



2025 Southern Zone Senior Championships

Hosted by *Shock Wave Aquatic Team*

July 30 - August 2, 2025

The Tupelo Aquatic Center

692 North Veterans Memorial Boulevard

Held under the Sanction of USA Swimming, Inc. and Mississippi Swimming, Inc

Issued by Mississippi Swimming Sanction 2454, Time Trials Sanction # 2454TT

MEET DIRECTOR	MEET ENTRY COORDINATOR	MEET MARSHAL
Hayden Henderson shockwavemeetdirector@gmail.com (662) 687-2290	Alissa Kojima southernzone.sr.entries@gmail.com	Harrison Campeau Courtney Campeau
MEET REFEREE	ADMINISTRATIVE REFEREE	OFFICIALS CONTACT
Todd Patterson toddpatterson@bellsouth.net	TBD	Todd Patterson toddpatterson@bellsouth.net

HOST: Shock Wave Aquatic Team

FACILITY AND POOLS: Tupelo Aquatic Center
692 North Veterans Memorial Blvd.
Tupelo, MS 38804
(662) 401-7550

Indoor 8 lane (m), 20 lanes (short course yard), 50 meters by 25-yard competition pool. The competition venue for long course is one eight lane course, minimum width 9'. The depth is 7'5" to 12'5" for short course. The competition venue for short course is an 8-lane course, minimum width 9' on the north end. The competition venue for short course will be set for 8 lanes, minimum width is 7'11". The depth ranges from 5" to 7'. The competition courses have been certified in accordance with Article 104.2.22c. Equipment includes Paragon Track Start Competitor blocks.

The building is designed with permanent seating upstairs for 970 spectators/swimmers. Public restrooms are available in the lobby of the Tupelo Aquatic Center. The family restrooms are located on the south end of the pool deck by the warm-up/cool down pool.

NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK.

CLASSIFICATION: Senior championships offering preliminaries with four (4) finals heats and timed finals events. Swimmers outside of the Southern Zone will be marked as "exhibition" swimmers in the finals and thus not able to score points.

REGISTRATION: All swimmers must be registered with USA Swimming prior to the entry deadline. There will be no USA Swimming on deck registration available at this meet.

USA Swimming registration will be confirmed with a SWIMS recon. Each club is responsible for the proper registration of its swimmers. Unattached swimmers are responsible for their own registration. Teams and swimmers are responsible for any fines that the host LSC may impose for registration violations.

If a swimmer who is not properly registered with USA Swimming, competes in a sanctioned competition, MS Swimming will impose a fine of \$100.00 per event against the individual, member coach or member club submitting the entry.

ELIGIBILITY: This meet is open to any USA Swimming registered swimmer representing a USA Swimming member club/LSC within the Southern Zone who has met the qualifying requirements as stated in this document. This meet is also open to any USA Swimming member club outside of the Southern Zone.

SCHEDULE: Unless noted otherwise, deadlines will be in local time (CST).

Session	Day	Warm-up	Meet Start
Tuesday	OPEN POOL HOURS (For other hours, contact Meet Director to arrange for lanes.)	3:00-6:15 PM	
Tuesday	Coach's meeting via Zoom	7:00 PM	
1	Wednesday Preliminaries	6:45-8:45 AM	9:00 AM
2	Wednesday Finals	3:45-5:15 PM	5:30 PM
3	Thursday Preliminaries	6:45-8:45 AM	9:00 AM
4	Thursday Finals	3:45-5:15 PM	5:30 PM
5	Friday Preliminaries	6:45-8:45 AM	9:00 AM
6	Friday Finals	3:45-5:15 PM	5:30 PM
7	Saturday Preliminaries	6:45-8:45 AM	9:00 AM
8	Saturday Finals	3:45-5:15 PM	5:30 PM

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. Posted facility rules and local ordinances will be observed to ensure the safety of all participants. Coaches and swimmers are expected to be familiar with these rules.

SAFETY AND SAFE SPORT: The LSC Safety Program is in effect for this meet. Coaches are advised to supervise their swimmers at all times. Only feet first entry into warm down lanes at all times and during warmups except during specific warmups periods while under the direct supervision of a certified coach. No glass is allowed in the pool area or locker rooms at any time. Running and horseplay will not be allowed. As at any pool, the deck may be slippery, and caution should be taken to prevent accidents. Swimmers are not allowed in pool equipment rooms or work out rooms. Fire exits, doorways, passages, and air ducts may not be blocked.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Flash photography of any kind at the start of a race is prohibited. No recording or photographic devices may be used behind the blocks.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Deck changes are prohibited. Swimwear will be according to Article 102.8 of USA Swimming Rules and Regulations.

