



2023 Southwestern Age Group Regional Championship
March 23 – 26 (TH-SUN)

Folsom Aquatics Center
Folsom, CA

ENTRY DEADLINE
MONDAY, MARCH 13, 2023 AT 11:59 P.M. PST



IMPORTANT FACTS ABOUT THE MEET

- ◆ All athletes at the meet must be 14 years old or younger on the first day of the meet. All participants must be current members of USA Swimming with a seasonal or premium membership.
- ◆ All swimmers entered in the 1650 Freestyle events must be positively checked-in prior to the scratch deadline to compete in the event.
- ◆ Enter the Southwestern Age Group Regional Championship online at: <http://ome.swimconnection.com/SMST20220223> beginning TBD and no later than 11:59 p.m. Pacific Time, Monday, March 13, 2023.
- ◆ Bonus events will be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter ANY bonus event less than 400Y in which they meet the qualifying bonus standard, up to 7 total individual events. Bonus entries must be indicated as yards bonus (YB) or long course meters bonus (LB).
- ◆ At the discretion of the Meet Referee, two courses may be used for preliminary heats. Also, the preliminary sessions may be conducted using "Flyover" starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the Technical Meeting.
- ◆ Relays will be timed finals with all heats swum in the morning preliminary session. Each team may enter a maximum of two (2) relay per event. Relays must be entered electronically and must be submitted by the entry deadline. Relay entries will not be accepted at the meet. Relays will follow the same scratch deadlines as the individual entries. All relays will be scored and awarded by the following age categories: 10&Un, 12&Un, 14&Un. **Swimmers may not compete in more than one age group** per specific discipline and category: 200 medley, 400 medley, 200 freestyle, 400 freestyle
- ◆ Scratch Deadline for Thursday's events is Wednesday, March 22, 2023, at 5:00 p.m. **To scratch any of Thursday's events email SteveCov@comcast.net prior to the deadline.**
- ◆ Scratch Deadline for Friday/Saturday/Sunday events is 30 minutes after the start of finals on the respective preceding day. Scratches are to be made at the Clerk of Course Desk prior to the deadline.
- ◆ Failure to swim a timed final or prelims event in which they were seeded will result in that athlete being barred from their next individual event. An Athlete qualifying for FINALS may notify the Clerk of the Course with thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event. An Athlete qualifying for FINALS who fails to compete will be barred from their next individual event during finals as well as their first individual event the next day.
- ◆ Swimmers' and Coaches' Responsibility – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all the information contained in this meet information book and any information or changes announced at the Coaches/Technical meeting.

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ORDER OF EVENTS
2023 Southwestern Age Group Regional Championship Order of Events
Short Course Yards

<u>Girls Events</u>	<u>Day 1 - Thursday, March 23</u>	<u>Boys Events</u>
Timed Finals Begin at 5:00pm	11-14 1650 Freestyle	Timed Finals Begin at 5:00pm
1		2
Heats Begin at 9:00am	<u>Day 2 - Friday, March 24</u>	Finals Begin at 5:00pm
3, 5	11-12, 13-14 400 Individual Medley	4, 6
7	10&Un 50 Backstroke	8
9, 11	11-12, 13-14 100 Backstroke	10, 12
13	10&Un 100 Butterfly	14
15	11-12 50 Butterfly	16
17, 19, 21	13-14, 11-12, 10&Un 200 Freestyle	18, 20, 22
23, 25	13-14, 11-12 200 Breaststroke	24, 26
27	10&Un 100 Breaststroke	28
29, 31	14&Un, 12&Un 400 Medley Relay	30, 32
Heats Begin at 9:00am	<u>Day 3 - Saturday, March 25</u>	Finals Begin at 5:00pm
33, 35	12&Un, 14&Un 200 Freestyle Relay	34, 36
43	10&Un, 11-12, 13-14 500 Freestyle (boys)	38, 40, 42
45, 47	10&Un 100 Backstroke	44
49	11-12, 13-14 100 Breaststroke	46, 48
51, 53, 55	10&Un 50 Breaststroke	50
57	11-12, 13-14, 10&Un 50 Freestyle	52, 54, 56
59	11-12 50 Backstroke	58
61	10&Un 200 Individual Medley	60
63, 65	11-12 100 Individual Medley	62
67, 69, 71	13-14, 11-12 200 Butterfly	64, 66
73	14&Un, 10&Un, 12&Un 200 Medley Relay	68, 70, 72
Heats Begin at 9:00am	11-14 1000 Freestyle (girls)	
75, 77, 79	<u>Day 4 - Sunday, March 26</u>	Finals Begin at 4:00pm
81, 83	11-12, 13-14, 10&Un 500 Freestyle (girls)	82, 84
85	11-12, 13-14 100 Butterfly	86
87, 89	10&Un 50 Butterfly	88, 90
91	11-12, 13-14 200 Individual Medley	92
93	10&Un 100 Individual Medley	94
95, 97, 99	11-12 50 Breaststroke	96, 98, 100
101, 103	13-14, 11-12, 10&Un 100 Freestyle	102, 104
105, 107, 109	13-14, 11-12 200 Backstroke	106, 108, 110
	10&Un, 14&Un, 12&Un 200 Freestyle Relay	112
	11-14 1000 Freestyle (boys)	

