



# Southern Zone South Sectional Championships

## May 23-26, 2024

### Florida Aquatics Swimming & Training, Ocala, Florida

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Swimming,  
Sanction #: **FL-6693**

It is understood and agreed that USA Swimming, the facilities, and the host organizations shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Format:** These championships will be conducted in LCM. The 800 meter freestyle, the 1500 meter freestyle and all relays will be timed final events. All other events will be conducted as preliminaries and finals with the top 40 swimmers from preliminaries advancing to finals. The D final will be reserved for 18&U athletes.

**Technical Meeting:** There will be a virtual (Zoom) technical meeting on Monday May 20 at 7:00 pm. Further details will be sent to coaches. It is the coaches' responsibility to be aware of all information presented at this meeting.

**Rules:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

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. 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.

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.

**Deck Changing:** Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is prohibited.

**Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

**Eligibility:**

This meet is open to all swimmers who:

1. Are 2024 registered members of USA Swimming as provided by article 302.
2. Are attached to a USA Swimming Club registered with Florida Swimming or Florida Gold Coast Swimming, or unattached and registered with Florida Swimming or Florida Gold Coast Swimming.
3. Have achieved one or more qualifying times within the qualifying period.
4. Up to 100 athletes registered in LSCs other than Florida Swimming and Florida Gold Coast Swimming may be accepted on a first come first served basis.
5. The qualifying time for athletes registered in LSCs other than Florida Swimming and Florida Gold Coast swimming will be equal to 2024 USA Swimming 18&U Futures Time Standards.

The qualifying period shall be May 1, 2022 through the entry deadline (May 15, 2024).

The meet will be capped at 750 athletes.

**Junior and Senior National Team Members:**

Current Junior and Senior National Team Members who otherwise meet the above eligibility criteria shall be exempt from the entry cap and may enter until the entry deadline. Additionally, a Junior or National Team member entering one or more events with proven qualifying time(s) may enter additional events at the non-conforming qualifying time without proof of time.

**Disability Athletes:**

Any athlete with a disability will be accommodated in accordance with Article 105. Qualifying times may be modified or waived by the meet referee for such swimmers as appropriate. Please contact the meet host ahead of time to allow for preparation.

**Entry:**

Entries will be accepted through USA Swimming Online Meet Entry (OME).

Name of meet in OME: **2024 FL SZSS Summer Championships**

OME Opens: 12:00 **PM** EDT Apr 1, 2024  
OME Closes: 12:00 PM EDT May 15, 2024

A tutorial on OME entry is available here:

<https://usaswimming.thecloudtutorialusers.com/main/articles/1658528971765>

OME Help: Kevin Milak email: [Kevin.Milak@floridafast.com](mailto:Kevin.Milak@floridafast.com).

Entry times must be achieved in competition sanctioned, approved, or observed by USA Swimming and proven through the USA Swimming SWIMS database. If a valid qualifying time does not exist in the USA Swimming SWIMS database, please contact the National Times Verification Officer for the LSC in which the time was swum. In the case of a time achieved in a foreign meet sanctioned by another World Aquatics member, please contact the National Times Committee Chairperson so that the time may be entered into the SWIMS database.

Override times not proven through SWIMS by the scratch deadline for the event in question will be scratched.

Athletes may enter the 800 meter and 1500 meter freestyle with qualifying times in any of the 800 meter freestyle, 1500 meter freestyle, 1000 yard freestyle, or 1650 yard freestyle events.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only compete in three (3) individual events per day including time trials and a total of six (6) individual events during the meet.

Teams are limited to one entry per event for the 800 freestyle relay and no more than two entries per event for the remaining relays. Over-entries will be scratched by the administrative referee.

Unregistered swimmers may not be added to a team's roster.

Relay-only swimmers are not permitted.

No entries will be accepted after OME closes. Please check your entries carefully prior to submitting.

**Out of Section Entry:** Athletes and teams registered outside of Florida Swimming or Florida Gold Coast Swimming should contact Kevin Milak at the above email address regarding entry.

**Bonus Entries:** Bonus entries for 200 meter and shorter events will be permitted for Florida Swimming and Florida Gold Coast Swimming registered athletes according to the table below. Bonus entries will not be permitted for athletes who are not registered in Florida Swimming or Florida Gold Coast Swimming.