Unless approved in writing in advance of the competition by the Program & Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

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 the 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.

USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

Only meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck. No spectators are allowed on deck at any time.

Team photographers must be USA Swimming members, must receive permission from the Meet Director to be on deck, and must check in to receive a deck credential.

Lifeguards will be on duty during the entirety of the meet. AED equipment is available and located outside the lifeguard office and also in the first aid room at the southwest side of the natatorium.

Parents needing access to their athlete during the meet in a closed environment can contact their child directly via cellphone and arrange to meet them in the facility lobby or contact the facility front desk for assistance.

**ENTRY PROCESS
AND ONTIME
DEADLINES:**

All entries will be done via a Meet Manager entry file. This is the only accepted process for pre-entering the meet. The entry deadline for this meet is Wednesday, July 23, 2025, at 11:59 PM Central Time. On July 24, 2025, we will accept entries for teams or swimmers outside of the Southern Zone. The entry deadline for these swimmers is 6 PM on July 26. Entries may be accepted until the cap of 500 is reached or 6 PM on July 26, 2025, whichever comes first.

Swimmers must enter in the course in which they achieved the time and must enter with their fastest times. Coaches should estimate times if the swimmer does not have a time in an event. No Time (NT) will not be accepted. Coaches should make every effort to enter swimmers with LCM times. Swimmers will be seeded in the order of LCM/SCM/SCY. Faster times achieved after the entries have been submitted will not be accepted.

There are no relay standards and teams may enter with aggregate or estimated times.

LATE ENTRIES: The Admin will accept requests for late entries on deck until 8:15 AM each morning beginning Wednesday of the meet. Swimmers must present proof of USA Swimming membership if they are not already entered in the meet, and must pay all late fees by cash or check at time of entry. Late entries received prior to the seeding of an event will be seeded with their qualifying time. Late entries received after an event was seeded will be placed in an empty lane. The Meet Referee will decide whether to accept late entries for open lanes only or to create new heats.

ENTRY LIMIT: Swimmers may enter and swim a maximum of three (3) individual events per day and six (6) individual events for the meet. Time trials (limit one time trial event per day) count toward the swimmer's daily limit but not toward the meet limit.

Teams may enter as many relays as they like, however only those designated A and B will be allowed to score. Other relays shall be designated as exhibition.

ENTRY FEES: Make checks payable to Shockwave Aquatics. All fees are non-refundable. Payment in full is due no later than 8:00 AM, July 30, 2025.

Payment by Cash will also be accepted for late entries.

Individual Event	\$15.00 per event
Relays	\$30.00 per relay
LSC Surcharge	\$10.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
SZ Meet Surcharge	\$5.00 per swimmer
Time Trials events	\$15.00 per event/30.00 per relay
Late Entry Fee (double)	\$20.00/\$40.00 surcharges per swimmer

Please bring payment and forms and turn in at team check-in at the Tupelo Aquatic Center.

If needed, please mail payment to: Shockwave Aquatics Team PO Box 3423 Tupelo, MS 38803. **Do NOT mail** to the Aquatic Center. **Payment MUST be received prior to the start of the meet.**

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 fast to slow unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee. All events 200M and shorter will be seeded after the scratch deadline (the prior evening).

SCRATCHING: Scratches prior to the seeding of heats shall be confirmed by filling out a scratch card and depositing in the scratch box by 6 PM on Tuesday for Wednesday's events and 5:30 PM on Wednesday through Friday for the following day's events. The scratch box will be located at the Meet Administration Office.

POSITIVE CHECK IN PROCEDURES: A positive check in, located at the Meet Administration Office, will be required for these events. Swimmers and relay teams who do not positively check in will not be seeded in the event:

- 800 Freestyle
- 400 Individual Medley
- 400 Freestyle
- 1500 Freestyle
- All Relays

POSITIVE CHECK	EVENT	DAY	TIME
	Positive check in 800 Freestyle	Wednesday	7:30 AM
	Positive check in 200 Medley Relays	Wednesday	7:30 AM
	Positive check in Mixed 200 Medley Relays	Wednesday	4:15 PM
	Positive check in 400 Individual Medley	Thursday	8:15 AM
	Positive check in 800 Free Relays	Thursday	4:15 PM
	Positive check in 400 Free	Friday	8:00 AM
	Positive check in 400 Free Relays*	Friday	4:15 PM
	Positive check in 1500 Free	Friday	5:30 PM
	Positive check in 400 medley relays*	Saturday	4:30 PM

*Relay cards are due by the positive check-in deadline each night, but order may be changed with the Admin Ref or the head lane timer up until the relay swims. Coaches are encouraged to turn in the relay cards in advance.