All relays are timed finals and will be swum in the preliminary sessions

Preliminary events will be swum in combined age groups (10&Un, 11-12, 11-14, or 13-14)

Finals will be swum in single age groups (10&Un, 11, 12, 13, and 14)

Timed final individual events will be swum in combined age groups and scored separately

Thursday, March 23: Warm-up for athletes in the 1650 free begins at 4:00 p.m. Athletes not competing in the 1650 may begin warm up at 5:00 p.m. **Friday, March 24 – Sunday, March 26:** Preliminaries warm-up at 7:30 a.m. Finals time will be established by the Meet Referee each day.

GENERAL INFO

COVID-19 Information

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

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 AND THE LOCAL SWIMMING COMMITTEE (LSC) AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSS, 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.

Every club planning to attend this competition must develop a "Return to Competition" plan. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information, please consult usaswimming.org and/or your LSC.

Safe Sport Information

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional, and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules, and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at uscenterfor-safesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes aged 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

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Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred, however, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

It is understood and agreed that USA Swimming, the Meet Hosts, Officials, Facility Owners, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET LOCATION INFORMATION

Facility Address Folsom Aquatic Complex 1200 Riley Street Folsom, CA 95630	Meet Referee Scott Sewell smsewell19@gmail.com	Meet Director Kathleen Calkins meetdirector@sierramarlinhs.net	Administrative Referee Steve Covington Stevecov@comcast.net
	Lead Deck Referee Jason Shibata	Head Starter Melissa Szpik-Serrao	Head Chief Judge Ken Paquette

Meeting Schedule

Coaches/Technical Meeting Wednesday, March 22, 4:00 PM, Zoom details will be provided to coaches. A follow up Coaches meeting will be held on Thursday, March 23, 3:30 PM.

Schedule of Official's Briefings: *Accepted applicants must attend mandatory Officials' briefings ~*

Official's Briefing for Thursday will begin at 4:00 PM (required for all officials).

(All subsequent officials' briefings will be held one hour prior to the start of each session at the pool.)

Parking

Free parking in designated areas of Lembi Park. Do not park in the parking lot directly across the street from the Aquatic Center, nor in the Walgreen's parking lot. Please use overflow parking at Wal-Mart. Do NOT Park in the red zones. Spaces marked as 20-minute parking is strictly enforced. White loading zones require a driver to stay in the vehicle and is for active loading and unloading only.

Hotels

For recommended hotel information, please refer here: [Sierra Marlins Swim Team - SWAGR Info](#)

About the Facility

An outdoor heated 25-yard pool with up to 16 lanes available for competition. An additional 3 lanes will be available for warm-up/cool down throughout the competition.

USA-S certification is on file in accordance with USA-S Rule 104.2.2C(4). In accordance with USA-S Rule 202.4.11C, the competition course has a pool depth of **7 ft.** at 3'3.5" and **7 ft.** at 16' 5" at the start end. At the turn end it is **7 ft.** at 3' 3.5" and **13 ft.** at 16'5". The water depth of the separate warm-up lanes, in accordance with USA-S Rule 202.4.11C, has a pool depth of **3 ft.** at 3' 3.5" and **3 ft.** at 16' 5" at the start end. At the turn end it is **3 ft.** at 3' 3.5" and at 16'5".

