

# 2023 WESTERN ZONE CHAMPIONSHIPS INFORMATION SHEET

**HEAD COACH:** TBA

**FOR INFORMATION CALL:** SEAN P. REDMOND 760-716-7679 cell or 760-728-9244

Or Email: [seanmary@aol.com](mailto:seanmary@aol.com)

**MEET DATES:** AUGUST 2-5, 2023.

**MEET SITE:** Greater Boise Aquatic Center - Boise ID 3575 S Findley Ave, Boise, ID 83705

**COST:** Swimmers who travel with the team will pay \$1110.00; this will include entry, travel, hotel (two swimmers per room), food, and team apparel. Those not traveling with the team will receive a stipend that will be given after returning from the meet of at least \$475.

**DEPARTURE:** Tuesday, August 1, 2023

**RETURN:** Sunday, August 6, 2023

## TEAM SELECTION:

- To apply the swimmer must have at least one (1) qualifying time; short course or long course. Times must have been achieved since August 3, 2022, through the application deadline.
- The coaching staff will select the best team from the qualified applicants. The team will be limited to a maximum of 48 swimmers.
- There may be a max of four (4) swimmers with disabilities selected to the team, two (2) 12-under and two (2) 13-14.
- Swimmers with 6 (six) or more qualifying times; and who submit a complete and timely application, will automatically be selected to the team.
- The coaching staff will select the best team from the qualified applicants.
- Swimmers with 2-5 cuts will be given priority over swimmers with 1 cut and will be selected by the Zone Coaching staff. The selection will be using the results from the 2022 WZAG; top 8 and top 16: compared to the swimmers submitted best time to select the best team.
- Swimmers with 1 (one) cut may be considered for selection to complete a relay(s). If there are 3 swimmers in an age group: a fourth may be selected. If there are 7 swimmers, an 8<sup>th</sup> may be selected.
- The coaching staff will enter the swimmers in the events that will be best for the overall team's success. Swimmers are required to compete in all entered events, individual and relay.
- SI Swimming is encouraging: 13/14 travel as a team, 11/12 have the option to travel with the team or with their families, and 10/under to travel with their families.
- Swimmers not competing in all events that they are entered, and/or not complying with all SI and Team Rules and Policies will not receive funds.
- Zone Team Swimmers will not be allowed to compete in any meets between July 24 and August 1. There will be a **MANDATORY** team meeting Saturday, July 30, site TBA.
- Applications will be due by **July 22, 2023. They may be mailed to San Diego Imperial Swimming, P.O. Box 1347, Fallbrook CA. 92028.**

**USA Swimming Prohibit Tech Suit Use by 12U Athletes including the 2023 WZAG Championships.**



## 2023

### Age Group Western Zone Time Standards

Qualifying Time Period: August 3, 2022 - Close of Entries

Women		10 & Under		Men	
LCM	SCY	Event	LCM	SCY	



0:32.79	0:28.89	<b>50 Free</b>	0:32.79	0:28.89
1:13.09	1:04.19	<b>100 Free</b>	1:12.89	1:03.69
2:39.79	2:20.89	<b>200 Free</b>	2:36.59	2:16.89
0:38.89	0:33.29	<b>50 Back</b>	0:38.89	0:33.49
1:23.89	1:11.79	<b>100 Back</b>	1:22.89	1:11.89
0:43.09	0:37.89	<b>50 Breast</b>	0:42.69	0:37.29
1:34.89	1:23.09	<b>100 Breast</b>	1:33.79	1:22.19
0:36.59	0:32.49	<b>50 Fly</b>	0:36.29	0:31.99
1:24.59	1:14.19	<b>100 Fly</b>	1:23.59	1:13.19
2:59.59	2:37.39	<b>200 IM</b>	2:58.39	2:36.19

**11-12**

<b>LCM</b>	<b>SCY</b>	<b>Event</b>	<b>LCM</b>	<b>SCY</b>
0:30.39	0:26.59	<b>50 Free</b>	0:29.29	0:25.59
1:06.09	0:57.79	<b>100 Free</b>	1:03.89	0:55.79
2:23.19	2:05.99	<b>200 Free</b>	2:19.49	2:01.39
5:01.69	5:36.89	<b>400/500 Free</b>	4:55.09	5:27.89
0:34.49	0:29.9	<b>50 Back</b>	0:33.69	0:29.29
1:15.39	1:04.69	<b>100 Back</b>	1:12.99	1:02.79
2:40.69	2:18.79	<b>200 Back</b>	2:36.69	2:15.19
0:38.49	0:33.79	<b>50 Breast</b>	0:37.49	0:32.69
1:24.79	1:13.19	<b>100 Breast</b>	1:22.19	1:10.49
3:02.79	2:37.89	<b>200 Breast</b>	2:56.59	2:32.49
0:32.39	0:28.69	<b>50 Fly</b>	0:31.89	0:28.19
1:13.09	1:04.19	<b>100 Fly</b>	1:10.89	1:02.39
2:40.99	2:21.39	<b>200 Fly</b>	2:37.49	2:16.09
2:41.89	2:21.59	<b>200 IM</b>	2:37.79	2:17.29
5:45.49	5:01.89	<b>400 IM</b>	5:37.79	4:53.19

