



**PACIFIC NORTHWEST SWIMMING**  
**ZONE TEAM INFORMATION AND ATHLETE APPLICATION**

**2022 WESTERN ZONE AGE GROUP CHAMPIONSHIPS**  
**Elk Grove Aquatic Center, Elk Grove, CA, AUGUST 3-6**

**FAMILY TRAVEL**

As it was for 2021, Age Group Zones will **AGAIN be a family travel meet in 2022.** Selected athletes & families will be responsible for their own travel, lodging and meal arrangements (with the exception of the two team dinners). Prior to departure, a general schedule will be provided for the duration of the meet and a daily schedule will be provided during the meet with prelims/finals specifics and any other scheduled team activities. Athletes are expected to fully adhere to the team schedule and to arrive/depart on time for meet warmups and any other team activities. Athletes who fail to follow the team schedule during the trip will be scratched from the meet and sent home.

**PNS ZONE TEAM**

While we are not traveling as a team, the coaches and staff consider the meet a TEAM championship. This is an opportunity for us to come together as a TEAM with our talented PNS age groupers and represent the LSC against the top swimmers in the Western Zone. This is our chance as a TEAM to showcase our fast age groupers at the championship and we appreciate a high level of cooperation from all participating athletes, coaches and traveling parents/guardians.

**ELIGIBILITY**

Western Zone Age Group Championships is a selection meet for PNS. Eligible swimmers must have achieved a 2022 Western Zone Time Standard within the qualifying time period at a sanctioned USA Swimming competition as verified by SWIMS database.

**TEAM ROSTER – SELECTION PROCESS**

LSC's are allowed to take up to 80 swimmers who have achieved a qualifying time for the Western Zone Age Group Championships. The TEAM goal for our LSC is to take the most competitive team to the meet to allow our athletes the opportunity to compete against the best in the West. All qualifying times will be considered - SCY, SCM, LCM - during the selection process. **The Zone Team coaches and team manager will meet to jointly select the team based on the following factors:**

All qualified swimmers that apply will be selected for age groups that have twelve (12) or less applicants.

For age groups with more than 12 swimmers who apply, the following factors will be taken into consideration when picking the swimmers for the Zone team:

1. Zone event rankings
2. Relay scoring potential
3. Number of events qualified



4. Championship meet experience
5. IMX & Power Point scores
6. Meet availability

Additional swimmers may also be selected as determined to be needed by the Zone Team Coaches for underserved age groups, events and relays and as provided per meet rules and within the 80 athlete limit. Two (2) 12&under disability athletes and two (2) 13-14 disability athletes may also be selected to the Zone Team. Two (2) alternates will be selected, when available, for each gender and age group to fill duties on the team should a selected team member have to bow out of the meet.

Athletes who anticipate qualifying after the deadline and/or who are very close to the qualifying standards are encouraged to apply for consideration by the application deadline.

**ZONE TEAM COACHES**

Head Coach	Evan Moline	<a href="mailto:EvanM@bellevueclub.com">EvanM@bellevueclub.com</a>
Assistant Coach	Derek Young	<a href="mailto:coachderek@smac.email">coachderek@smac.email</a>
Assistant Coach	Joey Xiong	<a href="mailto:jxiong@kingaquaticclub.com">jxiong@kingaquaticclub.com</a>
Assistant Coach(es)	TBD	
Manager	Kara Forbis	<a href="mailto:karaforbis@gmail.com">karaforbis@gmail.com</a>



## **MEET ENTRIES**

Zone Team Coaches will make the final decision on all entries based on what is best for the TEAM. Zone Team Coaches will strive to provide each athlete with at least one (1) swim each day participating.

Athletes are limited to six (6) individual events for the entire meet and no more than three (3) *individual* events per day. Entries may be further limited based on the overall LSC entry limitations of the championship, including both total entries and bonus events.

PNS may enter two (2) relays per event. All relays will compete as following: "A" Relays will swim at Finals slowest to fastest and "B" relays will swim at the conclusion of Prelims fastest to slowest.