Tents may be set-up in designated areas. The Meet Director, Meet Referee or City of Folsom Personnel have final say to tent / location. If you set-up in an area which causes congestion, you may be asked to move. All tarps must be removed from the grass overnight. **There will be absolutely no participant/coach set-up allowed before 3:00 PM on Thursday, March 23rd.**

Smoking and the use of other tobacco products are prohibited at the Folsom Aquatics Center facility. Anyone desiring to smoke or use other tobacco products must leave the facility to do so. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. No pets are allowed. Glass containers as well as pets are not allowed in the pool area. Personal propane heaters will not be allowed inside the facility.

Information/Lost & Found

"Wet" lost and found items will be in a bin in the life-guard station. Anything of greater value such as cameras, cell phones, etc. will be taken to the Admin Classroom. Information and general directions can also be obtained at the Clerk of the Course.

Concessions

Food Trucks will be available throughout the weekend.

Cabana Rentals

The City of Folsom has three Cabana's that are available to rent each day. The Cabana includes chairs with side curtains. These are being rented for **\$100 per day**. If you are interested, please email the Meet Director (meetdirector@sierramarlins.net) directly, this is a first come first serve opportunity.

Admission

Free

Meet Programs

The meet will be available on MeetMobile. No programs or reports will be provided to spectators. Coaches will receive programs at checkin.

Closed Deck

The area behind the blocks will be limited to swimmers, coaches, and active volunteers. Credentials will be checked to enter starting area.

ENTERING THE MEET

SANCTION

Held under USA Swimming/Sierra Nevada Swimming Sanction # SNS23-28.

In accordance with USA Swimming Rule (USA-S Rule) 202.4.9, "In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event

Meet Entries

All entry questions should be directed to: Steve Covington (Stevecov@comcast.net)

All entries must be submitted electronically. This meet will be limited to 800 Swimmers. Team entries may be sent in a Hy-Tek CL2 entry file to the following email address: Stevecov@comcast.net. A PDF version of the entries must be included which includes the meet the time was achieved. Un-attached swimmers affiliated with CCS/SNS may enter this meet on the OME website if the swimmer is a valid USAS Member with SNS/CCS. CCS/SNS Outreach swimmers who are entered in this meet will have their fees deducted by the Host Club. The Home Club or responsible individual of the Outreach swimmer is responsible for communicating with the Host Team of their roster and fees that need to be deducted. Names of the athletes who are receiving the Outreach incentive may be kept confidential at the discretion of the athletes' Home Club. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry.

All individual entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. The Admin Referee reserves the right to challenge any submitted time. All individual entry times must be proven in the SWIMS Database, prior to the scratch deadline, even if scratched.

- Enter the Southwestern Age Group Regional Championship online at: <https://ome.swimconnection.com/SN/SMST20230323> beginning December 1, 2023, and no later than 11:59 pm PST, Monday, March 13, 2023
- **No late entries will be accepted. No refunds.**

Number of Events

A swimmer may only swim three (3) individual events per day plus relays and may compete in no more than seven (7) individual events in total for the meet. All entry times must be proven.

Bonus Events

Bonus events will be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter ANY bonus event less than 400Y in which they meet the qualifying bonus standard, up to 7 total individual events. Bonus entries must be indicated as yards bonus (YB) or long course meters bonus (LB).

Entry Fees:

\$9.00 per individual event
\$12.00 per relay event
\$18.00 per swimmer

Entry fees paid by check should be mailed to:

Sierra Marlins Swim Team

PO Box 1714
Folsom, CA 95763

Entering Relays

Each team may enter two relay teams per event

- Entries for all relays must be checked in prior to the scratch deadline in order to be seeded.
- Each coach shall pick up relay cards from the Clerk of Course on which they shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay.
- All relays will be timed finals with all heats swum in the morning preliminary session

Deadlines

- ♦ **Monday, March 13, 2023:** Entries on OME or Team file must be completed.
- ♦ **Monday, March 20, 2022:** All entry fees must be received. Entries received without full payment by this date may be rejected. No refunds.
- ♦ No deck entries will be allowed for individual or relay events.

Timing Requirements

Clubs will be assigned Lanes. Timing is based on the SN Timing Policy. Number of timing chairs per Team is based on the formula – (number of swimmers on a Team in the session [divided by] total number of swimmers in the session) which is then [multiplied by] NUMBER OF timing chairs. This number will be rounded to the nearest whole number. Host Team supplies Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. Assignments will be sent to participating Teams.

Athletes in the 1000 & 1650 freestyle events must provide at least 2 timers and a person to count their laps. Lap counting devices will be available.

