>		
Prelims – 8:30AM	DAY TWO – Thursday, July 27	Finals – 5:30PM
11-12	13-14	200m Freestyle
13-14	11-12	200m Freestyle
15-16	13-14	100m Breaststroke
17-18	11-12	50m Breaststroke
19-20	13-14	100m Backstroke
21-22	11-12	50m Backstroke
23-24	13-14	400m Individual Medley*
<b>*Only 3 members from each LSC per event may swim the 400m IM. Awards for 200 Free, 100 Breast, 50 Breast, 100 Back, 50 Back and 400 IM (in Finals)</b>		
25-26	11-12 (FINALS)	200m Freestyle Relay**
27-28	13-14 (FINALS)	200m Freestyle Relay**
<b>**All relays are timed finals and will be swum in Finals</b>		
Prelims – 8:30AM	DAY THREE – Friday, July 28	Finals – 5:30PM
29-30	13-14	200m Butterfly
31-32	11-12	100m Butterfly
33-34	13-14	50m Freestyle
35-36	11-12	50m Freestyle
37-38	13-14	200m Breaststroke
39-40	11-12	100m Breaststroke
41-42	13-14	400m Freestyle*
43-44	11-12	400m Freestyle*
<b>*Only 3 members from each LSC per event may swim the 400m Freestyle Awards for 200 Free Relays, 200 Fly and 100 Fly (in Finals)</b>		
45-46	13-14 (FINALS)	200m Medley Relays**
47-48	11-12 (FINALS)	200m Medley Relays**
<b>**All relays are timed finals and will be swum in Finals</b>		



# 2023 Southern Zone Age Group Championships

## July 26-29, 2023, Triangle Aquatic Center, Cary, NC


### ORDER OF EVENTS

Prelims – 8:30AM	DAY FOUR – Saturday, July 29	Finals – 5:30PM
<b>Awards for 50 Free, 200 Breast, 100 Breast and 400 Free before finals begin</b>		
49-50	13-14	200m Backstroke
51-52	11-12	100m Backstroke
53-54	13-14	100m Freestyle
55-56	11-12	100m Freestyle
57-58	13-14	200m Individual Medley
<b>Awards for 200 Medley Relays, 200 Back, 100 Back and 100m Free (in Finals)</b>		
59-60	11-12	200m Individual Medley
61-62	13-14	100m Butterfly
63-64	11-12	50m Butterfly
<b>Awards for 200 IM, 100 Fly and 50 Fly (in Finals)</b>		
65	13-14 (FINALS)	Mixed 200m Medley Relay**
66	11-12 (FINALS)	Mixed 200m Medley Relay**
<b>Awards for Mixed Medley Relays</b>		
High Point Awards, Charlene Craddock Sportsmanship Award, Top-3 Team Awards		
**All relays are timed finals and will be swum in Finals		

# 2023 USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS

## JULY 26-29, 2023

### WARM-UP PROCEDURES

JULY 2023							WED	
SUN	MON	TUE	WED	THU	FRI	SAT		
						1		
2	3	4	5	6	7	8	26	
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23	24	25	26	27	28	29		
30	31							

#### WEDNESDAY's SCHEDULE

11:30 AM - 12:35 PM: GENERAL WARM-UPS

LANE	
1	ALL LANES OPEN
2	FOR SWIMMERS
3	SWIMMING THE
4	800M & 1500M
5	FREESTYLE
6	ONLY
7	
8	DISABILITY

12:35 - 12:50 PM: SPECIFIC WARM-UPS


Lanes 1,2,6, 7 – PACE LANES  
Lanes 3, 4, 5 – GENERAL WARM-UPS

1:00 PM: TIMED FINALS BEGIN:

GIRLS #	WEDNESDAY ORDER OF EVENTS	BOYS #
1	13-14 800M Freestyle*	
	13-14 1500M Freestyle*	2
3	11-12 400M Free Relay**	4
5	13-14 400M Free Relay**	6
7	11-12 400M Medley Relay**	8
9	13-14 400M Medley Relay**	10
<p>*The 800m Free &amp; 1500m Free are limited to 3 entrants from each LSC per event ** All relays are timed finals and will be swum in the finals session.</p>		

5:30 PM:

SOCIAL EVENT – Dinner at the pool, following presentation of awards from Wednesday's events

JULY 2023							THU	
SUN	MON	TUE	WED	THU	FRI	SAT		
						1	27	
2	3	4	5	6	7	8		
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23	24	25	26	27	28	29		
30	31							

### THURSDAY's SCHEDULE

6:30 - 8:00 AM: GENERAL WARM-UPS

LANE	1 <sup>st</sup> WARM-UP 6:30 - 7:00 AM	2 <sup>nd</sup> WARM-UP 7:00 - 7:30 AM	3 <sup>rd</sup> WARM-UP 7:30 - 8:00 AM
1			
2	MISSISSIPPI	KENTUCKY	GEORGIA
3	BORDER	NORTH CAROLINA	SOUTH TEXAS
4	NORTH TEXAS	SOUTH CAROLINA	FLORIDA
5	FLORIDA GOLD COAST	WEST TEXAS	GULF
6	SOUTHEASTERN	WEST VIRGINIA	LOUISIANA
7			
8	DISABILITY	DISABILITY	DISABILITY