In representing Pacific Northwest Swimming, athletes commit to properly prepare for the meet and each race. Athletes must attend all prelim sessions that they have entered and are expected to swim all finals sessions that they make it back to. Athletes that fail to properly scratch from prelim events will be not allowed to compete in other events that day. Athletes that fail to properly scratch from a finals race will be barred from further competition for the remainder of the meet.

## **OPENING CEREMONIES & SOCIAL EVENTS**

Due to COVID protocols, the social event schedule is as follows:

- Opening Ceremonies will NOT take place on Tuesday night. A special recognition of all athletes attending the meet will take place at the beginning of the Preliminary Session on Wednesday morning.
- Saturday Finals "exchange" of team gear RETURNS!
- Saturday Night Athlete Dinner & Social will be held this year. Information will be available on the event website.

## **SPECTATOR ADMISSIONS & SEATING:**

Final details on spectator numbers will be distributed to each LSC no later than July 15, 2022. Additionally, final details on ticket sales will be distributed to each LSC no later than July 15, 2022. Spectator seating will be located in a designated section and this is a CLOSED-DECK meet; only credentialed athletes, coaches, officials and volunteers are allowed on the pool deck. There will be no admission of spectators to the competition deck. Details on Live Streaming, if possible, will be shared as soon as it is available.

## **PARENT HELP**

We will need parent help throughout the meet. Per Western Zone policy, each LSC is required to have at least one adult chaperone in the assigned Team Areas supervising their LSC athletes whenever their athletes are in the Team Area.

PNS is also required to supply timers for each session of prelims and finals. The Zone Team Manager will create a job sign up prior to the meet to fill in our parent assignments. Parents who serve as officials are



encouraged to work sessions throughout the meet. Parents who volunteer must have completed a USA Swimming background check and the Athlete Protection Course.

### **TEAM DINNERS**

On Tuesday August, 2nd and Friday August 5th, we will have a TEAM dinner for our athletes and coaches ONLY to create a TEAM atmosphere for the swimmers and coaches with family travel for the meet this year. Cost for the athletes' dinner is included in the participation fee cost. Parents are encouraged to use this time to have dinner with other parents or explore the area. Location and time for dinners TBD and will be communicated to the Zone team member selected. Approximate time for the team dinners will be an hour and a half.

### **TRAVEL**

Athletes are encouraged to be there for the whole meet to participate in the TEAM dinners and Saturday Zone social.

### **Recommended travel dates:**

Depart for Elk Grove (Sacramento) – Tuesday, August 2, arrival early to make 5:00pm practice at the competition pool and team dinner after  
Return to Seattle – Sunday, August 7

### **LODGING**

Families may stay wherever they choose, but are encouraged to stay as close to the pool as possible.

### **PNS Zone Team Coach Hotel:**

Fairfield Inn & Suites Sacramento Elk Grove  
8058 Orchard Loop Lane  
Elk Grove, CA 95624  
916-681-5400

HOTEL OPTIONS provided by the meet host will be shared at a later date.

### **PARTICIPATION FEE**

Total cost for participation is \$150. The participation fee covers the cost of entries, surcharges, team apparel and two team dinners: Tuesday August 2nd and Friday August 5th. Athletes will be responsible for all other trip expenses.

The participation fee is due with submission of the athlete application and will NOT be refunded unless an athlete is not selected to the team. If for some reason a selected athlete is not able to make the trip after the team has been announced, there will NOT be any refunds as the full cost has been committed by PNS to support each athlete. Athletes who do not swim in the meet will NOT receive any of the team items given to the participating swimmers.



Payments should be made out to "Pacific Northwest Swimming" and mailed to:

**PNS Zone Team**  
**P.O. BOX #841**  
**Maple Valley, WA 98038**

**APPLICATION DEADLINE**

Applications with all required items and signatures need to be sent via email to Kara Forbis at [karaforbis@gmail.com](mailto:karaforbis@gmail.com) and **MUST BE RECEIVED by midnight, Tuesday June 28th**

The 2022 PNS Zone Team will be announced on Friday, July 1st via the PNS website. Selected families & LL athletes will receive communications as to next steps shortly after the announcement.

