

1.1 Zone Team Selection

1.1.1 Team Size

North Carolina Swimming will select the following number of swimmers for the NC Zone Team.

13-14 Boys	12 swimmers allowed
13-14 Girls	12 swimmers allowed
11-12 Boys	12 swimmers allowed
11-12 Girls	12 swimmers allowed
Disability athletes	Up to 6 swimmers selected

1.1.2 Selection Process

Eligibility: Swimmer must be a currently registered NC Swimming year-round athlete. Swimmers will apply for the appropriate age group based on his/her age as of the first day of the Southern Zone Age Group Meet. Swimmers must be eligible to compete in the Southern Zone Age Group Championships based on the meet entry criteria.

NOTE: Swimmers cannot enter any event in which they have achieved a Summer Junior National qualifying time nor swim that event on relays.

Disability athletes will be selected by a process determined by the Disability Committee.

1.1.3 Selection Meets

- 11-12 and 13-14 Swimmers may use any long course meters' time achieved from March 1 of the year applying through the end of Sunday's finals at the NCS Long Course Age Group Championships.

1.1.4 Selection Procedure

- Swimmers may use any long course meters time, for an eligible event, achieved from March 1 of the current swim season through the end of Sunday finals at the NCS Long Course Age Group Championships for 11 – 14-year olds. All swims prior to the NCS Long Course Age Group Championship must be listed in the USA Swimming SWIMS Database. Adding together the swimmer's six highest scoring, zone meet eligible events, will produce the "total ZONE POINTS" score for each athlete.
- The number of ZONE POINTS awarded per eligible event swum will be based on the proximity of the time swum to the Zone Meet prelims rolling average 8th place time for each eligible event.
- The top eight (8) 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, total zone point scorers will be extended an invitation to join that years NC Zone Team.
- An additional four (4) 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, will be selected on an "at-large" basis by the Zone Coaching Staff in consultation with the Zone Head Coach. Selection of "at-large" team

members will be based on likely scoring contribution to the team.

1.1.5 Calculating Zone Points

- Summary

- o The total zone points will be calculated by the team managers and coaching staff and used to determine automatic Zone Team selections. The top eight (8) swimmers in the 11-12 and 13-14 age groups, both boys and girls, by total Zone points will be selected to the Zone Team. Four (4) additional 11-12 and 13-14 swimmers in both the girls and boys will be selected by the NCS Zone coaching staff based on the ability of each athlete to potentially score points at the meet.
- o If the total Zone points for two or more swimmers results in a tie, the swimmer(s) with the highest ranked score in any event will make the team. If there is still a tie, the second highest score will be used to break the tie.
- o The Zone application fee is due to the Zone Coaching Staff at such time as may be announced by the Zone Team Manager and no later than 15 minutes following the conclusion of the applicant's final session at NCS Long Course Age Group Championships for 11–14-year-old swimmers. The deadline to apply for the Zone Team will be posted on the NCS website no later than June 1 to prior to the annual championship meet.

- Zone Points Formula

The following formula will be used to calculate Zone Points for each event eligible to be scored

- o $ZP = BP * (BT / T) ^3$
- o Where:
 - i. $BP = 1000$
 - ii. $T = \text{Swimmer's time in seconds}$
 - iii. $BT = 3 \text{ year rolling average of the event's prelims 8th place time}$

- Example Zone Points calculation: John Smith, an 11-12 boy swimming the 100m Back in 1:10.51

- o Convert the time swum to seconds. $[1:10.51 = 60 + 10.51 = 70.51 \text{ sec}]$
- o Divide the average prelims 8th place time in seconds for 11-12 boys 100m back by the swimmer's time in seconds $[68.84 / 70.51 = .9763]$
- o Cube the result $[(.9763) ^3 = .930615]$

- o Multiply the result by 1000 and round to the nearest whole number to arrive at your Zone Point value [1000 * .9306 = 930.6 = 931 points]
- Events Eligible for Zone Points
 - o 11-12 Girls and Boys
 - i. 50m Free, 100m Free, 200m Free, 400m Free
 - ii. 50m Back, 100m Back
 - iii. 50m Breast, 100m Breast
 - iv. 50m Fly, 100m Fly
 - v. 200m IM
 - o 13-14 Girls
 - i. 50m Free, 100m Free, 200m Free, 400m Free, 800m Free
 - ii. 100m Back, 200m Back
 - iii. 100m Breast, 200m Breast
 - iv. 100m Fly, 200m Fly
 - v. 200m IM, 400m IM
 - o 13-14 Boys
 - i. 50m Free, 100m Free, 200m Free, 400m Free, 1500m Free
 - ii. 100m Back, 200m Back
 - iii. 100m Breast, 200m Breast
 - iv. 100m Fly, 200m Fly
 - v. 200m IM, 400m IM

2.6 Zone Team Disability Selection

- 2.6.1** Purpose - To determine a selection process for inclusion of swimmers with a disability at the Southern Zone Age Group Meet, in compliance with the directive for inclusion by USA Swimming.
- 2.6.2** Eligibility - Eligible swimmers with a disability must compete in a minimum of three (3) NCS sanctioned meets during the previous twelve (12) month period before the Southern Zone Age Group meet, and MUST compete in at least one (1) of the two (2) NCS LSC Championship meets, or a USA Swimming Grand Prix Meet during the same period. Applicants must be between the ages of 11 and 18 as of the first day of the Southern Zone Age Group Meet to be considered. Type or manner of disability will not be a deciding factor in the selection process. A MAXIMUM of 3 male and 3 female swimmers with a disability will be selected for any one NCS Zone team.
- 2.6.3** Accommodation - Swimmers applying for the NCS Zone Team requiring a personal assistant as deemed necessary by either the NCS Zone Team Coaching Staff and/or the swimmer's legal guardian will be funded at the same level as non-disabled swimmers.