Individual event qualifying times	Bonus events permitted
1	2
2	2
3	1
4 or more	0

**Deck Passes:** Deck passes for team coaches with current USA Swimming coaching credentials will be available based on the following formula:

1-7 Swimmers; 2 deck passes  
 8-15 Swimmers; 3 deck passes  
 16-23 Swimmers; 4 deck passes  
 24- 32 Swimmers; 6 deck passes  
 Over 32 Swimmers; 7 deck passes

Deck passes for coaches must be purchased through OME prior to checking out. The cost of these deck passes are \$20 each.

The cost to replace a lost or missing deck pass at the venue will be \$50.

**Entry Fees:** \$15.00 per individual event

**Relay Fees:** \$30.00 per relay

**Surcharge:** \$30.00 per athlete

**Coach Deck Pass:** \$20.00 per pass

**Payment:** Teams must pay all entry, surcharge, and deck pass fees with cash or check made out to "Florida Aquatics Swimming and Training" upon arrival at the meet. Payment will not be accepted through OME. Please note: All payments must be made before the team's first swim.

**Responsibility Clause:** The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

**Refunds:** Once a team or individual entry has been received and processed, there will be no refunds.

**Seeding:** All preliminary heats and timed finals events will be seeded in order of LCM, SCM, SCY, alternate distance LCM, alternate distance SCM, alternate distance SCY, and then any bonus entries in the same order. Heats will be ordered fastest to slowest except as otherwise noted in this meet announcement.

Preliminary heats for may be swum in A/B flights and/or utilizing chase starts at meet referee discretion.

Finals events will be swum in the following order: A-Final, B-Final, C-Final, D-Final (18 & Under).

**Distance:** 800/1500-Freestyle - Positive check-in by the scratch deadline is required to compete. Heats will be ordered slowest to fastest, alternating heats of women and men, with the fastest heat of each event swimming in the Finals session. All other heats will be scheduled to begin after the preliminary session so that the second fastest heat of the men's event finishes no later than 60 minutes prior to the start of the finals session.

**Relays:** All relays will swim in the Finals session. Positive check-in is not required.

**Scratches:** Events will follow the scratch rules as defined in section 207.11.6 of the 2023 USA Swimming Rulebook with the following modifications:

1. Scratches from timed final events and preliminary heats will be accepted until the deadlines listed below.

**Positive Check-in and Scratch Deadline**

Thursday events	5:30 PM Wednesday
Friday events	5:30 PM Thursday
Saturday events	5:30 PM Friday
Sunday events	5:30 PM Saturday

2. The re-entry fee for each preliminary event in which a swimmer fails to compete shall be \$0.
3. Any swimmer qualifying for an 18&U bonus, bonus, consolation or championship final in an individual event who fails to compete in said final shall be barred from their next individual event.
4. Swimmers who fail to compete in either prelims or finals of an event will be required to positive check-in all remaining events in the meet.

**Scoring:** The top 16 places will be scored as follows:

**Individual:** 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1  
**Relays:** 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

No points will be awarded when qualifying times are not achieved, but qualifying times may be achieved during prelims or finals.

**Awards:** Women and Men Individual High Point  
 Women, Men, and Combined Team High Point

**Officials:**

An application for an Official's Qualifying Meet will be made. If granted, not all evaluations may be offered. Officials wishing to be evaluated in a position must apply in advance through the application to officiate form.

The Application to officiate form will be posted to the Southern Zone Swimming website.

**Time Trials:**

Time trials for individual events may be conducted at the discretion of the meet referee for athletes properly entered in one or more individual event in these championships, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session.

Entries will close approximately 1 hour prior to the conclusion of the preliminary session each day. Entry fees for time trials will be \$20 per event.

Each swimmer is limited to a maximum of two time trials during the course of the meet and time trials will count toward the swimmer's individual event total for each day, but not the meet total.

If conducted, time trials will begin approximately 15 minutes after the conclusion of the preliminary session. The order of events in time trials will be that day's events followed by the remaining events in the meet. The 50 freestyle will be the last events swum in time trials each day. The 800 and 1500 freestyle will be offered on only one day to be determined by the meet referee.

