



Southern Zone South Sectional Championships

June 29 – July 2, 2023

Plantation Aquatic Complex, Plantation, Florida

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming,
Sanction #: **FG29231800E043**

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, the 50 meter butterfly, the 50 meter backstroke, the 50 meter breaststroke and all relays will be timed final events. All other events will be conducted as preliminaries and finals with the top 32 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 Wednesday Jun 28, 2023 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 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 2023 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 2023 USA Swimming Futures Time Standards.

The qualifying period shall be Jun 1, 2021 through the entry deadline (Jun 21, 2023).

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 late 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: **2023 FG Southern Zone South Sectional Championship**

OME Opens: 12:00 AM EDT May 19, 2023

OME Closes: 11:59 PM EDT Jun 21, 2023

A tutorial on OME entry is available here:

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

OME Help: Allan Golding email: allan.c.golding@comcast.net.

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 FINA member, please contact the National Times Committee Chairperson so that the time may be entered into the SWIMS database.

Override times may be used to enter the 200 meter length relays and do not require proof. Override times for all other events not proven through SWIMS by the scratch deadline for the event in question will be scratched.

Athletes will qualify to enter the 50 meter backstroke, butterfly, and breaststroke if they have qualifying times in the corresponding 100 meter event. For example, an athlete will qualify to enter the 50 meter backstroke if they have a qualifying time in the 100 meter backstroke.

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.

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.

Unregistered swimmers may not be added to a team's roster.
Relay-only swimmers are not permitted.

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

Bonus Entries: Bonus entries 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

New Qualifying Times: Florida Swimming and Florida Gold Coast Swimming swimmers achieving new qualifying times between Jun 22, 2023 and Jun 25, 2023 may enter through a secondary New Qualifying Times OME.

OME for New Qualifying Times Opens: 12:00 AM EDT Jun 22, 2023
OME for New Qualifying Times Closes: 7:59 PM EDT Jun 25, 2023

Bonus events for new qualifiers must be entered by override using any proven time during the meet's qualifying period. Standard entry fees apply.

Late Entries: Late entries will be accepted through a secondary Late Entry OME for Florida Swimming and Florida Gold Coast Swimming swimmers, provided the entry cap has not been reached.

OME for Late Entries Opens: 12:00 AM EDT Jun 22, 2023
OME for Late Entries Closes: 8:59 PM EDT Jun 25, 2023

Entry fees for late entries will be twice the standard entry fee. In addition, a onetime fee of \$100 per team will be charged for late entries.

No entries will be accepted after the late entry OME closes.

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

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 100 and 200 meter events may be swum in A/B flights and/or utilizing chase starts at meet referee discretion.

Preliminary heats for the 400 free and 400 individual medley will be A/B flighted with four heats in the A flight and the remaining heats in the B flight. Heats of 400 free and 400 individual medley in the B flight will swim alternating heats of women and men.

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

Distance: 800-Freestyle - Positive check-in by the scratch deadline for Thursday's 800 free is required to compete. Heats will be swum slowest to fastest, alternating heats of women and men, with the fastest eight women in the second last heat and the fastest eight men in the last heat. The event will be scheduled to start so that the last heat of the men's event will conclude no later than approximately 30 minutes prior to the start of Thursday's Timed Finals.

1500-Freestyle – Positive check-in by the scratch deadline for Sunday's 1500 free is required to compete. Heats will be swum slowest to fastest, alternating heats of women and men, with the fastest heat of each event swimming in the evening 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 approximately 30 minutes prior to the start of the finals session.

Relays: Positive check-in is not required. The 200 free and 200 medley relay will swim in the preliminary sessions between the A and the B flights. All other relays will swim at the end of the finals session.

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	30 min after the conclusion of the technical meeting
Friday events	6:30 PM Thursday
Saturday events	6:30 PM Friday
Sunday events	6:30 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.

Application to officiate form: <https://forms.gle/8GX9h3VYXKgFKM4S6>

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's 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.

