



NEW MEXICO SWIMMING
2024 WESTERN ZONE AGE GROUP CHAMPIONSHIPS
AUGUST 7-10, 2024

Hosted by: Idaho Competitive Aquatics
Idaho Central Aquatics Center
3575 S. Findley Ave.,
Boise, ID 83705

www.wagzones2024.com



PURPOSE OF THE NEW MEXICO AGE GROUP ZONE TEAM

1. To provide a team travel experience for age-group swimmers to participate in a meet at a higher level of competition in preparation for competition with their club teams at National level meets.
2. This experience prepares young athletes for upper-level competition by giving them an opportunity to:
 - a. Travel and compete away from home
 - b. Meet and compete with unknown and faster athletes
 - c. Work with new and unfamiliar coaches
 - d. Compete at new and unfamiliar facilities
3. To develop future leaders of New Mexico Swimming and role models for their home clubs.
4. To motivate athletes and increase confidence through experiencing a higher level of competition.



Any NMS registered swimmer whose age is 14 and younger as of August 7, 2024, and who has "AA" times, may apply for the Zone Team. Zone Qualifiers with any "AAA" times will automatically have a place on the team. 10 and under athletes with "A" times may also apply. Seeding for races will be for LCM times, then SCM times, followed by SCY times.

In the event that NMS does not have enough qualifiers in an age group for relays or individual swims, the coaching staff MAY pick additional individuals to fill those allotted bonus swims based on the fastest times of applicants by the end of the State Long Course Meet.

The only way to "guarantee" an athlete a place on the team is by qualifying. Please see the USA Swimming "AAA" motivational time standards for the official zones qualifying times. Times must have been achieved between August 7, 2023, and July 14, 2024. The times must be from a USA Swimming sanctioned-meet or the New Mexico High School State or District meets.

HOW TO MAKE THE NEW MEXICO WESTERN ZONE AGE GROUP TEAM?

COACHES AND CHAPERONES

Assistant Coaches will submit their applications for consideration by May 1, 2024, and will be selected no later than May 15, 2024.

The purpose of the assistant coaches is to support the head coach in all related swimmer training and needs, including acting as drivers at the Zone meet. The assistant coaches are assigned one coach for each age group: 10 & under, 11-12 and 13-14.

Applications for assistant coaches will be posted on the NM Swimming website.

Chaperone will submit their applications for consideration by June 10, 2024, and will be selected no later than June 15, 2024. (If a large number of swimmers are selected after Long Course State Championship, there is an opportunity to add additional chaperones as needed.)

Chaperones assist with managing the logistics, food and snack logistics, driving the vans, and maintain the overall schedule and supervision of the swimmers. Details on chaperone requirements, as per USA Swimming, will be posted on the NM Swimming website.

WHAT IS THE COST AND WHAT DOES IT INCLUDE?

The estimated cost, per swimmer, this year is **\$500 plus airfare (to be paid by the swimmer)** to the event.

This includes the following:

- Ground transportation by passenger vans throughout the meet
- All food and snacks
- Hotel lodging for swimmers 11-14 yrs old (10 & Unders with parents will cover their own hotel costs)
- Meet entry fees
- Zone after-party
- Team gear and embroidery

For applications submitted by June 5, 2024, the first deposit of \$250 will be required by June 15, 2024. The second deposit of \$250 will be required by July 15, 2024. A one-time payment of \$500 will also be accepted by June 15, 2024, if this is of interest.

No applications will be considered after June 5, 2024, so that planning, budgeting and coordination for the team can begin. Any returned check will require a fee of \$25 from the swimmer/family.

As of now, please plan on sending a check to:

New Mexico Swimming – AG Zones 2024

12500 Comanche Blvd NE

Albuquerque, NM 87111

****Details on credit card payment via Square will be provided soon.***

Outreach Swimmers: *In addition to the portion of the Age Group Zones trip, which is paid for by NMS, all registered outreach swimmers who qualify for the Age Group Zones and choose to participate, will have all travel related expenses arranged and paid through the NM Age Group Zones budget.*

HOW TO APPLY?