**Order of Events**

Women	Day 1	Men
1	200 Meter Freestyle	2
3	100 Meter Breaststroke	4
5	200 Meter Butterfly	6
7	800 Meter Freestyle	-
-	1500 Meter Freestyle	8
Day 2		
9	100 Meter Freestyle	10
11	400 IM	12
13	100 Meter Backstroke	14
15	800 Meter Freestyle Relay	16
Day 3		
17	400 Meter Freestyle	18
19	100 Meter Butterfly	20
21	200 Meter Breaststroke	22
23	400 Meter Freestyle Relay	24
Day 4		
25	200 IM	26
27	50 Meter Freestyle	28
29	200 Meter Backstroke	30
31	1500 Meter Freestyle	-
-	800 Meter Freestyle	32
33	400 Meter Medley Relay	34

## Time Standards for Florida Swimming and Florida Gold Coast Swimming Registered Athletes

Speedo Championship Series / Southern Zone South Section SUMMER 2024 Championships Time Standards						
Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
0:28.39	0:27.79	24.49	<b>50 Free</b>	21.69	0:25.09	0:25.59
1:01.29	1:00.29	53.09	<b>100 Free</b>	47.39	0:54.39	0:55.29
2:12.09	2:11.09	1:53.79	<b>200 Free</b>	1:43.79	1:59.89	2:00.89
4:38.79	4:34.89	5:05.09	<b>400/500 Free</b>	4:42.79	4:12.79	4:16.59
9:35.69	9:24.39	10:28.79	<b>800/1000 Free</b>	9:42.99	8:44.29	8:55.59
18:21.79	18:01.79	17:25.69	<b>1500/1650 Free</b>	16:24.39	16:54.59	17:14.19
1:09.69	1:08.19	58.99	<b>100 Back</b>	53.39	1:02.99	1:04.49
2:31.99	2:28.99	2:07.19	<b>200 Back</b>	1:54.89	2:16.99	2:20.69
1:20.59	1:19.09	1:06.89	<b>100 Breast</b>	59.79	1:10.89	1:12.39
2:55.99	2:52.49	2:24.69	<b>200 Breast</b>	2:09.69	2:36.99	2:40.39
1:06.49	1:05.19	58.19	<b>100 Fly</b>	52.09	0:58.29	0:59.59
2:29.49	2:28.49	2:08.89	<b>200 Fly</b>	1:55.09	2:14.39	2:15.39
2:31.19	2:23.09	2:09.29	<b>200 IM</b>	1:57.09	2:09.59	2:17.69
5:18.19	5:06.89	4:33.39	<b>400 IM</b>	4:11.19	4:39.99	4:51.29
NT	NT	NT	<b>200 Free Relay</b>	NT	NT	NT
4:24.89	4:16.89	3:54.69	<b>400 Free Relay</b>	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	<b>800 Free Relay</b>	7:42.19	8:27.89	8:43.89
NT	NT	NT	<b>200 Medley Relay</b>	NT	NT	NT
4:54.29	4:46.29	4:18.89	<b>400 Medley Relay</b>	3:53.89	4:17.49	4:25.49

Speedo Championship Series / Southern Zone South Section SUMMER 2024 Bonus Time Standards						
Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
0:29.09	0:28.49	0:25.59	<b>50 Free</b>	0:22.89	0:25.79	0:26.29
1:02.89	1:01.79	0:55.49	<b>100 Free</b>	0:49.49	0:55.79	0:56.69
2:15.39	2:14.39	1:59.69	<b>200 Free</b>	1:48.49	2:02.89	2:03.99
4:45.79	4:41.79	5:17.69	<b>400/500 Free</b>	4:53.29	4:19.19	4:23.09
9:50.09	9:38.49	11:06.79	<b>800/1000 Free</b>	10:12.19	8:57.39	9:08.99
18:49.39	18:28.89	18:32.49	<b>1500/1650 Free</b>	17:13.99	17:19.99	17:40.09
1:11.49	1:09.89	1:02.39	<b>100 Back</b>	0:56.49	1:04.59	1:06.19
2:35.79	2:32.79	2:16.69	<b>200 Back</b>	2:05.39	2:20.49	2:24.29
1:22.69	1:21.09	1:12.69	<b>100 Breast</b>	1:04.29	1:12.69	1:14.19
3:00.39	2:56.89	2:40.19	<b>200 Breast</b>	2:22.79	2:40.99	2:44.39
1:08.19	1:06.89	1:00.59	<b>100 Fly</b>	0:53.59	0:59.79	1:01.09
2:33.29	2:32.29	2:15.49	<b>200 Fly</b>	2:01.49	2:17.79	2:18.79
2:34.99	2:26.69	2:15.99	<b>200 IM</b>	2:02.39	2:12.89	2:21.19
5:26.19	5:14.59	4:45.69	<b>400 IM</b>	4:18.29	4:46.99	4:58.59