CHAMPIONSHIP PROCEDURES

Rules

Current USA Swimming and SNS rules will govern this meet. All Swimmers must be 2023 registered members of USA Swimming and present their card upon request.

It shall be the swimmers' and coaches' responsibility to acquaint themselves with all the information contained in this meet information book. No U.S. swimmer will be permitted to compete unless they are a member as provided in Article 302. Any U.S. swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. This event is held under the sanction of USA Swimming. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

12 & UNDER SWIMWEAR RESTRICTION

Per 102.8.1.F SWIMWEAR (USA Swimming Rulebook) "No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet."

A Technical Suit is one that has the following components:

- Any suit with any bonded or taped seams regardless of its fabric or silhouette: or
- Any suit with woven fabric extending past the hips. (Note: WOVEN FABRIC – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.) (Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted.)

Membership Requirement

No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Clerk of Course or Check-in table at the meet to show proof. Upon such proof, Coaches will receive any necessary meet paperwork and identifying mark (wrist band, etc.) of clearance that must be displayed while on deck.

Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck and the Coach and Club will each be fined \$100. Those Coaches without evidence of certification who wish to remain at the competition must sit in the spectator area.

If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, Member Coach or Member Club submitting the entry.

Check-In

All swimmers are automatically checked into the events for which they have been entered. Swimmers who are registered for more than 3 events in a day must scratch any additional events prior to the scratch deadline. Swimmers who fail to scratch out of any additional events will be seeded into the first THREE (3) events they are registered for that day and scratched out of any additional events for that day.

Coaches are responsible for all business conducted at the Coaches/Technical Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. You must arrive prior to the scratch deadline for your swimmer's first event to prove times if necessary.

- ♦ Start with the person that is checking the swimmers' and coaches' membership in USA Swimming. Have your coach Deck Pass app with you. To avoid any problems with your swimmers, have their proof of membership as well.
- ♦ After you have been cleared, move on to the individual giving out the Coaches' packets.
- ♦ Review the posted psych sheet to make sure your swimmers do not have an indicator (*, #, \$) by their time (this can be done prior to arriving at the meet).
- ♦ In the event of an indicator, go to the Times desk immediately to rectify the issue. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event.
- ♦ All swimmers entered in the 1650 Freestyle events must be positively checked-in prior to the scratch deadline to compete in the event.
- ♦ Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss their best event because you failed to scratch an entry.
- ♦ Follow all proof of time, scratch, and distance event entry procedures by the required deadlines as published. If a time cannot be proven the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.

Scratch Procedures

- ♦ The scratch box will be located at the Clerk of the Course.
- ♦ **Scratch Deadlines**
 - Scratch Deadline for Thursday's events is Wednesday, March 22, 2023, at 5:00 p.m. **To scratch any of Thursday's events email Stevecov@comcast.net prior to the deadline.**
 - Scratch Deadline for Friday/Saturday/Sunday events is 30 minutes after the start of finals on the respective preceding day. Scratches are to be made at the Clerk of Course Desk prior to the deadline.
- ♦ Failure to swim a timed final or prelims event in which they were seeded will result in that athlete being barred from their next individual event. An Athlete qualifying for FINALS may notify the Clerk of the Course within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event. An Athlete qualifying for FINALS who fails to compete will be barred from their next individual event during finals as well as their first individual event the next day.

Meet Format

Preliminaries and finals will be contested in all individual events except for the following which will be timed finals:

- 10&Under 500 Freestyle
- 11-14 1000 Freestyle
- 11-14 1650 Freestyles
- All relay events.

Preliminaries will be swum with combined age groups (10&Un, 11-12, and 13-14). The top ten qualifiers from each defined single age group (10&Un, 11, 12, 13, and 14) from the preliminary session will swim in a single, 10-lane, championship final in each event.

Seeding

All preliminary events will be championship circle-seeded slowest to fastest, except for the 10&Under 500 free, the 11-14 1000 freestyle, and the 1650 freestyle events, which will be timed final and swum fastest to slowest, alternating girls' and boys' heats (dependent on pool course set up).

For this Championships, the seeding order is:

1. Short Course Yards (SCY)
2. Long Course Meters (LCM)

Ready Room

A Ready Room will be used at these Championships prior to each individual finals heat. Each swimmer in the final must report to the Ready Room five minutes preceding the event. No relay heats will report to the Ready Room.