Checklist

- \_\_\_\_ LLPNS Zone Athlete Application
- \_\_\_\_ LL Family Travel Medical Release
- \_\_\_\_ LLPacific Northwest Code Of Conduct

**ATHLETE APPLICATION**

Athlete Name: \_\_\_\_\_ Age on August 3, 2022: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

USA Swimming #: \_\_\_\_\_ Club Team: \_\_\_\_\_

Disability Athlete:      YES      NO

Parent/Guardian Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian Cell: \_\_\_\_\_ Parent/Guardian Email: \_\_\_\_\_

Athlete Cell: \_\_\_\_\_ Athlete Email: \_\_\_\_\_

TRAVELING Parent/Guardian name for the trip: \_\_\_\_\_

TRAVELING Parent/Guardian Cell: \_\_\_\_\_ TRAVELING Parent/Guardian Email: \_\_\_\_\_

T-Shirt Size (Adult Sizes): **S M L XL**      Sweatshirt/Jacket Size (Adult Sizes): **S M L XL**



Meet participation dates – please select all meet days available to swim prelims & finals:

Wed August 3	Thurs August 4	Fri August 5	Sat August 6

Team Dinners – athlete will be attending the team dinners:

Tuesday August 2nd    YES            NO  
 Friday August 5th     YES            NO

Payment of \$150.00 non-refundable participation fee has been mailed to PNS:    YES            NO

Will your athlete be fully vaccinated by 08/03/2022?    YES            NO            PREFER NOT TO ANSWER

*NOTE: This has no bearing on the selection process. It is simply to provide information in the event of any potential exposures during the meet (i.e., who would need to be quarantined and who would not need to be quarantined with athletes preferring not to answer to be considered high risk).*

**EVENTS**

For each participating meet day:

- Provide BEST TIME for ALL QUALIFIED events.
- Provide BEST TIME for THREE (3) REQUESTED bonus events for each available session.

The times you list must have been achieved in sanctioned competition between August 8, 2021, and the entry deadline of July 27, 2022. Zone Team Coaches may select different and/or additional events than qualified for and requested.

QUALIFIED	Wednesday	REQUESTED
	11-12 400 IM	
	10&U 50 Breast	
	11-12 50 Breast	
	13-14 100 Breast	
	10&U 200 Free	
	11-12 100 Free	
	13-14 100 Free	
	10&U 100 Back	
	11-12 100 Back	



	13-14 200 Back	
	13-14 800 Free	
<b>QUALIFIED</b>	<b>Thursday</b>	<b>REQUESTED</b>
	10&U 100 Free	
	11-12 200 Free	
	13-14 200 Free	
	10&U 50 Fly	
	11-12 50 Fly	
	13-14 100 Fly	
	10&U 200 IM	
	11-12 200 IM	
	13-14 400 IM	
	11-12 200 Back	

<b>QUALIFIED</b>	<b>Friday</b>	<b>REQUESTED</b>
	11-12 200 Fly	
	10&U 100 Breast	
	11-12 100 Breast	
	13-14 200 Breast	
	10&U 50 Back	
	11-12 50 Back	
	13-14 100 Back	
	11-12 400 Free	
	13-14 400 Free	
<b>QUALIFIED</b>	<b>Saturday</b>	<b>REQUESTED</b>
	13-14 200 IM	
	10&U 50 Free	
	11-12 50 Free	
	13-14 50 Free	
	10&U 100 Fly	
	11-12 100 Fly	
	13-14 200 Fly	
	11-12 200 Breast	
	13-14 1500 Free	

**COACH COMMENTS**

Please include any additional athlete information that would be helpful to the Zone Team Coaches:



**LSC IMAGE AUTHORIZATION**

In submitting this application for the 2022 Western Zone Age Group Championships, you and the traveling participants in your party are giving permission to be filmed and photographed by Pacific Northwest Swimming (PNS) and any of its official designee(s) throughout the entirety of this LSC sponsored event and further give permission to PNS to post and share any photos, images and videos taken in association with this event to any and all official media outlets, social media, websites and platforms utilized by Pacific Northwest Swimming.