Prelims Order of Events

Thursday, June 29

Women	Session 1 - Thursday Distance	Men
1	800 Free	2
	Session 2 - Thursday Timed Finals	
3	50 Fly	4
5	50 Back	6
7	50 Breast	8
9	800 Free Relay	10

Friday, June 30

Women	Session 3 - Friday Prelims	Men
11	200 Free	12
13	100 Breast	14
15	100 Fly	16
17	400 IM	18
19	200 Medley Relay	20

Saturday, July 1

Women	Session 5 - Saturday Prelims	Men
23	100 Back	24
25	200 IM	26
27	50 Free	28
29	400 Free	30
31	200 Free Relay	32

Sunday, July 2

Women	Session 7 - Sunday Prelims	Men
36	200 Fly	37
38	100 Free	39
41	200 Breast	42
43	200 Back	44
	Session 8 - Sunday Distance	
35	1500 Free	40

Finals Order of Events

Friday, June 30

Women	Session 4 - Friday Finals	Men
11	200 Free	12
13	100 Breast	14
15	100 Fly	16
17	400 IM	18
21	400 Free Relay	22

Saturday, July 1

Women	Session 6 - Saturday Finals	Men
23	100 Back	24
25	200 IM	26
27	50 Free	28
29	400 Free	30
33	400 Medley Relay	34

Sunday, July 2

Women	Session 9 - Sunday Finals	Men
35	W 1500 Fastest Heat	-
36	200 Fly	37
38	100 Free	39
-	M 1500 Fastest Heat	40
41	200 Breast	42
43	200 Back	44

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

Speedo Championship Series / Southern Zone South Section SUMMER 2023 Championships Time Standards						
Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
0:28.39	0:27.79	0:24.89	50 Free	0:22.29	0:25.09	0:25.59
1:01.29	1:00.29	0:54.09	100 Free	0:48.29	0:54.39	0:55.29
2:12.09	2:11.09	1:56.69	200 Free	1:45.79	1:59.89	2:00.89
4:38.79	4:34.89	5:09.89	400/500 Free	4:46.09	4:12.79	4:16.59
9:35.69	9:24.39	10:50.49	800/1000 Free	9:57.19	8:44.29	8:55.59
18:21.79	18:01.79	18:05.29	1500/1650 Free	16:48.69	16:54.59	17:14.19
1:09.69	1:08.19	1:00.79	100 Back	0:55.09	1:02.99	1:04.49
2:31.99	2:28.99	2:13.29	200 Back	2:02.29	2:16.99	2:20.69
1:20.59	1:19.09	1:10.89	100 Breast	1:02.69	1:10.89	1:12.39
2:55.99	2:52.49	2:36.29	200 Breast	2:19.29	2:36.99	2:40.39
1:06.49	1:05.19	0:59.09	100 Fly	0:52.29	0:58.29	0:59.59
2:29.49	2:28.49	2:12.19	200 Fly	1:58.49	2:14.39	2:15.39
2:31.19	2:23.09	2:12.59	200 IM	1:59.39	2:09.59	2:17.69
5:18.19	5:06.89	4:38.69	400 IM	4:11.99	4:39.99	4:51.29
NT	NT	NT	200 Free Relay	NT	NT	NT
4:24.89	4:16.89	3:54.69	400 Free Relay	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	800 Free Relay	7:42.19	8:27.89	8:43.89
NT	NT	NT	200 Medley Relay	NT	NT	NT
4:54.29	4:46.29	4:18.89	400 Medley Relay	3:53.89	4:17.49	4:25.49