The online application will be located at the New Mexico Swimming LSC website:

[New Mexico Swimming - Zones Application \(gomotionapp.com\)](https://gomotionapp.com)

Once you have filled out all parts of the application online including your swimmer's **USA Swimming ID#**, you will be informed of your acceptance to the Zones Team by **June 5th**. New times from long course meets will be considered in the team evaluation process.

Upon acceptance to the team, you will need to fill out the related waivers and code of conducts in the New Mexico Swimming portal.

****PLEASE NOTE: You will be creating a new profile for your swimmer on the New Mexico Swimming LSC site as part of the application process. Please let us know if you have any issues with the account creation.***

TRAVELING TO BOISE

The team will be departing on Tuesday, August 6, 2024, and returning on Sunday, August 11, 2024.

Team Travel – Swimmers are responsible for the cost of their airfare with the team. All athletes are **required** to travel to and from* the meet and during the meet with the Zone Team. 10 & under athletes will travel to Boise, ID with their parents and will be transported to and from the swim meet with the parents. We welcome the 10 & under athletes and their parents to join us on the same flight. 10 & under athletes are permitted to take part in all dining with the team once in Boise.

After discussions with SWA, we have determined it is better for each swimmer to purchase their own ticket to travel on the team flights on Southwest Airlines. This gives the opportunity for family members to travel as well on the same flight and use discounts like companion passes etc. For those swimmers doing team travel as an unaccompanied minor, you will need to link your confirmation number to one of the coaches' confirmation numbers. This may require for you to call in to purchase your ticket instead of doing the transaction online.

****Parents who are traveling with their swimmer may check out the swimmer after the team party on the last night of competition. This is to accommodate other family travel plans, etc... Please let us know in advance if you will utilizing this option.***



Southwest 

TEAM FLIGHTS TO/FROM BOISE

FROM ALBUQUERQUE:

Southwest Airlines

Tuesday, August 6

ABQ to BOI (via DEN)

#3574/486

Leaves 6:40am, Arrives 10:50am

Sunday, August 11

BOI to ABQ (via DEN)

#3491/1358

Leaves 10:25am, Arrives 4:35pm

FROM EL PASO:

Southwest Airlines

Tuesday, August 6

ELP to BOI (via DEN)

#3997/486

Leaves 6:15am, Arrives 10:50am

Sunday, August 11

BOI to ELP (via LAS)

#3513/2537

Leaves 11:10am, Arrives 6:35pm



HOTEL LODGING AND ROOM RATES

Holiday Inn Boise Airport

2970 West Elder Street, Boise, ID

This hotel is 1 mile from the airport and 2.4 miles from the pool. Parents are responsible for securing their own lodging.

** 4 swimmers to a room – same sex and same age bracket*

** Chaperones or coaches on the same floor as swimmers*

** NM Swimming will book the rooms for the swimmers age 11 and up.*

** Parents of 10 & under swimmers are requested to book hotel rooms for their swimmers and parent(s).*

Discount code and NMSI Rebate link for Team New Mexico fans:

https://www.holidayinn.com/redirect?path=rates&brandCode=HI&localeCode=en®ionCode=1&hotelCode=BOIHI&checkInDate=06&checkInMonthYear=072024&checkOutDate=11&checkOutMonthYear=072024&_PMID=99801505&GPC=NMF&cn=no&viewfullsite=true



10 & UNDER SWIMMERS

All athletes, ages 11 – 14, will be required to stay with the team during the trip at the team hotel. Swimmers who are 10 & under, along with their parents are encouraged to stay at the team hotel. These athletes will be under the supervision of their parent(s) while they are not participating in team activities or attending the meet.

The 10 & under swimmers are required to participate in all Team New Mexico activities, meals, and meet sessions, including the Zone Party on Saturday evening after Finals.

CODE OF CONDUCTION AND CELL PHONE USAGE

Cell Phone Usage:

Cell phone usage is a privilege. If athletes are found to be inappropriate in any way their parents will be notified, and their phone will be confiscated for the rest of the meet. We will lean on the parents to discuss good electronic communication behavior. This includes any type of cyber bullying on social media or group chats.