**13-14**

<b>LCM</b>	<b>SCY</b>	<b>Event</b>	<b>LCM</b>	<b>SCY</b>
0:29.19	0:25.59	<b>50 Free</b>	0:27.09	0:23.49
1:03.29	0:55.49	<b>100 Free</b>	0:59.09	0:51.59
2:16.89	1:59.49	<b>200 Free</b>	2:08.89	1:52.39
4:48.19	5:20.39	<b>400/500 Free</b>	4:34.29	5:03.79
9:53.99	11:01.59	<b>800/1000 Free</b>	9:30.29	10:29.49
18:56.49	18:22.79	<b>1500/1650 Free</b>	18:09.39	17:31.99
1:10.69	1:00.19	<b>100 Back</b>	1:05.89	0:56.19
2:31.19	2:11.09	<b>200 Back</b>	2:23.09	2:02.79
1:20.19	1:09.09	<b>100 Breast</b>	1:14.59	1:03.89
2:52.59	2:29.99	<b>200 Breast</b>	2:41.39	2:18.79
1:08.09	0:59.99	<b>100 Fly</b>	1:03.89	0:55.89
2:31.69	2:12.79	<b>200 Fly</b>	2:22.19	2:04.29
2:33.89	2:13.39	<b>200 IM</b>	2:25.09	2:05.69
5:26.49	4:45.69	<b>400 IM</b>	5:08.59	4:28.29

**Order of Events**

G/B	Age Group	Events Name	G/B	Age Group	Events Name
Wednesday August 3					
1-2*	11-12	400 IM	15-16	10/under	100 back
3-4	10/under	50 breast	17-18	11-12	100 back
5-6	11-12	50 breast	19-20	13-14	200 back
7-8	13-14	100 breast	21-22**	13-14	800 free
9-10	10/under	200 free	23-24	12/under	400 free relay
11-12	11-12	100 Free	25-26	14/under	400 free relay
13-14	13-14	100 free			

G/B                      Age Group                      Events Name                      G/B                      Age Group                      Events Name

Thursday August 4

27-28	10/under	100 free	39-40	10/under	200 IM
29-30	11-12	200 free	41-42	11-12	200 IM
31-32	13-14	200 free	43-44	13-14	400 IM
33-34	10/under	50 fly	45-46*	11-12	200 back
35-36	11-12	50 fly	47-48	10/under	200 free relay
37-38	13-14	100 fly	49-50	12/under	200 free relay
			51-52	14/under	200 free relay

G/B                      Age Group                      Events Name      G/B                      Age Group                      Events Name

Friday August 5

53-54*	11-12	200 fly	65-66	13-14	100 back
55-56	10/under	100 breast	67-68*	11-12	400 free
57-58	11-12	100 breast	69-70	13-14	400 free
59-60	13-14	200 breast	71-72	12/under	400 med relay
61-62	10/under	50 back	73-74	14/under	400 med relay
63-64	11-12	50 back			

G/B                      Age Group                      Events Name      G/B                      Age Group                      Events Name

Saturday August 6

75-76	13-14	200 IM	87-88	13-14	200 fly
77-78	10/under	50 free	89-90*	11-12	200 breast
79-80	11-12	50 free	91-92**	13-14	1500 free
81-82	13-14	50 free	93-94	10/under	200 med relay
83-84	10/under	100 fly	95-96	12/under	200 med relay
85-86	11-12	100 fly	97-98	14/under	200 med relay

\*Timed Finals events with the fastest heat swum in Finals

\*\*Timed Finals events swum in prelims fastest to slowest alternating Girls and Boys

USA Swimming defines a Technical Suit as one that has the following components:

Any suit with any bonded or taped seams regardless of its fabric or silhouette:

Any suit with woven fabric extending past the hips

There may be a meet admission charge for all spectators.

There may be an after-meet social will be available for all swimmers and/or their families.