SCRATCH PENALTIES:

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 events per day limit and six events per meet limit. There is no penalty for failure to compete in relay events.

A swimmer who is properly checked in for a positive check in deck seeded individual event, been seeded, and fails to compete in said event, shall be barred from competition for the rest of the day unless excused by the Meet Referee or a fine of \$25 is paid to the Admin Referee.

Swimmers initially qualifying for an A, B, C or D Final who neither scratches with the Administrative Referee nor declare their intent to scratch within 30 minutes after the announcement of qualifiers for that event are considered checked in. Checked-in swimmers who fail to compete in Finals shall be barred from competition for the rest of the meet unless excused by the Meet Referee. In order to field full Finals heats, swimmers who qualify in the top 60 and have no intention of swimming in Finals should indicate this by scratching.

FORMAT:

Individual Events: All individual events 400M or less will be conducted as preliminaries and finals including the 400 Individual Medley and the 400 Freestyle, which will be deck seeded after positive check in. The 800 Freestyle and the 1500 Freestyle will be conducted as timed finals and will be deck seeded after positive check in.

The corresponding 100 qualifying times will be used to qualify for and enter the 50M breaststroke, backstroke, and butterfly events.

Bonus events are offered at this meet. Swimmers may enter two bonus events per one qualifying event entered, subject to daily and meet event limits. Bonus events should be entered by selecting the Bonus check box in your entry software. The 800 and 1500 Freestyles cannot be entered as bonus events.

Finals: There will be A Final, B Final, C Final, and D Final heats. The Finals heats will be swum in the following order: D Final, C Final, B Final, and A Final. The A, B, and C Finals will be scored. All Finalists should report to the blocks. A Finalists will be announced behind the blocks and B, C, and D finalists will be announced in the water. Alternates should report to the starter prior to the start of the event and will swim in D Final should no shows occur. Swimmers outside of the Southern Zone will be marked as "exhibition" swimmers in the finals and thus not able to score points.

400 Free: The 400 Free events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top two heats) with all heats swum fastest to slowest alternating women and men. The fastest 3 heats of women will swim fastest to slowest, followed by the fastest three heats of men swum fastest to slowest, with remaining heats swum fast to slow alternating women and men.

400 IM: The 400 IM events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top two heats) with all heats swum fastest to slowest alternating women and men. The fastest 3 heats of women will swim fastest to slowest, followed by the fastest three heats of men swum fastest to slowest, with remaining heats swum fast to slow alternating women and men.

800 Free: The 800 Free events will be conducted as timed finals and will be deck-seeded after positive check in. The heats will swim fast to slow, alternating women and men. Swimmers must provide their own counters and timers. The fastest heat of positively checked in swimmers of each gender who select PM will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session following the time trials, fast to slow alternating men and women.

1500 Free: The 1500 Free events will be conducted as timed finals and will be deck-seeded after positive check in. Swimmers may indicate AM/PM preference. Swimmers who do not indicate a preference will be seeded in the morning. The fastest heat of positively checked in swimmers of each gender who select PM will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session following the time trials, fast to slow alternating women and men. Swimmers must provide their own counters. 1500 swimmers in the morning session may be required to provide their own timers.

Relays:

- All relays will be deck seeded after positive check in and conducted as timed finals.
- The 800 Free relays and 200 Mixed relays will swim fast to slow.
- For all other relays, the fastest two heats of women will swim fastest to slowest, followed by the fastest two heats of men swum fastest to slowest, with remaining heats swum fast to slow alternating women and men.
- Mixed relays will be made up of two women and two men.

CHASE STARTS:

Based on entries, the Meet Referee, with the concurrence of the Meet Director, the SZ Officials Coordinator (or designee), and the SZSR Chair (or designee), may elect to use chase starts, flyover starts or flighted sessions. Coaches will be informed of these decisions and the procedures that will be followed at the General Meeting. The Meet Referee may combine heats and events as necessary. Breaks may be added at the Meet Referee's discretion. At the discretion of the meet referee, the distance events may be contested with two swimmers per lane.