Code of Conduct:

A Code of Conduct agreement will be required for the swimmers and for the parents to sign. Conduct of the swimmers is of the utmost importance on a travel meet, as the swimmer is not only representing themselves, but also the LSC and the state of New Mexico. Breaking the Code of Conduct could result in the swimmer not participating in team events or being sent home at the cost of the parent.



WE ARE #TEAMTYR

We are delighted to announce that New Mexico Swimming and the 2024 Age Group Zones team has partnered with TYR as our brand sponsor!

Zone Qualifiers receive for Zones Travel:

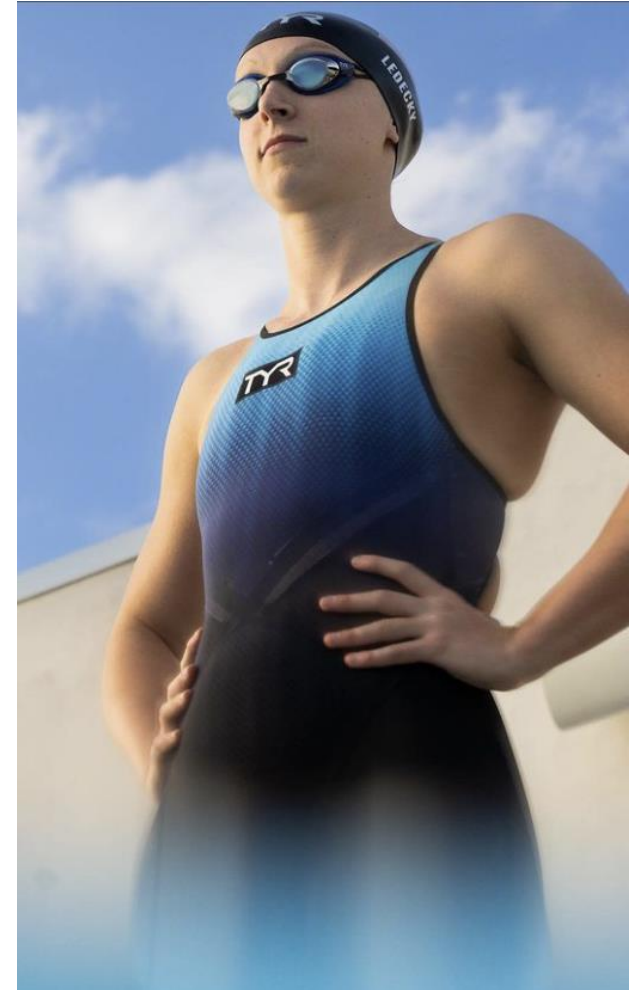
- 50% discount on any tech suit – orders will be placed via NMS to receive the discount
- One(1) TYR/Team New Mexico warm up set
- One(1) TYR/Team New Mexico backpack
- One(1) TYR training suit all Team New Mexico practices
- One(1) Pair of TYR shoes
- TYR/Team New Mexico branded caps for competition and Team New Mexico practices

Additional TYR branded shirts will also be provided as the assigned uniform for Team New Mexico at Western AG Zones.

Parents and Fans of Team New Mexico will be able to purchase logo gear through a TYR/New Mexico store portal. Please go to:

**<http://teams.tyr.com>
Access code: 15065**

Parents will go there and need the access code to create their accounts. This is fan gear only and nothing for the AG Zones Team will need to be purchase through this link.



What swimsuit does my swimmer have to wear?

Swimmers may wear any suit they would like provided that it meets USA Swimming guidelines and as long as it doesn't identify a specific team other than Team New Mexico. We strongly encourage the TYR competition suits as they are our team brand partner, but we will accept other suits worn by swimmers. USA Swimming has enacted a Tech Suit rule for 12 & Under that must be adhered to for TYR suits or other brands.



Swimmers at Western AG Zones are part of Team New Mexico, so no club team gear should be brought to the meet. Team New Mexico gear will be distributed to the swimmers prior to the trip, where practical. Team New Mexico items will be required to be worn for the duration of the trip. Some of the Team New Mexico gear may need to be fitted to each swimmer, it is the parents' responsibility to make the time to meet with our AG co-chairs, at the designated times and locations (TBA). Your swimmer will receive their gear, in the size you order, so being properly fitted is highly recommended. We will not be able to order new gear at the last minute if what you order does not fit.