Distance Freestyle

The 11-14 1650 free will be swum *fastest to slowest alternating girls' and boys' heats* (dependent on pool course set up) as the only event offered on Thursday afternoon. The girls 11-14 1000 free will be swum *fastest to slowest at the end of preliminaries on Saturday*. The boys 11-14 1000 free will be swum *fastest to slowest at the end of preliminaries on Sunday*.

Meet Scoring

Individual events: 11-9-8-7-6-5-4-3-2-1

Relay events: 22-18-16-14-12-10-8-6-4-2

Timed final 11-14 events will be swum as combined and scored and awarded in single age groups.

Awards

An awards recognition ceremony will be conducted for the top three finishers in each individual and relay event. The schedule for awards ceremonies will be announced at the technical meeting.

- Team Awards - Team awards will be presented to the top five teams in Combined categories.
- Medals – Custom medals will be awarded to 1st-10th place for individual events and 1st-3rd for relays.

Warm-Up and Safety

The following rules apply to the warm-up period before each session, and to warm-up/down during the meet:

- Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry), except for starts, which are limited to specified lanes.
- Lifeguards shall be on the pool deck during the entire warm up period.
- Up to 2 lanes can be used for pace 50's and up to 2 lanes for one-way sprints.
- Specified center lanes are for circle swimming (2 lengths of the pool beginning at the starting end of the pool)
- Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
- Swimmers are not allowed on the starting blocks when a backstroke swimmer is executing a start in the same sprint lane.
- The use of hand-paddles, kickboards, fins, and other devices are not allowed during general warm-up.
- The use of hand-paddles at any time during which touch pads are installed is forbidden.
- Swimmers that are observed being warmed-up or being started by anyone other than a registered Coach, will be removed from all events for the day

The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules. Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals.

The main competition pool will be reserved the last 45 minutes for swimmers competing in that day's events.

Officials

All USAS/LSC Certified Officials are welcome to volunteer for this event. For an **Assigned Position** (Deck Referee, Starter or Chief Judge), please fill out the online for here (<https://forms.gle/xgC7RcJvnpQKWg2A6>). Applications for Stroke and Turn Officials would be appreciated but not mandatory.

This meet has been designated as a National Certification Officials Qualifying Meet, pending USA Swimming approval. Officials wishing to be evaluated for N2 or N3 advancement or recertification must apply, which will be considered in the order received up to March 15, 2023. A minimum of 4 sessions must be worked during the meet to be evaluated. If you have questions about applications, please contact Meet Referee Scott Sewell: smsewell19@gmail.com.

Officials' attire for the meet: white polo shirt, navy blue shorts, skirts, or long pants for all prelim sessions. White polo shirt and navy-blue long pants or skirts for all final sessions. White tennis shoes are to be worn for all sessions.

2023 TIME STANDARDS

Southwestern Age Group Regional Championships

10&Under

Girls			Boys			Girls			Boys	
LCM	SCY	EVENT	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
35.19	30.89	50 FR	30.49	34.59		36.29	31.89	50 FR	31.39	35.69
1:17.49	1:08.19	100 FR	1:07.19	1:16.89		1:21.19	1:11.39	100 FR	1:10.19	1:20.39
2:50.09	2:29.09	200 FR	2:24.99	2:44.69		2:58.39	2:36.39	200 FR	2:31.29	2:51.89
5:50.59	6:31.39	400/500 FR	6:25.49	5:44.59		X	X	400/500 FR	X	X
41.79	36.49	50 BK	36.29	41.59		43.49	37.99	50 BK	37.79	43.29
1:30.29	1:17.89	100 BK	1:16.29	1:27.69		1:34.79	1:21.79	100 BK	1:20.09	1:31.69
46.19	40.39	50 BR	40.29	46.29		48.09	41.99	50 BR	41.89	48.19
1:41.49	1:27.99	100 BR	1:26.29	1:40.19		1:46.49	1:32.39	100 BR	1:30.19	1:44.69
39.69	35.09	50 FL	34.69	39.19		41.49	36.69	50 FL	36.19	40.89
1:31.09	1:20.19	100 FL	1:19.89	1:30.59		1:36.79	1:25.29	100 FL	1:24.79	1:36.09
X	1:17.69	100 IM	1:16.99	X		X	1:21.39	100 IM	1:20.39	X
3:08.89	2:46.49	200 IM	2:46.19	3:08.29		3:17.59	2:54.19	200 IM	2:53.69	3:16.89