SCORING:

The A, B, and C finalists and the top 24 places in timed finals events will score points as follows:

- Individual: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events will score double.

AWARDS:

Individual and Relay Awards: Medals for 1st through 8th place for individuals and relay events. For events held on Wednesday through Friday, awards will be presented to the top three finishers at 8:45 a.m. on the following day before the start of prelims. For events held on Saturday, awards will be presented to the top three finishers at the conclusion of the finals session on Saturday.

Team Awards: Plaques for 1st through 3rd place combined, men's, and women's teams will be presented at the conclusion of the meet.

**HEAT SHEETS,
RESULTS, &
SPECTATORS:**

Heat Sheets will be available for coaches. Heat Sheets will be for sale in the concession stand for \$2.00 for prelims and finals.

Results will be posted at [Shock Wave Aquatic Team Event Page](#) within 24 hours of the meet's conclusion. Electronic meet results will be available upon request to the meet host.

Spectators will be allowed into the facility (in the stands only) at a cost of \$5.00 per session or \$25.00 for the entire meet. There is not a parking fee at the Tupelo Aquatic Center, but parking is limited.

An online live stream will be provided by Live Barn. More information to come via email.

**WARM-UP
PROCEDURES:**

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Specific warm-ups will be offered in the main competition pool thirty minutes before the session begins during which at least two lanes will be assigned as pace lanes and at least two lanes will be assigned as one-way race start lanes. Meet Management reserves the right to change warm up times according to the number of entries. During the competition, there will be at least five 25Y 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 certified coach.

TIME TRIALS:

Time Trials will be offered to properly entered qualifiers after each Preliminary session, time permitting and at the Meet Referee's discretion. Swimmers may enter up to one time trial per day. The 800 free time trial will be offered on Wednesday. The 1500 free time trial will be offered on Saturday. Time trial sessions and procedures will be confirmed at the General Meeting. Time Trials count toward a swimmer's three events per day event limit. Signups for each day's Time Trials will close at 10:00 AM. Time trials will be scheduled in the most expedient way. Time trials for Wednesday through Friday will be for events 400 meters in length or shorter.

Time Trial fees are \$15.00 per individual event and \$30.00 for relays payable by cash or check at sign up. Swimmers must provide their own timers and counters for Time Trials. Time Trials will begin no later than 15 minutes after the preliminary session conclusion.

**GENERAL
MEETING:**

The General Meeting will be held at 7:00 PM CST on Tuesday July 29, 2025 via Zoom. A link will be provided later. Teams are responsible for knowing and complying with information distributed and decisions made at the General Meeting.

**SWIMMERS WITH
DISABILITIES:**

Coaches with swimmers with a disability competing must notify the Entry Chair with their entry and the Meet Referee prior to the meet at least 48 hours. See email addresses at the top of this information.

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 including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the host team's ability to accommodate all requests.

COACHES: All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show photo ID and proof of current certification/registration to receive a meet credential. Coaches must display their meet credentials or have easy access to their printed or virtual USA Swimming membership card at all times while on deck. There may be coaches' meetings at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

TIMERS: Team timing assignments will be scheduled based on team size. Coaches will be informed of their teams' assignments shortly after the entry deadline. This information will also be included in the heat sheet and posted at the pool.

OFFICIALS: Officials will be required to show proof of current USA Swimming membership and certification. There will be an officials meeting one hour prior to the start of each session. All USA Swimming certified officials are welcome. Online applications to officiate are available on the Southern Zone website and the link below.

<https://www.gomotionapp.com/team/szlsc/page/officials/applications>

Chief Judges/Starters/Referees: Officials who are interested in being considered for assigned positions should indicate such on the application to officiate.

National Official Evaluations: This meet has been approved by USA Swimming as an Officials Qualifying meet for N2 at all positions and N3 for most positions. Evaluation sign up is included in the Application to Officiate link and must be complete by July 12, 2025.

Officials are required to work a minimum of four sessions to be evaluated.

The link below will take you to the evaluation requirements by position. Please review and ensure you meet the requirements to include documentation of the required sessions in the Officials Tracking System (OTS). In the link below, see the red tab "Certification by Position".

<https://www.usaswimming.org/officials/national-certification-evaluation>

Uniform for all sessions of the meet is white polo shirt over black bottoms.

**TECHNICAL/
ELIGIBILITY
COMMITTEE:** A meet committee will consist of the host coach plus one additional coach and two swimmers, plus the Meet Referee, Meet Director, and the SZSR Chair or their designee who will act as Chair.