Qualifying Times for Age Group Zones – “AAA”

Girls			10 & Under	Boys		
LCM	SCM	SCY	Event	LCM	SCM	SCY
32.79	31.89	28.89	50 Free	32.79	31.59	28.59
1:13.09	1:10.89	1:04.19	100 Free	1:12.89	1:10.29	1:03.69
2:39.79	2:35.79	2:20.89	200 Free	2:36.59	2:31.29	2:16.89
38.89	36.79	33.29	50 Back	38.89	37.09	33.49
1:23.89	1:19.29	1:11.79	100 Back	1:22.89	1:19.79	1:11.89
43.09	41.89	37.89	50 Breast	42.69	41.19	37.29
1:34.89	1:31.89	1:23.09	100 Breast	1:33.79	1:30.99	1:22.19
36.59	35.89	32.49	50 Fly	36.29	35.29	31.99
1:24.59	1:21.99	1:14.19	100 Fly	1:23.59	1:21.69	1:13.19
2:59.59	2:53.99	2:37.39	200 IM	2:58.39	2:52.49	2:36.19

Qualifying Times for Age Group Zones – “AAA”

11-12

LCM	SCM	SCY	Event	LCM	SCM	SCY
30.39	29.59	26.59	50 Free	29.29	28.29	25.59
1:06.09	1:03.89	57.79	100 Free	1:03.89	1:01.69	55.79
2:23.19	2:19.99	2:05.99	200 Free	2:19.49	2:15.19	2:01.39
5:01.69	4:55.09	5:36.89	400/500 Free	4:55.09	4:46.89	5:27.89
34.49	33.29	29.99	50 Back	33.69	32.49	29.29
1:15.39	1:11.89	1:04.69	100 Back	1:12.99	1:09.39	1:02.79
2:40.69	2:33.39	2:18.79	200 Back	2:36.69	2:29.89	2:15.19
38.49	37.39	33.79	50 Breast	37.49	36.19	32.69
1:24.79	1:21.19	1:13.19	100 Breast	1:22.19	1:18.79	1:10.49
3:02.79	2:56.39	2:37.89	200 Breast	2:56.59	2:49.29	2:32.49
32.39	31.89	28.69	50 Fly	31.89	31.19	28.19
1:13.09	1:11.49	1:04.19	100 Fly	1:10.89	1:09.39	1:02.39
2:40.99	2:36.99	2:21.39	200 Fly	2:37.49	2:33.29	2:16.09
2:41.89	2:36.89	2:21.59	200 IM	2:37.79	2:31.99	2:17.29
5:45.49	5:33.59	5:01.89	400 IM	5:37.79	5:23.89	4:53.19

Qualifying Times for Age Group Zones – “AAA”

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
29.19	28.39	25.59	50 Free	27.09	26.09	23.49
1:03.29	1:01.49	55.49	100 Free	9:36.00	45:36.00	51.59
2:16.89	2:12.99	1:59.49	200 Free	2:08.89	2:04.19	1:52.39
4:48.19	4:41.49	5:20.39	400/500 Free	4:34.29	4:25.89	5:03.79
9:53.99	9:38.99	11:01.59	800/1000 Free	9:30.29	9:10.89	10:29.49
18:56.49	18:16.29	18:22.79	1500/1650 Free	18:09.39	17:25.89	17:31.99
1:10.69	1:06.99	1:00.19	100 Back	1:05.89	1:02.59	56.19
2:31.19	2:25.29	2:11.09	200 Back	2:23.09	2:16.39	2:02.79
1:20.19	1:16.99	1:09.09	100 Breast	1:14.59	1:10.69	1:03.89
2:52.59	2:46.69	2:29.99	200 Breast	2:41.39	2:34.89	2:18.79
1:08.09	1:06.79	59.99	100 Fly	1:03.89	1:01.99	55.89
2:31.69	2:27.69	2:12.79	200 Fly	2:22.19	2:17.49	2:04.29
2:33.89	2:28.89	2:13.39	200 IM	2:25.09	2:18.89	2:05.69
5:26.49	5:17.59	4:45.69	400 IM	5:08.59	4:56.79	4:28.29