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Girls			Boys			Girls			Boys	
LCM	SCY	EVENT	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
33.59	29.69	50 FR	29.59	33.39		34.69	30.69	50 FR	30.59	34.49
1:13.19	1:04.19	100 FR	1:03.09	1:12.19		1:16.39	1:06.99	100 FR	1:05.79	1:15.39
2:38.79	2:18.39	200 FR	2:17.29	2:35.89		2:45.69	2:24.39	200 FR	2:23.69	2:42.69
5:30.69	6:08.29	400/500 FR	6:07.59	5:29.09		X	X	400/500 FR	X	X
11:32.89	12:41.19	800/1000 FR	12:50.49	11:22.69		X	X	800/1000 FR	X	X
22:08.59	21:28.29	1500/1650 FR	21:41.59	21:50.09		X	X	1500/1650 FR	X	X
38.89	33.69	50 BK	33.79	39.19		40.29	34.79	50 BK	34.99	40.79
1:25.09	1:13.09	100 BK	1:12.29	1:23.79		1:29.29	1:16.69	100 BK	1:15.79	1:27.89
2:59.99	2:35.49	200 BK	2:33.79	2:56.29		3:07.79	2:42.29	200 BK	2:40.39	3:03.99
43.19	37.79	50 BR	37.99	43.89		44.79	39.09	50 BR	39.49	45.69
1:34.39	1:22.09	100 BR	1:21.69	1:34.89		1:38.69	1:25.79	100 BR	1:25.59	1:39.29
3:23.19	2:56.99	200 BR	2:55.29	3:25.19		3:31.99	3:04.69	200 BR	3:02.89	3:34.09
36.29	32.19	50 FL	32.69	36.99		37.49	33.29	50 FL	33.99	38.49
1:21.99	1:11.69	100 FL	1:11.99	1:22.19		1:26.09	1:15.29	100 FL	1:15.79	1:26.39
3:00.29	2:39.59	200 FL	2:38.29	3:00.69		3:08.19	2:46.49	200 FL	2:45.19	3:08.49
X	1:13.79	100 IM	1:12.79	X		X	1:16.99	100 IM	1:15.99	X
2:59.79	2:37.29	200 IM	2:37.09	2:59.39		3:07.59	2:44.09	200 IM	2:44.29	3:07.69
6:27.29	5:35.69	400 IM	5:33.29	6:23.19		X	X	400 IM	X	X

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Girls			Boys			Girls			Boys	
LCM	SCY	EVENT	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
32.29	28.49	50 FR	27.49	31.49		33.39	29.39	50 FR	28.39	32.49
1:09.89	1:00.49	100 FR	59.29	1:07.49		1:12.89	1:03.09	100 FR	1:01.89	1:10.49
2:30.99	2:12.39	200 FR	2:09.19	2:26.99		2:37.59	2:18.29	200 FR	2:14.79	2:33.39
5:15.39	5:52.59	400/500 FR	5:47.49	5:08.49		X	X	400/500 FR	X	X
11:03.99	12:09.49	800/1000 FR	11:59.09	10:54.19		X	X	800/1000 FR	X	X
21:13.19	20:34.59	1500/1650 FR	20:18.79	20:55.49		X	X	1500/1650 FR	X	X
37.19	32.19	50 BK	31.89	36.79		38.49	33.29	50 BK	33.09	38.19
1:19.39	1:09.29	100 BK	1:07.49	1:18.49		1:23.29	1:12.69	100 BK	1:10.79	1:22.39
2:50.59	2:27.79	200 BK	2:23.99	2:46.59		2:57.99	2:34.19	200 BK	2:30.29	2:53.89
40.69	36.19	50 BR	35.49	40.39		42.09	37.49	50 BR	36.89	41.99
1:29.69	1:18.19	100 BR	1:15.89	1:27.69		1:33.79	1:21.69	100 BR	1:19.49	1:31.79
3:12.69	2:49.19	200 BR	2:42.99	3:08.89		3:21.09	2:56.59	200 BR	2:50.09	3:17.09
34.59	30.89	50 FL	30.49	34.39		35.79	31.99	50 FL	31.69	35.89
1:17.99	1:08.99	100 FL	1:07.09	1:16.39		1:21.89	1:12.49	100 FL	1:10.59	1:20.39
2:51.79	2:29.79	200 FL	2:26.29	2:46.39		2:59.29	3:36.39	200 FL	2:32.69	2:53.59
X	1:10.09	100 IM	1:08.09	X		X	1:13.09	100 IM	1:11.09	X
2:51.19	2:29.99	200 IM	2:27.09	2:48.19		2:58.59	2:36.49	200 IM	2:33.89	2:55.99
6:04.59	5:19.19	400 IM	5:12.19	5:56.29		X	X	400 IM	X	X