8:00 - 8:30 AM: SPECIFIC WARM-UPS  
 Lanes 1,2,7,8 – PACE LANES  
 Lanes 3 & 6 – ONE-WAY STARTS  
 Lanes 4, 5 – GENERAL WARM-UPS

8:30 AM: PRELIMINARIES BEGIN

GIRLS #	THURSDAY ORDER OF EVENTS	BOYS #
11	13-14 200M Freestyle	12
13	11-12 200M Freestyle	14
15	13-14 100M Breaststroke	16
17	11-12 50M Breaststroke	18
19	13-14 100M Backstroke	20
21	11-12 50M Backstroke	22
23	13-14 400M Individual Medley	24
<b>AWARDS PRESENTATION</b>		
25	11-12 200M Freestyle Relay**	26
27	13-14 200M Freestyle Relay**	28
** All relays are timed finals and will be swum in the finals session.		

4:00 - 4:45 PM: GENERAL WARM-UPS FOR FINALS  
 4:45 - 5:00 PM: SPECIFIC WARM-UPS FOR FINALS  
 Lanes 1 & 8 – PACE  
 Lanes 2,3,6,7 – ONE-WAY STARTS  
 Lanes 4 & 5 – GENERAL

5:05 PM: LINE UP FOR THE PARADE

5:30 PM: FINALS BEGIN.

- The fastest 8 swimmers in each event will march out and names announced
- Relay cards are due
- Awards presentations after Event 24 in finals

JULY 2023							<b>FRI</b>	
SUN	MON	TUE	WED	THU	FRI	SAT		
						1	<b>28</b>	
2	3	4	5	6	7	8		
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23	24	25	26	27	<b>28</b>	29		
30	31							

**FRIDAY's SCHEDULE**

6:30 - 8:00 AM: GENERAL WARM-UPS

LANE	1 <sup>st</sup> WARM-UP 6:30 - 7:00 AM	2 <sup>nd</sup> WARM-UP 7:00 - 7:30 AM	3 <sup>rd</sup> WARM-UP 7:30 - 8:00 AM
1			
2	GEORGIA	MISSISSIPPI	KENTUCKY
3	SOUTH TEXAS	BORDER	NORTH CAROLINA
4	FLORIDA	NORTH TEXAS	SOUTH CAROLINA
5	GULF	FLORIDA GOLD COAST	WEST TEXAS
6	LOUISIANA	SOUTHEASTERN	WEST VIRGINIA
7			
8	DISABILITY	DISABILITY	DISABILITY

8:00 - 8:20 AM: SPECIFIC WARM-UPS  
 Lanes 1,2,7,8 – PACE LANES  
 Lanes 3 & 6 – ONE-WAY STARTS  
 Lanes 4, 5 – GENERAL WARM-UPS

8:30 AM: PRELIMINARIES BEGIN

GIRLS #	FRIDAY ORDER OF EVENTS	BOYS #
29	13-14 200M Butterfly	30
31	11-12 100M Butterfly	32
33	13-14 50M Freestyle	34
35	11-12 50M Freestyle	36
37	13-14 200M Breaststroke	38
39	11-12 100M Breaststroke	40
41	13-14 400M Freestyle*	42
43	11-12 400M Freestyle*	44
<b>AWARDS PRESENTATION</b>		
45	13-14 200M Medley Relay**	46
47	11-12 200M Medley Relay**	48


\*\* All relays are timed finals and will be swum in the finals session.

4:15 - 5:00 PM: GENERAL WARM-UPS FOR FINALS

5:00 - 5:20 PM: SPECIFIC WARM-UPS FOR FINALS  
 Lanes 1 & 8 – PACE  
 Lanes 2,3,6,7 – ONE-WAY STARTS  
 Lanes 4 & 5 – GENERAL

5:30 PM: FINALS BEGIN.

- The fastest 8 swimmers in each event will march out and names announced
- Relay cards are due
- Awards presentation after Event 44 in finals.

JULY 2023							SAT	
SUN	MON	TUE	WED	THU	FRI	SAT		
						1	29	
2	3	4	5	6	7	8		
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23	24	25	26	27	28	29		
30	31							

### SATURDAY'S SCHEDULE

6:30 - 8:00 AM: GENERAL WARM-UPS

LANE	1 <sup>st</sup> WARM-UP 6:30 - 7:00 AM	2 <sup>nd</sup> WARM-UP 7:00 - 7:30 AM	3 <sup>rd</sup> WARM-UP 7:30 - 8:00 AM
1			
2	KENTUCKY	GEORGIA	MISSISSIPPI
3	NORTH CAROLINA	SOUTH TEXAS	BORDER
4	SOUTH CAROLINA	FLORIDA	NORTH TEXAS
5	WEST TEXAS	GULF	FLORIDA GOLD COAST
6	WEST VIRGINIA	LOUISIANA	SOUTHEASTERN
7			
8	DISABILITY	DISABILITY	DISABILITY