HOSPITALITY: A hospitality room will be available for coaches and officials.

CONCESSIONS: Concessions will be available on site.

MEDIA: Media meet credentials may be issued to members of the media who show proper identification to the Meet Director. Media agree to comply with Meet Referee direction on deck access and will not interfere with the conduct of the meet in any way.

IMAGE RELEASE: All participants agree to be filmed and photographed by the Zone, LSC, or host team approved photographer(s) and videographer(s) 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 Zone, LSC, or host team's 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.

BAD WEATHER: In case of an “Act of God” or bad weather scenario that jeopardizes a session, the Meet Committee with the Meet Director will make the final decision on how the meet will safely proceed.

COMMENTS: Any comments regarding the conduct of the meet or problems that are not resolved in a satisfactory fashion should be communicated in writing to the Southern Zone Non-Coach Chair.

TAC RULES:

- Swimming is allowed only when the area is supervised.
- NO glass containers, alcoholic beverages, or smoking (including smokeless tobacco and vaping) or drugs within the Aquatic Center. No smoking within 25 feet of any entrance of the Tupelo Aquatic Center. NO WEAPONS allowed in the building.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.
- Don't hang on the lane lines.
- There will be NO SHAVING within the TAC Natatorium. All shaving should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.
- Safety rules will be enforced during warm-ups before each event session and in the Elvis Presley pool during the meet. The Elvis Presley pool is a warm-up area. Recreational swimming is prohibited.
- Please be neat. Throw your trash in the trash containers.
- NO LAWN CHAIRS are allowed in the facility.
- The TAC staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited. No handmade signs are allowed in the facility.
- No pets allowed in the Tupelo Aquatic Center or on the pool deck.
- Team Banners may be placed on the stadium railing using plastic zip ties.
- Taping posters, banners or signs on any surface of the Aquatic Center is prohibited.
- No running. No boisterous or rough play, improper conduct causing undue disturbances in or around the pool area or any acts which would endanger any patron. This also applies to the entire facility and grounds.
- No expressions of physical or verbal abuse to any staff member or other user of the facility will be allowed. No profanity. No misuse of equipment. No public displays of affection.
- Tupelo Aquatic Center is not responsible for lost or stolen items.
- No fundraising on City of Tupelo property.
- Writing on walls of bathrooms is prohibited and will result in dismissal from the facility, and payment for repair will be required.
- Gum chewing is NOT permitted anywhere in the pool area for health and safety reasons.
- Please only park in designated parking spaces. Parking on the grass or curbs is prohibited. Cars will be towed if found in violation at the owner's expense. Buses will have designated parking in the north end of the parking lot.
- No leaning or loitering on the stadium railing overlooking the pool. This will be strictly enforced.



2025 SOUTHERN ZONE SWIMMING SENIOR LONG COURSE CHAMPIONSHIPS ORDER OF EVENTS



WEDNESDAY EVENTS		
Women's Event	Prelims at 9:00 AM / Finals at 5:30 PM	Men's Event
1	800 Freestyle*	2
3	200 Medley Relay	4
5	100 Freestyle	6
7	200 Breaststroke	8
9	200 Backstroke	10
11	200 Butterfly	12
13	50 Breaststroke	14
15	MIXED 200 Medley Relay**	15

* The 800 Free will be swum as a timed final, with the fastest heat of women and the fastest heat of men swum during Finals. All other heats will be swum fast to slow, alternating women and men after the time trials

** Timed Final event swum during Finals.

THURSDAY EVENTS		
Women's Event	Prelims at 9:00 AM / Finals at 5:30 PM	Men's Event
16	MIXED 200 Freestyle Relay	16
17	50 Backstroke	18
19	200 Free	20
21	400 Individual Medley	22
23	50 Butterfly	24
25	800 Freestyle Relay	26

*For the 800 Free Relay, the fastest heat of each gender will swim in finals. The rest of the 800 Free Relay heats will alternate women and men, swimming from fast to slow during prelims.

FRIDAY EVENTS		
Women's Event	Prelims at 9:00 AM / Finals at 5:30 PM	Men's Event
27	200 Freestyle Relay	28
29	100 Backstroke	30
31	400 Freestyle	32
33	100 Breaststroke	34
35	100 Butterfly	36
37	400 Freestyle Relay*	38

* Timed Final event swum during Finals.