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Girls			Boys			Girls			Boys	
LCM	SCY	EVENT	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
31.89	27.99	50 FR	26.29	30.19		32.99	28.89	50 FR	27.09	31.19
1:08.39	59.79	100 FR	56.69	1:04.89		1:11.39	1:02.39	100 FR	59.19	1:07.79
2:27.69	2:09.19	200 FR	2:03.89	2:21.29		2:34.19	2:14.89	200 FR	2:09.29	2:27.39
5:07.39	5:44.79	400/500 FR	5:31.59	4:58.49		X	X	400/500 FR	X	X
10:38.39	11:53.79	800/1000 FR	11:28.49	10:17.49		X	X	800/1000 FR	X	X
20:20.49	19:54.09	1500/1650 FR	19:15.89	19:45.19		X	X	1500/1650 FR	X	X
1:16.39	1:05.69	100 BK	1:02.89	1:13.09		1:19.69	1:08.49	100 BK	1:05.59	1:16.29
2:43.59	2:22.49	200 BK	2:16.09	2:37.69		2:50.69	2:28.69	200 BK	2:21.99	2:44.59
1:26.89	1:15.39	100 BR	1:11.49	1:21.99		1:30.69	1:18.69	100 BR	1:14.59	1:25.59
3:07.59	2:42.09	200 BR	2:35.19	2:58.39		3:15.69	2:50.19	200 BR	2:41.99	3:06.09
1:13.89	1:05.59	100 FL	1:01.79	1:10.69		1:17.19	1:08.49	100 FL	1:04.49	1:13.79
2:44.79	2:24.79	200 FL	2:17.39	2:37.39		2:51.89	2:31.09	200 FL	2:23.29	2:44.29
2:47.49	2:25.99	200 IM	2:18.59	2:40.19		2:54.79	2:32.29	200 IM	2:24.69	2:47.09
5:53.19	5:08.49	400 IM	4:55.29	5:39.69		X	X	400 IM	X	X

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Girls			Boys			Girls			Boys	
LCM	SCY	EVENT	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
31.19	27.29	50 FR	25.29	29.09		32.19	28.19	50 FR	26.09	30.09
1:06.79	58.19	100 FR	54.49	1:02.69		1:09.69	1:01.29	100 FR	56.89	1:05.39
2:24.39	2:06.49	200 FR	1:58.39	2:16.09		2:30.69	2:11.99	200 FR	2:03.59	2:22.09
5:02.19	5:38.29	400/500 FR	5:19.99	4:49.29		X	X	400/500 FR	X	X
10:20.99	11:37.29	800/1000 FR	11:03.89	10:02.99		X	X	800/1000 FR	X	X
19:48.09	19:21.69	1500/1650 FR	18:27.59	19:05.89		X	X	1500/1650 FR	X	X
1:14.09	1:04.59	100 BK	1:00.49	1:10.79		1:17.29	1:07.39	100 BK	1:03.09	1:13.89
2:39.89	2:18.39	200 BK	2:10.09	2:30.29		2:46.79	2:24.39	200 BK	2:15.79	2:36.79
1:25.19	1:13.89	100 BR	1:08.09	1:17.89		1:28.89	1:17.09	100 BR	1:11.09	1:21.29
3:03.19	2:39.79	200 BR	2:28.39	2:30.29		3:11.19	2:46.79	200 BR	2:34.79	3:00.09
1:12.39	1:04.09	100 FL	59.59	1:07.49		1:15.49	1:06.89	100 FL	1:02.19	1:10.39
2:39.69	2:22.09	200 FL	2:11.69	2:29.99		2:46.59	2:28.29	200 FL	2:17.49	2:36.59
2:43.89	2:22.59	200 IM	2:13.09	2:33.69		2:50.99	2:28.79	200 IM	2:18.89	2:40.39
5:45.39	5:03.09	400 IM	4:43.39	5:26.19		X	X	400 IM	X	X