8:00 - 8:20 AM: SPECIFIC WARM-UPS

Lanes 1,2,7,8 – PACE LANES  
Lanes 3 & 6 – ONE-WAY STARTS  
Lanes 4, 5 – GENERAL WARM-UPS

8:30 AM: PRELIMINARIES BEGIN

GIRLS #	SATURDAY ORDER OF EVENTS	BOYS #
<b>AWARDS PRESENTATION</b>		
49	13-14 200M Backstroke	50
51	11-12 100M Backstroke	52
53	13-14 100M Freestyle	54
55	11-12 100M Freestyle	56
57	13-14 200M Individual Medley	58
<b>AWARDS PRESENTATION</b>		
59	11-12 200M Individual Medley	60
61	13-14 100M Butterfly	62
63	11-12 50M Butterfly	64
<b>AWARDS PRESENTATION</b>		
65	13-14 200 MIXED MEDLEY RELAY**	65
66	11-12 200 MIXED MEDLEY RELAY**	66

\*\* All relays are timed finals and will be swum in the finals session.

4:15 - 5:00 PM: GENERAL WARM-UPS FOR FINALS

5:00 - 5:20 PM: SPECIFIC WARM-UPS FOR FINALS

Lanes 1 & 8 – PACE  
Lanes 2,3,6,7 – ONE-WAY STARTS  
Lanes 4 & 5 – GENERAL

5:30 PM: FINALS BEGIN.

- The fastest 8 swimmers in each event will march out and names announced
- Relay cards are due
- Awards presentations before start of finals, after Event 58 and Event 64 in finals and at the conclusion of the meet



**2023 USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS  
JULY 26-29, 2023**

Coaches:

Please use this checklist to make sure you return all the required items. This form must be filled out and included with your entry.

- Meet Entry Summary Sheet (including e-mail address)
- Hard copy of meet entry attached with entry email
- Check for all fees (payable to TAC TITANS) due at General Meeting
- Identify the LSC person (name, email) serving as the person responsible for your entry
- Bring Official Selection Procedure to General Meeting
- List of up to 12 members of your team's coaching staff and chaperones
- Have at least one coach and one captain attend the General Meeting at 10:00 AM on Wednesday, July 26<sup>th</sup> at the Triangle Aquatic Center
- Proofread your entry to be sure all athletes have been included
- Entry deadline – Tuesday, 12 Noon, July 25, 2023.
- Include Meet Entry Summary Sheet if you have Disability Athletes attending

**I certify that this entry is completed to the best of my ability and that all swimmers entered have achieved the entry time submitted in each event.**

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
LSC

\_\_\_\_\_  
Abbreviation



**2023 USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING CHAMPIONSHIPS  
JULY 26-29, 2023**

**MEET ENTRY SUMMARY SHEET**

LSC \_\_\_\_\_ Abbreviation \_\_\_\_\_

Coaches Attending \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Chaperones \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

LSC Contact Person #1 \_\_\_\_\_  
 Cell Phone Number (#1) \_\_\_\_\_ Work Phone No. \_\_\_\_\_  
 E-MAIL Address \_\_\_\_\_  
 Mailing Address \_\_\_\_\_

LSC Contact Person #2 \_\_\_\_\_  
 Cell Phone Number (#2) \_\_\_\_\_ Work Phone No. \_\_\_\_\_  
 E-MAIL Address \_\_\_\_\_  
 Mailing Address \_\_\_\_\_

		<b>TOTALS</b>
# of INDIVIDUAL ENTRIES _____	X \$10/individual event	\$
# of RELAY TEAMS _____	X \$15/relay team	\$
# of SWIMMERS _____	X \$5/swimmer for ZONE SURCHARGE	\$
# of SWIMMERS _____	X \$20/swimmer FACILITY SURCHARGE	\$
<b>TOTAL AMOUNT OF TEAM CHECK PAYABLE TO TAC TITANS</b>		\$

I, the undersigned coach or LSC representative, verify that all the swimmers and coaches listed on the enclosed entry forms are registered with USA Swimming. It is understood and agreed that USA Swimming, the Southern Zone, North Carolina Swimming, the TAC TITANS, the Triangle Aquatic Center, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

Signature/Title \_\_\_\_\_





**2023 USA SWIMMING SOUTHERN ZONE AGE GROUP SWIMMING  
CHAMPIONSHIPS  
JULY 26-29, 2023**

**SWIMMERS WITH DISABILITIES MEET ENTRY SUMMARY SHEET**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  MALE  FEMALE

Address: \_\_\_\_\_ USA SWIMMING ID#: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age on 1<sup>st</sup> day of meet: \_\_\_\_\_

Swimmer/Parent E-mail Address: \_\_\_\_\_

Club: \_\_\_\_\_ Club Coach: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Phone #: (DAYTIME): \_\_\_\_\_ Evening: \_\_\_\_\_ Cell: \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

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

#	EVENTS	ENTRY TIMES	ACCOMMODATION REQUESTED
1			
2			
3			
4			
5			
6			

Please indicate the swimmer's requested accommodation (lane, event of different distance, etc.) 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 selecting the seeding procedure for each event listed above. 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)