

Frequently Asked Questions of Parents with Zone Qualifiers in Utah

First things first, congratulations to your swimmer for achieving a “q” time for the 2024 Western Zone Age Group Championship! This achievement reflects not just the dedication and hard work of swimmers and coaches, but also your contribution to support your athlete.

This “FAQ” was developed with the hope that it will provide some of the necessary information for you to feel confident in sharing in this unique meet experience.

1. What is the Western Zone Age Group Championship Meet?

The Western Zone Age Group Championship is a USA swimming four-day championship swim meet for approximately 700 athletes ages 8-14 from 14 western states. Athletes compete on one of 17 “all-star” teams from their state or region. Athletes, coaches, officials, team support personnel, families of swimmers, spectators, meet volunteers, zone and national swimming leadership attend a variety of event activities.

2. When and where is the 2024 meet being held? Where can I find more information about the meet?

Date: August 7-10, 2024 (Team travel dates: August 6-11)

Location: Idaho Central Aquatic Center Boise, ID

Website: <https://wagzones2023.com>

3. How many States / LSC’s compete in the Western Zone?

There are 14 States in the represented 17 LSC’s (Local Swim Committees) which are:

Alaska, Arizona, Central California, Colorado, Hawaii, Inland Empire, Montana, New Mexico, Oregon, Pacific Swimming, Pacific Northwest, San Diego Imperial, Sierra Nevada, Snake River, Southern California, Utah and Wyoming

4. Who are the Team Manager and Head Coach for the Utah Age Group Zones Team?

Team Manager:	McKay Larsen	secretary@utahswimming.org	801-556-3459
Travel manager:	Syndee Leauanae		
Head Coach:	Ashton Palmer	ashtonpalmer0@gmail.com	
Assistant Coach:	Dusty Ragland	derchsty@gmail.com	
Assistant Coach:	Shanon Dowling		

5. Can I apply to be a chaperon for the team?

Yes. Apply online at swimutah.com. Click on the “Age Group Zones” tab on the right side of the page. Please note: All chaperones must be current USASwimming non-athlete members in good standing.

6. What are the time standards and how many “q” times must my swimmer have to participate in Zones?

The Western Zone adopted the USAS Motivational AAA Time Standards.)

<https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2024/2021-2024-national-age-group-motivational-times.pdf>

These can also be found on [Utah Swimming website](#).

Each LSC has its own guidelines regarding the number of “q” times a swimmer must have to be eligible to attend the meet. In Utah, swimmers are eligible to apply if within **.5 seconds in a 50, 1 second in a 100, or 1.5 seconds in a 200**. Qualified athletes will have priority. Those closest to cuts will then be picked until the roster is full.

***Swimmers who do not have a cut are not guaranteed a spot on the team but are eligible to apply if they meet the criteria above.

7. Can my swimmer apply if they only have short course qualifying times or have altitude adjusted times?

Yes. Short Course Yards (SCY) and Short Course Meters (SCM) times are seeded after Long Course Meters (LCM) times. Any entry time for an event 200M or longer achieved at 3,000 feet above sea level or higher may be adjusted for altitude in accordance with USA swimming guidelines. See the meet announcement, and/or check with your home club coach or the zone team head coach, if there are additional questions.

8. Are there different eligibility requirements for this meet that vary from other meets?

Yes. All athletes who compete in this meet must be part of their LSC team. These teams are essentially "AllStar" type teams comprised of athletes from throughout the LSC. Just because one has a "q" time does not automatically make one eligible to compete. The athlete must also apply, and be selected, to compete on their LSC team. Athletes are expected to be regularly attending their club practices leading up to the Zone meet and in addition must compete at the Utah Long Course State meet.

9. Where do I go to find out information on how to apply for the meet? What is the application deadline?

Applications for the 2024 Utah Zone Team can be found on the [Utah Swimming website](#)

Applications need to be submitted by noon, July 16th.

Athletes will be accepted on a first come basis only if there is space available.

10. Is there a difference in what the team provides to swimmers of different ages? Yes.

Swimmers 11 and older stay with the team 24/7 from the time they are dropped off on Tuesday, Aug. 6 until they arrive home Sunday, Aug. 11.

Swimmers 10 & under stay with their parents and are signed in and out of the team's care by a designated parent or guardian prior to and following each session of the meet. When signed in with the team, they must remain with the team until signed out. Snacks are provided at the meet. Swimmers age 10 and under stay with their parent(s) at night and are transported to the meet, and meet related activities by parents.