2.6.4 Personal Assistants

- Must be a USA Swimming Member
- Must pass a Level II background check
- Travel and lodging will not be funded by NCS (travel at their own expense)
- Must travel with the NCS Zone team; however, travel arrangements will be made on their behalf by the NCS Zone Team Manager.
- Meals will be provided for Personal Assistants by the NCS Zone team at no additional expense to the Personal Assistants.
- Personal Assistants MUST either be an immediate family member, or a professional care giver employed by the swimmer's legal guardian to provide care for the swimmer. A waiver will be mandatory if the personal assistant is not traveling with a family member.

2.6.5 Application Deadline - Applicants using any long course meter times achieved from March 1 and prior to the NCS Age Group Long Course Championships, should mail this worksheet with their application postmarked no later than the deadline on the NCS Zone Team application posted on the website. Applicants attending the NCS Age Group Long Course Championships should return this worksheet to a Zone Coaching staff member at the NC Swimming Splash Zone within 15 minutes of the Age Group Meet conclusion of Sunday's finals (11–14-year-olds).

2.6.6 Application (See NCS website) **Camp and Zone Team Planning**

2.6.6.1 Purpose: The following policies are meant to provide guidance and continuity for coaches and NCS personnel in planning and managing various NCS-sponsored camps and zone teams.

2.6.6.2 Budget Guidelines: The table below includes budget guidelines for managing NCS camps and zone teams. Athlete fees may vary from year to year based on location, transportation expenses and other variables. Weekend camps are generally self-funding and rely primarily on athlete fees to cover most expenses. Zone meets often involve air or bus travel and week-long hotel expenses. Funding for zone meets is provided by athlete fees, the NCS travel fund reimbursement, and additional funds from NCS as needed.

	Athlete Fee	# of Athletes	# of Coaches ¹	# of Chaperones ²	Staff Stipend ³		Travel Fund Reimbursement ⁴	Outfitting Budget ⁵
IMX Camp	\$100	120-130	8	4-6	\$300/\$175	\$1650	-	\$50
Select Camp	\$100	120-140	8	4-6	\$300/\$175	\$1650	-	\$50
Zone Team	\$525	48-54*	8*	4-6	\$400/\$250	\$2300	\$200	\$90
OW Select Camp	\$260	24	4	2-4	\$300/\$175	\$900	-	\$50
OW Zone Team	\$500	32	6	2-4	\$300/\$175	\$1300	\$150	\$70

Notes: * Zone team may add up to six disability athletes which may necessitate an additional coach with disability experience.
1- Includes Head Coach and Manager
2-Must be USA Swimming Members
3-Head Coach & Manager/Staff Total
4-Zone Teams receive a reimbursement from the travel fund that goes directly to the team budget (not to the athlete or the athlete's club).
5-Outfitting budget includes all apparel, swim caps, bags and accessory items that are purchased. It does not include free goods provided by sponsor.

2.6.6.3 The Staff: The table includes the number of coaches and chaperones for each event. The coaching staff is selected by the Head Coach and Manager of each event. All coaches must be NCS member coaches. Adult chaperones may also be selected by the Head Coach and Manager. Chaperones are unpaid volunteers but are required to be members of USA Swimming. Chaperones are not paid a stipend or mileage expenses but as members of the NCS camp or zone team staff are provided with lodging, team transportation, and team meals.

2.6.6.4 As members of the NCS camp or zone team staff, coaches are provided with lodging, team transportation, and team meals. In addition, in lieu of mileage or other personal expenses, a coaching stipend will be paid by NCS to camp and zone team coaching staffs according to the above schedule.

2.6.6.5 Team Outfitting: Team outfitting is an important part of the camp and zone team experience. It not only builds unity and camaraderie but helps identify and control large groups of young athletes. Team apparel, swim caps, bags, hats and other accessory items are sometimes purchased or may be provided by sponsors. Spending limits on team outfitting are based on historical spending and do not include free goods provided by sponsors.

2.6.6.6 Safe Sport: Safety is a primary and ongoing concern during the camp or zone team experience. Each athlete and parent must read and sign the NCS Team Travel Policy as part of the registration process. NCS camps and teams may require the completion of other Code of Conduct forms, Medical Forms, Insurance Forms, and Dietary Forms to ensure the safety of all team members. In addition, an athlete's club or event host may also require signed agreements/waivers/release statements, unrelated to NC Swimming, as a condition of participation.

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