## Time Standards for Out-Of-Section Athletes

Speedo Championship Series / Southern Zone South Section SUMMER 2024 Out-of-Section Time Standards						
Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
27.39		23.89	<b>50 Free</b>	21.29		24.59
59.29		51.89	<b>100 Free</b>	46.39		53.59
2:07.79		1:52.29	<b>200 Free</b>	1:41.59		1:57.79
4:28.79		5:02.59	<b>400 Free</b>	4:37.09		4:09.99
9:13.79		10:20.49	<b>800 Free</b>	9:34.29		8:40.69
17:40.19		17:14.39	<b>1500 Free</b>	16:05.49		16:38.99
1:06.79		57.09	<b>100 Back</b>	51.49		1:00.59
2:23.99		2:04.19	<b>200 Back</b>	1:52.79		2:11.89
1:15.99		1:05.49	<b>100 Breast</b>	45:36.00		1:08.19
2:43.39		2:22.69	<b>200 Breast</b>	2:07.99		2:29.09
1:04.69		56.59	<b>100 Fly</b>	50.59		57.99
2:21.89		2:05.39	<b>200 Fly</b>	1:53.69		2:10.19
2:26.19		2:06.39	<b>200 IM</b>	1:53.89		2:12.79
5:07.29		4:30.69	<b>400 IM</b>	4:06.99		4:42.39
4:04.29			<b>400 Free Relay</b>			3:40.89
8:40.89			<b>800 Free Relay</b>			8:00.49
4:33.79			<b>400 Medley Relay</b>			4:05.89





**Hosted by:** Florida Aquatics Swimming & Training

**Date & Time:**

Date	Prelims Warm-up	Prelims Start	Finals Warm-up	Finals Start
Thursday, May 23	7:00 AM	9:00 AM	3:30 PM	5:00 PM
Friday, May 24	7:00 AM	9:00 AM	3:30 PM	5:00 PM
Saturday, May 25	7:00 AM	9:00 AM	3:30 PM	5:00 PM
Sunday, May 25	7:00 AM	9:00 AM	TBA	TBA

**Pool/Timing:**

Certified 50 meter, 10 lane pool with continuous non-turbulent lane lines, bottom lane markers and backstroke flags. There is a separate outdoor pool for warm ups and warm downs. Water depth at starting end is 9'10". The host will ensure required course dimensions. Timing system: Colorado Timing System Gen 7 Timing with scoreboard. Manual back up.

**Entry fees:**

All teams must pay via cash or check made out to "Florida Aquatics Swimming & Training" upon arrival at the meet. All payments must be made before the team's first swim.

**Spectators:**

Adopted by USA-Swimming, Florida Swimming, MAAPP (Minor Athlete Abuse Prevention Policy) requires policies and standards to be used by athletes, adults, teams and facilities that are involved in the sport of swimming. These changes are mandated by USA-Swimming and the U.S. Center for Safe Sport and is a condition of the sanction of this meet.

Facilities with multiple restrooms/locker rooms must designate ONE set of restrooms/locker rooms for athletes under the age of 18 and a SEPARATE restroom/locker room for all meet attendees 18 and older.

This meet will operate with a closed pool deck per USA Swimming and Safe Sport guidelines. This means only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. Registered individuals should be prepared to show proof of their current credentials to gain access to the pool deck. This rule is in place for both the safety of our swimmers and the efficiency of our meet operations.

**\$10** per day or **\$35** all sessions pass for the meet

**Volunteer timers will receive an all-session pass for helping out.**

Children 12 years and younger attending the meet as non-swimmers will be FREE

**Camera Free Zone:**

The Florida Swimming CAMERA ZONE policy will be in effect. Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a

competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end," etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

**Medical Supervision:** Lifeguards on duty with access to equipment such as AED, first aid and backboard.

**Meet Director:** Kevin Milak

**Head Referee:** Felix Gonzalez

**Admin Referee:** TBA

**Time Trial Referee:** TBA

**National Evaluator:** TBA

**Warm up:** Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool or outdoor warm-up/warm-down pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

A specific warmup plan with assignments may be published by meet management prior to the start of the meet as required.