Speedo Championship Series / Southern Zone South Section SUMMER 2023 Bonus Time Standards						
Women			EVENT	Men		
LCM	SCM	SCY		SCY	SCM	LCM
0:29.09	0:28.49	0:25.59	50 Free	0:22.89	0:25.79	0:26.29
1:02.89	1:01.79	0:55.49	100 Free	0:49.49	0:55.79	0:56.69
2:15.39	2:14.39	1:59.69	200 Free	1:48.49	2:02.89	2:03.99
4:45.79	4:41.79	5:17.69	400/500 Free	4:53.29	4:19.19	4:23.09
9:50.09	9:38.49	11:06.79	800/1000 Free	10:12.19	8:57.39	9:08.99
18:49.39	18:28.89	18:32.49	1500/1650 Free	17:13.99	17:19.99	17:40.09
1:11.49	1:09.89	1:02.39	100 Back	0:56.49	1:04.59	1:06.19
2:35.79	2:32.79	2:16.69	200 Back	2:05.39	2:20.49	2:24.29
1:22.69	1:21.09	1:12.69	100 Breast	1:04.29	1:12.69	1:14.19
3:00.39	2:56.89	2:40.19	200 Breast	2:22.79	2:40.99	2:44.39
1:08.19	1:06.89	1:00.59	100 Fly	0:53.59	0:59.79	1:01.09
2:33.29	2:32.29	2:15.49	200 Fly	2:01.49	2:17.79	2:18.79
2:34.99	2:26.69	2:15.99	200 IM	2:02.39	2:12.89	2:21.19
5:26.19	5:14.59	4:45.69	400 IM	4:18.29	4:46.99	4:58.59

Speedo Championship Series / Southern Zone South Section SUMMER 2023 Out-Of-Section (Futures) Time Standards						
Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
27.39		24.09	50 Free	21.39		24.89
59.39		52.09	100 Free	46.49		53.79
2:07.79		1:52.59	200 Free	1:41.79		1:58.09
4:28.79		5:03.49	400 Free	4:37.09		4:09.99
9:13.79		10:20.49	800 Free	9:34.29		8:40.69
17:40.19		17:14.39	1500 Free	16:05.49		16:38.99
1:06.89		58.09	100 Back	52.09		1:00.79
2:23.99		2:04.99	200 Back	1:52.79		2:11.89
1:15.99		1:05.99	100 Breast	58.69		1:08.69
2:43.39		2:22.69	200 Breast	2:08.59		2:29.09
1:04.69		57.49	100 Fly	51.09		58.39
2:21.89		2:05.39	200 Fly	1:53.69		2:10.19
2:26.39		2:08.29	200 IM	1:55.09		2:12.79
5:07.29		4:30.69	400 IM	4:07.59		4:42.39
4:04.29			400 Free Relay			3:40.89
8:40.89			800 Free Relay			8:00.49
4:33.79			400 Medley Relay			4:05.89



Hosted by: Plantation Swim Team

Location: Plantation Aquatic Complex
Plantation Central Park, 9151 NW 2 St., Plantation, FL, 33324

Date & Time:

Date	Distance Warm-up	Distance Start	Timed Finals Warm-up	Timed Finals Start
Thursday, June 29	TBA	TBA	TBA	6:00 PM
	Prelims Warm-up	Prelims Start	Finals Warm-up	Finals Start
Friday, June 30	6:00 AM	8:00 AM	4:30 PM	6:00 PM
Saturday, July 1	6:00 AM	8:00 AM	4:30 PM	6:00 PM
Sunday, July 2	6:00 AM	8:00 AM	TBA	TBA

Pool/Timing: One eight lane 50 meter course. Continuous warm-up and warm-down area will be available in a second 25 yard x 50 meter course. Water depth at competition starting end is 11'6 and turn end is 4'. Colorado Timing System will be utilized. The competition course has been certified in accordance with 104.2.2(C). A copy of such certification is on file with USA Swimming.

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

Name of meet in OME: **2023 FG Southern Zone South Sectional Championship**

A tutorial on OME entry is available here:

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

OME Help: Allan Golding email: allan.c.golding@comcast.net.

Camera Free Zone: The Florida Gold Coast Swimming CAMERA FREE ZONE policy is in effect at the Academic Village site. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

Conflict of Interest: Unauthorized sale, advertisement, and promotion of products and/or services at the location of the competition as well as its vicinity are not allowed without written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.

Medical Supervision: Plantation Aquatic Complex staff include Red Cross Certified Lifeguards whose training includes, but is not limited to, CPR, AED, First Aid, BVM (Bag Valve Mask) and Blood Borne Pathogen Training.

Meet Director: Terrell Woods

Head Referee: Matt Stoneburg

Admin Referee: Felix Gonzalez

Time Trial Referee: Allan Golding

National Evaluator: Gloria Schuldt

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. Based on the number of entries, warmups may be divided into multiple warmup groups at the discretion of meet management.