**COVID ATTESTMENT**

By sending an athlete on this trip, to each meet session and team activity, you are attesting that you have provided the necessary health assessments and have cleared your athlete to participate. Zone Team Coaches will monitor swimmers throughout the meet and may make additional assessments by asking swimmers questions regarding their health and contact with others. You further understand, any athlete shows signs of COVID-like symptoms during team activities, they will be separated and called to be picked up.

In submitting this application for the 2022 Western Zone Age Group Championships, you are committing to follow the Team Schedule, COVID protocols, the PNS code of conduct and understand you are responsible for providing your own lodging, transportation and meals and all associated costs.

Parent/Guardian Signature: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

**Please submit application VIA EMAIL with required items and signatures by June 28th deadline:**

To Kara Forbis at: [Lkaraforbis@gmail.com](mailto:Lkaraforbis@gmail.com)

Payments should be made out to "Pacific NorthwestSwimming" and mailed to:

**PNS Zone Team  
P.O. BOX #841  
Maple Valley, WA 98038**

**FAMILY TRAVEL MEDICAL RELEASE**





I, \_\_\_\_\_, legal parent and/or guardian of \_\_\_\_\_ (athlete), do hereby relieve PACIFIC NORTHWEST SWIMMING, the AGE GROUP VICE-CHAIRMAN and PNS ZONE TEAM STAFF from any and all liability in connection with participation in Western Zone Age Group Championships.

In the event illness, injury and/or other health related issue during the meet and it is impossible to contact me for any medical treatment, I then hereby grant permission to PNS Zone Team Coaches, Chaperones and Lifeguards to use their best judgment in providing medical treatment as needed for the safety and protection of my child.

In the event emergency treatment should be necessary, the insurance carrier for the above named athlete is \_\_\_\_\_ and the policy number is \_\_\_\_\_.

SIGNED BY: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent Cell: \_\_\_\_\_

Athlete Cell: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Best Emergency Contact: \_\_\_\_\_ Best Phone: \_\_\_\_\_



## CODE OF CONDUCT

All team members, team staff, and parents of minors are apprised in writing of this Code of Conduct and the attached USA Swimming Code of Conduct. A signature on this document constitutes unconditional agreement to comply with the stipulations of both documents.

- a. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, volunteers and fellow competitors while on the trip.
- b. The possession or use of alcohol, tobacco products, controlled substances, is prohibited throughout the designated duration of the trip. The Team Manager needs to be informed in writing as part of the athlete's application of all prescription medication, dietary supplements, or other drugs being brought on the trip by individual athletes.
- c. No "deck changes" are permitted. Athletes are expected to use available change facilities.
- d. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- e. Swimmers are to refrain from inappropriate physical contact at team activities and events.
- f. Swimmers are to refrain from use of inappropriate language.
- g. Athletes and team staff must abide by the SafeSport Code for the U.S. Olympic and Paralympic Movement.
- h. LSC team members are reminded that when competing in meets, traveling on trips, and attending other meet related functions, they are representing both themselves and the Pacific Northwest Swimming. Athlete behavior must positively reflect the high standards of Pacific Northwest Swimming.
- i. Additional guidelines may be established as needed to assure the safety and well-being of the team members and will be adhered to during the trip.

I understand that failure to comply with the Pacific Northwest Swimming Code of Conduct, as set forth in this document or additions necessary for the safety and well-being of the team members may result in disciplinary action, which may include but is not limited to the following:

1. Disqualification from one or more swimming activities.
2. Dismissal from team and return home at my own/parent's expense.
3. The infraction(s) will be reported to the PNS Board who may take additional disciplinary action including but not limited to disqualification from future PNS sponsored activities.



I may appeal any disciplinary action in accordance with Part Four of USA Swimming Rules and Regulations.

\_\_\_\_\_

Swimmer's Name (print name)

\_\_\_\_\_

Swimmer's signature Date

\_\_\_\_\_

Parent/Guardian's Name (print name)

\_\_\_\_\_

Parent/Guardian Signature Date

\_\_\_\_\_

Coach's Name (print name)

\_\_\_\_\_

Coach's Signature Date