SATURDAY EVENTS		
Women's Event	Prelims at 9:00 AM / Finals at 5:30 PM	Men's Event
39	1500 Freestyle*	40
41	200 Individual Medley	42
43	50 Freestyle	44
45	400 Medley Relay**	46

*The 1500 Free will be swum as a timed final, with the fastest heat of women and the fastest heat of men who elect to swim in finals swimming in the Finals session. All other heats will be swum fast to slow, alternating women and men after the time trials on Saturday.

** Timed Final event swum during Finals



SOUTHERN ZONE SENIOR CHAMPIONSHIPS TIME STANDARDS

Qualifying period: January 1, 2024-July 28, 2025

Women				Men		
LCM	SCY	SCM	Events	SCM	SCY	LCM
29.89	26.39	29.09	50 Free	26.19	23.69	26.79
1:05.09	57.19	1:03.19	100 Free	57.09	51.69	59.39
2:20.39	2:03.09	2:16.09	200 Free	2:04.69	1:52.79	2:09.29
4:54.49	5:29.09	4:48.09	400 Free	4:27.89	5:06.09	4:34.19
10:08.99	11:21.19	9:56.09	800 Free	9:15.69	10:34.99	9:35.39
19:29.59	18:57.79	18:51.19	1500 Free	17:37.89	17:44.09	18:11.69
100 Back Qualifying Times			50 Back	100 Back Qualifying Time		
1:12.49	1:01.99	1:08.49	100 Back	1:02.09	56.19	1:06.09
2:35.29	2:14.79	2:28.99	200 Back	2:15.99	2:03.09	2:22.69
100 Breast Qualifying Times			50 Breast	100 Breast Qualifying Time		
1:21.79	1:11.39	1:18.89	100 Breast	1:10.49	1:03.79	1:13.79
2:57.69	2:34.59	2:50.79	200 Breast	2:33.09	2:18.59	2:41.39
100 Fly Qualifying Times			50 Fly	100 Fly Qualifying Time		
1:10.29	1:01.89	1:08.39	100 Fly	1:01.99	56.09	1:03.59
2:34.59	2:16.99	2:31.39	200 Fly	2:17.49	2:04.39	2:21.89
2:38.99	2:18.19	2:32.69	200 IM	2:18.69	2:05.49	2:25.09
5:35.09	4:53.69	5:24.59	400 IM	4:58.69	4:30.29	5:07.29

Southern Zone Senior Championships Coach Contact and Entry Summary Forms

Complete the coach contact form, the entry summary/payment form, and the waiver forms. Either scan/email all forms to the Meet Director (shockwavemeetdirector@gmail.com) prior to the meet or hand deliver no later than the beginning of prelims on Wednesday, July 30, 2025.

Coach Contact Form

Team Name	
Club Code – LSC	
Head Coach	
Head Coach Cell Phone	
Head Coach Email	

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

[illegible]

Southern Zone Senior Championships Entry Summary, Waiver, and Liability Release:

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

Entry Summary:	Total Swimmers	Total Individual Entries	Total Relay Entries	
Women				
Men				
Total Swimmers				
Fees per Swimmer/Event	\$35	\$15	\$30	
Total Fees Due	\$	\$	\$	\$

Make checks payable to Shockwave Aquatics. All fees are non-refundable. Payment in full is due no later than 8:00 AM on Wednesday, July 30, 2025. Payment by Cash will also be accepted.

Waiver and Liability Release:

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 and Mississippi 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. Shock Wave Aquatic Team, Tupelo Aquatic Center, Mississippi 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

Necessary Accommodation Form

Swimmer's Name: _____ Meet: _____ DATE: _____

Club _____ LSC _____

Coach: _____

Cell # (at meet) _____

Accommodations needed; please describe.

Modifications needed; please describe.

Session	Event	Heat	Lane	Modification(s) Per Article 105

Examples of Meet Accommodations:

- Towel on block to start.
- Assistance at the block before the start. Takes longer to get to block or exit pool. Wall lane placement.
- Personal Assistant for mobility or communication.

Examples of Modifications per Art. 105 in accordance with 105.1.2.

- Sitting position on block 105.5.1.E(1). Starter's arm signals 105.3.1
- Personal Assistant for mobility, tapper (B/VI) or communication, etc. 105.1.3.C and elsewhere. Legs due to immobility are unable to perform Breaststroke Kick 105.5.2.
- Please state all requested accommodations. While you are familiar with your athlete, we are not. Things that are obvious to you are not to officials who have never met your athlete