11. What is the cost of attending Zones and what does it cover?

The cost to be part of the Utah Zone Team for swimmers age 11 and older is \$870.

The cost to be part of the Utah Zone Team for swimmers age 10 & under is \$475.

Additional t-shirt packages (\$75 per package and indicated on application form)

The fee covers: Meet fees, Saturday night athlete social, 5 custom team Tshirts, a team bag, a team jacket, a team towel, Two (2) silicone team caps, coach & chaperone expenses (FYI: They generously volunteer their time.)

12. When and how should payment be made?

Checks are made payable to [Utah Swimming](#) and submitted by mail to the following address:

Utah Swimming
C/O Serena Werner
201 E 735 S Washington, UT. 84780

Venmo: @utahswimminginc

Deadline:

Payment must be received by July 21th.

If email confirmation is desired, include email address with the check.

13. When will the team apparel and backpack be delivered to the swimmers?

Gear pickup will take place at a Team Practice. Date TBD.

14. Is any financial assistance available for Utah age group zone team swimmers?

Possibly. Contact Utah Swimming Diversity Committee Chair for more information.

15. I plan to stay at a local hotel for the duration of the meet. Can you advise where the team hotel is and if it is possible to stay there?

The team hotel is Springhill Suites, Boise Park Center 424 E Parkcenter Blvd. Boise ID 83706. You can call (208)342-1044 to see if they have rooms available. It's about a 12 min drive from the pool.

16. Will there be a parent meeting to go over the team itinerary and meet the coaches and chaperones?

Yes. The parent meeting will be via zoom call this year. Details will be emailed out at a later date. You can also meet with coaches at the team practice(s).

17. Are there any pre-meet workouts scheduled?

Yes, TBD.

18. Where and when do I drop off my swimmer?

All 11-Over swimmers need to meet at the Cottonwood Heights Rec Center 7500 S 2700 E Cottonwood Heights, UT 84121 at 9:00am on Tuesday Aug 6

All 10-Under swimmers should plan to meet at the Idaho Central Aquatic Center for team practice.

19. Where and when do I pick up my swimmer (age 11 and older) after the meet is over?

All 11-Over swimmers will bus home on Sunday, August 11th. Please pick up your swimmers at the Cottonwood Heights Rec Center.. All swimmers will need to be checked out by the team manager before departing.

20. How do parents of 10 & under swimmers know when & where to drop off & pick up their swimmer(s)?

We will give you information for the team contact at the meet and where and when to drop them off at the pool in Boise. The travel team manager will determine a drop off location and send out times for each day.

21. Is there an opportunity to meet my swimmer during the event?

Yes, however for athlete safety the deck and team areas will be closed and only accessible to designated USA registered members. Parents/Officials are not allowed in the team area at any time.

22. What happens if my child is sick or there is an emergency?

Team chaperones are responsible for the well being of your swimmer during the meet. They will require releases and waivers as part of the application process. If there are any special medical issues to be aware of please disclose on your application forms. Chaperones will have your contact information should it be necessary to contact you.

23. Where do spectators park at the facility?

Free public parking is available adjacent to the Aquatic Center. No overnight RV parking is allowed.

24. Where can I find the meet sanction to see which days my swimmer will be competing?

Visit westernzoneswimming.org and select the age group zone meet. The events, and other information, are located in the Meet Announcement. The head coach and team manager will send out the events athletes are entered in once entries are finalized.

25. Can you provide a list of key deadlines?

What:

Application due to Utah Swimming
First Parent Meeting
Utah Zones Team Workout/Apparel Distribution
Drop Off 11-Over Athletes
Team Practice in Boise

Date:

July 16th, 2024
TBD via zoom
TBD
August 6, 2024
TBD

Payment Received By:

July 21st, 2023

26. Admission tickets):

All session pass: \$??; Day Pass (prelims/finals 1 day): \$??; Single Session: \$??. Details will be posted on the meet website.

27. Timing signups.

Each LSC is to provide at least two timers for 1 lane each session of the meet. There is online sign-up available now; see meet website. Free admission to those who time, or work other meet volunteer positions.

28. Saturday Athlete Dinner and Social

No meet event is scheduled for this year.

Meet websites:

The Western Zone website (www.westernzoneswimming.org) also has meet pages